

Take part as a team



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 30 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:	Name:	Name:
Distance:	Distance:	Distance:
1	2	3

Name:	Name:	Name:	Name:	Name:	Name:	Name:
Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
4	5	6	7	8	9	10

Name:	Name:	Name:	Name:	Name:	Name:	Name:
Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
11	12	13	14	15	16	17

Name:	Name:	Name:	Name:	Name:	Name:	Name:
Distance:	Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
18	19	20	21	22	23	24

Name:	Name:	Name:	Name:	Name:	Name:
Distance:	Distance:	Distance:	Distance:	Distance:	Distance:
25	26	27	28	29	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/walk30miles2026

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

