



# 10K OR 10 YOUR WAY

CHALLENGE

FUNDRAISE

WIN

## Fundraising Guide

OCTOBER

Everything you need to  
smash your fitness and  
fundraising goals!

Platinum Sponsor



(07) 3273 0000 / [fundraise@autismqld.com.au](mailto:fundraise@autismqld.com.au) / [autismqld.com.au](http://autismqld.com.au)

Thank you for joining The Autism Queensland (AQ) **10K or 10 Your Way** challenge!

Whether you're walking, running, cycling, or doing your own unique activity, your efforts will make a significant impact on the lives of autistic people and their families. This guide will help you maximise your fundraising efforts; from registration information, through to sharing your journey online and everything in between!

# Create or Join a Team

Why register as a team? Working as a team can keep you motivated and make the challenge more enjoyable. The more people you have on your team, the more funds you can raise for AQ. Get your workplace, school and club involved!

## Create a team page

During the [registration](#) process, choose the option to create a team. Follow the prompts to create your team!

## Personalise your team page

Upload a team photo, write a brief blurb about why you're participating, and share your goals.

## Invite people to join your team!

After your team page is set up, you'll see a "Join" button. Click on it and share the unique registration link with anyone you'd like to invite to your team.

## Join an existing team

Once you've created your account, choose the option to join a team. Just enter your team's name in the search bar and select it from the dropdown menu. It's that easy!



**REGISTER**



# Getting Started

## Choose your Challenge

Pick a challenge that motivates you to stay active! If you're part of a team, you can opt for a collective group challenge or set individual goals—whatever works best for you!

## Our Favourite Ideas

### 10,000 Steps

Challenge yourself, push your limits, and achieve greatness—commit to 10,000 steps a day.

### 10km Exercise

Conquer 10km of your favourite exercise—whether it's in a day, a week, or over the month, you can do it!

### 10 Your Way

Complete 10 reps of any activity daily, weekly, or monthly—every effort brings you closer to your goals!

### Track your progress

Use your Fitbit, Strava, MapMyFitness, or Garmin app to automatically record your workouts. Link your account, start your workout in the app, and save it after you finish. Your distance will be updated on your fundraising page the following day.

Alternatively, manually log your activity in the "My Fitness Activity" tab on your dashboard using a pedometer or another tracking method. Enter the required details and your logged activity will appear on your fundraising page for all to see.

Learn more with our [step-by-step guide on tracking your activity](#) >





# Raising Funds

When fundraising for a cause that means something to you/your team, the more personal the better. Start by emailing or calling close family and friends to let them know about your exciting venture! Once you have some traction, begin promoting your event to your wider community, such as colleagues, local businesses, clubs and schools.

## Promote your page!

Share your fundraising page across your social media platforms like Facebook, Instagram, Tik Tok, LinkedIn and/or X/Twitter to reach a wider audience and gather support.

You can customise your Facebook or LinkedIn cover photo using our special banners, and post our social media tiles! Personal photos are great too, and often resonate more with your supporters. **Don't forget to always include the link to your fundraising page so people can easily donate and help you climb to the top of the leaderboard!**

Don't forget to tag us [@autismqueensland](https://www.instagram.com/autismqueensland) and use [#Moving10KforAutism](https://www.instagram.com/autismqueensland)



[CLICK TO VIEW ALL RESOURCES >](#)

# Managing Funds

## Online donations

All online donations made to your 10K or 10 Your Way page will be automatically receipted (how easy!). These funds will be transferred to AQ in your name, added to your grand total, and displayed on your page online!

## Offline donations

If you are hosting an event as part of your challenge, you may receive offline donations such as cash, or deposits into your own bank account. It's good practice to keep record of all the offline donations you receive. You may like to keep a record or log to keep track. It's important to deposit any cash donations into your chosen bank account and ensure you deposit your collective total to AQ before the end of the challenge.

To have these funds counted toward the leaderboard total, donate them to your own fundraising page before 31 October to ensure they're included.

[CLICK TO READ FULL T+C's >](#)

## Direct Deposit Details

Autism Queensland Ltd  
BSB: 034 109  
Account: 130277  
Reference: 10K - Your/team name

Thank you for taking on the challenge and fundraising for autism! We sincerely appreciate your incredible support and the positive impact you are helping to create. Your efforts are making a real difference in the lives of autistic people and their families.

Together, we're raising awareness, fostering inclusion, and building a brighter future for all. Thank you!