



RIVAL RIDE

in support of the
Harlequins Foundation

Fundraising Guide





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Thank you for taking part in Rival Ride 2019!

As well as committing to cycling 200km from the Twickenham Stoop to The Richo Arena Coventry, you have also pledged to raise £500 for the Harlequins Foundation.

The Harlequins Foundation harnesses the power of the Harlequins spirit to inspire, educate and equip, providing new opportunities and transforming lives in the communities we support.

The funds you raise will support the Harlequins Foundation core programmes:

- METTLE - an innovative and exciting mental health campaign.
- Switch - encourages women and girls to get involved in rugby.
- The Brighter Futures Local Community Grants Programme – celebrating the amazing charities, organisations and individuals who help to ensure our communities are happy, healthy and resilient.
- Our Movember partnership – working with the Movember Foundation to help men live happier, healthier, longer lives.

Last year former Harlequin legend and Jolly Hog co-Founder Olly Kohn took part in the inaugural the Harlequins Foundation Rival Ride Cycling over 100miles from the Twickenham Stoop to Gloucester's Kingsholm Stadium last April.



For Olly the Rival Ride was an opportunity to take up a brand new sport and challenge alongside his friends whilst raising awareness and money for the Harlequins Foundation.

'Of course, there isn't the same pressure as I faced when playing – the Rival Ride is about helping a great cause, and that is something that really encourages me.'

Following the ride Olly commented 'I'm bias because Quins is close to my heart but I really enjoyed being part of the Rival Ride team. It was fantastic to be part of a challenge with old team mates on a well organised event to raise money for the Quins Foundation.'

From everyone at the Harlequins Foundation,
welcome to the Team!





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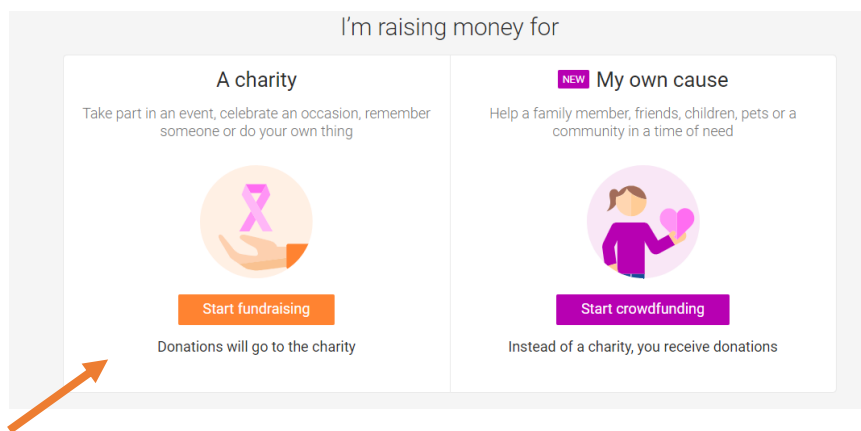


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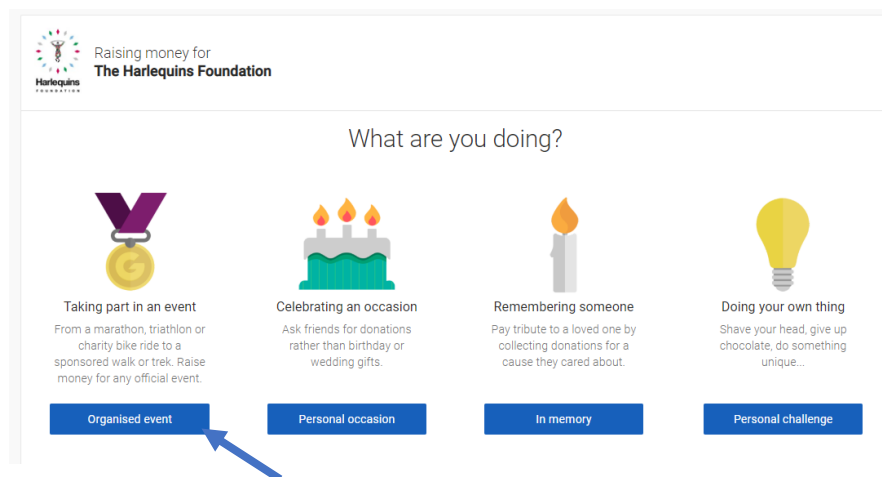
Setting up your JustGiving Page

JustGiving:

- Log into your [account](#) and click 'Start Fundraising'
- Under 'I'm raising money for' select a charity and hit the orange start fundraising button:



- Search for the Harlequins Foundation in the search bar and select
- 'What are you doing?' select 'Organised Event'



- Search for **Rival Ride 2019** and select
- Complete the form to set up your page
- Click 'Create your page'



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How to make the most of your online fundraising

Your Fundraising Page is set up and ready to accept donations. Now you can start on the fun stuff – [personalising your page](#) and [sharing it](#) amongst your friends and family

Personalise:

- Upload a profile picture, so your supporters know who they are supporting;
- Add a personal story – tell people what is motivating you to fundraise or take on your challenge;
- Set a target (pages with a target raise 46% more)
- Add a Fundraising summary – this is the first thing people will see when they go on your page and when you share it on social media;

Share & update:

- Get friends and family to share on social media;
- Email it to your colleagues at work;
- Ask your company or employer to post your page on their website
- Be persistent – don't be afraid to ask multiple times and chase people who said they would support but haven't;
- Pay day – share, post and ask on social media on pay day.

Thank:

- Personalise the thank you each donor receives
- Post your progress on social media and tag those who have donated
- If you can, reply to each donation individually





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Fundraising Ideas

- **Office Games** - Ask colleagues to donate to take part in events such as synchronised office chair swivel, rubber band archery, table tennis, or pencil javelin
- **Host a themed party** – food from your favourite nations, 80's, or sports themed. Whatever you choose, a theme will make great memories and photos
- **Dress down or up day**- get your colleagues to pledge to come to work dressed-down (or up) or dressed in the colours of their favourite sports team. You could even convince them to don the full Harlequins quarters!
- **Host a bake sale at work or with friends** -brought or homemade, a bake sale is always a winner!
- **Come Dine With Me** - bring out the competitive spirit and try something new in the kitchen
- **Auction of promises** – whether it is taxiing around your mates for a week, or doing the dishes
- **Quiz night** – ask your local if you can host a quiz night, or even hijack theirs!

Check out our A-Z of fundraising ideas at the back of this pack for even more fundraising inspiration!





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Paying in your money

All money donated on your JustGiving Page will come directly to the Harlequins Foundation – you don't need to do anything.

Money raised off line for example from events or sponsorship:

- **By Phone** - 44 (0) 20 8410 6000 and ask to donate to the Harlequins Foundation, ref. Rival Ride
- **By post** – please make cheques made payable to The Harlequins Foundation and post it to:

The Harlequins Foundation

The Twickenham Stoop
Langhorn Drive
Twickenham
TW2 7SX

Please include your contact information, and details about your fundraising activity, so we can send a thank you letter.





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Harlequins Foundation Fundraiser

Event:

Date:

Location:



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**200km Cycle from the Twickenham Stoop to Richo Arena
Coventry, 17th-18th May 2019**





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Fundraising Guide

A-Z of Fundraising

Auction

Bake Sale

Clothes Swap

Dinner Party

Eighties evening

Five-a-side football tournament

Good deed for donations

Hiking

Indoor games evening

Jumble sale

Karaoke

Ladies that lunch

Marathon running

Non-uniform day

Office party

Pub Quiz

Quins Day

Raffle

Swear box

Tee off – golf day

Unwanted present sale

Variety show

Wine Tasting

Xmas craft fair

Yogathon

Zipline challenge





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Harlequins Foundation

Contact Information:

Email: foundation@quins.co.uk

Phone: 020 8410 6081

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Twickenham, Middlesex, TW2 7SX

Registered Charity No. 1161838

Website: www.harlequins.foundation

