

Ready, set... Race for Life!



CANCER
RESEARCH
UK

Race for
Life



On the day

Here's what you'll find at your Race for Life event.

Event village

As well as food stalls, you might find Race for Life merchandise, face paint and other things to explore before and after your event.

Enquiries marquee

Need help? Lost your Race number? Visit our friendly volunteers.

The start line buzz

This is where the magic begins: music, cheers and a whole world of feelgood energy. Make sure you arrive early so you can get ready for your event with our energetic warm-up instructors.

Finish line

Collect your well-earned medal and wear it with pride. Then refill your water bottle to stay hydrated and enjoy your post-event snack!

Selfie spot

Capture a memory moment with your team at our photo backdrop and share it on social media with the hashtag #RaceforLife2026

Dedication area

This is where we remember why we do Race for Life. Use your back sign to celebrate someone special to you and then display it in our dedication area.



Your Race for Life starts here

Follow our pathway to success to help you get the ball rolling on your fundraising and training.

Grow your team

Race for Life is more than just an event, it's a community of people coming together to help beat cancer. Why not invite more people to join you?

Social stars

Posting regular updates on your online Giving Page and social media can help double the amount you raise, so share your progress with your family and friends.

Donate to my Giving Page

Fundraising icons

Start planning some fundraising events with your team. The ideas in this booklet could help you get started.

Step out

Take a look at our training plans to help you get round the course with ease.

Event day ready

Use our handy checklist on the back of your letter to make sure you have everything you need on the day.

Look the part

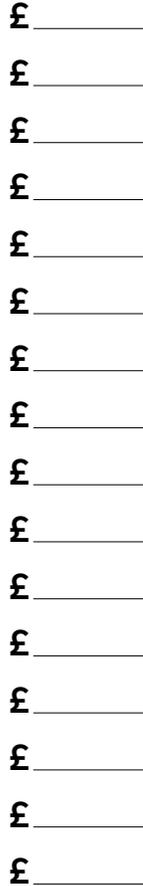
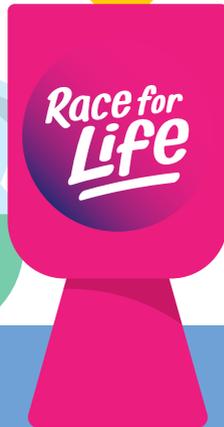
Head to our online shop to get kitted out in the latest Race for Life merchandise. Visit raceforlife.org/shop

From start line to lifeline

Every pound you raise helps us fund pioneering research that will save and improve people's lives.

Track your fundraising progress here and keep going until you reach your target. Then see if you can raise even more!

This is your chance to turn donations into life-saving discoveries.



Let's raise some cash!

You've pledged to raise £ _____ for taking part in _____ on DD/MM/YYYY.

Here are some ideas to help you reach your target – and then a few more to help you smash it! Looking for more inspiration? Visit raceforlife.org/fundraisingideas

Bake sale bonanza

Host a bake sale at your school, workplace or local community centre and get creative with your treats! Raising £65 could help buy special chemicals called restriction enzymes that cut up the long strands of DNA in our cells.

Dress to impress

Get everyone to donate to dress up for the day. Raising £50 could help fund a day of the LuDO-N trial, which is improving radiotherapy treatment for children and young people with neuroblastoma, a type of cancer that develops in early nerve cells.

Every pound you raise matters. Here are some easy activities to help you reach your minimum £50 fundraising target:

£5

Ditch coffee or sweet treats in the run-up to your event and get sponsored for your willpower.

£15

Sell some pre-loved clothes, books or other items and transfer the money to your fundraising page. And if something doesn't sell, you can donate it to one of our shops instead.

£30

Download our guessing game and ask for a £1 donation from everyone who signs up to a square.





“
You think that
something like
cancer happens
to other people,
not you.”

Hi, I'm Minnal. On Boxing Day 2021, when I was 41 years old, I felt a tiny lump in my breast. It turned out to be cancer. In 2022, I had chemotherapy and surgery. It wasn't an easy ride but by April, I could walk two kilometres. And just seven weeks after surgery, I joined Race for Life with my husband, Jay, and daughters, Mahi and Arya. I was emotional when I

crossed the finish line – it was a reminder that I'd made it through, the cancer was gone and I had survived. Now I take a drug called tamoxifen to stop the cancer from returning. Who worked out the best way to take it? Cancer Research UK. And who made that possible? Supporters like you. Thank you.

We'd love to hear your story. To get in touch, visit cruk.org/share

Our Race for Life sponsors



At Slimming World, our mission is simple: to help members lose weight and live healthier, happier lives. That's why we're proud to sponsor Race for Life once again – every skip, every stride and every joyful finish line moment. Because when people come together with purpose, incredible things happen – from losing weight to raising life-saving funds for research that brings us closer to beating cancer.

We're proud to have supported Race for Life for over a decade as part of our longstanding partnership with Cancer Research UK. And we're excited to be back again as the Official Renewable Energy Sponsor. On event days, we'll be helping to keep energy levels high. Together we have the energy to help beat cancer.



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. RFL26/BOOKLET

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