



SOCIAL MEDIA POSTS

Facebook, Twitter, Instagram...Use them all!

POST TWICE A MONTH AND INCLUDE YOUR BEST PHOTOS OR USE ONE OF OURS

1 🖱️ Why am I taking part in the Your Velocity campaign? Because we all know someone who's been affected by cancer- and I want to do my part to help Columbia solve cancer. Help me by donating to my page today! [INSERT YOUR PERSONAL FUNDRAISING PAGE URL] #yourvelocity

2 🖱️ I just finished up an amazing [INSERT ACTIVITY HERE] for Your Velocity. Thank you to everyone who has donated to my Your Velocity campaign thus far! If you haven't had a chance yet it's not too late, donate today! [INSERT YOUR PERSONAL FUNDRAISING PAGE URL] #yourvelocity

3 🖱️ I've just set an awesome goal to raise \$1,000 in one week for Your Velocity- That's a lot of money for cancer research! Now I need your help to get there! Donate today [INSERT YOUR PERSONAL FUNDRAISING PAGE URL] #yourvelocity

4 🖱️ Those last few miles of my [INSERT ACTIVITY HERE] are tough work. But the work Columbia's Herbert Irving Comprehensive Cancer Center is doing is far harder. That's why I'm doing my part to help them solve cancer by participating in Your Velocity. Help me, help Columbia and donate today.
[INSERT YOUR PERSONAL FUNDRAISING PAGE URL] #ridevelocity

5 🖱️ I'm so excited to be completing [INSERT ACTIVITY HERE] on Velocity Day. I'll do the [INSERT ACTIVITY], but I need your help! Support me, and be a part of solving cancer, with a donation today! [INSERT YOUR PERSONAL FUNDRAISING PAGE URL] #yourvelocity

6 🖱️ I'm participating in Your Velocity and am challenging myself to complete the Velocity Core 4! I will be riding, running, walking, and engaging from now through October 3rd to raise money for Columbia's Cancer Center. Support me today and help raise funds to cure cancer. [INSERT YOUR PERSONAL FUNDRAISING PAGE URL] #yourvelocity



SHARE YOUR PROGRESS

USE THESE CAPTIONS AND IMAGES TO SHARE YOUR FUNDRAISING PROGRESS

1 🏆 I'm 25% of the way toward my fundraising goal for Your Velocity. Every dollar raised goes to Columbia's Herbert Irving Comprehensive Cancer Center to fund the groundbreaking research that will help us solve cancer. Help me reach my goal with a donation at [INSERT FUNDRAISING PAGE URL]

2 🏆 I'm halfway to my fundraising goal for Your Velocity! I'm raising money to help the doctors and researchers at Columbia University's Irving Medical Center treat patients and cure cancer once and for all. You can join our fight by donating today at [INSERT FUNDRAISING PAGE URL]

3 🏆 I've reached my fundraising goal for Your Velocity 2021! However, I won't stop fundraising until Columbia University's Irving Medical Center reaches their ultimate goal: solving cancer. I'm so grateful for everyone who has helped me reach my goal, but now I'm asking you to help me exceed my goal by supporting Your Velocity with a donation to my fundraising page. [INSERT FUNDRAISING PAGE URL]

