

Promote your fundraising on Facebook



1

Post a photo in your free Cancer Research UK bobble hat and let everyone know why you're swimming 10k this November.

2

Post your online Giving Page link in the comments. More people will see it this way!

3

Tag three friends who might like to take part with you.



Join our Facebook community

Meet other supporters completing the challenge, share top tips and motivate each other through the month by joining our [Swim 10k in November Challenge Facebook group](#).

