THE BLOODY LONG WALK
A 35km Challenge to Cure Mito

10 ways to reach your target!

1: Invite 10 friends to donate $1 per km or 35 friends to donate $10 each!

2: Be the first to make a donation of $25 or more to your page and set the bar for others to donate similar amounts.

3: Ask two family members to help get the ball rolling and donate $25 each to your fundraising page.

4: Sharing your fundraising page on social media and email are really quick and easy ways to invite donations.

5: Send personal messages to three of your friends and ask them to donate $20 each. Don't forget to let them know why you're taking on this challenge!

6: Does your workplace offer a dollar matching program? You could double the amount you raise in one easy step!

7: Don't be afraid to ask twice! Sometimes people appreciate a reminder so share your page on social media a few times and check in with friends and colleagues you're expecting donations from.

8: Ask for donation from people whose causes you've previously supported.

9: Ask three co-workers to sponsor you $20 each. Let them know that's the office coffee run for the week!

10: Put up a poster or two in your workplace, school or local club and spread the word about your fundraising – you could even host a morning tea and ask for a gold coin donation. Check out posters to download on the Bloody Long Walk website.

THANK YOU from everyone at the Australian Mitochondrial Disease Foundation! We think you're amazing.