



Heart&Stroke
RIDE
for
HEART

JUNE 4, 2017

How to Raise \$1,000 in 5 Days!

Self-Donate

Showing your commitment to the Foundation through a \$100 self-donation. Wow your family and friends and set the precedent for them.

Total: \$100

Email Co-Workers

Ask 5 co-workers to donate \$100 each towards life-saving heart and stroke research.

Total: \$500

Globetrotters

Ask 5 globetrotting friends to support you from across the pond by donating \$40 each.

Total: \$200

Fundraise With Social

You raise 42% more when posting on Facebook. Ask 5 of your oldest friends to donate \$20 each.

Total: \$100

Family Ties

Ask your family to support research you believe in. Ask 5 family members to invest \$20 each to you.

Total: \$100

Title Sponsor



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