

## Push Up Challenge Fundraising Tips & Tricks

### Share Your Campaign Page:

1. From your registration email, there is a link that says **Visit “Your Name’s” Page**
  - Once directed to your page, you can click on the **Share “Your Name’s” Page**. You can copy the link and text or email to your contacts or you can share directly to facebook, instagram, email and others.
2. You can also share your personal page through the overall campaign page.
  - Visit [2024 Push-Up Challenge \(givebutter.com\)](https://givebutter.com) or access the campaign page when logged in to your Givebutter account.
  - Scroll down the campaign page until you find your name/picture listed under the Team Members Section.
  - Click on your name and you will be directed to your page. Now you can click on the **Share “Your Name’s” Page**.

### Updating Your Campaign Page:

You can customize your own page, make it more personalized and really explain to your audience why you are competing in the challenge and what you plan to accomplish.

1. Log in to your Givebutter account
2. Click on the 2024 Push Up Challenge under “Campaigns I’m Fundraising For”
3. Once again find your name/picture listed under the Team Members Section and click on it to be directed to your page.
4. Under the fundraising goal bar, you can click on **“Share and Manage”**
  - From here you can share, invite donors & supporters, and EDIT PAGE
5. Edit Page
  - You can update your display name, fundraising goal and your story
  - Things to include in your story:
    - Why are you participating in this challenge?
    - What is your goal?
    - Include an image of you completing a pushup.

### Donations by Check:

Do you have someone looking to support your challenge but would prefer to pay by cash or check. No problem!

- Mail checks to: Rise Above Violence, PO Box 2913, Pagosa Springs, CO 81147
- Cash: Any cash donations that should be applied to your challenge, please contact Annie at 970-264-1129 ext. 4 or [annie@riseaboveviolence.org](mailto:annie@riseaboveviolence.org). Please make sure you get the donor's name and mailing address if they are wanting Rise to send them a donation receipt.

**Campaigns that are shared on social media and via email raise 5x the amount of funds not shared!**

Please feel free to copy/paste and edit some of these boilerplate statements, goals and social media posts to help in your fundraising efforts.

I'm raising money for Rise Above Violence by participating in the Push-Up Challenge. I have committed to doing push-ups everyday in April to raise awareness about violence in our community. My goal *"fill in your goal"*

OR

Please share my page with any of your friends and family that may be inspired to donate as well. Your gift supports critical services for victims, and every dollar stays right here in our community.

- Include the link to your fundraising page or the general campaign page which is [2024 Push-Up Challenge \(givebutter.com\)](#)
- Advise them to click on the "Donate" Button and credit your team when donating!

OR

Did you know, every 68 seconds someone is sexually assaulted in the US. That is 1,271 people every day and 38,130 people a month. Help me bring awareness this April and support my push up challenge. Funds raised go directly to support and services for sexual assault victims. Help me push up these survivors!

Here are some images you can click and save to share too!

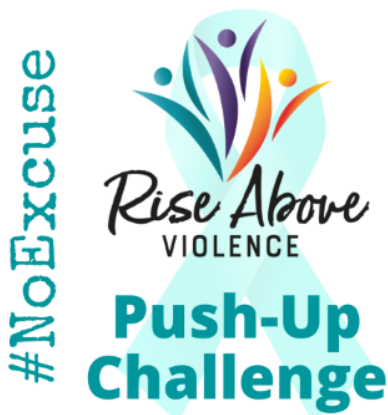


#NoExcuse #SAAM #WeRiseTogether

**THE CHALLENGE:**  
**38,130 total Push-Ups in April**

**Why 38,130? (That seems like a lot)**

**Every 68 seconds someone is sexually assaulted in the US - 1,271 every day or 38,130 for the 30 days of April**



As a community,  
we can overcome violence and  
together push up victims  
who need our strength.