

Subject: Spread the Word: Strike Out ALS 5k and 1 Mile Run, Walk & Roll

HTML



LES TURNER ALS FOUNDATION

STRIKE OUT 5k ALS

Tuesday, July 11, 2017
Guaranteed Rate Field | Chicago
StrikeOutALS5k.org



Strike Out ALS 5k and 1 Mile Coaching Email Series

Edition 5

Social Media Tips and Tricks



Social media is a quick and easy way to let your friends know you are participating in the Strike Out ALS 5k and 1 Mile Run, Walk & Roll. Use Facebook, Twitter, Instagram, etc. to spread the word and share why you race towards a cure for ALS. Update your profile and banner images, personalize our sample social media post and include a link to your fundraising page to ask your followers for support. Take

a look at our social media tips to get started. [Learn more>>](#)

Donate Now >

Register >

[Fundraising Report](#)

[Days Left to Fundraise](#)

[Fundraising Goal](#)

[Dollars Raised](#)

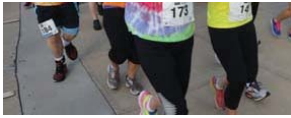
[Dollars Left to Raise](#)

[Useful Tools:](#)
[StrikeOutALS5k.Org](#)

Put the FUN in FUNdraising!



With the race only three weeks away, now is a great time to start your fundraising efforts. All donations, large or small, provide hope and help for people living with ALS and allow the Foundation to fund



world class patient services and research programs. Learn how easy and FUN it can be for you to make a difference! [Learn more>>](#)

[Facebook Page](#)
[Participant Packet](#)
[Team Captain Packet](#)
[Participant Center User Guide](#)
[Fundraising Incentives](#)
[Social Media Tips](#)
[Previous Coaching Emails](#)

Participant Spotlight



This week, we want to recognize Penny Tessier, captain of Team Tighe. Not only is Penny leading Team Tighe in Strike Out, but she is also running in the Rock 'n' Roll Chicago Half Marathon later this summer as a member of Team Race for ALS. Learn more about what motivates Penny to run and fundraise on behalf of the Foundation. [Why we Run>>](#)

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