



FUNDRAISING IDEAS TO HELP YOU MEET YOUR GOAL

FOR MORE INFORMATION, VISIT [BIKEMS.ORG](https://www.bikeMS.org).

START NOW

The earlier you begin fundraising, the better off you'll be. You'll be able to go way beyond your fundraising minimum and then you can focus on your training.

PARTICIPANT CENTER

One of the great features of our website is the personal participant center. It's been proven that fundraisers who use the participant center raise more money than those participants who don't use the tools. You can upload a photo of yourself or your team, write a little bit about your reason for participating, and create a fundraising goal. You can also send out fundraising emails, track your donations and more.

FUNDRAISE WITH SOCIAL MEDIA

Utilize your online networks to raise money towards your goal with Facebook, Twitter, LinkedIn, etc. Download our Fundraise with Facebook app by visiting the get social page at [bikeMS.org](https://www.bikeMS.org) so your Facebook friends can donate right on your facebook page.

SELF-DONATE

Kickstart your fundraising and set a great example for your teammates and supporters by putting your money where your mouth is.

CORPORATE MATCHING GIFT

Ask your company to match the amount of pledges you receive from your coworkers and ask all donors if their company has a matching gift program.

COMPANY GRANTS

Find out if your company offers grants to employees who volunteer their time for charitable causes. If so, you can volunteer your time at the National MS Society office and get paid grant money (pledges!) for the work. You may need a letter from us stating that you'll be volunteering in the office, which we'd be happy to provide.

CORPORATE SPONSORSHIP

Identify one of several major companies in your area and contact them directly.



Don't just ride, Bike MS



HOUSE/DINNER PARTY

This is a sure-fire way to raise money. Collect donations and entertain at the same time. Create a theme (like a costume party) and have fun. For a twist, host a dinner party. Invite 10 or more of your friends. Have each guest donate \$50, spend no more than \$20 per person on food and you'll have \$300 or more in donations by the end of the night.

COLORFUL SPONSOR LETTERS

Stand out among bills and junk mail and print your fundraising letters on colored paper. Send them in colored envelopes too.

SIGNING YOUR CORRESPONDENCE

Add a short sentence at the bottom of your email signature saying that you're participating in "event name" and ask for a donation. Include a link to your personal or team page.

IN MEMORY OR IN HONOR OF

If you're participating in memory or in honor of someone, include a picture of you with your loved one in your pledge letter, on posters, etc.

MEET THE PRESS

Does your company distribute a newsletter?
Does your company have intra-office email?
Take advantage of these...it's a perfect way to get the word out and even get your company involved.

GET AN ARTICLE IN YOUR LOCAL PAPER

Call us to talk about media outreach opportunities in local newspapers and how to successfully get your story placed. Include information about how people can contribute. And have a photo ready to go!

PLEDGES FOR EACH MILE YOU WALK/RIDE

Ask people to pledge an amount for each mile of the event route. For example: 150 miles at \$1 per mile and you will receive \$150.

GARAGE SALE

Do you really need all that extra stuff taking up space in your garage, attic and/or basement? Gather it up and ask your friends to do the same and pick a weekend to sell.

BAKE SALE

Become Julia Child or Mrs. Fields and host a bake sale with your friends. Hold your bake sale at a garage sale, work, school or religious organization's function.

THE "EXTRA CHANGE IN MY POCKET" BOX

Create little boxes for you, your friends and family and have them place it on their dresser, desk and at work to collect spare change. It can add up quick!

VOICE MAIL MESSAGE

This will alert everyone who calls you that you're up to something special! Let them know that you need their support!

YOUR LOCAL RESTAURANT

- Ask your favorite local restaurant to host a fundraising dinner for you. They supply the food and you supply the pledge cards.
- Ask if you can place a money jar at the front of the restaurant: Check with the manager. They may be willing to place the jar in a high-traffic area so lots of patrons can see it.

ASK YOUR LOCAL SERVER/BARTENDER TO DONATE A PORTION OF ONE NIGHT'S TIPS

You can create a sign for the bartender to place on the bar stating "All tips collected tonight will go directly to _____, who's raising money for people living with multiple sclerosis." If patrons see the sign, they may be willing to dig a little deeper into their pockets.

GUEST BARTENDING

Ask your local watering hole if you can come and work behind the bar and donate all tips you make back to the Society. Most bars will also agree to drink specials for the occasion. Create a sign for the bar stating that “All tips collected tonight will go directly to _____, who’s raising money for people living with multiple sclerosis.” Invite all your family, friends and their friends to come out.

HAPPY HOUR PARTY

Invite all your friends (and their friends) to a local bar or restaurant for happy hour. Call the location ahead of time and set up a drink and appetizer special. Get your friends to sign your past event MS T-shirt for \$10 per signature. Not only will you have a great fundraiser, you’ll end up with a great shirt to wear on event day.

MOVIE/PERFORMING ARTS TICKET DONATION

Ask your local movie house or theater to donate several tickets. Auction them off and put the money toward your fundraising campaign.

HOST A MOVIE PARTY AT YOUR HOUSE

Pick up a new release at your local video store, make some popcorn, pick up some drinks, and invite your friends and family over for the night. Charge \$5 and have plenty of pledge cards out!

GAME NIGHT

Get out those board games and start playing! Break into teams and let the fun begin.

HOST A POKER GAME

Call your card-playing friends and invite them over for poker night!

BIRTHDAY OR HOLIDAY GIFT

It will be a lot easier for your friends and family to write you a birthday check instead of spending hours trying to shop for you. And then you can donate the amount to your fundraising total.

DELEGATE

Give 10 of your friends 10 pledge cards each and ask them to help raise money for you.

CREATIVE FRIENDS

Find a local artist or ask a creative friend if they would donate a piece of art or jewelry that you could auction off. Or see if they would be willing to create mass quantities that you could sell and keep a portion of the proceeds for your fundraising total.

TRADING CARDS

Order trading cards from our website and customize with a sticker on the back with information on how to give.

RETURN ADDRESS LABELS

Print return address labels for your outgoing mail. Print something like, “I’m riding to end MS. Will you sponsor me?” You may want to include a pledge card and a self-addressed envelope to make it really easy for them to donate.

DOCTOR/VETERINARIAN/INSURANCE AGENT

Ask them to write a check for you instead of the other way around.

RADIO STATION

Call your favorite radio station and ask them to make an announcement on the air. They may even interview you. Donations can be sent directly to the National MS Society office.



FUNDRAISING IDEAS

GYM

Ask your gym to place a donation jar at the front desk! Leave a stack of pledge cards at the counter as well.

HAIR SALON

Ask your barber or hair stylist to donate \$2 of every haircut they complete over one weekend.

PICNICS

National holiday picnics are a great place to raise some money.

MOW-A-THON

Get your kids involved in this weekend activity. Check ahead of time with all your neighbors and ask them if you can mow their lawn for \$50.

NEIGHBORHOOD CHORES

Are you a Mr. or Ms. Fix-It? A lot of your neighbors would probably rather pay you than someone else. Place signs around your neighborhood or place in mailboxes advertising your services (i.e. watering gardens, cleaning roof gutters, sweeping the driveway, fixing an easy plumbing problem, painting a room, etc.)

ERRAND BOY/GIRL

Offer to be your friends' and/or coworkers' personal assistant for a day (or maybe for just a few hours) in exchange for a large donation. Maybe \$250 or more.

PET SIT

Are your neighbors going away and they don't want to leave their pet(s) at the kennel? Again, offer up your services and charge them what they would have paid at the kennel and donate it to your fundraising total.

EBAY

Gather up goods from you and your friends and auction them off on eBay.com.

COMPANY VACATION DAYS

Ask your boss or human resources director if they can swap one of your vacation days for a day's pay.

DRESS DOWN DAY

Ask your company to allow an official Dress Down Day. For the privilege of dressing down, employees donate \$10 or \$20 toward the event.

SELL PIN-UPS

Contact our office for pin-ups and sell to family, friends and neighbors. You can even get your local grocery store to participate and raise money at check-out.

ASK A POTENTIAL DONOR TO TRAIN WITH YOU

He or she may be more willing to donate once they fully understand what you are committed to doing.

BOWLING NIGHTS

Plan a fun night of bowling at your local lanes. Ask the owner to waive the cost of bowling and you can collect that money and turn it into donations.

USED-BOOK SALE

Everyone has books that have been sitting on shelves, in the attic or in the basement collecting dust. Ask your friends, family and neighbors to donate books they no longer want and set up a weekend book sale in your front yard. Put up some signs so people will know where the money is going and once they know, hopefully they'll give you even more.



RELIGIOUS ORGANIZATION BULLETIN

Place an advertisement in your organization's bulletin/newsletter letting the congregation know what you're up to! Or better yet, invite them to join you.

ROCK ON!

If you know any musicians, ask them to perform a benefit concert. Tell people that their admission ticket is a check made out to the National MS Society.

ALUMNI ORGANIZATIONS, FRATERNITIES AND SORORITIES

Call your own college or university and ask them to place an ad in the alumni newsletter asking for donations. In addition, contact the national chapter of your fraternity or sorority and ask them to make a donation.

ASK FOR THE RIGHT AMOUNT

Take a good look at who you're asking for donations and make sure you ask for the right amount. Don't ask for \$100 if you know someone could donate \$1,000.

CLUBS/ORGANIZATIONS

Send a letter requesting a donation to your local Knights of Columbus, Lions Club, Rotary Club, Kiwanis, etc. They support individuals in their communities.

ASK AS MANY TIMES AS YOU CAN, THEN ASK AGAIN!

ABOUT MULTIPLE SCLEROSIS

Multiple sclerosis is an unpredictable, often disabling disease of the central nervous system that disrupts the flow of information within the brain, and between the brain and body.

Symptoms range from numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted, but advances in research and treatment are leading to better understanding and moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, with at least two to three times more women than men being diagnosed with the disease. MS affects more than 2.3 million worldwide.

ABOUT THE NATIONAL MULTIPLE SCLEROSIS SOCIETY

The Society mobilizes people and resources so that everyone affected by multiple sclerosis can live their best lives as we stop MS in its tracks, restore what has been lost and end MS forever. Last year alone, through our comprehensive nationwide network of services, the Society devoted \$122.2 million to connect more than one million individuals to the people, information and resources they need. To move closer to a world free of MS, the Society also invested \$54 million to support more than 380 new and ongoing research projects around the world. We are united in our collective power to do something about MS now and end this disease forever. Learn more at nationalMSSociety.org.



OFFICIAL SPONSOR PLEDGE SHEET

MY FUNDRAISING GOALS

Every Bike MS cyclist agrees to raise the required fundraising amount. Please make checks payable to the National MS Society. A canceled check serves as a receipt, or call our office for receipt books.

SPONSOR NAME	CONTACT DATE	SPONSOR INFORMATION: ADDRESS/PHONE/EMAIL	DONATION AMOUNT	PAID	MATCHING GIFTS (+MG)				
					AMOUNT	SENT TO DONOR	RETURNED TO YOU	SENT TO SOCIETY	DONATION +MG
1.									
2.									
3.									
4.									
5.									
6.									
7.									
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10.									
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17.									
18.									
19.									
20.									
TOTALS									



KNOW YOUR NETWORKS WORKSHEET

THINK *OUTSIDE* THE BOX

PERSONAL

Write down your ideas of who to contact and how (reach out by phone, e-mail, Facebook Boundless Fundraising, letter-writing, fundraising events)

Family	<input type="checkbox"/> Go beyond your immediate family <ul style="list-style-type: none"> • <i>Who did you see at the last holiday party or reunion?</i> 	
Friends	<input type="checkbox"/> Include friends from other periods of your life <ul style="list-style-type: none"> • <i>Grade school, high school, college, graduate programs</i> <input type="checkbox"/> Informal groups or clubs <ul style="list-style-type: none"> • <i>Book clubs, poker night, Connections Groups, intramural sports groups</i> 	
Distant Contacts	<input type="checkbox"/> Review wedding or shower guest lists <input type="checkbox"/> Your holiday card list <input type="checkbox"/> Sorority/fraternity sisters/brothers <input type="checkbox"/> Ask your MS event coordinator for past campaigns, donor lists, or team rosters <input type="checkbox"/> Anyone who you recently supported in a charity event of their own	
Community	<input type="checkbox"/> How are you involved in your community? <ul style="list-style-type: none"> • <i>Volunteer activities/organizations</i> • <i>Your children's activities</i> • <i>Civic or religious organizations</i> • <i>Facebook groups</i> • <i>Connections on social media</i> 	
Daily Activities	<input type="checkbox"/> What does your average day or weekend look like? <input type="checkbox"/> What businesses do you frequent? <ul style="list-style-type: none"> • <i>Grocery stores, dry cleaners, gyms, salons and doctors</i> 	

PROFESSIONAL

Write down your ideas of who to contact and how (reach out by phone, e-mail, Facebook Boundless Fundraising, letter-writing, fundraising events)

Co-workers	<input type="checkbox"/> Ask outside your department or direct contacts <ul style="list-style-type: none"> • <i>Outlook contacts, office directory</i> <input type="checkbox"/> Former co-workers from previous jobs or positions	
Business Contacts	<input type="checkbox"/> Who do you regularly interact with? <ul style="list-style-type: none"> • <i>Clients, partners, vendors</i> <input type="checkbox"/> Where does your business regularly spend money?	
Professional groups	<input type="checkbox"/> Review your LinkedIn network <input type="checkbox"/> Think of different organizations whose meetings you attend regularly <ul style="list-style-type: none"> • <i>Chamber of Commerce, Municipal meetings</i> <input type="checkbox"/> Networking groups <ul style="list-style-type: none"> • <i>Industry groups, professional development</i> 	



TEAM UP



REGISTER ›
BIKEMS.ORG

Don't just ride, Bike MS

FOR MORE INFORMATION ABOUT BIKEMS AND OUR TEAM, CONTACT:
