



# San Diego Race for Autism Off-Line Fundraising



### Pledge/Contribution Form

Fundraiser's Name:	Day Phone:
Address:	Evening Phone:
City/State/Zip:	Team Name:
E-mail:	Team Captain:

There is no minimum to raise. However our goal is to raise more than \$150 per participant.  
Ask your friends, family and co-workers to sponsor you.

Make checks payable to: **National Foundation for Autism Research** or **NFAR**.

All gifts are tax-deductible to the fullest extent of the law.

**Tax receipts will be mailed to the addresses below. Please write clearly.**

Sponsor's Name	Address (Street, City, Zip)	Email	Donation	Paid
Example-Suzy Walker	101 Main Street, Apt E San Diego, CA 92101		\$ 20.00	<input checked="" type="checkbox"/>
1.			\$	<input type="checkbox"/>
2.			\$	<input type="checkbox"/>
3.			\$	<input type="checkbox"/>
4.			\$	<input type="checkbox"/>
5.			\$	<input type="checkbox"/>
6.			\$	<input type="checkbox"/>
7.			\$	<input type="checkbox"/>
8.			\$	<input type="checkbox"/>
9.			\$	<input type="checkbox"/>
10.			\$	<input type="checkbox"/>
11.			\$	<input type="checkbox"/>
12.			\$	<input type="checkbox"/>
TOTAL			\$	

*All race participants are encouraged to collect their sponsor's donations in advance and mail them or bring them to the Race. Please convert all cash to checks.*

Be sure to write your name in the memo section of each check.  
(Please keep a copy of this sheet for your own records)

**Mail this form and donations to:**  
**NFAR**  
**PO Box 502177**  
**San Diego, CA 92150-2177**

# San Diego Race for Autism

## FACTS



**The purpose of this event is to raise funds for programs to benefit children diagnosed with Autism in the San Diego community. Proceeds of the event support the following efforts:**

- ◆ Early detection & intervention
- ◆ Education materials, equipment, & technology
- ◆ Educational training and workshops
- ◆ After-school activities
- ◆ Teen/young adult programs.

For more information,  
please visit our website at [www.NFAR.org](http://www.NFAR.org)  
or call us at 858-679-8800

### **FACTS ABOUT AUTISM...**

- ◆ Autism is the fastest growing and most common childhood disorder today. Once considered rare, autism is more prevalent in children than Cancer, Down Syndrome, Cystic Fibrosis and Diabetes *combined*.
- ◆ Today 1 in **110** children are diagnosed with Autism
- ◆ Autism affects children of all races and economic levels, affecting boys 4 times more frequently than girls.
- ◆ No one knows how to prevent autism or how to determine who is “at risk”.
- ◆ In San Diego there are thousands of children and their families living with Autism and Autism Spectrum Disorders.
- ◆ Autism is a complex developmental disorder that severely impairs a child’s ability to communicate and socialize with others.
- ◆ Children with autism often have sensitivities to touch, sounds, smells and visual stimuli. They may have difficulty processing information in the world around them, making it a stressful and, at times, frightening place. To cope, many children with autism become ritualistic and intolerant of change.
- ◆ Many believe autism occurs due to a combination of genetic and environmental factors, but there is still no proven cause.

*No parent wants to have their child diagnosed with autism.*

*However, many of the symptoms of autism are treatable. The earlier a child with autism starts treatment and interventions, the better the outcome for that child.*

### ***The National Foundation for Autism Research***

*The National Foundation for Autism Research is a 501(c) 3 nonprofit organization dedicated to the development of innovative treatment programs and options that improve the quality of life for children living with Autism and Autism Spectrum Disorders. Proceeds of the San Diego Race for Autism are used to support local research, and educational programs as indicated above.*

# San Diego Race for Autism Fundraising Tips



*Fundraise by asking co-workers, friends, and family to sponsor you. The best way to fundraise is by asking people personally. Remember, if you don't ask, they won't give! Each team member uses the pledge and sponsor form to raise funds towards the team goal.*

*To fundraise, you can call people for pledges, email them, write to them, or see them. Also, do not forget to ask businesses you frequent to sponsor you. Set a single goal of asking at least 1 person each day to sponsor you.*

## START WITH YOURSELF...

- ◆ **Add \$10, \$20, or more** to your registration fee.
- ◆ **Carry flyers** with you, you never know who you may come into contact with that wants to help in the cause.
- ◆ **Be Optimistic and Energetic** – It is very contagious. People will give if you are positive.
- ◆ **Ask Anyone and Everyone** – If you don't ask, they won't give. People are a lot more willing to give than we think. We just need to ask. Ask 6 people for \$25 and you have reached the goal of \$150
- ◆ **Use any and all forms of communication** – Write letters, email people, call them, ask them in person. You can create a personalized fundraising page. Go to [www.RaceforAutism.org](http://www.RaceforAutism.org) for e-mail and letter templates.
- ◆ **Ask for a specific amount.** And collect the money at the time you are sponsored. It will save you a lot of time in collecting pledges later. Ask for checks if possible.

## AT WORK...(make sure to ask permission from your HR Director)

- ◆ **Post Race for Autism** flyers in employee break rooms, mailrooms, elevators, etc.
- ◆ **Conduct** a pre-event “dress down” day at your place of work and have employees pay to wear casual clothes.
- ◆ **Create** team spirit with team shirts, buttons, signs, or hats.
- ◆ **Feature** your team's efforts in the company's newsletter.
- ◆ **Create** incentives for your team members that raise the most money (dinner certificates, movie tickets, time off). Some companies will provide this as a sponsorship for your team.
- ◆ **Check** to see if your company has a matching program. You can possible double or even triple your donations!
- ◆ **Tie** a helium balloon or a place a flower on all team members desk. People love recognition!
- ◆ **Place** a collection jar in your cubical or on your desk. Ask your co-workers for loose change.
- ◆ **Become** a fundraising mentor if you are having successes.

## How to conduct an e-mail campaign...

Register online at [www.RaceforAutism.org](http://www.RaceforAutism.org) and use the automated FriendsAskFriends tools.

## Look how easy it is to raise \$150.

Put in your own \$20 .....	\$ 20
Ask two co-workers for \$20 .....	\$ 60
Ask two friends for \$20.....	\$ 100
Ask a relative for \$25 .....	\$ 125
Ask a neighbor for \$25 .....	\$ 150