

HANDY FUNDRAISING GUIDE

How to get involved in... a sponsored run



Lacing up your trainers for a sponsored run is a brilliant way to raise money for PHA UK.

There are now more organised runs than ever to get involved in, that take place all year round, up and down the country.

There are different distances to suit all abilities, from 5km fun runs to marathons, and lots of 10k's in-between. Obstacle races are also becoming increasingly popular, with many people challenging themselves with events like Tough Mudder, Wolf Run and Insane Terrain.

FIND A RUN

It is possible to take on your own sponsored run by mapping out a route and roping in some friends to join you. Many prefer to take on the challenge of a pre-existing race to benefit from the unique atmosphere that a mass participation event provides.

Once you've decided on your distance, the best way to find an event near you is through good old Google. The website www.greatrun.org lists 38 Great Run events and is a good place to start too.

GET TOGGED UP

Fly the flag for PHA UK while you're running by donning one of our charity t-shirts. You could even train in it too, so you'll be raising awareness of PH with every step you take. Give us a call on **01709 761450** and we'll be happy to send one out.

DON'T FORGET TO TRAIN!

As well as helping to prepare you for the distance, regular training also gives you the opportunity to update people on how you're getting on – and encourage sponsorship! If friends and family can see you're training hard, they

are more likely to lend their support. Keep them updated via social media and your online fundraising page.

Many local parks host free organised 5km runs every Saturday, which are great for training. You could even use one of these for your sponsored event. Visit www.parkrun.org or www.greatrunlocal.org to find one near you.

NEW TO RUNNING?

The fantastic 'Couch to 5k' free online training programme takes you from the sofa to being able to run for 3 miles, with a step by step training programme that takes just nine weeks. It's available via the www.nhs.uk/livewell website.

LET US KNOW WHAT YOU'RE UP TO

We're always keen to know what people are doing to help raise much needed funds and awareness for PHA UK. If you're planning a sponsored run contact Helen at office@phauk.org or on **01709 761450** and we'll send you a handy Fundraising Kit to help with your event.

VICKY DID IT...

Vicki Ridge pounded the pavements of Warrington in the 2016 English Half Marathon, in memory of her friend Sarah Herron. Vicki raised £6350 and was given £250 towards her total from her employers at united Utilities. She said: "AS PHA UK was very close to Sarah's heart it was the obvious choice for me."