

1. **Kick-start** your success by leading the way with your own contribution.
2. **Walker page:** One of the great features of our website is the fundraising page where you can upload a photo of yourself or your team, write a little bit about why you are walking and supporting this event, and create a fundraising goal. From this site you can send an email to everyone on your contact list and invite them to visit the website. You can also keep track of donations that you receive by entering them into your account.
3. **Corporate matching gift:** Ask your company to match the pledges you receive from co-workers.
4. **Your friend's matching gift:** Ask a friend to get their company to match pledges.
5. **Company grants:** Find out if your company offers grants to employees who volunteer their time for charitable causes. If so, you can volunteer your time for PRO and earn grant money (donations) for the work.
6. **Corporate sponsorship:** Identify one of several major companies in your area and contact them directly about sponsoring you on this effort.
7. **House party:** Create a theme (like a costume party) and have fun! Collect donations and entertain at the same time. You can ask each guest to donate \$50 and spend up to \$20 per person on the party – with even just 10 guests you'll have \$300 or more in pledges by the end of the night. This is a sure-fire way to raise money!
8. **Garage sale:** Gather up all that extra stuff taking up space in your garage, attic and/or basement (invite your friends to contribute items too!). Then pick a Saturday or Sunday, put the stuff in the front yard and sell – all your money raised can go toward your fundraising goal!
9. **Bake sale:** Channel your inner Betty Crocker and host a bake sale with your friends. You can even have it in conjunction with your garage sale.
10. **“Change in My Pocket” box:** Keep this box or a jar near your door for all your extra coins ... it adds up quick! Or put it on your desk at work – others will join you. Create these little boxes for your friends and family too!
11. **Office fundraising challenge:** Speak with everyone in your office and get them to challenge each other to raise the highest amount. Give the winner a prize like movie passes or a gift certificate to lunch or dinner.
12. **Will you sponsor me?** Send a letter to everyone you know asking for support. If you use colorful paper and envelopes it'll stand out among your friends' bills and junk mail. Include a pledge form and a self-addressed envelope to make it really easy for them to donate.
13. **You've got mail.** Send an email to your network with a link taking them directly to your personal or team fundraising page for making donations quick and easy.
14. **Email signature:** Add a short sentence to your email signature telling everyone what you're doing and you'd love their support! Include a link to your personal or team fundraising page.
15. **Everyone's gotta eat:** Ask your local restaurant donate a portion of one day's sales to your efforts.
16. **Fundraising dinner at your favorite restaurant:** Ask your favorite local restaurant to host a fundraising dinner for you. They supply the food and you supply the pledge forms!
17. **Ask your local restaurants to place a money jar** on the front counter: Check with the restaurant manager. They may be willing to place the jar in a high-traffic area so lots of patrons can see it.
18. **Belly up to the bar:** Ask your local bartender to donate a portion of one night's tips: You can create a sign for the bartender to place on the bar stating “*All tips collected tonight will go directly to _____ who's walking to raise money for those people living with Parkinson's disease.*” If patrons see the sign, they may be willing to dig a little deeper into their pockets!

19. **Happy hour party:** Invite all your friends (and their friends) and get them to sign your Sole Support t-shirt. Charge \$10 per signature. You'll end up with a great shirt to wear on event day!
20. **Movie ticket donation:** Ask your local movie house to donate several movie tickets. Sell them and put the money toward your pledges.
21. **Host a movie party at your house:** Pick up a new release at your local Redbox, grab some popcorn and drinks, then invite your friends and family over. Make sure you have plenty of pledge forms out!
22. **The show must go on:** Ask a local theater to donate a pair of tickets to one of their plays or musicals and auction them off.
23. **Birthday gift pledge:** It will be a lot easier for your friends and family to write you a birthday check instead of spending hours trying to shop for you! And then you can donate the amount to your pledge total.
24. **Delegate:** Give 10 of your friends 10 pledge forms each and ask them to help raise money for you.
25. **Crafty chums:** Find a local artist or ask a creative friend if they would donate a piece of art or jewelry that you could auction off. Or see if they would be willing to create mass quantities that you could sell and keep a portion of the proceeds for your pledge total.
26. **Business cards:** Print out some inexpensive business cards (you can even do it on your own computer). Have all the pertinent information on the card including your name, the name of the event, and your address. Hand these out to everyone you meet!
27. **Travel agency:** Do you always make your travel plans through the same agency? Ask them to donate a travel voucher. You can auction it off at one of your parties.
28. **Doctor/Therapist/Veterinarian/Insurance Agent:** Ask them to write a check for you – you've certainly been doing the same for them!
29. **Dentist:** Hopefully you won't have to pull teeth to get them to help you out a little!
30. **Chiropractor:** Rather than cracking your back, ask them to crack open their checkbook and make a pledge.
31. **Yoga instructor:** You've bent over backward for them, now it's their turn to do so for you!
32. **Radio station:** Call your favorite radio station and ask them to make an announcement on the air. They may even interview you. Pledges can be sent directly to the PRO office.
33. **Ask your gym** to place a pledge jar at the front desk! Leave a stack of pledge forms at the counter as well.
34. **Exercise class:** Have a stack of pledge forms with you and ask your exercise instructor to make an announcement in class.
35. **Hair salon:** They've been trimming your tips, now ask them to trim theirs. Invite your barber or hairdresser to donate \$2 of every haircut they complete over one weekend.
36. **Mechanic:** You've given them lots of money to work on your car. Now it's time for them to give a back to you!
37. **Neighborhood watch:** Write to all your neighbors on your block or in your building, sharing what you're doing and ask them to make a donation.
38. **Free rent:** Ask your landlord to donate one month's rent to the cause!
39. **Good karma tipping jar:** Ask local businesses to put a pledge jar near the register or on their front counter. Tape to the jar a picture of yourself and a short explanation of why you're raising money.
40. **Garden tour:** Check with a local historical society to see if they would sponsor a garden tour of one or several homes in your area. Promote the event in local newspapers.
41. **Meet the Press:** Does your company distribute a newsletter or intra-office email? Take advantage of these ... it's a perfect way to get the word out!

42. **Babysitting:** Offer up your services and let your friends have a nice, quiet night out of the house!
43. **House sit:** Are your friends going out of town for a while? Maybe they need a warm body to stay at their place while they are away.
44. **Pet sit:** Are your neighbors going away and they don't want to leave their pet(s) at the kennel? Again, offer up your services and charge them what they would have paid at the kennel and donate it to your pledge total!
45. **Neighborhood chores:** Are you handy around the house? A lot of your neighbors would probably rather pay you than someone else. Place signs around your neighborhood or place in mailboxes advertising your services (i.e. watering gardens, cleaning roof gutters, sweeping the driveway, painting a room, etc.)
46. **Mow-a-thon:** Get your kids involved in this weekend activity. Check ahead of time with all your neighbors and ask them if you can mow their lawn for \$50.
47. **Errand boy/girl:** Offer to be your friends' and/or coworkers' personal assistant for a day (or maybe for just a few hours) in exchange for a large donation. Maybe \$250 or more!
48. **Karaoke night:** Who cares if you can't carry a tune in a bucket? Spend a Friday night at a Karaoke Bar and sing for pledges!
49. **ebay:** Gather up goods from you and your friends to auction off on ebay.
50. **Company vacation days:** Ask your boss or human resources director if they can swap one of your vacation days for a day's pay to add to your pledges.
51. **Sell every step:** Create sneaker-shaped cut-outs and print them on thick paper and say they benefit Parkinson's Resources of Oregon. Sell the sneakers for \$1 and put that toward your pledge total. You can create a necklace or pin them to your t-shirt during Sole Support to honor those who sponsored you.
52. **In memory of...** If you're walking in memory of someone, include a picture of you with your loved one in your pledge letter, on posters, etc.
53. **Host a scavenger hunt** in your neighborhood or community: Charge a fee to enter and get great prizes donated for the winner.
54. **Television show finale party:** It would be fun to gather a big group of friends together to tune in to watch a big season/series finale or awards show. Charge them at the door and put the money toward your pledges.
55. **Game night:** Get out those board games and start playing! Break into teams and let the fun begin.
56. **Host a poker game:** Call your card-playing friends and invite them over for poker night!
57. **Bowling night:** Plan a fun night of bowling at your local lanes. Ask the owner to waive the cost of bowling and you can collect that money and turn it into pledges.
58. **Used-book sale:** Everyone has books that have been sitting on shelves, in the attic or in the basement collecting dust. Ask your friends, family and neighbors to donate books they no longer want and set up a weekend book sale in your front yard. Put up some signs so people will know where the money is going and once they know, hopefully they'll give you even more!
59. **Local stores:** Ask a local store manager what the hot-selling item is these days and then ask if he or she would be willing to donate a percent of the sales from that particular item to you.
60. **Curse jar:** Place a curse jar in your office and whenever someone says a bad word they have to open up their wallet, grab a dollar and put it in the jar.
61. **Dress down day:** Ask your company to allow an official Sole Support dress down day. For the privilege of dressing down, employees pledge \$10 or \$20 toward the event.

62. **Church bulletin:** Place an advertisement in your church bulletin/newsletter letting the congregation know what you're up to! Or better yet, invite them to join you at Sole Support!
63. **Teamwork:** If your kids play in soccer leagues or any other sports teams, distribute your pledge forms to the other parents at the event.
64. **Walk along:** Ask a potential donor to join you on a fitness walk. He or she may be more willing to donate once they fully understand what you are committed to doing.
65. **Feeling crafty?** Create inspirational pieces and sell them to your friends and family.
66. **Computer screen savers:** Create a Sole Support screen saver and send it to everyone in your company! Or simply create a text screen saver on your own computer that others will see when you're away from your desk.
67. **Rock on!** If you know any musicians, ask them to perform a benefit concert. Tell people that their admission ticket is a check made out to Parkinson's Resources of Oregon.
68. **Tell your story:** The more you talk about your upcoming adventure, the more people will share in that excitement and want to pledge you.
69. **Children's party:** Throw on that Barney outfit and get out there! The kids will be having fun as their parents are writing you pledge checks.
70. **Wine and cheese party:** Host a party at a local restaurant and ask the owner to donate the wine and cheese.
71. **Fraternities and sororities:** Contact the national chapter of your fraternity or sorority to request a donation.
72. **Alumni organizations:** Call your own college or university and ask them to place an ad in the alumni newsletter asking for donations.
73. **Clubs and organizations:** Send a solicitation letter to your local Lions Club, Rotary Club, Kiwanis, etc. They support individuals in their communities.
74. **Raffle:** Everyone that contributes is entered into a raffle to win a special item such as a homemade quilt or baseball tickets.
75. **Get an article in your local paper:** Contact your local chapter to talk about media outreach opportunities in local newspapers. You can put in information about how people can contribute. Have a photo ready to go!
76. **Ask for the right amount:** Take a good look at who you're asking for donations and make sure you ask for the right amount. You don't want to ask someone for \$100 when you know they could pledge \$1,000.
77. **Beneficiaries:** Get to know PRO (an overview is available on the walk's website Resources page). You'll be asked where the money is going and it will be very impressive to a potential donor if you're able to speak eloquently about it.
78. **Ask someone you don't know for money!**
79. **Send reminders:** Remind people to support you in your fundraising efforts. As we all know, life can get busy – often people want to help and just need a little nudge to remind them.

Have fun and thank you – you truly are our heroes!