

NEED SOME MORE INSPIRATION

Try these ideas!



MAKE YOUR RUN THEMED

- Get your friends and family to sponsor you to complete some of your kilometres in fancy dress! How many Kilometres? Let them decide!
- Start a social countdown leading up to your silly outfit run!
- Upload your 'evidence' to social media and ask for donations!
- Create a poll and let your friends and family make a donation and vote for your crazy outfit!
- If you're running in a team – why not get some special team running singlets or caps made using the PCFA logo? Make your singlets as crazy and creative as you like!

CREATE SOME FRIENDLY COMPETITION

- If you're running in a team - assign a leader board within your team and try to beat each other's best time!
- If you're running alone – log your kilometres and share your own personal best time after each run, ask friends and family to sponsor you to beat your own score for your next run!
- Connect with other Long Run participants on social media by including the hashtag #TheLongRun – challenge others to beat your kilometres or beat your personal best!

MAKE YOURSELF ACCOUNTABLE

- Download your kilometre tracker from the resources section of your fundraising page – stick this on the fridge at home, or at your workplace. Make sure you log your kilometre achievements as you go and kick those goals!
- Plan out your runs and routes on your downloadable runs and routes planner – plan out some scenic places that you haven't been to before and enjoy all that the beautiful Aussie scenery has to offer!

PUMP UP THE VOLUME

- Create a playlist on Spotify or Apple music to keep you entertained on your Long Runs!
- Ask friends and family to create some cool new playlists for you to keep you motivated and thinking of them along the way
- If you're running for a man you love, why not listen to a playlist of his favourite songs and ask friends and family to chip in!
- Ask friends and family to create the 'worst' playlists ever for you to listen to – they can sponsor you to run a certain number of kilometres listening to ... kids songs! "Let it go... let it goooo!"