

How to Raise \$500 in One Week

Here is a quick plan that will help you raise pledges from friends, neighbors, and family.

Day 1

Start with your own donation of \$10 and ask three family members to sponsor you for \$25.

Day 1 total = \$85

Day 2

Ask 5 friends to sponsor you for \$20.

Day 2 total = \$100

Day 3

Ask 5 co-workers to sponsor you for \$10.

Day 3 total = \$50

Day 4

Ask 5 neighbors to sponsor you for \$20.

Day 4 total = \$100

Day 5

Ask 4 people from your religious or social organization to sponsor you for \$10.

Day 5 total = \$40

Day 6

Ask your boss for a company contribution of \$50 and ask if your company has a corporate matching gift program.

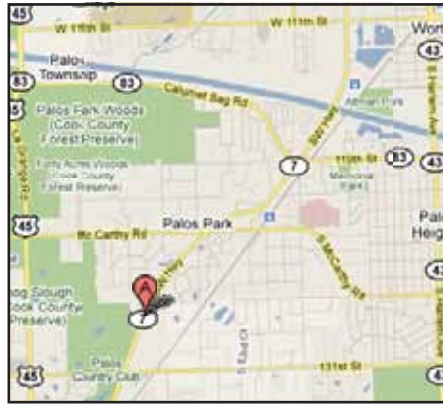
Day 6 total = \$50

Day 7

Ask 3 businesses you frequently visit for \$25 (dentist, dry cleaner, coffee shop).

Day 7 total = \$75

WEEK TOTAL = \$500!



The Center
12700 Southwest Highway
Palos Park, Illinois, 60464
thecenterpalos.org

Questions?

Feel free to contact Matt Larsen by phone at (773) 444-0305 or at mlarsen@sbail.org.



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FALL FAMILY CLASSIC PICNIC AND WALK



The Center
12700 Southwest Highway
Palos Park, Illinois, 60464

Sunday, September 25, 2011

Registration Check-in 11:00 am

Walk-and-Roll 11:30 am

Picnic 12:30 pm



The Barn at The Center

Photo by Mark Walker

About Spina Bifida

Spina Bifida affects one out of every 1,000 newborns and is the most common permanently disabling birth defect in the United States. Spina Bifida is the failure of the spine to close properly during the first month of pregnancy, resulting in varying degrees of paralysis, loss of sensation, bowel and bladder management difficulties, and learning disabilities.

Spina Bifida Association of Illinois (SBAIL)

The Spina Bifida Association of Illinois (SBAIL) is a 501(c)(3) nonprofit organization dedicated to improving the quality of life of people with Spina Bifida and their families. For more than 40 years, we've been the leading provider of direct and support services for Spina Bifida in the Midwest.

Fall Family Classic

The Fall Family Classic is a Family Picnic and Walk-and-Roll-A-Thon at The Center, 78 acres of woods and fields in Palos Park featuring a working farm, rustic buildings, and nature trails.

Food and drinks will be provided for participants, along with hayrides, goodie bags, a chance to visit farm animals, and more.

The Fall Family Classic is an annual event held to support SBAIL's programs and services. The proceeds from the Fall Family Classic go towards SBAIL's support groups, workshops, and scholarships. Your support ensures our ability to provide these programs for the many children, adults, and families affected by Spina Bifida throughout Illinois.

Fundraising and Registration

To participate in the Fall Family Classic:

- **Individuals** – raise \$25 in pledges or pay a \$25 registration fee
- **Families** – raise \$50 in pledges or pay a \$50 registration fee

To register, go to www.sbail.org, call 773-444-0305 or email mlarsen@sbail.org. You can also register on the morning of the event at The Center.

Raising Pledges

You can help raise money for SBAIL by asking relatives, friends, classmates, co-workers and neighbors for a pledge.

Record your donations by setting up a fundraising page on our website at www.sbail.org or by using a paper pledge form.

Individuals raising \$500 or more will receive either a **GPS navigator** or a **digital camera**.

Look at "How to Raise \$500 in One Week" on the back of this brochure for help raising pledges.

