





Pledge Tip Sheet


Ask everyone you know.

 Ask friends, family, neighbors, classmates, co-workers, clubs and associations to sponsor your Walk or Run.


Get the word out.

 Follow us on Twitter, friend us on facebook for updated information and subscribe to our email. Forward information to friends, family and co-workers. Take your sponsor/pledge sheet with you wherever you go, ask everyone to help you reach your goal.

Get your company involved.

 Ask your manager or supervisor to walk or run with your team. Challenge your branch offices to create a Walk or Run team. Challenge other departments to a friendly competition to raise the most to support Independence House and survivors of intimate partner violence.

Ask your employer if they can match gifts.

 Ask your employer about matching gifts and include their matching gift registration form with your pledges. Ask your sponsors if their employers will match gifts.

Raise \$250 in 10 Days!

Day 1	Put in your own contribution:	\$20
Day 2	Ask your spouse/partner:	\$20
Day 3	Ask 3 relatives:	\$30
Day 4	Ask 4 friends:	\$40
Day 5	Ask 3 co-workers:	\$30
Day 6	Ask 3 neighbors:	\$30
Day 7	Ask 3 people at church/temple:	\$30
Day 8	Ask 3 local merchants:	\$30
Day 9	Ask 2 buddies at the gym:	\$20
Day 10	Success! You did it!	\$250



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