**Get Social! Use Social Media to help with team recruitment, asking for donations, challenging others to start a team, and spreading awareness about the cause!**

Sample Tweets

(Tip: if personal/team webpage links are too long, try shortening them at [tinyurl.com](http://www.tinyurl.com))

**Recruit Team Members**

* Join my team to Crush Cancer! www.LetsCrushCancer.org **[Insert Team Name]** **[Insert Team Password]** #letscrushcancer #crushcancervb
* Join my team to beat rare cancers! [www.LetsCrushCancer.org](http://www.letscrushcancer.org) **[Insert Team Name]** **[Insert Team Password]** **#letscrushcancer #crushcancervb**
* Ride with me on May 3 to Crush Cancer! **[Insert Team Name]** **[Insert Team Password** [www.LetsCrushCancer.org](http://www.letscrushcancer.org) **#letscrushcancer #crushcancervb**

**Challenge Others to Start a Team**

* I’m committed to beating rare cancers. Are you? Start a team today! www.letscrushcancer.org **#letscrushcancer #crushcancervb**
* **#crushcancervb** Join the local, high energy spin bike fundraising event on May 3! Start a team! [www.LetsCrushCancer.org](http://www.letscrushcancer.org) **#letscrushcancer**
* Join the indoor spin movement & help Crush Cancer! Start a team today! [www.LetsCrushCancer.org](http://www.letscrushcancer.org) **#letscrushcancer #crushcancervb**
* **#letscrushcancer** Register your indoor cycling team today at [www.LetsCrushCancer.org](http://www.letscrushcancer.org)!

**Solicit Funds**

* **#crushcancervb** has raised $1.3 million + since 2015! Please donate to my team! **[Insert personal/team webpage link] #letscrushcancer**
* On May 3 I’m riding to crush rare cancers! Please show support and donate **[Insert personal webpage link]**! **#letscrushcancer #crushcancervb**
* Funds raised support rare cancer research @sloankettering **#letscrushcancer #crushcancervb** Donate today! **[Insert personal webpage link]**

**Create Event Awareness**

* **#crushcancervb** Local spin bike event to raise $$ for rare cancer research. $1.3 million + raised to date! [www.LetsCrushCancer.org](http://www.letscrushcancer.org) **#letscrushcancer**
* Join the fight to beat rare cancers! [www.LetsCrushCancer.org](http://www.letscrushcancer.org) **#crushcancervb #letscrushcancer**
* 100% of funds go to lifesaving rare cancer esearch. Get involved! [www.LetsCrushCancer.org](http://www.cycleforsurvivalvb.org) **#crushcancervb #letscrushcancer**