



Rudolph Run Challenge 2019 Hints and Tips

Here are some suggested Rudolph Run challenges:

- Calculate how many miles it is to Teesside Hospice from where your school is and run relays to reach the distance.
- Calculate how many laps to Lapland and run around the sports field.
- To make it more challenging, create an obstacle course and compete against other classes.
- If running is not your thing, why not arrange a gentle Rudolph Ramble in your local area. Get a collecting permit from your local council – we can provide some charity buckets, and collect money en-route instead of sponsorship money.

Don't forget we will help you by:

- Coming into your school to talk in assembly about Teesside Hospice and the care we provide so children and parents will know how their sponsorship money will help. Please give us a call on 01642 811145 if you would like to arrange this.
- Providing a pair of antlers* for everyone taking part please let us know your approximate numbers at least two weeks in advance.
- Providing one Santa suit per school.

- Minimum sponsorship of £2 per child



Four steps to a successful event

1. Don't forget your Rudolph Run sponsor forms

Give participants at least 2 weeks to collect their sponsorship money, and suggest they collect their money as they go along. Ensure that taxpayers tick the Gift Aid box so we can reclaim the tax back on every sponsorship donation and get an extra 25%.

Very important: Please make sure that you return all sponsorship forms and your funds to us with all important information; name, address and the box ticked, so we can claim back these extra monies.

2. Contact your local newspaper and ask if they would like to write a story about your activity before it happens, or after it takes place

If they cannot visit you to take a picture of you all in your antlers and noses, ask your teacher to take one and send it to them with a few words about yourselves and what you are doing. They may be more interested in a story after the event, so they can also include how much you have raised - don't forget to mention the name of your school or group.

Share your photos on social media using our hashtag #THRudolphRun

Very important: Please make sure that you have consent from all featured on your photos if they are going to be shared with papers and social media.

3. Make sure your challenge is achievable

If it makes it easier, split up the school / group and do it in stages, or even create an easier option for the younger years. Older children might like more of a challenge, and will find it fun battling against other children to see who can run the most laps, or raise the most money!

4. Have fun!

Fundraising is very much about having fun, so put on your Reindeer antlers, pop on your shiny red noses and enjoy!