

Teams

Organize a team; create signs and banners with your team name. Bring a tent or table to serve as your team's home base—almost like a tailgating party! Be creative and show off your team spirit! Invite people with Down syndrome from your school, workplace, or neighborhood to join you in the Buddy Walk.



Team Challenge

The top five money raising teams will be recognized on the *Buddy Walk Hall of Fame*, on the Western North Carolina Down Syndrome Alliance website, www.wncdsa.org, and the NDSS Buddy Walk web site, www.buddywalk.org. The team that raises the most money will select a representative from their team to act as the Grand Marshall at the Buddy Walk. That team's picture and the amount of money they raised will be featured on the pledge form for the following year.

Fundraising ideas

1. Smile
2. Think big, the sky is the limit
3. Set goals of achievement
4. Always carry a pledge form & walk brochure with you wherever you go
5. Talk to people you know – family, friends, co-workers and others you do business with
6. Start a spare change jar to help raise funds
7. Get excited
8. Be creative, use your imagination



Dimes For Down Syndrome

Take a water bottle to your child's school, to the gas station you frequent, to your local grocery store, to the library, to the beauty salon, any place you can think of, put a picture on the bottle and the words "Dimes For Down Syndrome" It's catchy, short & sweet, and who doesn't have a dime? A regular 16oz water bottle will hold about \$100 in dimes!!!!

Raising Money

Ask your friends, neighbors, co-workers, family members and others you do business with to support you and our organization by sponsoring you for \$5, \$10, \$20 or more!

Bring your family and friends to the walk to advocate on behalf of all individuals with Down syndrome.

We encourage all walkers to collect their donations prior to the Buddy Walk. Donations can be made online at www.wncdsa.org.

Remember, the majority of the money raised will benefit the Western North Carolina Down Syndrome Alliance with a small percentage (less than 10%) going to the National Down Syndrome Society to fund national research, education and advocacy efforts,

How to raise \$500 in 7 Days

Day 1: Start by sponsoring yourself for \$25

Day 2: Ask 3 family members to sponsor you for \$25

Day 3: Ask five friends to donate \$15

Day 4: Ask five co-workers to sponsor you for \$10

Day 5: E-mail 15 people and ask for a \$10 donation

Day 6: Ask your company for a \$75 contribution

Day 7: Ask two businesses you frequent for \$25.