



Solve ME/CFS Initiative

You Can Help Fuel Our Fight! Do-It-Yourself Fundraising Through Crowdrise

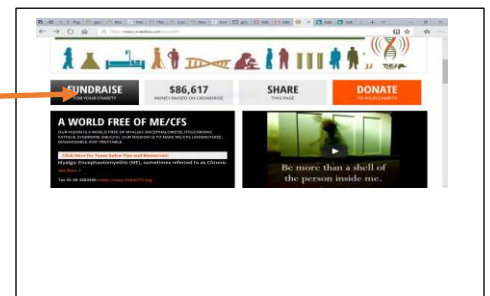
Have you felt motivated to support ME/CFS research and advocacy work, yet lack the financial resources to step up in the way you feel called? You're not alone! The vast majority of us don't have the dollars we'd have if we were healthy. And yet, you can contribute from your bed or home by engaging friends and family to support you to **fuel the fight**. This both educates them and gives them a way to express their care. And you will feel gratified to step up to share in the effort to raise funds for all who suffer with ME.

Do-It-Yourself (DIY) Fundraising through Crowdrise enables you to help raise funds for SMCI by creating your own fundraising page and asking friends and family to contribute. It's actually pretty easy to do.

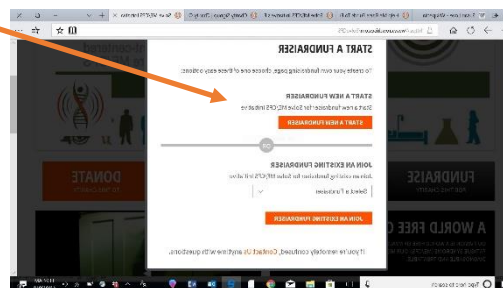
You can even create your Crowdrise effort to commemorate a birthday or an anniversary and ask friends to donate to SMCI in your honor.

It's easy to set-up your personal fundraising page on Crowdrise to raise money for SMCI!

1. Open a new browser and go to www.crowdrise.com/SolveCFS
Click on **"Fundraise for My Charity"** (on the left side of the screen.)



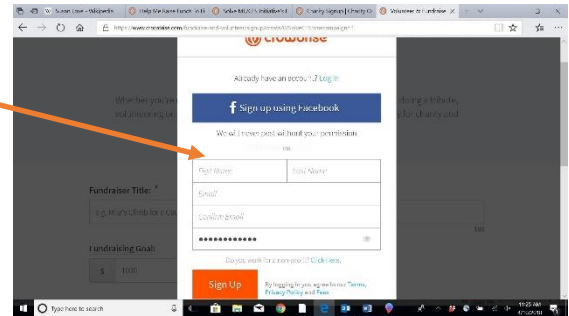
2. Click on **"Start a New Fundraiser."**



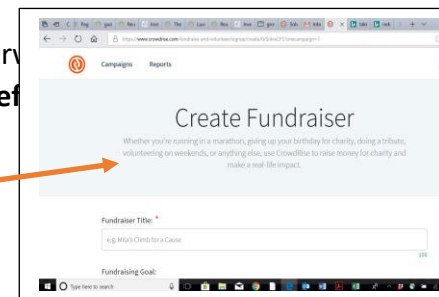


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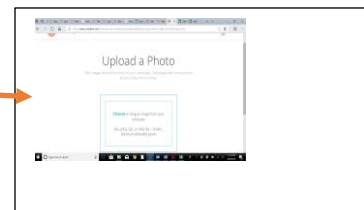
3. Now it's time to **Sign-in or Register**. If you **already have a Crowdrise account**, you can log in using your information. If you **do not have a Crowdrise account**, you can sign-up using your Facebook information or fill-out the information to create your account.



4. Now the fun begins. This is where you create your fundraising page! **Fill out the form.** Figure out a **Title of Your Fundraiser** and your **Fundraising Goal**. (You want your goal to be attainable but not over. Remember, if you meet your goal, you can always raise it!) Then, **write a brief of your fundraiser**. **Hint: Make it personal.** Share your ME/CFS story and why supporting SMCI is important to you. **Hint: To make it more fun, you can set "mini-goals" and incentives:** *Dye your hair blue when you raise \$500 or promise to post an unknown fact about yourself for every \$100 you raise.* Anything notable is awesome and makes the campaign more effective!



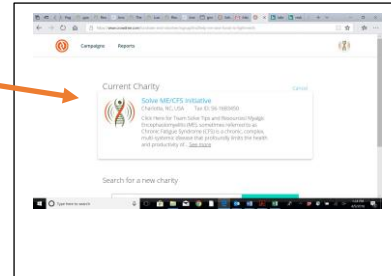
5. **Add a photo to your fundraising page.** (This is **not** required and can be added later, if you want.) Upload any photo on your computer. **Then confirm that you are not a robot!**





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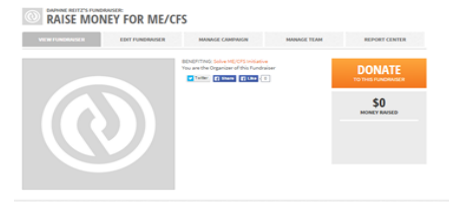
6. Next, select **Solve ME/CFS Initiative** as the charity you're fundraising for. You'll know you have the correct organization, because you'll see our logo and organization's name. **This is SMCI's logo:**



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Hit "next" and your Crowdrise page is live!

7. **Congratulations!** Your event is set up on Crowdrise. From this page you can manage your event/account and add a photo, update your story, etc.



8. **They key to a successful Crowdfunding campaign is sharing.** Start emailing your friends, family members and colleagues! (How do they do that?)

If you have any questions or need help, please contact Diana in the SMCI Development office at dsagini@solvecfs.org or (704) 364-0016 ext. 208

Thank you for helping to fuel our fight against ME/CFS!