



## Walker Tips

### Nine Days and \$1000 for the Women's Walk

#### Day

1. Sponsor yourself for \$50
2. Ask two family members to donate \$50
3. Ask 10 friends to contribute \$20
4. Ask 5 co-workers to donate \$20
5. Ask 5 neighbors to donate \$20
6. Ask 10 people from church to donate \$10
7. Ask your boss for the company to contribute \$50
8. Ask 5 vendors from your company to sponsor you for \$40
9. Ask 4 businesses that you use frequently to contribute \$25  
(Hair Salon, Dr, Dentist, Grocer, Insurance Agent, etc.)

#### Team Captain functions and donate proceeds to the walk

1. Sell root beer floats at lunch time in work cafeteria, product donated
2. Have a bowlerama at a local bowling alley
3. Get the proceeds from the company vending machines for one month donated
4. Have a dance
5. Bake Sale at work
6. Casual Friday dress day...charge \$10
7. Garage sale proceeds
8. Car wash