



CHALLENGERS PACKET

*Make lasting change,
one mile at
a time.*



Thank you!

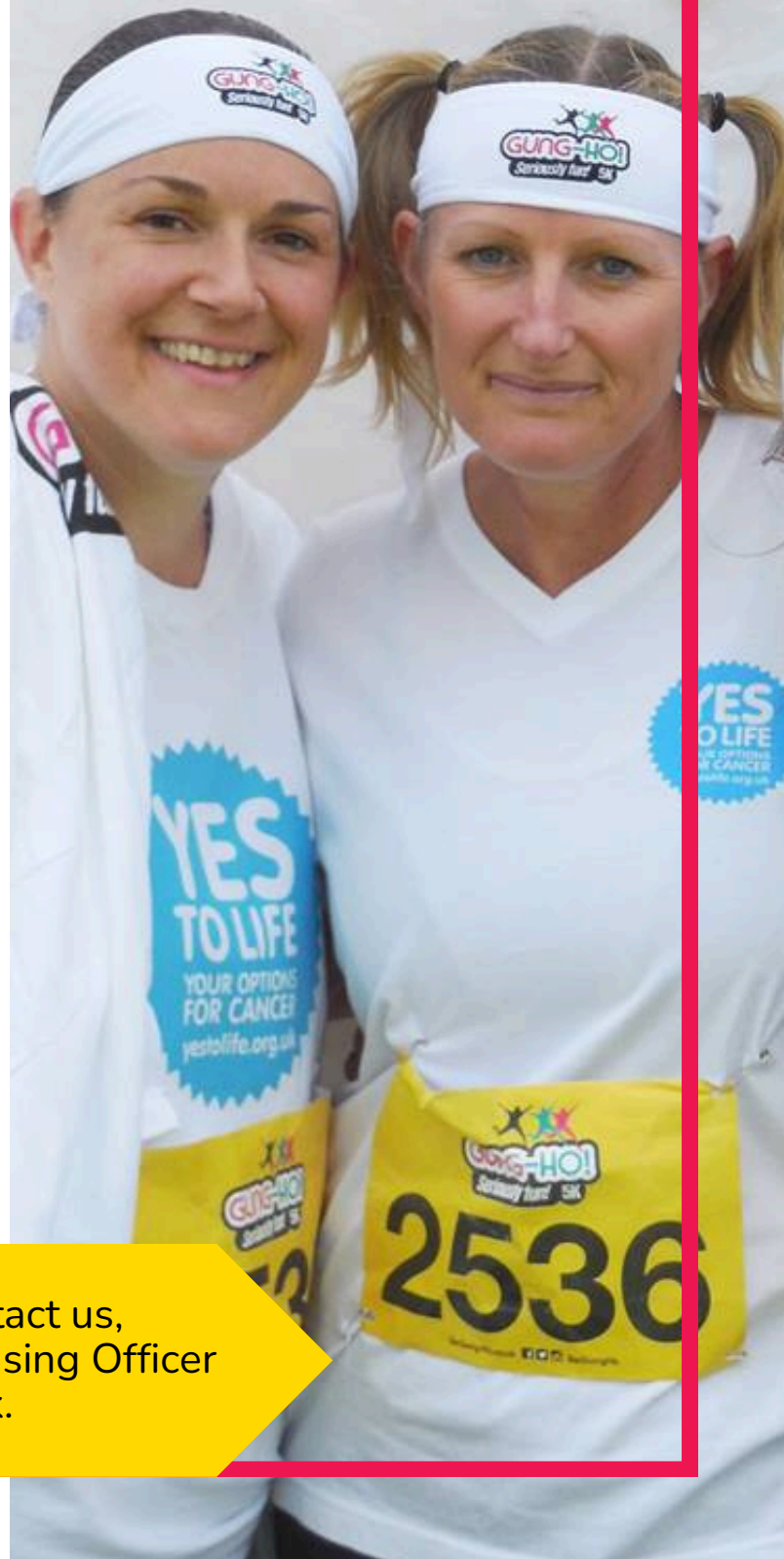
*With each step forward
& pound raised,
you are transforming
the lives of people
affected by cancer.*

Completing a Challenge Event is **one of the most rewarding experiences**, both for yourself and your community.

*Because of your
determination & passion,
Yes to Life can continue to
make a difference in
cancer care.*

We are here to help you throughout your journey. In this packet you'll find:

- How to get started
- Our featured challenges
- Benefits
- How to contact us



If you have questions or need to contact us, please email our Community Fundraising Officer at rafaela.pelegrina@yestolife.org.uk.

Getting Started

1

Sign up for a spot in a challenge!

Make sure to read through the information, deadlines, and any requirements to participate. Take a look at our featured challenges on page 4 or browse through local opportunities on our website!

Create a Just Giving Fundraising Page!

Head on over to the Yes to Life Just Giving page, click “Start Fundraising”, and tell your story. Don’t forget to share with your family and friends! A more in-depth page set up example on page 05.

2

3

Train your way!

Make sure your needs are met when preparing for your challenge. Update how it’s going on your Just Giving page.

Complete your Challenge! Give it your all and have fun.

4





Featured Challenges

Our most popular and recommended challenges of the year!
Click on the name of the race to learn more about the challenge or sign up today.

New Year's Virtual Marathon

January - Virtual Marathon Fun Run
Start the year off right by running 26.2 miles at your own pace!

London Landmarks

April - London Half Marathon
A popular run visiting iconic London places!

Paris Marathon

April - Paris Marathon
A chance to run in beautiful Paris for a good cause!

Dog Jog Virtual 5k

May - Virtual 5k Fun Run
Go on a run with your best furry friend at your (or their) own pace!

Inflatable Race

June - Leeds 2.5k, 5k, 10k, 15k
A fun inflatable obstacle course race for the whole family!

Regents Park

July - London 5k, 10k
Run through nature during this summertime favourite!

Great Scottish Run

October - Glasgow 10k, Half Marathon
A popular challenge in one of the most gorgeous cities in the UK!

Alton Tower's Challenge

November - Alton Towers Kids Race, 5k, 10k, Half Race by your favourite rides & enjoy a day out at this amazing theme park!

[Looking for something else? Visit our website to browse through the challenges available in your local area!](#)

What do you get?

Every challenger receives a:

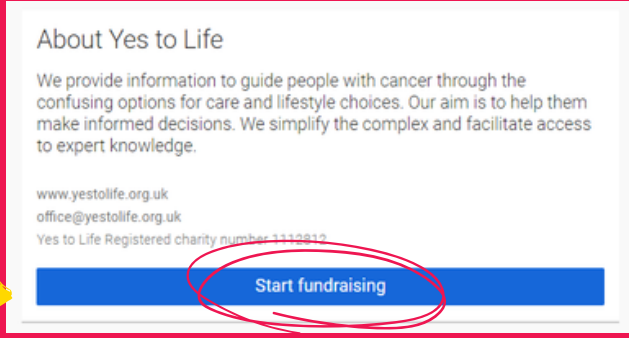
- A guaranteed charity spot at the event
- Yes to Life running shirt to wear at the event (either t-shirt or vest)
- Cheer materials for friends and family
- One-on-one access to our dedicated support team to keep you motivated and prepare you for day
- Social media spotlight



Set Up Your Just Giving Page

Step 1

Scan this QR code or visit justgiving.com/y2l to start your fundraising page!



Step 2

Answer the questions provided.

Make sure to say that you are participating in an event.

Are you taking part in an activity?

- I'm taking part in an event
A mass participation event, for example, a marathon, bike ride, or trek
- I'm doing my own activity
Get creative and organise your own activity, like a bake sale or coffee morning
- Just fundraising
As simple as asking people to donate to a cause that you care about

Tell us more about your event

Search: London Landmarks

RESULTS

- APR 6 London Landmarks Half Marathon 2025
2025 • 1.9K fundraisers
- JUL 28 London T100
2024 • 100 fundraisers
- NOV 3 MoRunning London
2024 • 10 fundraisers
- SEP 8 London Duathlon 2024
2024 • 8 fundraisers
- JUL 28 Challenge London Triathlon 2024
2024 • 36 fundraisers

Can't find what you're looking for? [Create your own activity](#)

Then search the name of the event to link it to your page!



Step 3

Fill out your profile!
Add your story, pictures, and set your donation goal*!
Why are you doing this challenge for Yes to Life?
Sharing your personal stories makes it more likely for people to donate!

**Keep in mind that some challenges have a required minimum for donations. Your goal should match at least that amount!*

Step 4

Publish your page! The fun starts now.

Some tips to maximise your fundraising:

- Self-donate to get the ball rolling!
- Sharing is caring! Share your link with friends, family, coworkers, and social media.
- Update to keep your donors engaged! Post how your training is going, pictures, videos, and thank yous.
- **Have fun!**





CONNECT WITH US

Visit Our Website



Learn more about Yes to Life
yestolife.org.uk



Questions? Contact Us

Community Fundraiser Officer
Rafaela Pelegrina
rafaela.pelegrina@yestolife.org.uk

General Inquiries
yestolife.org.uk/connect/

Follow Us On Socials

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