

Ready, set, run!

Simple steps to get your challenge off the ground.



Spread the word

Let everyone know about your challenge and encourage others to join in.



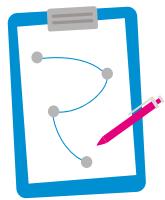
Plan your month

Think about how you'll cover the 10 days of 5k throughout March. Whether that's doing the runs across consecutive days or spread out over the month.



Get fundraising

Use the tips and tools in your pack to start collecting sponsorship. Our life-saving research is only possible thanks to amazing supporters like you.



Track your kilometres

Show your supporters your progress by [connecting your online Giving Page to Strava](#). Don't worry if you don't have Strava, you can still share your kilometres on your online Giving Page to encourage donations.

