

When you host a tournament, the **real winner** is research!

Research is what will **end lung cancer**, and **YOU** have the opportunity to drive that research forward.

It's time to help advance the impact of research by putting together your own fundraiser with the Lung Cancer Research Foundation! You have the power to make a difference when you Fundraise Your Way, and we're here to make sure you succeed!

Tournaments are a great way to build excitement and raise funds, and they're an especially good way to involve a workplace, neighborhood, school, or spiritual community! We have lots of tips for a successful and fun event.

Tournament activity ideas & types

- CrossFit
- Cornhole/bags
- Tennis
- Bowling
- Flag football
- Sing-off
- Kickball
- Golf
- *(Office Idol!)*
- Trivia
- Poker
- Sports brackets
- Cook-offs
- Video games

Single knockout: teams are eliminated when defeated

Double knockout: tournament ends when all teams are defeated except one

Round robin: each participant or team plays all other participants or teams

Ready to get started? Let's talk!

Emma Nestler, enestler@LCRF.org
 Manager, Community Engagement + Outreach



Fundraising ideas

- Charge a fee to enter the tournament, and/or an admission fee for spectators who can cheer for their favorite contestants!
- Ask local businesses for sponsorships and in-kind donations of items or services.
- Raffle off donated items, or have a 50/50 raffle: 50% of the pooled funds go to the winner, and 50% to LCRF.
- Sell tickets for food and drinks
- Spread the word about your event.
 - Send out invites via email, text and social media.
 - Set up an event on Facebook, then go live and stream it to those not in your area.
 - Create your personal fundraising page through our website, with information about your event.
- Recruit others to help you with planning or judging. Consider offering a chance to serve as a judge for a specific donation amount.