

Miles for Tourette Fundraising Tips



Miles for Tourette

#TeamTourette #MilesforTourette



Tourette.org | 888-4-TOURET

As your fundraising journey begins, choose the incentives you would like to earn and work towards that goal!



RAISE \$100

RECEIVE TAA SUNGLASES



RAISE \$250

RECEIVE A TAA POP SOCKET



RAISE \$350

RECEIVE A TAA
DRAWSTRING BAG



RAISE \$500+

RECEIVE A TAA
WATER BOTTLE



How to Raise Money

ASK AND YOU SHALL RECEIVE:

HOW TO RAISE \$150 IN TEN DAYS:

Show your commitment and contribute \$20 of your own	\$20
Ask your spouse or close friend for \$20	\$20
Ask your doctor or dentist for \$20	\$20
Ask a local store that you shop at frequently for \$20	\$20
Ask another relative for \$20	\$20
Ask a neighbor for \$10	\$10
Ask a friend who's in an organization with you for \$10	\$10
Ask your hair stylist or barber for \$10	\$10
Ask a friend for \$10	\$10
Ask your dry cleaner or other similar service for \$10	\$10
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	\$150

HOW TO RAISE \$500 IN TEN DAYS:

Show your commitment and contribute \$25 of your own	\$25
Ask two doctors for \$50 each	\$100
Ask four family members for \$25 each	\$100
Ask three friends for \$25 each	\$75
Ask your supervisor for \$25	\$25
Ask two local merchants for \$25 each	\$50
Ask three neighbors for \$15 each	\$45
Ask two coworkers for \$10 each	\$20
Ask three people from an organization for \$10 each	\$30
Ask three friends of your parents to donate \$10 each	\$30
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	\$500



Awareness. Research. Support.

Questions?
Contact: Evy Kontoullis
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718.224.2999 EXT. 226



THE A-Z OF GREAT FUNDRAISING IDEAS

Get involved and help support the Tourette Association of America.

Holiday Themed

- Pictures with Santa
- Host a Breakfast with Santa
- Pictures with Easter Bunny
- Gift Wrapping (Mother's Day, Father's Day, etc.) proceeds/donations go to TAA
- Halloween Haunted House / Pumpkin Picking (Host)



Sports Related Activities

- Bowl-a-thon
- Dance-a-thon
- Team Tourette Walks/Runs/Marathon Events
- Basketball/Softball/Volleyball Tournament
- Golf Outing
- Miniature Golf Tournament
- Ice Skating/Roller Skating Night
- Teacher vs. Student Volleyball or Dodgeball Tournament
- Dodgeball Tournament



Entertainment/Family Oriented

- Dinner Dance
- Spaghetti Dinner
- Themed Dinner
- Pancake Breakfast
- Comedy Show
- Casino Night
- Talent Show
- Magic Show
- Young Professional Happy Hour
- Karaoke Night



- Carnival/Fair
- Treasure Hunt
- Movie Night
- Bingo
- Ice Cream Party
- Block Party
- Tea Party
- Wine/Beer/Whisky Tasting
- Trivia Night
- Father/Daughter Dance



Sales

- Bake Sale
- Craft Sale
- Car Wash
- Sell Products: Bracelets, Shirts, etc.
- Plant Sale
- Garage/Yard Sale
- Cookbooks



Online

- Text To Give
- Peer-To-Peer
- #Giving Tuesday
- Facebook

Other

- Crazy Hat Day
- Loose Change Day - collect all the loose change
- Workshops
- Teach Arts & Crafts
- Sewing
- Candle Making
- Scrapbooking
- Cake Decorating
- Wear Jeans to Work Day
- Dress Down Day



Dine to Donate

- Host a fundraiser on behalf of the TAA where a percentage of the proceeds are donated back to the TAA!



In-Store Fundraiser

- Reach out to local businesses that may be interested in hosting fundraising events in their stores. They can donate a percentage of sales back to the TAA.



Event Sponsorship

- When you host or participate in an event, please remember most local businesses would love the opportunity to give back to charitable organizations. Sponsoring an event also gives the local businesses extra exposure; do not be afraid to ask! You will find that most will go above and beyond in helping you in your efforts.

Contact

Evy Kontoulis at 718.244.2999 ext.226
or evy.kontoulis@tourette.org

Even though we are still apart, we can be creative with how we come together to raise funds and awareness throughout Awareness Month. Below are some virtual fundraising ideas to help reach your goals and have fun while doing so!

VIDEO-FREE DAY

- Instead of the traditional Jeans Day, where staff pay to wear jeans, make it a day with no video during meetings where attendees can feel free to dress down and still support a great cause.

GAME NIGHT

- Host a virtual game night and charge an admission fee. Invite friends and family to play Charades, Bingo, Trivia, or even a Scavenger Hunt!

KARAOKE NIGHT OR TALENT SHOW

- Host an online event and charge an entry fee to compete or participate. You can also ask the audience for donations to cast votes or request a song for someone to sing.

ONLINE AUCTION OR RAFFLE

- Evy can provide you with an in-kind donation letter to reach out to local businesses so that you can gather donations to auction or raffle off. You can sell tickets for a raffle or host a silent or live auction to see who will be the top bidder!

ONLINE RACING OR VIDEO GAME TOURNAMENT

- Create your own league and compete to see who the greatest is! Ask for a donation to enter. Winner gets bragging rights and maybe a prize.

FITNESS CLASS

- Host an online fitness class with a local instructor and charge an admission fee. Invite friends and family to join!

Need help organizing your event?

Please contact Evy Kontoulis
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