

How to do a Half or Full Marathon

Run in an organised marathon and raise sponsorship.

Step 1 - Register For Event

- Secure place
- Confirm fundraising minimum (if applicable)

Step 2 - Set Fundraising Goal

- Pick a target that suits you - consider your distance, time commitment and running experience.

Step 3 - Training Plan (12-16 Weeks)

- Share progress updates
- Post long-run milestones

Step 4 - The Countdown

- “26 reasons to donate” posts
- Sponsor a mile idea

Step 5 - Race Day

- Get a photo of you ready to run/walk
- Proudly share that you are supporting mental health services in Rochdale
- Celebrate your success with a photo at the finish line!
- We'll be in touch with an official thank you letter and certificate, as well as celebrating your achievements on our social pages (with your permission).



Ready to run!

Bonus tip!
Invite friends and family to cheer you on race day - homemade signs and loud support can make all the difference when the miles get tough.



...and we're off!

