

SHATTERPROOF™  
**RISE UP**  
AGAINST ADDICTION  
5K WALK/RUN

# HOW TO **RAISE \$100** IN 5 DAYS

DAY ONE: \$10

**Make a Personal Donation** – Kick start your fundraising and lead by example.

DAY TWO: \$30

**We Are Family** – Reach out to 4 family members or neighbors to each donate \$5, and that's \$20!

DAY THREE: \$55

**Friends Forever** – Ask 5 close friends to each make a \$5 donation to raise an additional \$25.

DAY FOUR: \$75

**Your Business** – Ask 2 businesses you frequent (dentist, nail salon, dry cleaners, etc.) to contribute \$10 each to bring in \$20.

DAY FIVE: \$100

**Get Social** – Post a link to your fundraising page on Facebook, Twitter, Instagram, etc. and let people know that no donation is too small. If 5 of your connections each donate \$5, you'll hit that \$100 goal!



**Congratulations!**

You've earned the official Rise Up Against Addiction 5k Run/Walk shirt!  
**Keep up the great work!**