

WILL FERRELL'S DOUBLE DARE MATCH MADNESS DONATION MATCHING CHALLENGE

Step by Step on How to Begin Your Fundraiser:

Step 1 - Pick your preferred activity of choice and decide if you want the challenge to run through the end of the year or to be only on the event weekend of December 5 & 6

Step 2 - Set your challenge (i.e. length of time or distance) and fundraising goal

Step 3 - Create your fundraising page

Step 4 - Share your fundraising page to your network and encourage friends or colleagues to join your team or to donate

(i.e. Create your team page with a \$1,000 goal and invite 10 team members to join who will pledge to either fundraise or donate \$100 each to help you reach your \$1,000 goal
OR

Create your individual page and have people in your network donate \$50 or \$100 to simply support your challenge)

List of Examples to Inspire You:

1. Walking, Jogging or Running

CANCER FACT: 43 children are diagnosed with cancer every day and the survivor rates are at an all-time high of 88%. Organizations like Cancer for College are vital to the cancer community as families face the financial impact of fighting the disease.

Suggested Challenge: Walk, Jog or Run 4.3 miles in 1 day or 8.8 miles in 1 week. Record a video of yourself and share your progress with the CFC team and through your social media.

Individual or Team Goal: Raise \$430 to match the 4.3 miles or raise \$880 to match the 88% survival rate. Ask donors to help you reach your goal or go solo.

2. Surfing, Kayaking or Paddleboarding

CANCER FACT: 1 out of every 100 college students is a cancer survivor.

Suggested Challenge: Surf 100 waves before the end of the year or Kayak or Paddleboard 100 laps. Share your progress and with the CFC team.

Individual or Team Goal: Ask 100 friends to contribute \$10 each to reach a \$1000 goal or create your own goal for the campaign.

3. At Home Aerobics Class

CFC FACT: \$5,000 is the minimum college scholarship amount awarded by Cancer for College.

Suggested Challenge: Commit to burning 5,000 calories in 2 weeks by yourself or do it

collectively with your friends virtually. Enjoy a fitness class in the comfort of your own home from one online or via an app. Track your caloric burn by using a Fitbit, Apple Watch or free app on your phone.

Individual or Team Goal: Raise \$1000 solo or build a team to raise \$5000 together.

4. Hiking

CFC FACT: The average household income of a Cancer for College recipient is less than \$50,000.

Suggested Challenge: Go for a hike and log at least 50,000 steps between the start of your campaign and the end of the year. You could also form a team and try to knock out the 50,000 step goal in one glorious hike.

Individual or Team Goal: Ask your friends to raise or donate \$50 to be part of your hiking squad or set a solo goal of raising \$500.

5. Golf

CFC FACT: 18.86 is the average age of a Cancer for College scholar.

Suggested Challenge: Dare yourself and friends to play at 18 different golf courses from now until the end of the year.

Individual or Team Goal: Commit to raise \$18 per hole for every round of golf you play from now until the end of the year with your pals.

6. Yoga

CANCER FACT: 42% of new cancer patients lose their life savings within 2 years of diagnosis.

Suggested Challenge: Learn 42 yoga positions by the end of the year and try to find your favorite. Have someone record you and send your best downward dog to us to share on social media.

Individual Goal: Raise \$420, \$10 for each new yoga pose. Have your friends suggest yoga poses for making a donation.

7. Basketball

CFC FACT: 98% of Cancer for College scholars graduate from college.

Suggested Challenge: Get a team together and the first team to 98 points wins. Ask all participants to donate or fundraise \$98 to participate in the big game. Don't have friends? Pledge to shoot 98 free throws. Ask people to donate based on how many free throws you make. Shaq is not allowed to enter.

Individual or Team Goal: Raise \$980. Don't forget to sanitize the ball and all player's hands before and after the game.

8. Polar Beach Plunge

CFC FACT: Cancer for College has awarded over \$4 million in college scholarships to deserving cancer survivors. Despite Covid-19, CFC still awarded \$500k in scholarships this year.

Suggested Challenge: Go take a casual winter swim in cold water (ocean, lake or unheated swimming pool) with your friends or family members.

Individual or Team Goal: Set a goal that will get you to take the polar plunge. Tell your friends to hit the goal and you will record or live stream the frigid experience.

9. Biking

CFC FACT: 38% of Cancer for College scholars are first generation college students.

Suggested Challenge: Map yourself out a hilly bike ride or use a stationary bike/Pelaton and peddle away for 38 miles. Break it up however you see fit.

Individual or Team Goal: Ask your friends to donate \$38 each to your campaign. Set an overall goal that you think is reachable.

10. Obstacle Course

CANCER FACT: \$833,000 is the average cost associated with childhood cancer.

Suggested Challenge: Create a fun self-made obstacle course and challenge your family members to navigate in your own backyard, at your local park or beach.

Family Team Goal: Set a fundraising goal of \$833 and try to beat it.

Don't see an activity you want to do above? Not to worry, the world is your oyster and you have the freedom to decide exactly what activity you want to do! These are just a few examples. For any questions, assistance or even if you'd like to discuss your own creative idea, please contact Events Director Sarah Lindner at 760.599.5096 or sarah@cancerforcollege.org.

Thank you for participating in our end of year fundraising campaign! We really appreciate your support. Remember, every dollar you raise will be matched by Will Ferrell help a cancer survivor thrive through college and beyond.