

**Sample Captions for Social Media Posts**

**General Captions**

1. This year on Saturday, March 5th, Hispaniola Mountain Ministries is hosting its 1st EVER Island Stride! I will be [walking, running, etc] at [location] OR in my own neighborhood] to make a difference in the Dominican Republic and Haiti. Join me and register as a sponsored walker[or runner or…] today at gohmm.org/stride #hmmislandstride
2. HMM exists to partner with local churches in the Dominican Repulic and Haiti for Kingdom purposes. Over the next few weeks, I will be raising funds to help them continue to make a difference in lives of the people on Hispaniola Island. Would you consider sponsoring me / our church team as I / we help raise support for this GREAT ministry? [Your FundEasy page link]\* #hmmislandstride
3. This March, I am walking for HMM because [insert your personal reason here]. Join me as I walk to make a difference. 100% of the money raised will to the island to help continue the ongoing ministry on the island of Hispaniola  (ie. feed children, pay teacher salaries, support pastors and churches, and much much more) in Haiti and the Dominican Republic. Your generosity can make such a difference! [FundEasy page link] #hmmislandstride
4. I walk for HMM because I believe in the ministry taking place through them in Haiti and the Dominican Republic. HMM exist to partner with local churches on the island to share the Gospel and show the LOVE of Jesus Christ. Would you join me by sponsoring me as I walk? [FundEasy page link] #hmmislandstride
5. This March, I am walking for HMM to raise funds to make sure my friends in Haiti and the Dominican Republic are ministered to and cared for. HMM partners with local churches in these countries to show God’s love to their communities. Would you consider sponsoring me as I walk to support this ministry? [FundEasy page link] #hmmislandstride
6. This March, I am walking for HMM and raising funds because I want to make sure ministry in the Dominican Republic and Haiti continues regardless of viruses or world events or any other circumstances. Would you consider sponsoring me as I walk for HMM? [FundEasy page link] #hmmislandstride
7. This March, I am walking for HMM and raising funds to support local pastors in the Dominican Republic and Haiti. In these countries, often the pastor of the community is the one who cares for the sick, the orphan, the widow, provides transportation for the wounded or disabled, and helps bring life to those around them by living out Christ in their actions. Want to join me in supporting these great leaders? Consider sponsoring me as I walk for HMM! Check out my FundEasy page to donate here: [insert your personal FundEasy page link]\* #hmmislandstride

*\*****Pro Tip:*** *If you’re sharing these captions on Instagram, be sure to put your FundEasy page link in your bio and mention “Link to donate in my bio!” so that your followers and friends can click directly into it! (Instagram does not support direct links in captions).*

*\*We want to see how you’re sharing about the Island Stride! Don’t forget to use the hashtag #hmmislandstride and tag HMM – @gohmm on Instagram or @HispaniolaMountainMinistries on Facebook.*

**Other Caption Ideas:**

1. Share a personal story that demonstrates why YOU walk for HMM.
2. Share how you got involved with HMM and why you think our mission is important.
3. Share how your kids are getting involved with fundraising!
4. Share updates on your team, your church group or church leaders as you fundraise.