

Raising money by running doesn't just have to be about getting sponsorship, but it is a good place to start and here are a few secrets of success.

Running events: Introduction

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There are lots of great online guides that will help train from couch potato to marathon runner, but what about turning all that energetic running into donations for charity?

This guide signposts a few running training sites and then really focuses on making sure that long after your blisters have healed you are able to reflect on the wonderful work you have enabled your chosen charity to do.

We hope we can help you greatly increase your fundraising success.

Please note we have included your training time in the 'at a glance' section below.

[Read on...](#)




 [To read the full guide, click here](#)

 [To read a checklist summary, click here](#)

AT A GLANCE

I'm fundraising for	<ul style="list-style-type: none">• Charity or Community Organisation• Club or Group• Individual• School or PTA• Church• Hospice or Hospital
Solo fundraiser or team effort?	<ul style="list-style-type: none">• 1 person or more
Total time needed	<ul style="list-style-type: none">• More than 160 hours
Lead time	<ul style="list-style-type: none">• More than 6 months
Easy money or big bucks?	<ul style="list-style-type: none">• £500 to £5,000
I'm fundraising at	<ul style="list-style-type: none">• Park or Sports Ground• Other
High octane or gently does it?	<ul style="list-style-type: none">• Moderate effort
Fundraising idea category	<ul style="list-style-type: none">• Sponsored and sports events
Fundraising idea sub-category	<ul style="list-style-type: none">• Sporty

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