**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 Facebook Posts

(Tip: personalize and change often)

**Recruit Team Members**

Crush Cancer VB is a local spin bike fundraising event, affiliated with Cycle for Survival, that raises money for rare cancer research. We’ve raised over $1.3 million since 2015. Join me to Crush Cancer in 2020! Message me for details. [www.letscrushcancer.org](http://www.letscrushcancer.org)

Join me in the battle against rare cancers. I need team members to ride spin bikes for as little as 30 minutes on Sunday, May 3rd to help Crush Cancer! Go to [www.letscrushcancer.org](http://www.letscrushcancer.org) and join my team! **[Insert Team Name, Insert Team Password]**.

Cycle for Survival/Crush Cancer VB is back – Sunday, May 3rd! Join me and my team in the fight to end rare cancers. All cycle bikes are provided, no riding experience required, and most importantly 100% of all money raised directly funds lifesaving rare cancer research! Message me for details. [www.letscrushcancer.org](http://www.letscrushcancer.org)

Say YES to crushing rare cancers and honoring those affected by this terrible disease. Please join my team and on May 3, we will ride spin bikes in 30 minute to 1 hour increments, along with hundreds of others, to Crush Cancer! Go to [www.letscrushcancer.org](http://www.letscrushcancer.org) for more details and join my team! **[Insert Team Name, Insert Team Password]**.

**Challenge Others to Start a Team**

Crush Cancer VB is a local, high energy spin bike fundraising event, affiliated with Cycle for Survival, that raises money for rare cancer research. We’ve raised over $1.3 million since 2015. Join me to Crush Cancer in 2020! Start your team today at [www.letscrushcancer.org](http://www.letscrushcancer.org)!

Join me to Crush Cancer! Go to [www.letscrushcancer.org](http://www.letscrushcancer.org) and start your team today! This fun, high energy event will be held on Sunday, May 3rd at Onelife Fitness on Virginia Beach Blvd. All indoor spin bikes are provided, no riding experience required, and most importantly 100% of funds raised by teams directly benefits rare cancer research!

Let’s Crush Cancer! Register your indoor cycling team today at [www.letscrushcancer.org](http://www.letscrushcancer.org)!

Looking for a fun corporate wellness initiative or community event to participate in? Go to [www.letscrushcancer.org](http://www.letscrushcancer.org) and sign up your team today! All indoor spin bikes are provided, no riding experience required, and 100% of funds raised directly support lifesaving research for rare cancers. It’s the perfect event for family, friends, and colleagues to rally around and make a difference!

I will buy dinner for the first friend of mine who goes to [www.letscrushcancer.org](http://www.letscrushcancer.org) and registers a team for this year’s Cycle for Survival/Crush Cancer VB event (Sunday, May 3rd). No experience required, it is a lot of fun, and a great way to make a positive impact! Every dollar raised will go directly to Memorial Sloan Kettering Cancer Center to fund lifesaving research on rare cancers!

**Solicit Funds**

Crush Cancer VB is a local spin bike fundraising event, affiliated with Cycle for Survival, that raises money for rare cancer research. We’ve raised over $1.3 million since 2015. Join me to Crush Cancer in 2020! Please support the cause and make a donation to my personal fundraising page at **[Insert personal webpage link]**!  (Donations are 100% tax-deductible)

On May 3, I will be riding a spin bike along with hundreds of others to Crush Cancer! 100% of every dollar raised will fund pioneering rare cancer research led by Memorial Sloan Kettering Cancer Center.Please help Crush Cancer and donate today at **[Insert personal webpage link]**! (Donations are 100% tax-deductible)

Cycle for Survival—the national movement to beat rare cancers—is a cause dear to me. On May 3, I will be riding a spin bike along with hundreds of others to Crush Cancer! 100% of every dollar raised will fund pioneering rare cancer research led by Memorial Sloan Kettering Cancer Center.Please join me in the battle to Crush Cancer – make a donation today at **[Insert personal webpage link]**! (Donations are 100% tax-deductible)

Did you know approximately 50% of people with cancer are fighting a rare cancer. Rare cancers include ALL pediatric cancers, leukemia, and lymphoma, as well as thyroid, ovarian, brain and pancreatic cancers, among many others. Patients fighting rare cancers face limited, if any, treatment options. Pioneering research and breakthroughs are happening every day at Memorial Sloan Kettering Cancer Center. Please join me to Crush Cancer and donate to my personal fundraising page **[Insert link to personal webpage or team webpage]**! 100% of funds raised goes directly to research and is tax deductible.

**Create Event Awareness**

Crush Cancer VB is a local spin bike fundraising event, affiliated with Cycle for Survival, that raises money for rare cancer research. We’ve raised over $1.3 million since 2015. Join me to Crush Cancer in 2020! Message me for details. [www.letscrushcancer.org](http://www.letscrushcancer.org)

Cycle for Survival/Crush Cancer VB's high-energy indoor spin/cycling event provides a tangible way for you to fight back against rare cancers — 100% of all money raised directly funds lifesaving rare cancer research. Get involved today to help Crush Cancer! More details at [www.letscrushcancer.org](http://www.letscrushcancer.org)!

Since its inaugural event in 2015, the Hampton Roads Community has raised over $1.3 million to crush rare cancers! The 6th annual Cycle for Survival/Crush Cancer VB event will be held on Sunday, May 3 at OneLife Fitness located on Virginia Beach Blvd. Start or join a team, sign up to volunteer or donate today at [www.letscrushcancer.org](http://www.letscrushcancer.org)!

Cycle for Survival is back! Join us in the fight to beat rare cancers. For more information about this exciting event and how to get involved, go to [www.letscrushcancer.org](http://www.letscrushcancer.org)!

**Share Your Story “Why I Ride”**

Make a personal post sharing your story of why you ride to Crush Cancer. Be sure to link to your team page or the event site ([www.letscrushcancer.org](http://www.letscrushcancer.org)) so those moved by your story can get involved too or donate.

I ride to make a positive impact….

I ride in honor/memory of….

I ride to make a difference…

I ride to fund rare cancer research so more treatment options can be available to those affected by cancer…

I ride for to be a positive force of change…