



& The Jim Arden Foundation

Creating Better Lives for Tanzanian Children



Activities Guide

Running or walking a marathon (or half-marathon, or 5K), bicycling from “here to there,” or proving your metal in a triathlon are all great ways to raise money for orphans and at-risk children in Tanzania!

How to get started:

1. Click on one of the links below to find a race:

<http://www.marathonguide.com/races/races.cfm>

<http://www.bikeride.com/calendar/events.asp>

<http://www.trifind.net/>

2. Register for the race.

3. Make it more fun and build a sense of community by organizing a team of friends, neighbors, schoolmates, co-workers, etc.

4. Create a free, fundraising webpage asking people to sponsor you and your team. Just follow this link, <http://www.firstgiving.com/>, type in “Jim Arden Foundation” and set up your page. It’s free and easy and allows you and your team to track online donations. So, just get started!

5. Contact Sheryl@jimarden4tacoda.org for brochures, and photos of some of the TACODA children to download for your teammates and your free, fundraising webpage.

6. Keep track of the donations made on your and your team’s behalf yourself and on your website. If you’re receiving checks, please keep track of these on a separate list.

7. Collect check donations made out to “The Jim Arden Foundation”.

8. Mail your donation checks to The Jim Arden Foundation, PO Box 4, Cos Cob, CT 06807.

9. For training guides click on one of the links below:

<http://www.marathonrookie.com/marathon-training.html>

<http://www.halhigdon.com/marathon/Mar00index.htm>

As our way of saying thanks we’ll send you a certificate of what you’ve done to help needy children in Tanzania