



**The Rachel Cooper Foundation**  
Providing life saving Pediatric Heart Surgery

Saving lives  
one child at a time.

## **Step by Step**

### ***The walker's guide to fundraising for The Rachel Cooper Foundation Walk-A-Thon Project***

Thanks so much for getting involved in your school's Heal-A-Heart Walk-a-thon. Being involved with the Rachel Cooper Foundation is a fun and simple way to help fight pediatric heart defects and save another child's life. Once you have received your walk-a-thon information and pledge form from your school, follow these steps to walk-a-thon success!

#### **Step 1: Ask friends and family for pledges**

Once you have learned about our foundation (see our website at [www.rachelcooperfoundation.org](http://www.rachelcooperfoundation.org)) and received your pledge form, ask people you know to sponsor you. They can give you a certain amount of money per lap or mile, or they can give you a flat rate sponsorship ahead of time.

#### **Step 2: Prepare for your walk**

Before your walk, make sure you are physically ready to walk, that you have collected any flat rate pledges and you have submitted a parent consent form to your school.

#### **Step 3: Enjoy your walk-a-thon**

Have a great day walking with your school and feel a great sense of accomplishment in raising funds to save the life of the child your school has chosen to sponsor.

#### **Step 4: Collect pledges and hand in everything to your school**

Once your Walk-A-Thon is completed, make sure to collect pledges from your friends and family who sponsored you. Make sure to put your pledge form and all checks and cash in an envelope to give to the walk-a-thon leader at your school.

**Did you know? “The Heal-A-Heart program has saved the lives of almost a 1000 children to date.”**