



Promote your fundraising on Facebook

1

Post a photo in your free Cancer Research UK t-shirt and tote bag



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 walkers, share top tips and motivate each other through the month by joining our [Walk 30 Miles Challenge Facebook group](#).

