



10 WAYS TO \$100

Did you know? On average, a JDRF Walk to Cure Diabetes participant raises \$100 to further JDRF's mission to cure, better treat, and prevent type 1 diabetes (T1D). In just 10 days, you can be a T1D Hero! Here's how!

- 1.** Make your \$10 pledge first.
- 2.** Ask your "significant other".
- 3.** Ask your boss.
- 4.** Ask a co-worker.
- 5.** Ask a friend.
- 6.** Ask a neighbor.
- 7.** Ask a relative.
- 8.** Ask another friend.
- 9.** Double your donation! Ask your employer about a matching gift. It's as simple as filling out a form and submitting it to JDRF.
- 10.** Ask someone who has asked you to support a cause.

So many ways to ask! Here are 5 easy ways to get the word out there!

- 1.** Ask by email.
- 2.** Ask through JDRF's Fundraise with Facebook app.
- 3.** Ask by phone.
- 4.** Ask by mail.
- 5.** Ask in person.

Make sure to register today at walk.jdrf.org and get access to your online fundraising Participant Center that has all the fundraising tools you need to get the word out!

REGISTER TODAY
WALK.JDRF.ORG