



Saturday September 1, 2018

202 Market Street Rockford, IL  
[www.runrockford.com](http://www.runrockford.com)

Emcee Eric Wilson

This run is USATF certified (IL 17063NM)  
and is a 2018 Rockford Road Runners Circuit Race.



### Schedule:

6:30 am - Registration Opens  
7:30 am - Half Marathon Start  
7:45 am - 5K Start  
8:30 am - Kids Fun Run  
8:35 am - 3K Walk & Wheel  
8:50 am - Half Marathon &  
5K Top Finisher Awards  
9:45 am - 3K Walk & Wheel Awards

## FUNDRAISING IDEAS

Thank you for supporting our efforts to build an inclusive community to encourage individuals with disabilities to reach their full potential by raising funds and participating in River Run. Participants seek donations rather than pledges from friends, family, and coworkers. We have many great fundraising ideas, both for individuals and teams, to help meet your goals. Be creative, have fun, and ask everyone to support your efforts!

### A

**Ask** – The easiest way to raise money is to ask your friends, neighbors, relatives, and anyone you know to make a donation to your RAMP event. Explain your commitment and your personal connection to disabilities or why you are involved.

**Art Sales** – Ask children to produce art to display at a show. Parents and friends buy back their budding artists' masterpiece.

**Auctions** – Put together a live or silent auction. Teams can make a whole event out of it by working with an auctioneer who will donate his/her time to host a live auction. Some teams have success in hosting silent auctions during their family reunions, while others put them together at sporting events or work functions. Collectibles are great sellers!

**Auction Off the Boss** – Have your boss, department head, or company executive volunteer to do something, like be someone's assistant for the day or let employees throw pie in his/her face. Employees bid to be the lucky winner, with proceeds benefiting your fundraising efforts.

### B

**Babysitting** – Do extra babysitting and give your pay to your team's effort. Or baby-sit as a team during a community event.

**Bake Sales** – Hold a bake sale at work or a busy public place (e.g., bank, grocery store, town square). You could even bake a different dessert each week for your coworkers. Or have a no-bake sale where co-workers pay so they don't have to bake goodies.

**Bingo** – Hold a bingo night at a local club, hall, or your place of business. Participants receive bingo cards for a donation. Ask local restaurants and businesses to donate food and prizes.

**Birthday Party with a Purpose** – At your birthday party, ask guests to make a donation to your fundraising efforts in lieu of gifts.

**Book Sales** – Find a publishing house or library that will donate books, or have everyone on your team donate used books in good condition. Get permission to set up a table in a local mall or plaza, or set it up in your break room.

**Boss for the Day** – Get permission from your boss to allow coworkers to bid on being boss for the day. The highest bidder wins.

**Bowl-a-thon** – Ask your local bowling alley to donate lanes for a few hours, and prior to the bowl-a-thon, participants ask for pledges for each pin they knock down.

**Bowling Chance** – One dollar gives you two throws with a toy bowling set. If you throw a spare, your name is entered once into a drawing for a nice prize. If you throw a strike, your name is entered into the drawing twice.

**Breakfast With** – Put together a breakfast with a well-known, high-profile person in your community, such as a sports mascot, the mayor, or a local celebrity. Work with a local restaurant or put the breakfast on as a team at a hall or club. Sell tickets and have photos taken.

**Brown Bag Lunch Day** – Everyone brings in their own lunch and donates the money they would have spent buying lunch out to the Wheel-A-Thon fund.

### C

**Candle Sales** – Offer scented candles or wax warmers to fellow employees and friends for a donation.

**Candy Bar Sales** – Sell candy bars at work, or ask a business to set up a display box at the check-out counter. You can purchase box kits from wholesale warehouses, or ask a candy store to donate them.

**Car Wash** – Car washes are a great idea for both students and adults, and are especially successful in the spring. Accept donations instead of charging a set price.

**Challenges** – Challenge another team to raise more money than you. Some radio stations may even put your challenge on the radio.

**Chili Cook-off** – Host a chili cook-off. Cooks donate to enter their chili in the competition, and everyone else donates to receive a spoon and bowl for tasting.

**Concession Stands** – Volunteer to run a concession stand or booth at a community event, with your team getting a portion of the profit.

**Craft Fairs** – Have your team set up a table at a craft fair or festival to sell your creations.

### D

**Day of Cleaning** – Team members donate a few hours to clean homes, with homeowners donating a specified amount to the team.

**Dog Walkers** – Ask your team members to walk the neighborhood dogs for a donation.

**Donut Days** – Get donuts donated from a bakery on a weekly basis and give them out at school, the office, or church in exchange for donations.

**Dress Down Days** – Get permission for employees to dress down for a day for a designated donation.

### E

**Errand Service** – People never have time to get all of their errands done! For a donation, help people knock some errands off of their to-do list.

### F

**Face Painting** – Set up a face painting booth at a local event, fair, or festival and ask for donations. Kids love it!

**Fashion Show** – Work with clothing stores to hold a fashion show. You could have it at the store, a club, or hall. Ask local celebrities to model the clothes, and offer admission for a donation. Ask if a local restaurant will donate refreshments.

**Flower Sales** – Work with a local florist or wholesaler to give out bouquets, potted flowers, or individual carnation or rose stems at your work or school for a donation.

**Fountain Coins** – Get permission from the local mall to collect all the coins tossed into a fountain for a designated time period. Display signs that state that the coins will be donated to the Wheel-A-Thon.

### G

**Game Night** – Host a party with a purpose at your house! Charge a small entry fee.

**Gym Day** – Work with a local fitness center to hold an open house with a variety of classes offered throughout the day. People can participate for a donation. This is great exposure for the gym. Also consider including a silent auction and baby-sitting service.

## H

**Hair Cut-a-thon** – Ask a beauty salon or vocational school to hold a cut-a-thon with donations going to your team.

**Hoagie Sale** – Hold a hoagie sale at work or around town, taking orders ahead of time. Try to get the sandwiches donated.

**Hole-in-one** – Set up a portable putting green at your office or in a popular public place. For a donation, people can try to putt golf balls.

## I

**Ice Cream Social** – Host an ice cream social at work or for friends, asking for donations.

## J

**Jail and Bail** – For a donation, employees can have a coworker “arrested” and placed in “jail,” which is a designated place they must remain. They can donate to “post bail.” Alternatively, employees can have a bounty placed on a coworker’s head. The coworker is arrested and is not set free until the entire bounty is raised (\$100 or more per person).

## K

**Kiss the Pig Contest** – Recruit a local celebrity to kiss a pig once a certain amount of money has been raised. Or make it a contest at school or work. Put pictures of all the teachers or employees on collection jars, and whoever raises the most money must kiss the pig.

## L

**Lawn Service** – Offer to mow neighbors’ lawns for a donation.

**Letter Writing** – This is a great way to ask for donations without asking in person. Send letters out to your friends and family with your personal story, information about RAMP, and your fundraising goal. Ask them for a specific amount or leave it up to them. Some people write letters on behalf of their pets or babies to add a little humor.

**Lunch with the CEO** – Auction off lunch or a round of golf with your company CEO or president.

## M

**Matching Gifts** – Ask your company to match what you raise for RAMP. Check to see if your company has a matching gifts policy at [matching-gifts.com/acs](http://matching-gifts.com/acs). If they don’t, ask them anyway!

**Money Jars** – Set up money jars or coin boxes at a place of business. People can donate when they frequent that business.

**Movie Night** – Invite your friends over for admission to a night at the movies, popcorn, and soda. Or have a movie hour during lunch at work. Charge admission and invite employees to eat their lunch while they watch.

## N

**Non-alcoholic Cocktail Party** – Host a non-alcoholic cocktail party for donations. Or, organize a rotating cocktail hour/ buffet, where different appetizers and drinks are available.

## O

**Odd Jobs** – Call on your neighbors and ask if they have any odd jobs they’ve been putting off, such as fixing a rain gutter, shoveling the driveway, painting a fence, or raking leaves. You and your team can help with their to-do lists in exchange for a donation.

## P

**Pancake Breakfast** – Hold a pancake breakfast at a community center, church, or work.

**Parking Space Auction** – Ask for permission to auction off the president’s parking spot for a day or a week.

**Percentage of Sales** – Ask a restaurant or retailer to designate a percentage of sales or proceeds for a day to your team. Ask your team spread the word!

**Pet Fashion Show** – Host a pet fashion show where you give everyone’s pet the opportunity to flaunt a favorite outfit. Charge admission and vote for best dressed, matching outfits (owner and pet), wildest costume, etc.

**Photo Booth** – Set up a photo booth for people to have their photos taken with a local celebrity for a specified donation. Or use a cardboard stand-in of a major celebrity. This can be done at work, a local fair or festival, or as an on-site fundraiser at the wheel-a-thon.

**Pie Sales** – These are similar to bake sales, but they are especially popular around the holidays. Take orders in advance and have team members bake and deliver pies, or set up a table at a busy grocery store or shopping center.

**Pizza Sales** – Work with a pizzeria to take orders and deliver pizzas, giving you a percentage of the sales. Or, put pizza kits together and sell them. Work with a wholesaler to get ingredients donated.

## Q

**Quoits Tournament** – Hold a quoits or horseshoe tournament with entry fees going to your team. Ask a local retailer to donate a prize for the winner.

## R

**Raffles\*** – There many types of raffles. Make themed baskets, where everyone on the team brings one item to go in the basket. A summer fun basket could include sunscreen, paperback books, sunglasses, bottled water, and magazines. A night out package could include gift certificates to the movies or tickets to a play, concert, or sports event. Be creative!

**Restaurant Day** – Ask your local restaurants if they will have a RAMP Day. A percentage of meals sold or the proceeds of the sale of a certain menu item will go to your team. Team members could be on hand to talk about the event and ask for donations from the patrons.

## S

**Sell Services** – Ask the best cook on your team to go to someone’s home and prepare a meal for a donation. Ask your vice president at work to commit to wash an employee’s car, or several if they’re willing. Ask the company photographer to take family photos for a donation.

**Skunk Them** – Place a stuffed skunk on a coworker’s desk. They make a donation to have the skunk removed.

**Soup Sales** – Host a soup day at work. You can even offer it to other businesses throughout the community. Take orders ahead of time and have an evening of team soup-making.

**Spaghetti Dinner** – Put together a spaghetti dinner at a local community hall or club. Make it a fancy occasion by having team members wait on diners, take their orders, and clear tables.

**Sports Tournaments** – Organize bowling, hockey, basketball, soccer, and other sports tournaments. Teams gain entry into the tournament with a donation. Ask a local business to donate a prize for the winning team.

## T

**“Turkey” Subs** – Encourage sub/pizza shops to donate a set amount from each cold turkey sub sold to benefit your team.

**30x30x30 Campaign** – Ask 30 people to donate \$30 each on the 30th of the month. That’s \$900 in one day! This can be done individually or as a team. Make sure to tell people about the challenge to drive excitement and donations. This could also be a 20x20x20 campaign.

## U

**Unique Boutique** – Collect or make one-of-a-kind items and raise funds through a live or silent auction.

## V

**Vacation Day Drawing** – Ask your company if you can organize a drawing for an extra vacation day. Employees donate money to be entered into the drawing.

## W

**Wait Tables** – Work with a restaurant that will designate a specific night to benefit your team. Your team acts as servers, and you collect all of the tips. You may also be able to receive a percentage of that evening’s profits from the restaurant.

**Wheelies** – Sell RAMP Wheelies (available through RAMP) can be provided to businesses and retailers for people to dedicate to a loved one for a \$1 donation. They can also be used during the holidays to place on a memorial or honor tree.

## X

**Xylophone Concert** – Hold a music concert or recital. Pass out refreshments and ask for donations, or sell tickets in advance.

## Y

**Yard Sales** – Work individually or as a team to set up yard or garage sales. Clean out your attic and raise money.

## Z

**Zoot Suit Party** – Hold a swing dance party and give awards for the best zoot suit.

\*Any fundraising activities that include raffles are subject to state laws. Please contact RAMP for details in your area before planning your activity.