

PROMOTE YOUR FUNDRAISING ON FACEBOOK

1

Post a photo in your free Stand Up To Cancer t-shirt.

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 runners, share top tips and motivate each other through the month by joining our **10 days of 5K Facebook group**.

