Walk 100 Miles in November Challenge

Your fundraising guide

CANCER RESEARCH UK

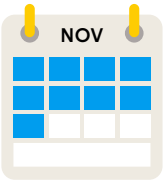
Together we are beating cancer

Ready, set, walk!

Simple steps to get your challenge moving.

Spread the word

Let everyone know about your challenge and encourage others to join in too.



Plan your month

Think about how you'll cover the 100 miles across November. Whether that's exploring new walking routes or ditching the car whenever possible.

Set your target

Keep yourself motivated with a fundraising goal. If you set a target on your online Giving Page, you can more than double your sponsorship!

Get fundraising

Use the tips and tools in your pack to start raising money.

Track your miles

Show your supporters your progress by connecting your online Giving Page to Strava. Visit **our website** to find out how. If you don't have Strava, you can still post your mile count on your online Giving Page to encourage donations.

Fundraising tips

We want to make sure you're rewarded for your incredible effort. To kickstart your challenge, we've put together these handy fundraising tips and ideas.

Kickstarters

Make the first move

Show potential supporters that you're committed by making a contribution to your own online Giving Page to kick off donations.

Tell your story

Our most successful fundraisers often have really personal online Giving Pages. Kit yours out with the story of why you've decided to take part, regular updates, photos and a thank you to your lovely donors!

At work

Ask your employer

Walking 100 miles across the month will make you feel more energised at work. What's your company prepared to donate to their happier and healthier employee? See if they'll make a donation or match the funds you raise.

Let your colleagues know

Send an email to your work colleagues to let them know you're walking 100 miles in November to help fund life-saving research.

Tip: why not add your online Giving Page link to your email signature?

Promote your fundraising on Facebook

1

Post a photo of you wearing your free Cancer Research UK bobble hat and snood

2

Post your online Giving Page link in the comments.
More people will see it this way!

3

Tag three friends who might like to take part with you

Join our Facebook community

Meet other walkers, share top tips and motivate each other through the month by joining our **Walk 100 Miles Challenge Facebook group**

Fundraising boosters

Use these ideas to give your fundraising a lift and smash your target.

Film a video

Video yourself out on your walks to let friends and family know you're supporting Cancer Research UK and share across your social media.

Organise a walking tour

Show your friends and family a great new walking route that you've discovered and ask for a donation in return.

Host a dinner party

Walkers need fuel, so why not host a dinner party fundraiser? It's simple – you cook for your friends in exchange for a donation. Plus, you'll be fuelled for your next big day of walking.

Hold a wrap-up event

'I'll donate when you've done it' – the words no fundraiser wants to hear! Hold doubters to their word with a wrap-up event at the end of your month and lap up those last-minute donations.

Use your miles for good

Why not offer to use your miles to help friends and family? You could walk their dogs or collect their shopping in return for a donation.

Walk 100 Miles in November Challenge

Training guide

Adapt the challenge to suit you

People of all fitness levels are taking on this challenge. The important thing is that you're doing something that challenges you. This will vary from person to person, so tailor the challenge however you like. It should be tough, but doable. However you choose to break down the 100 miles, you'll be helping us to power progress.

Ease your way in

Gradually build up your miles throughout the month. Why not find out what pace, distance and time of day works for you before the challenge begins?

Make a plan

Use your challenge calendar to plan where and when you'll be completing your 100 miles, whether that's one big walk a day or lots of shorter walks.

Team up

Walking in a group will inspire you to push harder and go further than you might otherwise do on your own. Whether you cover the miles together or individually, encourage others to join in the challenge too!

Fuel those miles

You'll likely be burning more calories than usual. Make sure you've got enough fuel to clock up those miles by eating a healthy and nutritious diet. For more information, visit cruk.org/diet

Gear up

Make sure you have a comfortable pair of trainers or walking boots. Wearing the wrong type of shoe is the most common cause of injury.

Apply sunscreen

Make sure to apply SPF 30 if you're out walking in the daytime. Use 4* or 5* SPF 30 sun protection.

Track every mile

Show off your progress to your supporters by tracking every mile with a tracking app. We recommend Strava as you can link your walks to your online Giving Page.

Keep hydrated

Make sure you drink enough water before and after your walks.

Walk 100 Miles in November Challenge

Calendar

Keep track of your miles in November 2026

						Lace up! Time to start walking. 1
2	3	4	Going out? Save money and walk home. 5	6	7	8
9	Try a new walking route. 10	11	12	13	14	You're halfway! Keep on walking. 15
16	17	18	19	20	21	22
Only 7 days to go! 23	24	25	26	27	28	29
You've done it! Put your feet up, hero. 30						

In aid of CANCER RESEARCH UK

Together we are beating cancer

Visit cruk.org/walk100miles2026

Walk 100 Miles in November Challenge

Totaliser

In aid of CANCER RESEARCH UK

Together we are beating cancer

Name

.....

is walking 100 miles this November to help support life-saving cancer research.

Donate to their online Giving Page to help them smash their target.

Your online Giving Page URL

.....

Visit cruk.org/walk100miles2026

Target

£ .....

Total

£ .....

Week 4

£ .....

Week 3

£ .....

Week 2

£ .....

Week 1

£ .....

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

Walk 100 Miles in November Sponsorship form

CANCER RESEARCH UK

Please make sure you fill out each section accurately and in full.

If any of your sponsors would like to add Gift Aid to their donation, please encourage them to donate online where they'll be given the option to include Gift Aid during the process.

Your details are safe with us. Check out our Privacy Policy at **cruk.org/privacy** for more details.

Your details

Title: First name: Last name:

Address:

Postcode: Telephone:

Please use blue or black pen and write in CAPITAL letters.
We kindly ask that you only return the sponsor form to us if you are paying by cheque.

Title	First name	Last name	Postcode	Home address – not your work address	Amount	Date collected
MISS	ANNE	EXAMPLE	AB1 2CD	12 EXAMPLE TERRACE, LONDON	£20.00	DD/MM/YYYY
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /
					£	/ /

I've raised a total of £ .....

Next steps

- Collect your donations from your sponsors and send this sponsorship form, along with a cheque made payable to Cancer Research UK, to CRUK 2RP, PO Box 81666, London, E15 9LJ (please don't send cash).
- Please don't photocopy this form. If you need additional forms please print separately.

Visit cruk.org/walk100miles2026

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Registered with FUNDRAISING REGULATOR

N26U5H

Take part as a team

In aid of CANCER RESEARCH UK

Recruit your friends, family or work colleagues to join your challenge by following the four steps below.

1. All your team members will need to sign up to the **Walk 100 Miles Challenge** so they each have their own Cancer Research UK online Giving Page.
2. Once everyone's signed up, log in to your account.
3. Scroll down and hit the 'Create new team' button and follow the instructions.
4. When sharing your team page URL, make sure you're contacting people who know you and want to hear from you.

						Name: Distance: 1
Name: Distance: 2	Name: Distance: 3	Name: Distance: 4	Name: Distance: 5	Name: Distance: 6	Name: Distance: 7	Name: Distance: 8
Name: Distance: 9	Name: Distance: 10	Name: Distance: 11	Name: Distance: 12	Name: Distance: 13	Name: Distance: 14	Name: Distance: 15
Name: Distance: 16	Name: Distance: 17	Name: Distance: 18	Name: Distance: 19	Name: Distance: 20	Name: Distance: 21	Name: Distance: 22
Name: Distance: 23	Name: Distance: 24	Name: Distance: 25	Name: Distance: 26	Name: Distance: 27	Name: Distance: 28	Name: Distance: 29
Name: Distance: 30						

How are you going to tackle the challenge together?

Use the calendar above to share out your miles across the month. Write every team member's name and their daily mile count.

Why not get competitive and see who can take on the most miles every day? Add the name of the daily top walker and number of miles achieved.

Visit cruk.org/walk100miles2026

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Walk 100 Miles Challenge
Sweepstake

CANCER RESEARCH UK

Step 1: **Get ready**

Source a prize for your sweepstake and fill out the details at the top and bottom of the poster on the next page.

Step 2: **Get set**

Ask your friends, family and colleagues if they'd like to guess how many hours it will take you to complete your 100 miles in return for a suggested donation. Then, get them to fill out their guess and name in a box.

Step 3: **Go!**

Announce the winner on the date you've mentioned on your poster.

Step 4: **Don't forget**

Return your donations in the form of a cheque (payable to Cancer Research UK) or postal order to: Walk 100 Miles Challenge, CRUK 2RP, PO Box 81666, LONDON, E15 9LJ.

Remember to include your name and address so we can add it to your fundraising total. If you'd prefer to collect your donations digitally, please share your online Giving Page with sweepstake participants.

Walk 100 Miles this November to help beat cancer

Walk 100 Miles Challenge **Sweepstake**

In aid of CANCER RESEARCH UK

How many hours will .....
take to complete this challenge?

Please donate* £ ..... to take a guess and support Cancer Research UK.
The person with the closest guess to the total number of hours will win

.....

Hours	Name	Hours	Name	Hours	Name

Visit cruk.org/walk100miles2026

*No donation is necessary.

1. To enter, write your name and predicted number of hours in a box.
2. Closing date ..... Winner will be revealed by .....
   (Please write the closing date and when you will announce the winner here.)
3. The person whose guess is closest to the walker's number of hours will win the prize listed above. If the correct number of hours is exactly between two guesses, the prize will be given to the lower guess of the two.
4. All money raised will be donated to Cancer Research UK.
5. The promoter to collect and send money to: Walk 100 Miles Challenge, CRUK 2RP, PO Box 81666, LONDON, E15 9LJ.
6. The promoter is .....
   .....
   (Please write the name and address of the person organising this sweepstake here.)
7. Cancer Research UK is not the promoter and does not accept any responsibility for your sweepstake.
8. Sweepstake for use in the UK only, to be run by and for the participation of people aged 18 or over only.

Reg charity numbers 1089464, SC041666, 1103 & 247

N26U5H

Walk 100 Miles Challenge

Pledge card

Add the story of why you're taking part and share across socials with your online Giving Page

I'm walking 100 miles this November because...

Walk 100 Miles Challenge

Finisher 2026

This November

Your name

walked a total of

Total mile count

miles

raising

Amount raised

to help beat cancer

Thank you for your support.
You're helping to bring about a world where everybody lives longer, better lives, free from the fear of cancer.

CANCER RESEARCH UK

Together we are beating cancer

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I'm fundraising for
Cancer Research UK

Challenge name	Walk 100 Miles Challenge
When	November
Information	

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CANCER RESEARCH UK

Together we are beating cancer

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CANCER RESEARCH UK

Together we are beating cancer

Thank you
for powering progress

Over the past 50 years, our work has helped double cancer survival in the UK.

We're the world's leading cancer charity, dedicated to saving and improving lives with our research. Our vision is a world where everybody lives longer, better lives, free from the fear of cancer. And, backed by your support, step by step, our researchers are making this vision a reality.

8 in 10

people who receive cancer drugs in the UK receive a drug developed by or with us.*

1 million

Thanks to progress in cancer prevention, diagnosis and treatment, over **a million lives have been saved** from the disease in the UK since the mid-1980s.**

90%

Our research led to the development of the HPV vaccine, which is expected to **prevent up to 90% of cervical cancer cases** in the UK.

The difference your money makes

£65

could buy special restriction enzymes

These act like molecular scissors to cut up the long strands of DNA in our cells, helping us to learn about more than 200 types of cancer.

£170

could fund one day of the ABC-07 clinical trial

This is testing innovative radiotherapy techniques for treating people with rare bile duct cancer.

£200

could fund our team of nine cancer nurses for one hour

Our expert team of cancer information nurses are on hand to offer confidential support and guidance to people affected by cancer.

*Estimated based on Cancer Research UK analysis of England data
**cruk.org/millionlives

Visit cruk.org/walk100miles2026

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