

A woman with long dark hair, wearing a pink top, orange leggings, and a green jacket, is walking a small brown dog on a red leash along a dirt path in a park. The background shows lush green trees and a stone wall. A large blue circle is overlaid on the top left of the image.

2025 60 Mile Dog Walk in November

**Your ultimate guide
to fundraising**



**CANCER
RESEARCH
UK**

**Together we are
beating cancer**

Ready, set, walkies!

Simple steps to get your challenge off the ground.

Spread the word

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

Plan your month

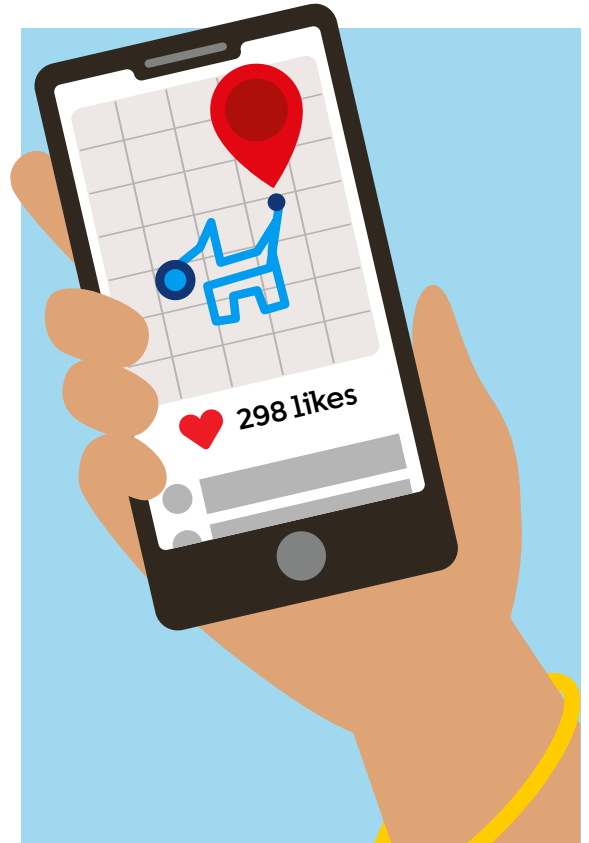
Think about how you'll cover the 60 miles across November. Whether that's two miles every day or longer walks with your dog at the weekend.

Get fundraising

Use the tips and tools in your pack to start collecting sponsorship.

Track your miles

Show your supporters your progress by connecting your online Giving Page to **Strava**. Don't worry 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, so we've put together these handy fundraising tips and ideas to kick-start your challenge.

Kick-starters

Set a target

Keep yourself motivated with a fundraising goal. If you set a target on your online Giving Page, you can raise 145% more sponsorship.

Make the first move

Show potential supporters that you're committed and make 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 of course a thank you to your lovely donors!



At work

Ask your employer

Increasing the miles you walk 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.

Virtual collections

Send an email to your work colleagues to let them know you're walking 60 miles with your dog in November to raise money for life-saving research. Remember to include a link to your online Giving Page!



Team up

Encourage your friends and family to sign up to the challenge too and make fundraising a real team effort.

Promote yourself online

Share your online Giving Page and official challenge badge across your social media for more engagement.

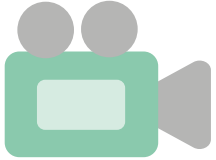
Join our Facebook group

Meet other walkers and their furry friends and share top tips and your cutest dog photos to help motivate each other throughout the month. Joining our [Dog Walking 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 it across your social media.



Organise a dog walking tour

Show your friends and family a local walking route you've discovered and encourage sponsorship for your challenge.



Pasta party

Walkers need fuel, so why not host a pasta 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.



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!



60 Mile Dog Walk in November Challenge

Training guide

Adapt the challenge to suit you

There are people of all levels of fitness doing this challenge, so tailor it to suit you. However you choose to break down the 60 miles, you'll be helping us fund life-saving research.

Check out dog walking guidance

If you're looking for information about the exercise needs of your dog's breed, please read through the [Kennel Club's dog walking tips](#), the [seasonal dangers of walking your dog](#) and their [A-Z of dog breeds](#).

Make a plan

Use your challenge calendar to plan where and when you'll be completing your 60 miles, whether that's every day or longer walks at the weekend.

Team up

Walking together is always more fun. 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 [nhs.uk/live-well/eat-well/](https://www.nhs.uk/live-well/eat-well/)

Get the gear

Make sure you have a comfortable pair of trainers – wearing the wrong type of shoe is the most common cause of injury.

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 and your dog drink enough water before and after your walks.



60 Mile Dog Walk in November Challenge Calendar

Keep track of your miles in November



Time to grab a lead and get going.						
1	2	3	4	5	6	7
8	9	Popping to the shops? Why not walk there?	11	12	13	14
15	16			Try a new walking route.		
22	23	Keep on walking! Only one week to go.				
29	30	You've done it! Put your feet and paws up, heroes.				



60 Mile Dog Walk in
November Challenge

Totaliser



Together we are
beating cancer

Name

.....

is walking their
dog 60 miles
this November
to help fund
life-saving
cancer research.

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

Your online Giving Page URL

.....

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



Think you can do better?
Visit cruk.org/dogwalk

Target

£

Total

£

Week 4

£

Week 3

£

Week 2

£

Week 1

£

60 Mile Dog Walk in November 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.

Step 2: **Get set**

Ask your friends, family and colleagues if they'd like to guess your total number of miles that week 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: Dog Walking Challenge, Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ

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.



**Walking
60 miles this
November for
life-saving
research**



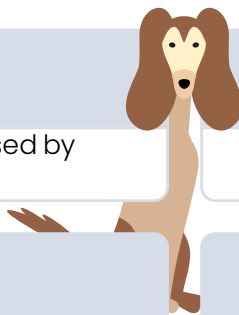






Registered with
**FUNDRAISING
REGULATOR**

60 Mile Dog Walk in November Challenge Sweepstake



How many miles will walk this week?

Please donate £ to have a guess and support
Cancer Research UK. The person with the closest guess to the total
push-up count will win

 Guessed by	Guessed by	Guessed by	 Guessed by
Guessed by	Guessed by	Guessed by	Guessed by
 Guessed by	Guessed by	 Guessed by	Guessed by
Guessed by	Guessed by	Guessed by	 Guessed by
Guessed by	Guessed by	Guessed by	Guessed by
 Guessed by	Guessed by	 Guessed by	Guessed by

*No donation is necessary.

- To enter, pick a box and write your name and predicted distance.
 - Closing date
Winner will be revealed by
- (Please write the closing date and when you'll announce the winner here.)
- The person whose guess is closest to the walker'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:
Dog Walking Challenge, Cancer Research UK,
PO Box 1561, Oxford, OX4 9GZ.

- 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.
- For use in the UK only.

Reg charity numbers
1089464, SC041666, 1103 & 247

Visit cruk.org/dogwalk

Registered with



60 Mile Dog Walk in November

Finisher 2025



This November

You and your dog's name

.....

walked a total of

Total mile count

.....

miles

raising

Amount raised

.....

to help fund life-saving research

Thank you for your support.

Every pound raised for every putt will help bring
about a world where everybody lives longer,
better lives, free from the fear of cancer.

Reg charity numbers 1089464, SC041666, 1103 & 247



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60 Mile Dog Walk in November Challenge

Sponsorship form



- Fill out each section in full.
- Please make sure the details of each donation are recorded accurately in your sponsor's own handwriting – forms in the same handwriting or printed aren't valid for **Gift Aid** purposes.
- Ask each sponsor to tick the **Gift Aid** box next to their address below if eligible.
- Please note we can't claim **Gift Aid** on business addresses or on multiple sponsors, eg Mr & Mrs Jones.
- Your details are safe with us. Check out our Privacy Policy at cruk.org/privacy for more details.
- If you change your mind, you can tell us anytime by contacting **0300 123 3379** or emailing preferences@cancer.org.uk

Please use blue or black pen and write in CAPITAL letters.
All fields are mandatory.

Your details

Title: _____ First name: _____ Surname: _____

Address: _____

Postcode: _____ Telephone: _____

An important note about Gift Aid

Boost your donation by 25p for every £1 you donate

I want to Gift Aid my donation and any donations I make in the future or have in the past four years, to Cancer Research UK. I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all of my donations in that year, it is my responsibility to pay any difference.

giftaid it

Tick here for Gift Aid

Full name + Home address + Postcode + Date collected + ✓ = Gift Aid

Title	First name	Surname	Postcode	Home address – Not your work address (This is essential for Gift Aid)	Amount	Gift Aid	Date collected
MISS	ANNE	EXAMPLE	AB1 2CD	12 EXAMPLE TERRACE, LONDON	£20.00	✓	DD/MM/YYYY
					£		/ /
					£		/ /
					£		/ /
					£		/ /
					£		/ /
					£		/ /
					£		/ /
					£		/ /
					£		/ /

Next steps

I've raised a total of: £

- Collect your donations from your sponsors and send us a cheque made payable to Cancer Research UK along with this sponsorship form to: Cancer Research UK, PO Box 1561, Oxford, OX4 9GZ. Please don't send cash.
- Please don't photocopy this form. If you need additional forms, please print a separate form.

Visit cruk.org/dogwalk

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.

Registered with



FUNDRAISING
REGULATOR

N25U47



I'm fundraising for Cancer Research UK

Challenge
name

When

Information



**CANCER
RESEARCH
UK**

**Together we are
beating cancer**

Thank you for powering progress

Thanks to the generosity of supporters like you, in the last 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.

More than

8 in 10

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

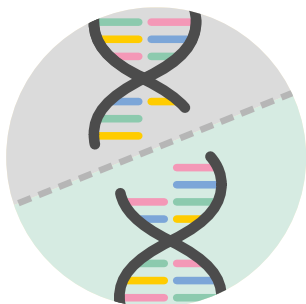
1 million

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

x2

In the last 50 years, our work has helped **double cancer survival** 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/dogwalk

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beating cancer