

A photograph of two women embracing warmly. The woman in the foreground is wearing a bright pink t-shirt and has her arms around the other woman. The woman being hugged is also wearing a pink top and has her face buried in the first woman's shoulder. They are outdoors, and the background is slightly blurred, showing other people and greenery. The image is decorated with several large, solid pink circles of varying sizes, particularly on the right side.

Life is worth Racing for.

Everything you
need to know for
your Race for Life



*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!**

Ready, set, fundraise!

Here are some of our tried and tested tips to
make the most of your Race for Life journey and
kickstart your fundraising.

01. Personalise your online Giving Page and share it on social media.
02. Share your sponsorship form with colleagues, neighbours, family and friends.
03. Go to our website for helpful fundraising tips and tricks.
04. Visit our online shop and get yourself kitted out in Race for Life gear.
05. Personalise your back sign and share who you're Racing for.

06. Use our checklist in this booklet.

We'll see you there!
Enjoy every moment
and remember we're
there to help beat just
one thing – cancer.



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

Get ready for event day

Use this checklist for everything you'll need on event day. For the most up to date information, look out for our emails and check [raceforlife.org](https://www.raceforlife.org)

Checklist!

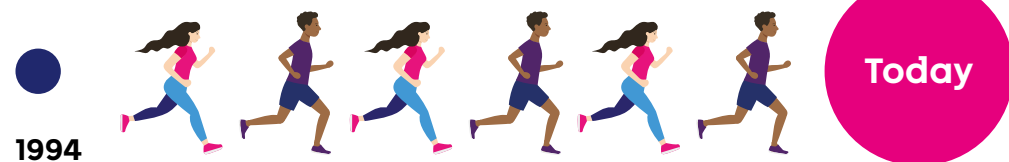
- ☐ **Check the weather** – we know it can be unpredictable, so please check 24 hours before.
- ☐ **Wear safe weather gear** – on hot, sunny days, stay out of the sun as much as possible and wear sunscreen with an SPF of at least 30 and at least a 4-star rating.
- ☐ **Bring a drinks bottle** – we're reducing our plastic usage. There are water stations on the finish line so you can refill and stay hydrated.
- ☐ **Bring your back sign** – share your story and who you're Racing for.
- ☐ **Don't forget your Race number** – please remember to add your emergency details too. Pin it on the front of your top with safety pins.
- ☐ **Make sure you're ready** – any of our distances can be a challenge so don't run with any injuries and make sure you get involved in our warm up.



How your fundraising makes breakthroughs happen

You fundraise, we discover.

Over 10 million of you have taken part in Race for Life since 1994. Together, you've raised over £970m to help beat cancer.



And it's working:



In the last 50 years we've helped double cancer survival in the UK.



We're taking on more than 200 types of cancer



Our research has played a role in around half of the world's essential cancer drugs.

These are huge wins.
With your help we can have even more of them.

Discover our progress here
[cruk.org/progress-timeline](https://www.cruk.org/progress-timeline)

Boost your fundraising

You've pledged to raise at least £50 to fund life-changing discoveries. You can do it! Here are some ways to help you smash that target.

- 01.** Plan a fundraising event with your family and friends – what about a quiz night or a raffle?
- 02.** Create a playlist and invite others to support the songs that get you moving!
- 03.** Host a dinner party or a coffee morning with loved ones. You can share your reason for taking part and how their donations can help.
- 04.** Sell your preloved clothes and donate the money raised. Reduce, recycle, research!
- 05.** Download our sweepstake guessing game from the Race for Life website and get your friends guessing. Add your target onto the thermometer and watch your total get closer. It all helps beat cancer.



Visit **raceforlife.org** for more fundraising ideas and tips

Join us on social

 /raceforlife  @crukraceforlife
 @raceforlife  @crukraceforlife

Rally your team together

Race for Life – where moving together is surprisingly moving. You're making big wins possible – from you crossing the finish line to our scientists making life-changing discoveries.

The more people who join you, the closer we get to a world where everyone lives longer, better lives free from the fear of cancer.

Get a group together for Race for Life:

01.

Personalise and share your online Giving Page on social media.

02.

Get others to sign up with you! There's still time to get a group together and create amazing memories.

03.

Make a playlist and ask people to fund a song – get moving to the music!

04.

Ask people you know to volunteer on the day. What's more special than having your family and friends cheer you on?
raceforlife.org/volunteer

05.

Download and use our virtual photo frame and share your photo online.
Scan the QR code here



You're making progress possible for Dinny and Natasha and others like them

Thanks to research, Dinny's got her voice back

Dinny, a nurse and keen singer from Stechford, was diagnosed with thyroid cancer. Her surgery damaged a vocal cord and she worried she'd never sing again. Eventually, Dinny had a balloon inserted into her left vocal cord and speech therapy. Dinny says:

"Even though my voice isn't quite the same, I sing like a bird now. I

sing around the house all the time and I love to sing in church."

Now, 75 and doing well, Dinny's also taking part in Race for Life.



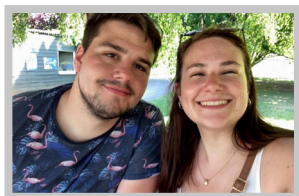
Dinny Hinds

Thanks to research, Natasha's back behind the camera

After graduating university, Natasha started rapidly losing weight. She kept asking for tests and eventually was diagnosed with stage 3 bowel cancer. The day after her 22nd birthday she started chemotherapy which was not successful. Even after surgery, the cancer had spread and Natasha was told her cancer was incurable and she had 18 months to live. Then, she was invited to a clinical trial and just one year later was in remission. Today, Natasha's still cancer-free, planning on taking part in Race for Life again.

Natasha says:

"I hope success stories like mine give people hope that even in the worst cases, it doesn't always mean the end. Trials like the one which was so successful for me prove that all the incredible research going on now is working."



Natasha Wakefield

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.

Standard Life, the pensions company, encourage their customers, colleagues and local communities to take part in Race for Life and raise vital funds towards life-saving cancer research.

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 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."**



We want to hear your story! Get in touch cruk.org/share

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.



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



Runners Need is excited to be the Official Running Retailer of Race for Life. Whether it's 3k, 5k or 10k, we want to support you to get outside, keep fit, and be motivated to reach your goals. As the running kit specialists, we're here to help you find the perfect kit and the right fit for your Race for Life journey,

with personalised 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-P1 online*.

[*T&Cs apply.](#) To find out more about our sponsors, search: Race for Life partners.

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.
RFL24/BOOKLET



Registered with
**FUNDRAISING
REGULATOR**



RECYCLED
Paper made from
recycled material
FSC® C007810