

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. For other distances, check out the 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 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



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