

Sample Social Media Posts

Team Recruitment

Help us increase our fundraising team and invite your network to join us!

- Run with me! I'm running the XXX Marathon with #TeamCIH to support children in hospital and their families. Join our team by signing up today! [\[Insert Application Link\]](#)
- Do you [\(Insert heart emoji\)](#) running? Join me on #TeamCIH at the XXX Marathon on [Date of Race](#). Register today! [\[Insert Application Link\]](#)
- Join #TeamCIH with me at the XXX Marathon and support @Childreninhosp. Register today! [\[Insert Application Link\]](#)
- Do you love running? Do you love helping others? Run the XXX Marathon with #TeamCIH! Join me today at [\[Insert Application Link\]](#)

Fundraising

Use these fundraising posts to lead your network to donate on your personal Eventmaster page.

- I am running the XXX Marathon for #TeamCIH. Help me reach my fundraising goal and support children in hospital and their families [\[Insert Eventmaster Link\]](#)
- Help support children in hospital and their families today and donate to my page - [\[Insert Eventmaster Link\]](#)
- I am supporting Children in Hospital Ireland while training for the XXX Marathon. Help make hospital a happier place for children by making a donation to my fundraising page. [\[Insert Eventmaster Link\]](#)
- I am proud to run #TeamCIH. Children in Hospital Ireland supports children in hospital and their families with information and resources to support their hospital journey. Help me fundraise - [\[Insert Eventmaster Link\]](#)
- Just XX days until I run the XXX Marathon with #TeamCIH! I am so close to my fundraising goal, help me hit it by donating today! [\[Insert Eventmaster Link\]](#)
- My race in the XX Marathon is this week! I'll be running XX miles to support Children in Hospital Ireland. Can you help me reach my fundraising goal to help make hospital a happier place? Every little bit helps! [\[Insert Eventmaster Link\]](#)
- I'm supporting @Childreninhosp while training for XXX Marathon. Support me by donating: [\[Insert Eventmaster Link\]](#)
- I'm running the XXX Marathon for #TeamCIH. As little as €5 can provide a child in hospital with coloring or play resources. Donate today. [\[Insert Eventmaster Link\]](#)
- Children in Hospital Ireland supports children and their families before, during and after hospitalisation. Donate today. [\[Insert Eventmaster Link\]](#)
- I am running the XXX Marathon for #TeamCIH to support Children in hospital and their families. Help me by donating today: [\[Insert Eventmaster Link\]](#)
- I'm close to reaching my goal of raising €XX to help @Childreninhosp! Will you consider a gift to sponsor me and help me reach my goal? [\[Insert Eventmaster Link\]](#)