

Jog 100km in October Challenge

Dear Jog Challenger,

Thank you for signing up to Jog 100km in October! It's the perfect way to get moving this spring and make an impact by supporting Red Cross to ensure no one faces hardship or crisis alone.

Your fundraising tool kit has arrived!

If you haven't already, please set up your own Facebook Fundraiser and share it with your network. It's simple to do, log into our Facebook group and you will see a link in one of our pinned posts. The money you raise will help support the most vulnerable people in our local communities, here in Australia and across the Asia Pacific.

Enclosed in this kit you will find everything you need to make your challenge a success:

1. Your free 'I'm Part of a Movement' t-shirt

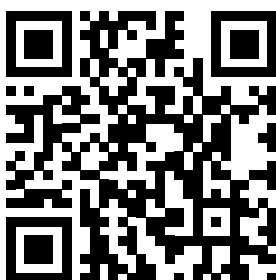
Wear it when you're out pounding the pavement! Take a picture, share it amongst your Facebook friends and ask them to support you in jogging 100km in October for Red Cross.

2. Your KM Countdown

Stick this on your fridge and countdown the kilometres you jog each day in October. You might surprise yourself and end up smashing your 100km target!

Fundraising tracker

We'd love to see you smash your fundraising target too, so we've created this fundraising tracker so you can tick off your goals as you achieve them. The best place to start is by backing yourself. Make a donation to your Facebook Fundraiser and this will encourage your network to donate too.



Your Impact

The impact you have by taking part in this challenge

The pandemic has shown the value of community, connecting with loved ones and having people around us who support and help us get through difficult times. At Red Cross we know there are too many people who don't have this support. Who find themselves alone or at a loss of who to turn to when things get tough.

We are here for them

- For a mother seeking her children who she lost in the chaos of war.
- For an older man living alone, who can't get out and about and has little social connection.
- For a family who has lost everything in a bushfire.
- For a woman who arrives in Australia as a refugee, knowing no-one.
- For a young man leaving prison who wants to live a better life.

Our network of volunteers, members and staff stand up for and stand by these people. We connect them with the support they need to live the life they want.

If you're lucky enough to have the support of family, friends and colleagues, we're calling on you to act. Bring your network together and raise funds so that others don't have to be alone.

Get those joggers on!

Now that you have your fundraising challenge kit, you're ready to hit the ground running.

Remember, the team and I are here to help. If you have any questions or need a bit of inspiration, please get in touch.

Thank you for committing to our Jog 100km in October challenge. We are incredibly grateful for your support and can't wait to see your progress along the way.

Good luck!

Many thanks,

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