

**Thank you for registering to organise your Striding for Survival event!**

**By taking part with your friends and family, you are helping us to raise much needed awareness and funds for pancreatic cancer. Thank you so much for all your support.**

## Route



Try and find a route that accommodates everyone in the group, but also has some good landmarks and views. A circular route is easier than a linear one as walkers can get back to cars. If you are planning on walking for a long time, make sure you take into account somewhere to eat.

### You can find lots of routes and ideas at these websites –

- [www.nationaltrust.org](http://www.nationaltrust.org) boasts a whole host of walking ideas.
- [www.walkingbritain.co.uk](http://www.walkingbritain.co.uk) is home to varied and unusual walks across the UK.
- [www.walkit.com](http://www.walkit.com) and [www.mapmywalk.com](http://www.mapmywalk.com) are excellent tools to help you plan your own route from start to finish.

Please keep to route that does not trespass on any private land and that all dogs are kept on a lead where required.

## On the day:



Make sure you are well prepared for any weather and take a small first aid pack with you. Make sure everyone has mobile numbers of members of the group in case anyone gets lost and that everyone has route map.

We also advise a good pair of walking boots for a long distance!

## Fundraising:



Let everyone know what you are planning and why in plenty of time.

You can set up an on-line fundraising at Just Giving or Virgin Money Giving and download extra sponsorship forms from our website.

You can start a team page through Just Giving, by signing in and selecting "Your Fundraising" from the menu. You can then select "Start a new team", give it a name and add your members!

We have included a sponsorship form in this pack too.

## Tell us what you are doing!

We love to hear all about your activities and see photos and videos from your event so please do get in touch.

You can email [fundraising@panact.org](mailto:fundraising@panact.org) or upload any photos to our Striding for Survival Facebook group!  
[www.facebook.com/Stridingforsurvival](http://www.facebook.com/Stridingforsurvival)

If you are on Twitter you can #teampca and tag us @officialpca or on Instagram at @pancreatic\_cancer\_action.



## Paying in your fundraising:

There are many ways you can pay in your fundraising to Pancreatic Cancer Action;

### Via our website:

[www.pancreaticcanceruk.org/donate](http://www.pancreaticcanceruk.org/donate)

**Send a cheque to our office:** Unit 9, Oakhanger Farm Business Park, Oakhanger, GU35 9JA

**Via bank transfer:** to HSBC Account No: 41412345 Sort code: 40-23-15

**Over the phone:** 0303 040 1770 ext 2



We hope you enjoy your event!  
Thank you!