



**You're getting  
muddy to help  
beat cancer!**

**Everything you need  
to know for your Pretty  
Muddy® Kids event**



# Get others involved

**Here's how to get your classmates, family, neighbours in on your fundraising fun.**

**Hold an event** – Can your school help? Are you part of a club or group who can get involved? Host a special fundraising night and share your reason for getting muddy!

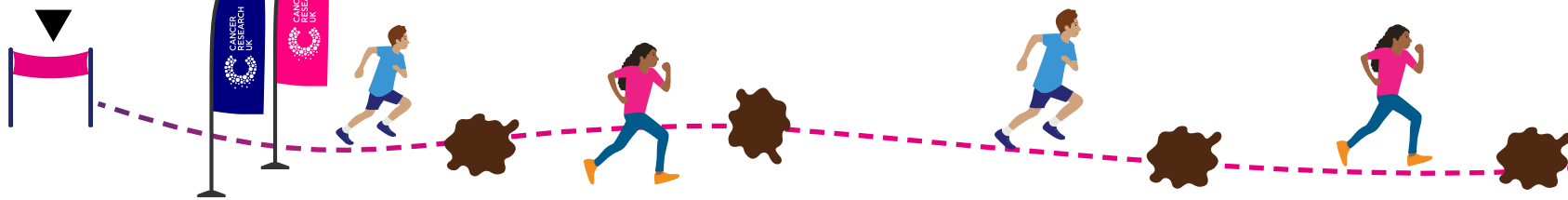
**Get your friends involved** – Make the day even more fun and invite all your friends to take part with you. Want a challenge? You could compete to see who can raise the most money for our work!

**Share your sponsorship form** – Your family, neighbours and other people you know could help you smash your target, just ask for their support.

**Ask your family to volunteer on the day** – They can cheer you on through the obstacles by helping on the day. They might even be the ones to cake you in mud!



Start



# You're helping to beat cancer

**Here's how the money you raise helps us save people's lives.**

Cancer affects so many people. That's why we fund around 4,000 of the world's best scientists, nurses and doctors to help beat it.

Cancer happens when cells that aren't normal grow uncontrollably, forming a tumour and spread. But cells are so small, we need special equipment to see them. Around 10,000 human cells could fit on the head of a pin!

By raising £50 you could help buy a microscope lens so our scientists can study those cells to help find new ways to beat cancer.

Their work is complicated. There are over 200 types of cancer and Cancer Research UK is the only charity working to beat all of them.

And, it's working!

We've come so far in the last 50 years. We've saved more than a million lives in the UK since the 1980s. Ask your family who remembers the 1980s and get them to show you the hairstyles people rocked!

Taking on cancer is a big challenge. But with many people just like you helping us out, we can do it.

**Together we are beating cancer.**

Find out more at [cruk.org.uk](http://cruk.org.uk)



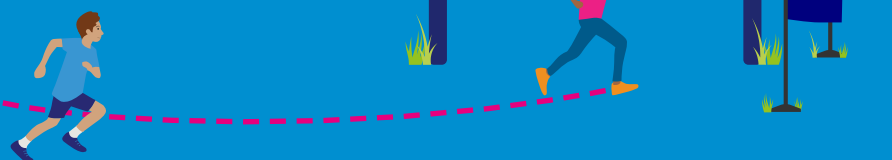
# Ready, set, fundraise!

01. Ask your parent/guardian to help you **personalise your online Giving Page**.
02. **Share your sponsorship form** with your neighbours, family and friends.
03. Go to [raceforlife.org](http://raceforlife.org) for helpful **fundraising tips and tricks**.
04. Get your kit ready for the day. You could pick out something new on **our online shop**.
05. **Personalise your back sign** with the stickers you get in the pack and share who you're Racing for.
06. Use **our checklist** in this booklet.
07. **We'll see you there!** Enjoy every moment and remember we're Racing to help beat just one thing – cancer.

If you have cheques or cash, please get a parent or guardian to help you send it back to us using the details on your sponsorship form and avoid bringing them along on event day.



FINISH



**My Race  
for Life is:**

on \_\_\_\_\_

at \_\_\_\_\_

**Three ways  
I'm fundraising:**

1. \_\_\_\_\_

2. \_\_\_\_\_

3. \_\_\_\_\_

**My  
fundraising  
target is:**

£ \_\_\_\_\_

Add your event details,  
how you're fundraising  
and what your target is.  
Remember, you pledged to  
raise at least £50 when you  
signed up – **you can do it!**

# Get ready to *get muddy!*

We're setting up our course, filling pits with mud and building our obstacles ready for you to take on the challenge. Question is, are you ready?

Do our wordsearch to see what you'll need to bring with you on event day.

**BACKSIGN  
WATERBOTTLE  
HAT  
SUNCREAM  
RACE NUMBER  
TRAINERS  
FUN**



T	V	B	U	F	U	I	A	I	S	F	C	M	C
R	W	A	T	E	R	B	O	T	T	L	E	U	L
A	S	R	J	S	U	C	L	P	L	O	J	D	Q
I	U	P	V	S	B	B	A	C	I	B	F	P	I
N	N	F	C	P	A	F	R	A	I	S	A	B	O
E	C	H	C	D	C	Z	A	C	P	T	I	M	W
R	R	Z	A	U	K	R	C	V	F	A	A	H	X
S	E	F	I	T	S	N	E	Y	N	C	N	C	A
V	A	U	R	Y	I	S	N	U	A	L	R	I	A
T	M	N	O	L	G	F	U	S	F	E	I	C	V
W	L	O	D	O	N	O	M	R	X	S	U	Z	F
C	F	H	E	K	U	W	B	Z	F	S	Y	W	X
O	E	A	N	B	N	M	E	X	R	B	X	T	T
C	Q	M	E	D	A	L	R	C	M	L	N	K	E

## Hey parents/guardians!

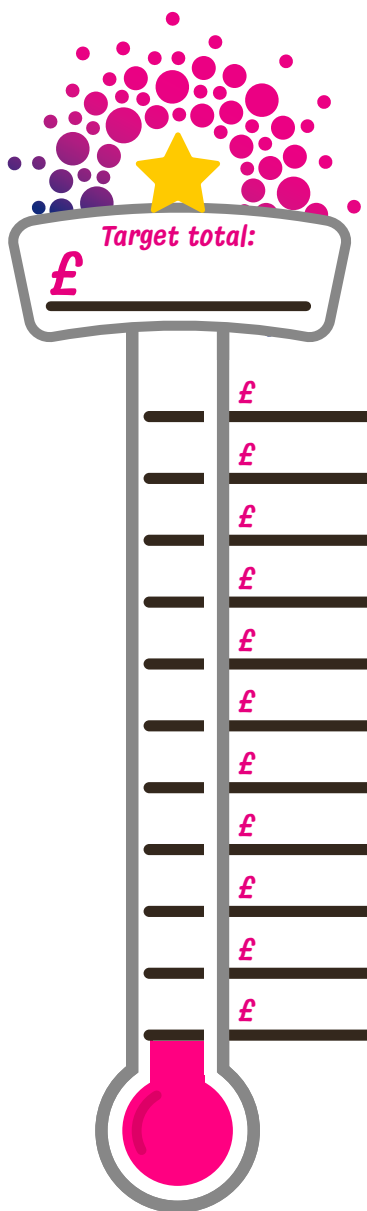
We want to make your race day special for you and your young supporter. Please check they have everything they need to get through the event and have fun.

**[cruk.org/on-the-day-checklist](http://cruk.org/on-the-day-checklist)**

**Remember to bring a water bottle with you – we have refill stations ready for you at our finish line!** And make sure you or your loved ones can carry everything as there's no bag drop on site.







**Add your target onto the thermometer and colour it in as you get closer! It all helps to beat cancer.**

# Start fundraising today

## Ways to help smash your target

- 01.** Hold a bake sale – yum, a delicious treat is a great way to raise money!
- 02.** Share your story on your family's social media – personalise and make your Giving Page special and ask if your parents/guardian can get the word out!
- 03.** Movie night – have friends round and watch a film. Ask for donations for snacks.
- 04.** Have a clear out – sell your preloved toys, books or clothes and donate the money. Win, win!
- 05.** Get more top tips – ask your parents/guardian to download fundraising tools from our website.

Remember to send the money you raised back to us so we can use it to beat cancer.

Return your donations by post by making your cheque payable to 'Cancer Research UK' and sending it to **Race for Life, PO Box 1579, Oxford OX4 9HX**

Alternatively return your donations online at **[raceforlife.org/returnsponsorship](https://raceforlife.org/returnsponsorship)**

We won't be able to accept any donations on event day.

## You're making progress possible for kids like Jasper



## Thanks to research, Jasper's getting muddy!

In November 2021 when Jasper was six, he had tummy pains and felt sick. At first, everyone thought it was a bug, but when it didn't get better, his parents took him to A&E to get an x-ray. The doctors said Jasper needed surgery right away. The operation went well but after more tests, they found out Jasper had blood cancer. But the good news was, the doctors could treat it.

Treatment for cancer can be tough. Jasper felt really tired and his hair fell out. But Jasper's friends and family were brilliant! Jasper's dad shaved his head, his uncle got him a joke book to keep all the doctors and nurses laughing, and the school asked everyone for money to give Jasper an iPad so he could do homework and stay in touch with his pals. By April, Jasper's cancer was gone. Just in time

for his sister's birthday – a perfect present! His mum says,

**"I'm so relieved that Jasper's well and I look at him and he's just amazing. We were so lucky."**

Last year, Jasper took part in Pretty Muddy® Kids, just like you. He says,

**"I had a goal of taking part in an obstacle race, but at the same time wanted to raise some money and awareness for Cancer Research UK. The race was really fun and made me feel really strong and full of energy when I completed it. A lot of my friends, my dad and teachers also took part to support me, and we all got so muddy on a rainy day. I loved it."**

Taking part in events like Race for Life helps us fund scientists who discover treatments like the one that helped Jasper.

**We want to hear your story! Get in touch [cruk.org/share](https://cruk.org/share)**

Proud Partner

**Standard Life**

Part of Phoenix Group

## Meet the organisations who help make Race for Life happen

**We're proud to be working with our headline sponsor, Standard Life, again this year.**

They are a pensions company who help to raise money for Cancer Research UK by getting their customers and staff to take part in Race for Life.

**Together we are beating cancer.**

### **Kelly Curran, Cancer Warrior:**

"I was so proud when Standard Life, part of Phoenix Group, announced they were sponsoring Race for Life to support much needed funds to help us beat cancer.

I was diagnosed with breast cancer at my first ever over 50's mammogram four years ago. **The treatment was tough, but there is lots of support, with medical staff, appointments and family and friends checking in.** More difficult for me was managing my mental health after my treatment was completed. Everyone thinks treatment is done, you have the all clear, it's over, but any cancer warrior will tell you that it remains with you and

managing your mental health becomes key. I did this through exercise and as we were in lockdown, with no gyms open, I started running.

There were hard days, and sometimes I had to walk but I kept running when I could.

**I now call myself a runner, maybe not the best, but I love running now and it is a great way for me to manage physical and mental health.**

So now I use both my experiences, cancer and running, and **I'm super excited to support Race for Life by taking part and fundraising for people who have had cancer, people going through it right now, and people who will be affected in the future."**



# Our Race for Life sponsor family



We're proud to have supported Race for Life for over a decade as part of our long-standing partnership with Cancer Research UK. As a business we're all about being green – but on Race days, we're proud to support pink. We're excited to be back again as the Official Renewable Energy Sponsor and on Race days, we'll be helping to keep energy levels high. Together we have the energy to help beat cancer.

### **runnersneed**

Runners Need is excited to be the Official Running Retailer of Race for Life. We want to support you to get outside, keep fit, and get muddy! As the running kit specialists, we're here to help racers find the perfect kit and the right fit for their Race for Life journey, with personalised

\*T&Cs apply. To find out more about our sponsors, search: Race for Life partners.



As part of our mission to help people live healthier, more active lives, we're proud to be an official sponsor of Race for Life again – and we're with you every step of the way! Find out how we're helping beat cancer @SlimmingWorld



advice and footwear fitting appointments available at over 60 stores across the country, plus an exclusive discount for participants. To receive your 15% off, show your registration confirmation email in-store or use code AF-RFL-PI online\*.

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). Only Cancer Research UK is registered with the Fundraising Regulator.  
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