

READY, SET, RUN!

Stand Up To Cancer this October and take on the challenge of running 10 5ks across the month.

Cancer can affect anyone's life, at any time. In fact, nearly 1 in 2 people will get cancer in their lifetime*. So we only have one option: to accelerate life-saving research. Our incredible scientists are relying on you to raise money for their vital work. Every penny will help speed up research to get new tests and treatments to people who need them the most.

Follow the steps below to your challenge moving:

GET STARTED

1. CREATE YOUR ONLINE GIVING PAGE

Make sure you've created your online Giving Page and don't forget to join the **Facebook group** where you can meet like-minded legends who are taking on the 10 Days of 5k Challenge too.

2. SPREAD THE WORD

Let your friends, family and everyone on social media know about your 10 Days of 5k Challenge. Once October comes around, share updates on how you're smashing it and how they can sponsor you for Stand Up To Cancer.

3. TRACK YOUR KILOMETERS

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.

*cruk.org/lifetimerisk

