

# Fundraising through running



Whether you're a seasoned professional or a complete newbie, here are the RMBF's top tips on how to fundraise through running!

**Step 1)** Decide on your distance and event - don't go out of your depth! If you are new to running, a 5k is a great place to start- find a free local race at [parkrun.org.uk](http://parkrun.org.uk). For other distances, check out the [runforcharity](http://runforcharity) website to find a race near you.

**Step 2)** Create a JustGiving page - this easy to follow QR code will tell you how:



**Step 3)** Make sure to share your page with your friends, family and anyone who would like to donate

**Step 4)** Begin training! Be sure to have the correct shoes and clothes, visit the [runforcharity](http://runforcharity) website for tips for diet and nutrition, and scan these QR codes for training plans:



5k



10k



Half marathon

**Step 5)** As a bonus, you can upload your progress to JustGiving with Strava or post updates and photos to your JustGiving page on your training

**Step 6)** Re-share your page the week before your race to remind your friends and family to donate

**Step 7)** Run! You can ask friends and family to join you on the way - be sure to send any photos to [info@rmbf.org](mailto:info@rmbf.org)



## Tips for the day

- Plan your route to the start line - make sure to arrive early
- Don't wear new shoes or try new foods/ gels
- Try to avoid eating 2 hours before the race
- Print off your barcode before you leave (required for a park run)
- Pack a bottle of water, snacks and (if required) safety pins to attach your number
- Ensure you warm up beforehand to avoid injury