

Together at work

Dress up day – charge £2 per person to come casually dressed to work. Get sponsored by 50 people and you've raised £100

Guess my 5k time – hold a £1 entry sweepstake competition to see who can guess how long it takes you to walk, jog or run your **Race for Life** event. The winner gets to leave early from work

No caffeine week – get sponsored 50p by each of your colleagues not to drink tea or coffee for a week before your **Race for Life** event

Host a raffle – winners get to leave early from work. Charge £1 per ticket and you could raise a fantastic £100 with 100 entries

Walk, jog or run to school/work/town for a week and any money saved on transport or petrol is given to added to your fundraising total. You'll also be working towards reducing your carbon footprint on the environment

Bake off – bring in some healthy baked goods and have your colleagues pay for a carb packed snack at elevenses' or tea time

