Thank you for your interest in fundraising to support wounded warriors and their families through the Wounded Warrior Project® (WWP) Carry Forward® 5K. Your support impacts the lives of wounded warriors and their families.

Here are some great ideas to get you started!

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<td><strong>Auctions</strong> – Hold a live or silent auction at work or during a party. Auction off donations from local businesses, handmade gifts, or tickets to local events.</td>
<td><strong>Dance Competition</strong> – Hold a dance competition to determine which friend or colleague has the best moves. Charge an entry fee and reward the winner with a trophy or donated prize.</td>
<td><strong>Game Night</strong> – Host a party with a variety of board games. Charge an entry fee and sell snacks.</td>
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<td><strong>Birthday</strong> – Request donations to your Carry Forward® team in lieu of gifts.</td>
<td><strong>DIY Class</strong> – Organize a painting or craft class in exchange for a donation to your fundraising page.</td>
<td><strong>Garage Sale</strong> – Collect donated items and coordinate a garage sale. Advertise the sale wherever you can and make sure you mention that all donations benefit Carry Forward efforts.</td>
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<td><strong>Boot Camp</strong> – Host a boot camp class with one of your fitness enthusiast friends at a local park or gym. Request donations as an entry fee.</td>
<td><strong>Errand Service</strong> – Pick a day to run errands for others in exchange for donations.</td>
<td><strong>Hot Dog Eating Contest</strong> – Find someone to donate the hot dogs (or substitute any food you’d like). Charge an entry fee and sell tickets to the event.</td>
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<td><strong>Car Ride Service</strong> – Who needs Uber or Lyft when they have you? Offer rides to friends and colleagues in exchange for a donation to your fundraising page.</td>
<td><strong>Fishing Tournament</strong> – Host a team- or individual-based tournament. Each entry fee is a donation to your fundraising page. Reward the winner with a trophy or donated prize.</td>
<td><strong>Ice Cream Social</strong> – Host an office get-together by selling ice cream bars or access to a sundae bar.</td>
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<td><strong>Concert</strong> – Join forces with a local band and hold a benefit concert. Set ticket prices, ask for donations at the door, or ask the band to donate their tips for the night.</td>
<td><strong>Fitness Competition</strong> – Test your strength with a push-up, squat, or sit-up contest. Up for a longer challenge? Make it a month-long biggest loser challenge where the competitor who loses the most weight or sees the biggest change wins a prize. Charge an entry fee.</td>
<td><strong>Jeans or Jersey Day</strong> – Have co-workers donate $5 to wear jeans or their favorite team jersey for the day.</td>
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<td><strong>Cook-Off</strong> – Who makes the tastiest chili in your office? Who bakes the best cupcakes? Tasting judges are charged for each voting ballot. Whoever gets the most votes is crowned the winner.</td>
<td><strong>Football, Lacrosse, or Rugby Game</strong> – Recruit friends and colleagues to come together for a game. Charge an entry fee and reward the winner with a trophy or donated prize.</td>
<td><strong>Kickball Tournament</strong> – Gather up your friends and colleagues for an ultimate kickball game. Charge an entry fee and award the winning team with a picnic or BBQ.</td>
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**LEMONADE STAND** – Get the kids involved! Add fresh fruit to spice things up.

**LUNCH WITH THE CEO OR A CELEBRITY** – Auction or raffle off a special lunch with your company’s CEO or a local celebrity.

**MATCHING GIFTS** – Check if your company has a matching gift program. You could double your funds!

**MOTORCYCLE RIDE** – Host a ride in honor of Carry Forward. Ask for donations from fellow riders.

**MOVIE NIGHT** – Host a movie night at a local park, library, or friend’s house. Sell tickets, popcorn, drinks, and candy.

**NETWORKING EVENT** – Partner with a local chamber or professional organization to host a social gathering and ask guests to donate toward your Carry Forward team. You can even partner with a restaurant to match donations or offer incentives for donations!

**OFFICE OLYMPICS** – Host events like typing competitions, swivel chair races, staple pull contests, a stress ball toss, etc. Ask all participants to pay an entry fee.

**PANCAKE BREAKFAST** – Host before work or school. Pair coffee and juice with the pancakes and charge $10 donation per plate.

**PASTA DINNER** – Package and sell dinner items for a donation. Ask participants to curb-side pickup their dinner.

**QUESTIONS FOR $1** – Set up a collection jar and charge $1 donation per question you answer. Ask your boss to set one in their office too!

**RUCK MARCHES** – Train for Carry Forward with weekend marches with your friends and colleagues. Ask for donations to sponsor your march or charge entry fees to those participating.

**SERVICES** – Teammates offer services for a fee and donate all proceeds. Services include salon treatments, babysitting, photography, personal training, landscaping, etc. These services can also be used as prizes for another fundraiser.

**STREAM TO SERVE** – Play games, livestream, and raise funds to help veterans on their journey to recovery with WWP Play (wwpplay.org).

**TUG-OF-WAR TOURNAMENT** – Hold a competition to find out which department or class is the strongest. Teams pay an entry fee.

**UNWANTED GIFT SALE** – Have your teammates donate their unwanted holiday gifts. Sell them for donations toward your team.

**VACATION DAY** – Ask your employer if the company can offer a paid vacation day as a prize for a fundraiser.

**WACKY WEDNESDAY** – Get people to dress in their craziest outfits in exchange for a donation.

**X-MAS IN JULY** – Host a holiday party and ask for donations.

**YOGA ACTIVITY** – Do an after-yoga brunch or lunch and invite your friends to donate and have a good time while eating healthy.

**ZZZ** – Make a donation to catch some extra shut-eye and go into work late on Friday.

**HAVE QUESTIONS?**

CONTACT US AT carryforward@woundedwarriorproject.org