

Pancreatic  
Cancer  
UK



Run 40  
in February



# Thank you for registering to **Run 40** in **February** for **Pancreatic Cancer UK**

We're facing a pancreatic cancer emergency. It's unacceptable that more than half of people diagnosed with pancreatic cancer die within 3 months. Survival rates have improved enormously for most cancers. Sadly, for pancreatic cancer, this is not the case. But there is hope. By taking on this challenge you are enabling us to:



**Fund vital world-leading research** to find that breakthrough in new treatments and further improve the speed of diagnosis.



**Support people with pancreatic cancer now;** our friendly specialist nurses are only a call or email away. They are specialists in pancreatic cancer and can talk for as long as is needed.



**Raise critical awareness** of this long-neglected cancer, and its symptoms, which are often vague and not recognised, so people can get the help they need sooner.

## Your challenge



Run 40 miles this February



Track your progress on Strava and by using the tracker sheet included in this pack



Share your progress in our Strava Club:

<https://www.strava.com/clubs/pancreaticcancerukrunners>



Raise vital funds for Pancreatic Cancer UK – your minimum fundraising target is £250!

# How your money helps

**£8.23**

**could pay for one Newly Diagnosed Pack**, which provides key information to people who have recently been diagnosed with pancreatic cancer

**£29**

**could help fund the research breakthroughs people** with pancreatic cancer so desperately need

**£185.60**

**could fund a nurse** for a day on our Support Line

**£367.62**

**could fund three days of training for a PhD student** on our Future Leaders Academy

## Why Lynda took part

"I was supposed to be taking part in a half marathon in memory of my dad but after it was cancelled I started looking for a new challenge. I decided to take on a challenge last February to raise funds and awareness for this horrific cancer. I hope that through my fundraising I'm helping to create a future where no-one else has to feel the heartache I felt losing my dad. Pancreatic Cancer UK were an incredible support"

- Lynda

# Fundraising top tips



## Your fundraising page

- ✓ **Set up** your [JustGiving](#) fundraising page.
- ✓ **Make it personal** – add a photo of yourself in your PCUK top and write a few words about why you are taking on this challenge.
- ✓ **Set a fundraising target** – we suggest £250.
- ✓ **Kickstart your fundraising** by being the first person to donate!

## Promote and say thanks

- ✓ **Ask** friends, family and colleagues to donate.
- ✓ **Share** your page and keep updating it.
- ✓ **Thank everyone** who donates to your page.

If you are collecting any funds offline download our sponsorship form at [pancreaticcancer.org.uk/sponsorshipform](https://pancreaticcancer.org.uk/sponsorshipform)

## Questions?

Contact us on **020 3535 7090**, post in the **Strava Running Club** or email [fundraise@pancreaticcancer.org.uk](mailto:fundraise@pancreaticcancer.org.uk)

**By working together, our actions today can transform the future for people affected by pancreatic cancer.**

**You've got this – good luck!**