

Paid social 101



Targeting

- Lookalikes
- Custom audiences
- Interests



Creative basics

- Photo vs. video
- Motivation first
- Medal ≠ message



Budgeting

- How much to spend
- When to spend
- Timing > Budget



build your own checklist

- Identify runner motivations**
Start with why someone runs your race—community, challenge, PRs, scenery, charity, or experience.
- Build segmented audiences**
Create audiences by behavior and intent (past participants, site visitors, lookalikes, interest groups).
- Create two ad versions**
Test at least two creatives with different visuals, copy, or CTAs to learn what resonates.
- Run a 14-day test**
Give ads enough time and budget to exit the learning phase and generate meaningful data.
- Reallocate budget**
Shift spend toward top-performing audiences and creatives; pause what isn't working.
- Add retargeting**
Re-engage website visitors, abandoned registrations, and previous runners with tailored messaging.
- Optimize and repeat**
Refine creative, targeting, and timing continuously as registration windows and runner intent evolve.



- Video outperforms static (UGC is king).
- Prioritize motion, people, and emotion over polish.
- Avoid creative fatigue. Rotate visuals, headlines, and CTAs regularly—especially during long registration windows.
- Use AI as a starting point, not a strategy.
- Geo-targeted messaging wins. Ads that reference location, course highlights, or local pride outperform generic messaging—especially for regional and destination races.
- Alignment amplifies results. When paid social, email, and organic messaging are consistent, performance improves across all channels. Campaigns shouldn't live in silos.

BibRave key notes

