

## Getting Started & Fundraising Tips

### Girls on the Run unstoppable US!

#### Access your personal fundraising page.

Everyone will receive a link to their own personal fundraising page. Whether you take part in Unstoppable Us is up to you! Your personalized link will be **sent to the email used when you registered** for the program. Don't forget to check your junk folder!

#### Make a list of your family members and friends.

Write down family members and friends who might want to support you. **Family gatherings or events** are a great time to share your goal and ask for a donation.

#### Think about what you have learned at practice.

Why is Girls on the Run important to you? What is your favorite lesson and why? Your friends and family are more likely to donate if you **share a few things with them!**

#### Set goals along the way.

**Break your big goal into smaller weekly goals** and celebrate each win. When you're close to reaching your goal, ask family and friends to help you cross the finish line!

#### Be smart and safe.

**Always have a trusted adult at home** (like a parent, guardian, aunt/uncle, or grandparent) help you with online fundraising, emails, phone calls, and social media.

#### Share your fundraising link.

Be ready to **share the link to your fundraising page**. This is where people will directly donate to support you. Send the link by text, email, or on social media. A QR code can be generated using free online sites.

#### Say thank you.

Always thank anyone who donates! Your supporters should know how much you appreciate them and how their gift makes a difference. **Girls on the Run will give you thank you cards** to fill out when you receive your gratitude gifts.

#### Return your envelope and receive your gratitude gifts.

Count your donations and **give your coach your pink envelope by May 15**. Your coach will give you the gratitude gifts you earned the week of the 5K.

#### Have fun!

By participating in Unstoppable Us, **you are helping other girls in your community**. How remarkable is that?