

# THE MAY 50K



## HOW TO RAISE YOUR FIRST €150 IN THE MAY 50K!

The best way to get donations is simply to ask. We've compiled a list of some of the people **YOU** can ask to support your challenge this May.

€50

### MUM/DAD

simply for being your parents!

€35

### BROTHER/SISTER

as payback for stealing your food!

€30

### BESTIE

for having to put up with all their shenanigans!

€25

### COLLEAGUE

for keeping them sane at work!

€10

### FRIEND

for that coffee date you went on!

*#KissGoodbyeToMS*