



BUCKET LIST ADVENTURE

Turn your dream into funds for the lymphoma community



Research Foundation

The Impact You Make

The Lymphoma Research Foundation's mission is to realize the promise of science to eradicate lymphoma and serve those touched by this disease. We achieve this together – as one community – with confidence, compassion, and care. Supporting the Foundation helps ensure that we continue to fund the most innovative research and support lymphoma patients, survivors, and their loved ones when they need it most.

\$100

Could fund a patient aid grant for one family.

\$250

Could fund education resources for 50 newly diagnosed families.

\$1,000

Could fund an early career lymphoma scientist for one day.

\$5,000

Could fund the Lymphoma Research Foundation Helpline for one week.

\$15,000

Could fund one Foundation research scholar for one year.

The Foundation's Impact

Awarded more than \$80 million in lymphoma-specific research grants.

Served more than 2 million people through free programs, support services, and resources.

People in all 50 states and more than 50 countries access our digital resources.

We have more than 20,000 volunteers across the United States.

Bucket List Adventure

Turn your dream of hiking the Appalachian Trail, learning to surf or cycling the Southern Tier into funds to support the lymphoma community.

Epic Cycling

CONQUER A CLASSIC ROUTE OR CHART YOUR OWN PATH

- Register for a supported race. Challenge yourself with an event like Ragbrai or set your own pace on New York's Five Boro Bike Tour. Better yet, create your own!
- Make safety a priority and create a plan. If you're designing your own multi-day route, recruit a friend to serve as a support vehicle.
- Cycle within your abilities – a 1-day adventure is meaningful!

Master a New Skill

NOW IS THE TIME!

- Learn to surf, learn a new language or follow your own dream. Raise funds along the way.
- Dedicate your journey to a loved one, share your successes, and celebrate milestones along the way.

Destination Hiking

BLAZE A TRAIL FOR RESEARCH

- Adventure awaits – check out the Appalachian Trail, Pacific Crest Trail, or choose your own.
- Stay safe and choose an adventure within your limits. It will be equally meaningful to raise funds and hike part of a trail vs. the entire trail.
- Recruit a friend – double the fun and success of training and fundraising.



Once in a Lifetime

WHAT'S YOUR DREAM?

- Nothing says bucket list like skydiving, bungee jumping or another adrenaline rush.
- Be safe and partner with credentialed experts.
- Activate your network to support you (great for social media) and dedicate your adventure to a loved one.



Fundraising Tips

GET CREATIVE

What have you always wanted to do? Pursue your own idea or check out organized events (special survivor learn-to-surf camps, etc.).

DEDICATE YOUR ADVENTURE

Dedicating your fundraising initiative to a loved one will highlight its importance and add meaning for participants, as well as supporters.

MAKE IT MEANINGFUL

Customize your adventure to highlight a special event (hike 40 miles to celebrate a 40th birthday or encourage giving in \$40 increments).

GO VIRTUAL

Create a virtual participation option to include friends and family wherever they are.



Ideal for
Anyone

Let's Get Started

Why it Works

Passion for your dream will supercharge fundraising. Friends and family want to support you and will cheer you on as you work toward your goal. Fundraising for a cause you care about makes the journey even more meaningful – dedicate your dream to the cause.

Step by Step: We're here to help

1

Choose your adventure:

5k Run • Pacific Crest Trail • Bike the Southern Tier • Skydive • The Great Saunter • Hike a 14er • Ragbrai • Kayak a River • Five Boro Bike Tour • Swim a Lake • **Design Your Own!**

2

Create Your Fundraising Page

<http://support.lymphoma.org/fyw>

3

Share Your Story

Personalize your fundraising page with a photo or video and set your goal. Most importantly, share why supporting lymphoma research and patient support is important to you. We all have a story, and sharing yours is an essential part of the impact you can make. Your passion and enthusiasm are contagious! Customize your fundraising link with a friendly URL.

4

Fundraising Starts with You

Be your first donor and make a personal gift to your Fundraising page. Make a donation that is personally significant. It will inspire others to do the same.

You've Got This

5

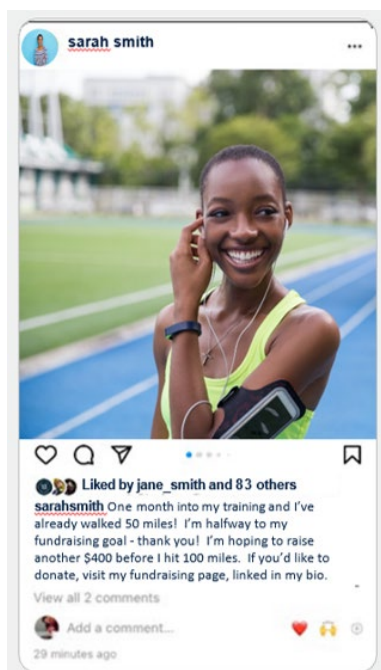
Recruit Others

- Invite a friend to join you. Planning an adventure or training for a race together adds not only fun, but more fundraising success!
- A partner can participate in-person with you or virtually from any location.
- Challenge friends, family members, and colleagues to support you by donating.

6

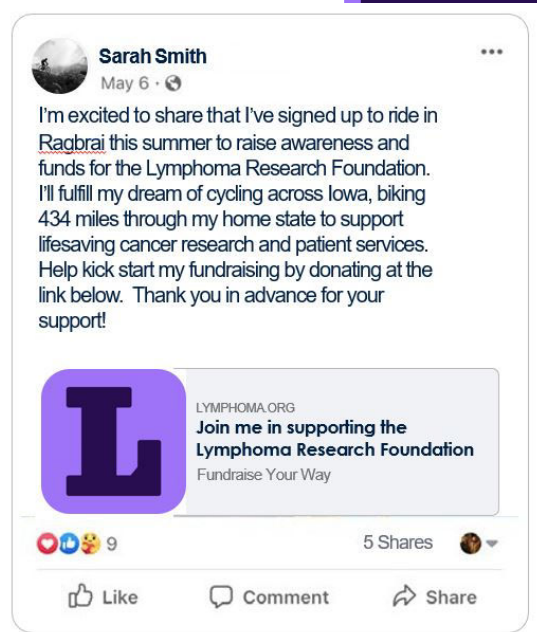
Get Social & Share Your Progress

- Reach your family and friends fast by posting your fundraising page link to social media networks. Remember to share why supporting the lymphoma community is important to you.
- Connect your fundraiser to Facebook through your fundraising center.



Pro Tips

- Create a timeline with week-by-week milestones.
- **Important:** Register for your event, if necessary. Participants are responsible for independently securing registration for a special event (for example, Ragbrai).



Mix it Up

Make the experience your own. Fundraising for a 5k or fun run can be just as rewarding and successful as hiking a mountain. Hike a segment of the Appalachian Trail. You don't need to be an elite athlete. Be safe, know your limits and choose a challenge that's meaningful to you.

Success Spotlight

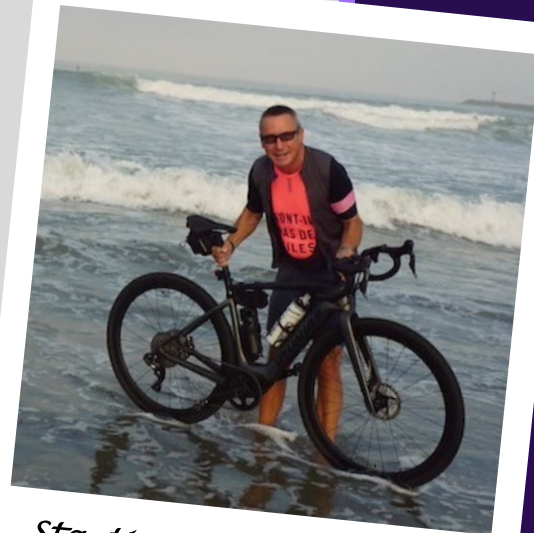


Jim

Bucket List Adventure: Cycled the 3,050-mile Southern Tier in 30 days to raise funds and to honor the memory of his wife, Pia.

Highlights: Jim's son participated as a support vehicle, as the two worked together to cross the US in 30 days. Jim chose cycling, as it was a sport that he and Pia enjoyed together.

Secrets to Success: Raised more than \$12,000 by challenging colleagues to donate.



Starting at the Pacific

Hannah

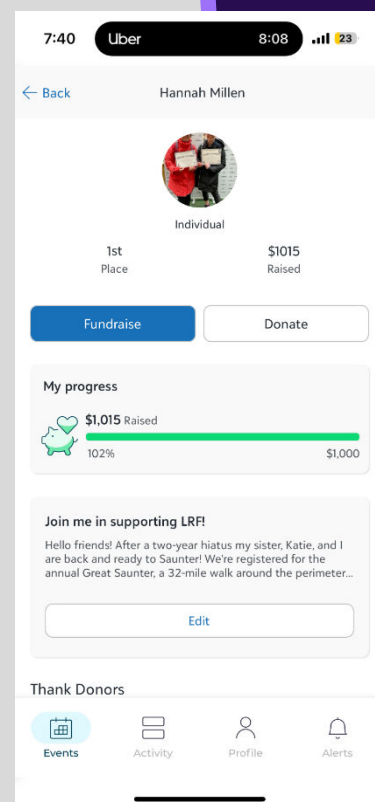
Bucket List Adventure: Participated in The Great Saunter, walking in a 32-mile urban hike through New York City.

Highlights: Hannah recruited her sister to join her, doubling the fun and adding a partner to assist in both training and fundraising.



32 miles in one day!

Secrets to Success: Used the Good Move fundraising app in her participant center to share progress and challenge family and friends to donate in increments of \$32 (\$64, \$96, \$128) to help reach her goal.





Did You Know? Share Why Support Matters to You

About Lymphoma

- Lymphoma is the most common blood cancer in adults and the third most common cancer overall among children.
- Every five minutes, someone in the US is diagnosed with lymphoma.
- Nearly one million Americans are living with or in remission from lymphoma.
- Cures can only be realized through advanced cancer research.

About the Lymphoma Research Foundation

- The Lymphoma Research Foundation is the nation's largest non-profit organization devoted to funding innovative research and serving the lymphoma community through a comprehensive series of education programs, outreach initiatives, and patient services.
- To date, the Foundation has awarded more than \$80 million in lymphoma-specific research.
- The Lymphoma Research Foundation served more two million people last year alone through education programs, support services, and resources.

Sample Messaging

Share your fundraising story on your social media pages to encourage your friends and followers to donate. Use our sample Facebook, X (formerly known as Twitter), and Instagram posts below as a reference.

Sample Social Media Messages:

TIP: Include some of the ‘Did You Know?’ facts from the previous page.

Facebook

- I'm [DESCRIBE YOUR BUCKET LIST ADVENTURE] to support cancer research. This is a personal effort for me because [SHARE YOUR 'WHY']. You can support my fundraising efforts for the Lymphoma Research Foundation by donating at [insert page URL]. [#LymphomaCommunity](#)
- I'm raising money for the [@LymphomaCommunity](#). You can support my fundraising efforts for the lymphoma community by donating at [insert page URL]. [#LymphomaCommunity](#)
- The [Lymphoma Research Foundation](#) is the nation's largest non-profit organization devoted to funding innovative research and serving the lymphoma community through a comprehensive series of education programs, outreach initiatives, and patient services. You can support my fundraising efforts for the lymphoma community by donating at [insert page URL]. [#LymphomaCommunity](#)

X (formerly known as Twitter) & Instagram

- I'm raising money for the [@LymphomaCommunity \(Instagram\)](#) and [@Lymphoma \(X/Twitter\)](#) [SHARE YOUR ADVENTURE]. You can support by donating at [insert page URL]. [#LymphomaCommunity](#)
- I support the [Lymphoma Research Foundation](#) because it is committed to serving those whose lives have been impacted by a lymphoma diagnosis. You can make a difference by donating today at [insert page URL]. [#LymphomaCommunity](#)



Sample Sponsor Request Letter

Boost your fundraising impact by asking your employer or a local business to sponsor your efforts – invite them to be part of your success story. Think about who you know – a family member’s employer, a neighbor or local businesses you frequent.

Dear Business Leader or Community Member:

The Lymphoma Research Foundation is the nation’s largest non-profit organization devoted to funding innovative research and serving the lymphoma community. The Foundation’s mission is to realize the promise of science to eradicate lymphoma and serve those touched by this disease. Approximately 200 Americans are diagnosed daily with lymphoma, the most common blood cancer.

[DESCRIBE YOUR FUNDRAISING INITIATIVE AND WHY THIS IS IMPORTANT TO YOU – SHARE YOUR ‘WHY’] *Example: I am proud to share that I am fundraising for the Lymphoma Research Foundation, a cause that is very important to me. As you know, my brother was diagnosed with lymphoma last summer. Thanks to recent strides in research, he’s in remission now. Our family experienced firsthand, the critical importance of research and that it can save lives. To support my brother and help everyone impacted by a diagnosis, I’m excited to announce that I’m participating in Ragbrai 2025, a 434-mile bike adventure across the entire state of Iowa, starting in Sioux City and ending in Davenport. I’ll fulfill a lifelong dream, raise awareness and funds – and will dedicate my ride to my brother.*

I’m writing to ask you to consider sponsoring my fundraising efforts by making a donation. Together, we’ll help fund both lifesaving cancer research as well as educational resources for everyone impacted by a diagnosis.

The Foundation has funded more than \$80 million in lymphoma-specific research. Our goal is to change the future for everyone whose life has been impacted by a lymphoma diagnosis.

If you have any questions, please feel free to contact me directly. Thank you for considering my request – together, we will make a real difference in the lives of those touched by lymphoma.

Sincerely,

YOUR NAME

Volunteer
Lymphoma Research Foundation
Your Email
Your Phone Number

PS – [Check out my fundraising page or donate here \[INSERT LINK\]](#).

The Lymphoma Research Foundation is a registered 501(c)(3), federal identification #: 95-4335088

Logo Usage



**Lymphoma
Research
Foundation**

Thank you for starting your fundraiser and supporting the Lymphoma Research Foundation. If you'd like to use our logo on your event materials and promotions, we respectfully request that you follow a few simple guidelines.

Please [click here to review our user guide](#). For any clarifications or to request a logo file, please contact Dana at dbork@lymphoma.org or 612-968-3757.

We're Here for You

Thank you for fundraising in support of the Lymphoma Research Foundation – we couldn't fulfill our mission without great supporters like yourself. We can't wait to see what you do and we're here to help.

Questions?

Contact Dana Bork

Associate Director, Leadership Giving

Lymphoma Research Foundation

dbork@lymphoma.org

612-968-3757

Frequently Asked Questions

What is Fundraise Your Way?

Fundraise Your Way is a way to support the Lymphoma Research Foundation through individual fundraisers. Each year, thousands of volunteers across the country turn their talents and interests into unique fundraising events to support the Foundation's mission of eradicating lymphoma and serving all those impacted by this blood cancer. Fundraisers can range anywhere from social events such as bake sales and parties to Facebook fundraisers. Whatever your idea is, we are here to help.

Who should checks be made payable to?

Lymphoma Research Foundation

Can I mail a check?

Yes! Please mail to:

Lymphoma Research Foundation

Wall Street Plaza

88 Pine Street, Suite 2400

New York, NY 10005

Does the Foundation cover any expenses for my fundraiser?

No, the Foundation will not provide financial assistance and will not be responsible for any expenses incurred by the event. The Foundation shall be entitled to 100 percent of the charitable portion raised by the event. This amount is equal to the total proceeds less any direct expenses generated by the fundraiser. In the event that multiple charities are being supported, please ensure it is clear on all promotional materials. All net funds should be submitted to the Foundation within 30 days after the conclusion of the event. If you cannot meet the deadline, please contact us.

Is there a registration fee or minimum fundraising requirement?

There is no registration fee or fundraising requirement for fundraising your way. We suggest you set a realistic goal for your fundraiser and increase your goal each time you meet it. The Foundation is grateful for all donations and no fundraising effort goes unnoticed.

I need help!

Call us! We're happy to discuss your ideas and help create a plan that works for you. We can also match you with an experienced fundraiser who can share what's worked for them.

Thank you for your partnership in supporting our mission!

