

9 reasons why you should fundraise as part of your virtual race!

1

Doing good feels great

It's a well-known fact that running releases 'happy' hormones, as does helping people or supporting a worthwhile cause. So do both and feel great!



2

Get motivated

What's better motivation than running for the people who need help the most?



3

Raise much-needed funds

Charities rely on the funds raised at hundreds of races annually, and while the impact of COVID-19 has been devastating for many, virtual fundraising is a fantastic opportunity to help out in a time of need. A few euros each from family and friends can quickly add up.



4

Increase awareness

Raising awareness can be just as important as raising funds. When you share your GivenGain fundraising project on social media, you're spreading the word about your chosen cause. You might even inspire more fundraisers!



5

Gain a support network

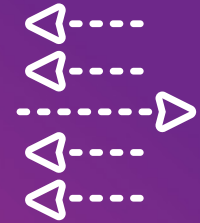
When our motivation starts slipping, a support network can help to keep us going. Running for a charity makes you part of a team sharing a common goal. Many charities have team meetups, Facebook groups, and regular email communications so that you never feel alone on your journey to the finish line.



6

Do something different

Raising money for charity is a great opportunity to step outside of your comfort zone and challenge yourself. Take the chance to do new things and make amazing memories.



7

Make new friends

Joining a charity team is also great for meeting new people and making friends. You already have two things in common – you like running and you care about the same charity – and that’s a good start! You might like some company on your training or just someone to message for a post-workout chat.



8

Give back

Charities rely on the funds raised at hundreds of races annually, and while the impact of COVID-19 has been devastating for many, virtual fundraising is a fantastic opportunity to help out in a time of need. A few euros each from family and friends can quickly add up.



9

It’s so easy

Simply **[visit the event’s official fundraising page](#)** **GivenGain** and click on ‘Start fundraising’. Search for your favorite charity to support from the list of charity partners and then share your fundraising project link with everyone you know to ask for donations!

