



Welcome to the  
start line!



Everything you need for your Race for Life

# Your on-the-day checklist



Use this checklist for everything you'll need on Race day. For the most up to date information about your event, head to [raceforlife.org](https://raceforlife.org)

- Make sure to bring a filled water bottle as there will be no bottled water available on the day, only refill stations
- Bring your Race number and stick it to your front. Don't forget to add your emergency details!
- Make sure you and your accompanying adult wear comfortable clothes and trusty trainers. Get the Race look at [raceforlife.org/shop](https://raceforlife.org/shop)
- Stay sun safe in a t-shirt, hat and sunglasses; use sunscreen with at least SPF15 and a 4 or 5 star rating
- Decorate your back sign and attach it to your top – ask an adult to help you!
- Remember there won't be any lockers so don't bring too much or anything too valuable
- Get your accompanying adult to keep an eye out for emails from us and check the website for latest travel information on event day

## Our sponsors are ready to help beat cancer with you



ScottishPower have proudly supported Race for Life since 2012. We're excited to be back again and on race days, we'll be helping to keep energy levels high, along with our mascot Fivey. Together we have the energy to help beat cancer sooner!

[Race for Life's Official Renewable Energy Sponsor, ScottishPower](#)



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

To find out more about our sponsors, search: Race for Life partners

**Presidents** HRH The Duke of Gloucester KG GCVO and HRH Princess Alexandra, the Hon. Lady Ogilvy KG GCVO. **Chief Executive** Michelle Mitchell OBE. **Registered Charity** in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). **Registered Company** limited by guarantee in England and Wales (4325234) and registered in the Isle of Man (5713F). **Registered Address** 2 Redman Place, London E20 1JQ.

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Celebrating 30 years  
of Race for Life

Let's get muddy!

Everyone has a reason to Race for Life. Who will you Race for?

Check out our tips below on how to use this booklet and make the most of your Race for Life experience:



Fill in your event and fundraising details, including who you Race for



Read Jasper's cancer story to feel inspired



Take a look at our 30 ways to boost your fundraising



Personalise your Cancer Research UK Giving Page



Invite others to join you at your event



Decorate your back sign





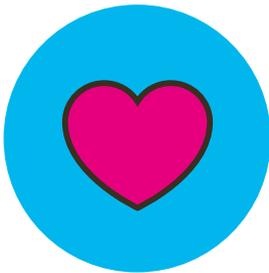
30 years of Race for Life.  
120 years of progress for  
people affected by cancer.

## Did you know...?

Cancer Research UK is the largest charity dedicated to saving lives through research. We want to see a world where people can all live longer, better lives free from the fear of cancer - with the help of over 4,000 scientists, doctors and nurses and 7 research centres.



Over the last 40 years, Cancer Research UK's work has helped **double** breast cancer survival in the UK



Today, thanks to research, **1 in 2 people** survive their cancer for 10 years or more



Our research has played a role in developing many of the **world's top cancer drugs**

# Make a splash to help beat cancer together!

The more friends and family who join you for your Race for Life, the more people there are helping to beat cancer. **Groups can:**

## Fundraise together

Join your Giving Pages to make a team page, and reach your fundraising target together.

## Make a day of it

Share the fun of event day with family, friends or classmates. Why not soak up the atmosphere with a picnic on the grass?

## Motivate each other

However you make your way around the muddy obstacles, you'll have way more fun if you cheer each other on!

Three people  
who can join me  
at Race for Life:

1 .....

2 .....

3 .....



My Race for Life is:

on:

at:

.....

for:

.....

Three ways  
I'm fundraising:

1 .....

2 .....

3 .....

Add your event details, who you're Racing for, how you're fundraising and what your target is. Remember, you pledged to raise a minimum of £50 when you signed up – thank you!

My fundraising  
target is:

£

# Your fundraising can help fund research that saves lives



When we were told he had the all-clear, it was the perfect present

Seven-year-old Jasper was diagnosed with a type of blood cancer called Burkitt's Non-Hodgkin Lymphoma after experiencing tummy pains and sickness. At first his parents thought he had picked up a tummy bug, but when he continued to feel unwell, they took Jasper to the doctors for more tests.

After finding lots of white lines on an x-ray which suggested air in his system, Jasper had to undergo life-saving surgery. Thankfully the doctors were able to remove everything they were worried about and sent it off for further analysis. After running their tests, the doctors confirmed that Jasper indeed had cancer - however it was treatable. Amazingly, because Jasper's cancer had

been caught early, he only required two rounds of chemotherapy. The duration of his treatment from surgery to scan results lasted just 75 days, and he has now received the all clear. His mum said:

"I am so relieved that Jasper is well, I look at him and he's just amazing. We were so fortunate to have treatments available to us that are proven to work. However, I'm also acutely aware that not everyone will be offered such successful treatments because there are some children's cancers that need more research and more treatments. Every pound helps to make sure that people who find themselves in our position in the future can also be told, 'this treatment works and will be successful'"



Your Race for Life stories are important to us.  
Share yours at [cruk.org/share](https://www.cruk.org/share)

# 30 ways to boost your fundraising!



To celebrate 30 years of Race for Life, we've put together 30 handy tips to inspire you and help you achieve your fundraising target. Make sure to ask for help from a parent or guardian:

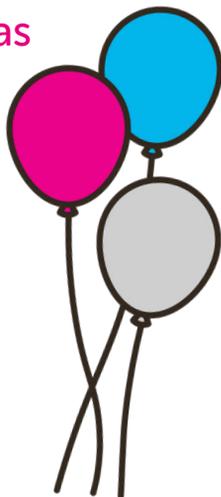
## 5 tips for your Giving Page



1. Connect your Giving Page to FitBit or Strava to track your progress
2. Personalise your page with your story and photos
3. Ask a parent or guardian to add your Giving Page link to their email signature
4. Bring your sponsorship form with you to school and ask your classmates to sponsor you
5. Post on your Giving Page each time you hit a fundraising milestone. Use the list of life-saving items for inspiration!

## 10 fundraising ideas

1. Get each KM of your Race sponsored
2. Build a playlist with a suggested donation for each song added
3. Hold a "name the bear" game
4. Play our sweepstake guessing game with friends or classmates
5. Host a "guess how many sweets are in the jar" game
6. Give yourself a fundraising goal - if you hit it, let your donors decide what you wear on Race day
7. Do a sponsored silence
8. Host a quiz or game for your friends
9. Get involved in your school's next non-uniform day
10. Hold a bake sale



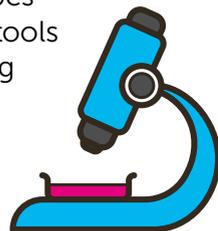
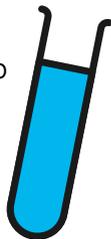
## 5 tips for social media

1. Share a picture of your decorated back-sign
2. Download a social media badge from our website and post it on socials
3. Download a fundraising email template from the Race for Life website, and ask an adult to help you compose an email
4. Ask a parent or guardian to post your Giving Page on Facebook or add it to their Instagram bio
5. Create a digital back sign on the Race for Life website



## 10 life-saving items your fundraising could buy

- £3 Buys safety goggles to keep scientists safe while they conduct experiments
- £4 Buys a kilo of dry ice, which keeps samples at the right temperature
- £5 Buys essential chemicals for a research lab
- £10 Buys a test tube rack to help keep experiments organised
- £15 Pays to fund one of our amazing cancer nurses for one hour
- £25 Buys 500 test tubes – the understated tools of cancer-fighting experiments
- £30 Pays to run our Cancer Chat for two hours
- £50 Buys a microscope lens, meaning our scientists can focus on the small details that could help us beat cancer
- £70 Could fund a clinical research bursary for one day
- £100 Could fund a postdoctoral researcher for one day



Visit [raceforlife.org](http://raceforlife.org) for more fundraising ideas and tips

Join us on social

 /raceforlife

 @crukaceforlife

 @raceforlife

 @crukaceforlife

# Race for Life and Standard Life are beating cancer together

Proud Partner

## Standard Life

Part of Phoenix Group

At Standard Life, we are extremely proud to have been chosen as the headline sponsor for Race for Life. Over the past 200 years, millions of customers have trusted us to look after their life savings and retirement needs and we care about people's long-term financial wellbeing. We are delighted to work with a partner who shares the same commitment to people and their communities. Through sponsoring Race for Life, we feel that we can build a better future together and be a part of the journey to help beat cancer.

“

My Father was an oncologist so cancer has always been a part of my life and I am so proud that Standard Life is sponsoring Race for Life, an event that brings people together and unites them with a common purpose; to help beat cancer. Our purpose as a business aligns well with Cancer Research UK's vision for a better future. We care about people's futures and have a core social purpose to build a strong and sustainable future for all. I'm really looking forward to taking part in the events and will be running for my amazing dad. It means a lot to me to be able to support the great work that my dad did, in the hope that we can beat cancer. ”

**Sangita Chawla,**  
Chief Marketing Officer for Standard Life

Our story

