

25 Ways to Support Your Run/Walk Team

LE&RN's Fundraising Toolkit

With supporters like you by our side, LE&RN has led the fight against lymphatic diseases for 25 years. To celebrate our 25th Anniversary, we are excited to share **25 Ways to Support Your Run/Walk Team**. We are here to help with your fundraising questions. Connect with us at lern@lymphaticnetwork.org

1. For your Run/Walk Team: Encourage friends, family, and community to pledge \$25 per mile you run or walk
2. For your Run/Walk Team: Encourage friends, family, and community to pledge 25 cents per minute you run or walk
3. Ask 5 friends to donate \$25 to your team
4. Make a one-time \$25, \$250, or \$2,500 donation to your team
5. Ask your employer to match your donation
6. Share your Run/Walk fundraiser page on your social media profiles
7. Donate a portion of your 2022 Tax Return to your Run/Walk team page
8. Create a Run/Walk team in honor of or in memory of a loved one
9. Bake Sale/Lemonade stand with proceeds going to your team
10. Car Wash with proceeds going to your team
11. Ask your favorite local or online business to give 25% of their proceeds from their daily sales to your fundraising page
12. Get 25 of your friends to join your Run/Walk team
13. Dedicate your birthday/anniversary to your Run/Walk fundraising page
14. Do a challenge at your gym and ask fellow members to support your efforts
15. Collect quarters and donate to your Run/Walk team (kid's activity)
16. Ask your LE therapist to create a team or to support your Run/Walk team
17. Donate proceeds of a yard sale
18. Organize a sporting event that your teammates will pay to join
19. Raffle an item or items and donate the proceeds to your page
20. Movie Watch Party: Invite 5 friends over and ask them to donate \$5 each as you watch a Golden Globe- or Oscar-nominated movie
21. Birthday Dinner Party: Invite friends over and ask them to donate \$25 each in lieu of a gift
22. Pancake Breakfast: Host a local pancake breakfast in your community with proceeds going to your Run/Walk Team
23. Rollerblade or Roller Skating Race: In lieu of a traditional 5K, put on your roller skates and raise money down at the local rink or park
24. Organize a Bowling Tournament: Winner to donate their prize money to your Run/Walk team
25. Host a Karaoke Night: Charge a \$5 entry fee and winner donates prize money to your team