



Aspen Medical Products San Diego Triathlon Challenge
Sunday, October 24, 2010

How To Raise \$2,500 in 2 Months!

WEEK	HERE'S THE PLAN . . .	TOTAL IN	TOTAL	
1	Send out personal fundraising letter/e-mail to 25 casual friends asking for a minimum donation of \$25 (people you work with, book club, church, neighbors, etc.)	\$625		
2	Send a letter to 10 out-of-town relatives including a picture of you training along with a postcard of one of our challenged athletes asking for a minimum donation of \$25	\$250	\$875	You are already 1/3 of the way!
3	Ask 5 training pals that aren't racing for a minimum donation of \$25 -treat them to bagels after your next workout	\$125	\$1,000	
4	Ask 5 professionals that you have relationship with to for a minimum donation of \$50 -doctor, dentist, lawyer, accountant, insurance broker, etc. Offer to send referrals their way!	\$250	\$1,250	Yippee, you are 1/2 way there!
5	Ask your company to make a donation of \$250 and offer to bring in some motivational CAF DVD's to watch at the next company meeting or to play in the lunch room	\$250	\$1,500	
6	Ask 5 local businesses that you frequent for a minimum donation of \$25 -coffee shop, dry cleaners, pizza parlor, dog wash, etc. Offer to pass our their flyers to the neighborhood!	\$125	\$1,625	
7	Invite 25 close friends to a casual fundraising party or BBQ and ask for a minimum donation of \$25. Put up CAF posters, play CAF DVD's, serve good food and fun!	\$625	\$2,250	
8	You are almost there, time to ask your family . Tell them how hard you've worked and how much you've raised, ask them to make a difference by getting you that last \$250 amongst all of them.	\$250	\$2,500	You did it! Keep on going & THANK YOU!

For fundraising help feel free to contact
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