



**YES
TO LIFE**
YOUR OPTIONS
FOR CANCER

CHALLENGE YOURSELF

CORPORATE FUNDRAISING

Whether you run, ride, walk, trek, do it together with the people sitting right next to you. Build a team with your work mates and do it for a great cause.

Take on one of our fantastic challenges and support Yes to Life; the only UK charity that empowers people with cancer to make informed decisions about their care.

There's something for everyone, take a look on the other side...

E: fundraising@yestolife.org.uk

T: 0779 651 8093

<https://yestolife.org.uk>

Yes to Life is a registered charity in England and Wales with registered charity no: 1112812 and company no: 05495576



SPARTAN RACE

4th May 2019, St Clere

5-50km with 20-60 obstacles

Nothing forges friendships like burpees in the mud. The brand new season is here in the heart of the South East. Expect mixed terrain and technical running that will challenge everyone from elites to the open waves.

SWIM SERPENTINE

21st September 2019, London

1/2 mile; 1 mile or 2 miles

Try dipping your toes in an open-water 40-acre iconic lake in Hyde Park. Not just a swim; enjoy a hard earned warm up in a hot tub, the buzz of the music, celebrate with friends having a picnic in the park soaking up the atmosphere.

LONDON 2 BRIGHTON CHALLENGE

25th-26th May 2019, London-Brighton

100km

Oh no, not the bike thing. This is THE original 100km challenge now in its 8th year and still setting the standard as one of the UK's greatest endurance events. Walk, jog or run it. It's your challenge, your way!

TREK SAHARA DESERT

October 2019, 8 days in Morocco

100km

Yes, you heard right...trek deep into the Sahara over giant dunes to oases shimmering in the distance. Enjoy Moroccan feasts around camp fires, shooting stars, a glimpse into nomadic desert life and make life-long friends.

None of these float your boat?
Tell us what does...

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