

Cystic Fibrosis Trust

Run for Research

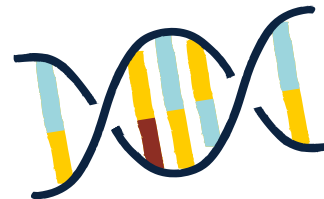
Schools fundraising pack

When you sign up for a Run for Research challenge, you will automatically create an Enthuse fundraising page so you can start fundraising straight away! As a school you can create a team when you register so all runners taking part can join the team and fundraise collectively.

School fundraising can be rewarding, fun and educational, whether you're a teacher, student, carer or parent! We can provide you with all the necessary support to make your event a success. Fundraising is not just about the money you raise, it's about making the activities accessible and enjoyable for everyone. We can help you every step of the way with sponsorship forms, fundraising materials, plenty of information explaining what cystic fibrosis is. Email us at events@cysticfibrosis.org.uk and we can send you all the materials you need.

Get inspired! Ideas for your Run for Research challenge

- **Incorporate a fact hunt** – design your route where runners must answer a question sheet about landmarks along the route e.g. what date a building was built or the names of shops.
- **Charge an entry fee** – you can use your Enthuse fundraising page to share with all runners to gain sponsorship or you can charge an entry fee per runner.
- **Give rewards** – give an incentive to all the runners by offering as prize for the most sponsorship raised. Runners could receive certificate or medals when completing the route.
- **Refreshments** – tea, coffee and juice and sweet treats can be sold and donated by parents
- **Create a competition** – set a challenge between classes to encourage competition with a prize for the winning class. Or even have a pupils vs teachers competition!
- **Fancy Dress** – complete a sponsored run where all the runners have to wear fancy dress with a prize for the winner! You could even have a theme like superheroes!
- **Obstacle Course** – Add in some fun obstacles on the route on the school grounds.



Things to consider

- **How long is your route?** Just over a mile would be suitable for all ages.
- **Where should we run?** It could be around the school grounds or go out into the local area. Remember to keep road crossings to a minimum on the route and have marshalls along the route to keep everyone safe. If a route isn't comprehensively supervised by marshalls, parents/ guardians would have to accompany the child.
- **Complete a risk assessment.** Prior to the event, walk the route to check for any potential issues.
- **Do you need signs along the route?**
- **Consider health and safety risks** and have high vis vests for all marshalls and participants.



The difference your money makes

Our work isn't possible without amazing people like you! Take a look at some of the ways your fundraising could change lives to help motivate you during your training:

£150

could support an individual or family in financial difficulty with a grant for basic essentials

£200

could buy exercise equipment for someone with CF, ensuring they maintain their daily treatment regime and stay healthy

£400

could pay for a day's worth of equipment at one of our Strategic Research Centres, helping to create ground-breaking discoveries in CF research

Want more ideas?

As well as asking people for sponsorship, there are loads of other ways to boost your fundraising total. Need inspiration? Check out the A to Z of fundraising activities – cysticfibrosis.org.uk/get-involved/fundraising/organise-your-own-event/a-to-z-of-ideas

Check out the Run for Research fundraising pack and take a look at the Training pack.

You can also go to our website to find more schools fundraising tips! cysticfibrosis.org.uk/get-involved/fundraising/organise-your-own-event/a-to-z-of-ideas/in-schools