

How to do a Sponsored Walk or Run

Get sponsored to walk or run a set distance, timeframe or journey.

Step 1 - Choose Your Challenge

- 5k, 10k, scenic local route, or 'for 30 days I will...'
- Check safety & permissions if it's a public event

Step 2 - Set Your Fundraising Target

- Set the amount you'd like to make

Step 3 - Create Your Sponsorship Page

- Create your JustGiving page, search for Rochdale and District Mind (Charity No. 519916) and add us as your charity of choice
- Add personal story
- Share a bit about why you chose Rochdale and District Mind as your charity
- Share milestone updates

Step 4 - Your Training Journey

- Weekly progress posts
- Encourage small donations

Step 5 - Event Day/s

- Get a photo of you ready to run/walk
- Proudly share that you are supporting mental health services in Rochdale
- Celebrate your success 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!

Let us know about your running/walking challenge beforehand and we can provide you with a Rochdale and District mind T-Shirt!



Time to celebrate!