

TIPS FOR SUCCESS

STAY MOTIVATED

SET YOUR GOAL HIGH

Set yourself an ambitious target and you'll be surprised at how quickly you exceed it! Make a personal donation to kickstart your efforts.

EXPLAIN YOUR WHY

Let others know that you are covering 72km in September and why. If you have a personal connection to Prostate Cancer – it's always helpful to let people know!

SHARE YOUR PROGRESS

Keep yourself accountable by sharing images and videos of you tackling the Long Run.

HELP YOUR SUPPORTERS

SUGGEST AN AMOUNT

People feel more comfortable by being given a guide on how much to donate. It's a good idea to let them know how much you are hoping to raise.

GIVE AN EXAMPLE

Check out The Log Run dollar handles and find out more about how your funds help men impacted by prostate cancer by visiting prostate.org.au/

MAKE IT EASY

Share the link to your unique Long Run URL (team or personal page).

KEEP IN TOUCH

SPREAD THE WORD

Think about who you're asking and what's the best way for them to receive the 'ask'. Is it by email, phone call, text, socials or face-to-face?

REMIND AND REPEAT

Even people with the best intentions can be forgetful. It's okay to gently remind your friends and family to donate.

SAY THANK YOU

You can do this via your Long Run profile page. It's nice to add a few status updates so people know how you're doing (photos are great too!)



GO THE DISTANCE

\$0

YOUR TARGET



Prostate Cancer
Foundation of Australia

theLONGrun