

FUNDRAISING BOOSTERS

Use these ideas to give your fundraising a lift and smash your target.

FILM A VIDEO

Video yourself out on your runs to let friends and family know you're supporting Stand Up To Cancer and share across your social media.

DINNER PARTY

Runners need fuel, so why not host a dinner party fundraiser? It's simple – you cook for your friends in exchange for a donation. Plus, you'll be fuelled for your next 5k.

WRAP-UP EVENT

'I'll donate when you've done it' – the words no fundraiser wants to hear! Hold doubters to their word with a wrap-up event at the end of your month and lap up those last-minute donations. Wear and share your medal on social media to celebrate and encourage more support.

USE YOUR KILOMETRES FOR GOOD

Why not offer to use your kilometres to help friends and family? You could run with their dogs or collect their shopping in return for a donation.

ORGANISE A RUNNING TOUR

Show your friends and family a great new running route that you've discovered and ask for a donation in return!

