



lifting, hopes CHAMPIONS

RESOURCES

Need a little inspiration, motivation or information to get started on your fundraising challenge? Never fear – your Champion Captain is here! Check out the below for helpful links to participate, plan, and share your fundraiser.

- Is your personal challenge a race, the *Pump & Run* or the *Run* only?
Here are some handy race finder sites to get you warmed up for the finish line:
(Remember to register for the *Pump & Run* if that is your only fundraising event.)
<http://www.runningintheusa.com/race/ListByCityRadius.aspx>
<http://www.active.com/columbus-oh/running/5k>
<https://www.columbusrunning.com/RunEvent/RunEvents>
<http://www.runnersworld.com/race-finder>
- Create eye-catching graphics and flyers using free online design services:
<http://www.picmonkey.com/>, <http://www.canva.com>
- Familiarize yourself with our cause and learn more about the groups that we support:
<http://www.liftinghopes.com/what-is-lifting-hopes/>
<http://www.chapelhillhouse.org/>
- Use inspirational photos from past *Pump & Runs*, and the children and families that benefit from our support:
You can easily pull photos from our Facebook page, just be sure to give the photographer credit if listed; <https://www.facebook.com/liftinghopes/>
- Get free workouts to train for your fitness challenge with the Nike+ Training Club app* for your smartphone:
http://www.nike.com/us/en_us/c/nike-plus/training-app

Please contact apriest@liftinghopes.com if you need help or have questions about Lifting Hopes Champions.

Lifting Hopes is a registered 501c3 nonprofit helping children and families facing cancer, and other childhood illnesses and diseases.

*This is NOT a sponsored suggestion; it is just a very good and useful app!