



Challenge
yourself in
July 2026

Cycle 300 Miles Challenge: Your fundraising guide



CANCER
RESEARCH
UK

Together we are
beating cancer

Ready, set, cycle!

Simple steps to get your challenge in motion.



Spread the word

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



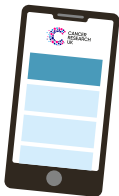
Plan your month

Think about how you'll cover the 300 miles in July. Whether that's across the month, over the weekend, on an indoor bike or in the great outdoors.



Get fundraising

Use the tips and tools in your pack to start raising money. Our life-saving research is only possible thanks to amazing supporters like you.



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 ideas

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



Set a 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.

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

Cycling 300 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 cycling 300 miles in July 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 in your free Cancer Research UK tech t-shirt



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 cyclists, share top tips and motivate each other through the month by joining our [Cycle 300 Miles Challenge Facebook group](#).



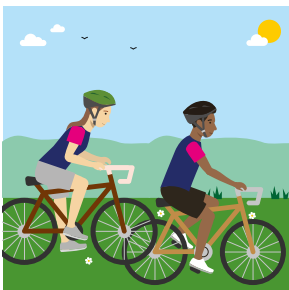
Fundraising boosters

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



Film a video

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



Organise a cycling tour

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



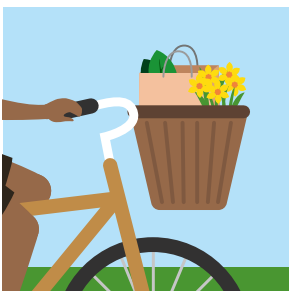
Dinner party

Cyclists 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 cycle.



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 always collect their shopping in your bicycle basket in return for a donation.

Cycle 300 Miles Challenge

Training guide



Make sure your bike is fit for the road

Check your brakes, gears and tyre pressure – your local bike shop will be able to help.

Ease your way in

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

Pack the essentials

- Toolkit – inner tubes, pump, tyre levers, chain links and a multi-tool
- Lights and high-visibility clothing for evening rides
- A helmet to wear for each of your cycles to make sure you're staying safe
- Water and healthy snacks
- GPS device or another reliable way of navigating
- Weather-appropriate clothing



Prevent injuries

Warm up, stretch and cool down with every cycle. Include rest days in your training plan too.

Make a plan

Use your challenge calendar to plan where and when you'll be completing your 300 miles, whether that's one big cycle at the weekends or lots of shorter ones.

Team up

Cycling 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

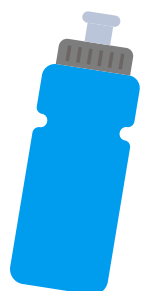
You'll likely be burning more calories than usual. Make sure you've got enough fuel to clock up those miles by eating a healthy and nutritious diet. For more information, visit cruk.org/diet

Keep hydrated

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

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 miles to your online Giving Page.



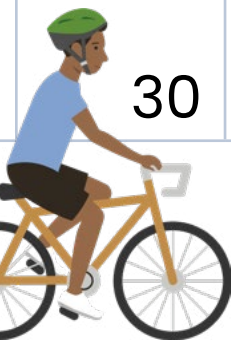
Cycle 300 Miles Challenge Calendar

Keep track of your miles
in July 2026



Lets go! Time to start cycling.					Going out? Save money and cycle.	
1	2	3	4	5		

Beat the Monday rush and cycle to work.							Try out a new cycling route.
6	7	8	9	10	11	12	
			You're halfway! Keep on cycling.				
13	14	15	16	17	18	19	
				Only one week to go.			
20	21	22	23	24	25	26	
Keep pedalling through and clocking up those miles!				You've done it! Put your feet up, hero.			
27	28	29	30	31			



Visit cruk.org/cycle300

Together we are
beating cancer

Cycle 300 Miles Challenge Totaliser



Name

.....

is cycling 300 miles this July 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/cycle300



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

Target

£

Total

£

Week 4

£

Week 3

£

Week 2

£

Week 1

£

Cycle 300 Miles Challenge Sponsorship form



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	ABI 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/cycle300

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). Registered address: 2 Redman Place, London, E20 1JQ. © Cancer Research UK 2026.



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 **Cycle 300 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:		Name:		Name:	
Distance:		Distance:		Distance:		Distance:		Distance:	
1		2		3		4		5	
Name:		Name:		Name:		Name:		Name:	
Distance:		Distance:		Distance:		Distance:		Distance:	
6		7		8		9		10	
Name:		Name:		Name:		Name:		Name:	
Distance:		Distance:		Distance:		Distance:		Distance:	
13		14		15		16		17	
Name:		Name:		Name:		Name:		Name:	
Distance:		Distance:		Distance:		Distance:		Distance:	
20		21		22		23		24	
Name:		Name:		Name:		Name:		Name:	
Distance:		Distance:		Distance:		Distance:		Distance:	
27		28		29		30		31	

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 cyclist and number of miles achieved.

Visit [cruk.org/cycle300](https://www.cruk.org/cycle300)

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Cycle 300 Miles Challenge Sweepstake



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 miles you'll complete each week 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: Cycle 300 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.



**Cycle 300
miles this July
to help
beat cancer**

Cycle 300 Miles Challenge Sweepstake



How many miles will
cycle this week?

Please donate* £ to take a guess and support Cancer Research UK.
The person with the closest guess to the total weekly mile count will win

Miles Name

Miles Name

Miles Name

Visit cruk.org/cycle300

*No donation is necessary.

- To enter, write your name and predicted number of hours in a box.
- Closing date Winner will be revealed by
(Please write the closing date and when you will announce the winner here.)
- The person whose guess is closest to the cyclist's distance will win the prize listed above.
If the winning distance is exactly between two guesses, the prize will be given to the guess with the shorter distance of the two.
- All money raised will be donated to Cancer Research UK.
- The promoter to collect and send money to: Cycle 300 Miles Challenge, CRUK 2RP, PO Box 81666, London, E15 9LJ
- The promoter is
.....
(Please write the name and address of the person organising this sweepstake here.)
- Cancer Research UK is not the promoter and does not accept any responsibility for your sweepstake.
- 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



Cycle 300 Miles Challenge Pledge card

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



I'm cycling
300 miles
this July
because...

Cycle 300 Miles Challenge

Finisher 2026



This July

Your name

.....
cycled 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.





I'm fundraising for Cancer Research UK

Challenge
name

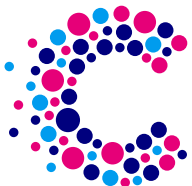
Cycle 300 Miles Challenge

When

July

Information

Empty grey box for additional information.



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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.

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/cycle300

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.

Together we are
beating cancer