

# Boost your running total

Here are some ideas on how you can boost your running total!

## Guess my time

Set up a sweepstake and ask your friends and family to guess what time they think you will finish your run in. Ask for a set donation to take part and get a donated prize for the winner.

## Make a terrible playlist

Ask friends and family to donate a minimum of X amount and in return they can add any song they like to your running playlist.

The downside is that you may have to listen to some terrible music for your run!

## Wear fancy dress

Ask friends and family to donate a minimum of X amount to suggest a fancy dress outfit for you to wear on race day.

You can pick the winning suggestion out of a hat - we look forward to seeing the pictures!

## Company sponsorship

If your work offers matched funding, ask if they would be able to match your fundraising total.

## Donate the distance

Ask your friends and family to donate the amount that you are running. For a marathon, ask for a £2.62 donation or for a half marathon ask for a £1.31 donation.

You might get some very generous donors who will bump up your donations to £26.20 or £13.10!

## Share your progress

Keep your supporters updated with your training progress by sharing your training runs. With many online fundraising websites you can link your strava for updates.

You can also post pictures or videos to show everyone how committed you are.



Gary raised £328.88 by asking for donations of £2.62 via social media for his marathon!

- Gary Boon, London Marathon