

Get stuck in to help beat cancer!

Prepare for your Pretty Muddy® Kids event



Race for Life

Proud Partner

Standard Life

Part of Phoenix Group



Get everyone involved!

If you haven't already joined as a team, **why not invite your friends to do Pretty Muddy® Kids with you?*** You can even buy matching event day outfits at raceforlife.org/shop



Get your **family and friends to support you on the day** by cheering you on. They could even volunteer at your event and support others too. Find out more at raceforlife.org/volunteer



Tell everyone how you're fundraising to reach your target. The more you share about the amazing thing you're doing, the more support you'll get!

Personalise your back sign before your event to show everyone who you're getting muddy for. You can also add stickers from this pack.



*Pretty Muddy® Kids is open to children over 1.2m tall and aged between 6 and 12 years inclusive.

Make sure you're ready for the event day by completing the **checklist wordsearch on the back of your letter.**



Ready, set, **fundraise!**

Take our quiz

Discover the perfect fundraising activity for you. Every pound you raise will help our scientists make cool new discoveries that will help improve people's lives.

2.

My favourite kind of movie has...

- 1. magic
- 2. mystery
- 3. action



1.

I love to...

- 1. make stuff
- 2. daydream
- 3. run and zoom around



3.

I'd rather...

- 1. eat loads of cake
- 2. play a game
- 3. win a race



4.

If I had a superpower, it would be to...

- 1. make anything I imagine come to life
- 2. read minds
- 3. fly



5.

I'd prefer to be:

- 1. the world's best chef
- 2. a global explorer
- 3. a sporting legend



Answers

Mostly 1s?

You'd make a star baker – sweet! You could raise money by baking some of your favourite treats and selling them to your friends, family and teachers. Or if cooking isn't for you, why not use your creative skills to make a costume and organise a fancy-dress day at school or one of your clubs?



Mostly 2s?

You love to let your imagination run wild, so why not get together with friends or family to host a movie or games night? They can donate to play their favourite video or board games or watch an epic movie with a big bowl of popcorn! You've also got a thirst for knowledge, so how about getting everyone together for a quiz and seeing whose brain is the biggest?



Mostly 3s?

You're full of energy, so why not create your own sports day and charge your friends and family to take part? You could even host a dance party and invite everyone round to fundraise to the beat!



You fundraise, we discover



Our scientists are sometimes like the detective Sherlock Holmes. They search for clues in cells to help us understand more about cancer.

Did you know...

There are more than **200 different types of cells in our body**. And each of them can turn into cancer – which means cancer is actually more than 200 different diseases.

£4 could buy a kilo of dry ice to keep test samples cold so our scientists can search for cancer and see what it's up to.

£50 could buy a microscope lens, so our scientists can find cancer in a sample of cells.

The money you raise through your sponsorship will help our researchers on their mission to find better and kinder ways to prevent and treat cancer.

If you stretch out a strand of DNA, it would be **2.2m long**.

£13 could pay for a special gel that our scientists can use to measure strands of DNA.



A cancer cell can be 10–20 microns in size, which is **thinner than a strand of hair**.

£50 could buy a microscope lens, so our scientists can find cancer in a sample of cells.

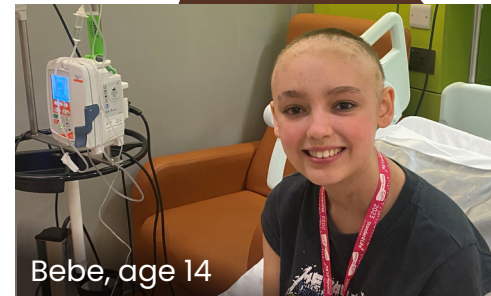
2.2m



Thanks to research, Bebe can take on Pretty Muddy® Kids again

When Bebe was 14 years old, she was diagnosed with Hodgkin lymphoma, a cancer in the network of vessels and glands in your body. She'd felt very tired and had itchy skin and night sweats. Finding out she had cancer was a huge shock.

Bebe had chemotherapy treatment at The Royal Marsden hospital in London. It made her feel tired and sick, and her hair fell out. She also had pain in her bones, which made it difficult to move. But she channelled her inner grit and determination to make sure she kept moving and motivated throughout her treatment.



Bebe, age 14



Bebe had signed up for Pretty Muddy® Kids with her school team before she got ill. The event was in the middle of her treatment, but she still went with her family and friends.

"It was an incredible and emotional day," says Bebe's mum. "Not only did they raise over £10,000 for Cancer Research UK, but it made Bebe realise that she could still do so much, even with cancer. Life is full of challenges, but with a positive mindset and a little help from your friends, cancer doesn't have to hold you back!"

Now cancer free, Bebe took part in Pretty Muddy® Kids again in 2024.

We'd love to hear your story. To get in touch, visit cruk.org/share

Messages from our Race for Life sponsor family

Proud Partner

Standard Life

Part of Phoenix Group

Over the past 200 years, millions of people have trusted Standard Life to look after their money for when they retire. We provide pensions, where you save a little bit of your wage all the years that you're working so that you have money for when you stop working.

We sponsor Race for Life as we think it's important that people live longer, healthier lives into their retirement. And while we're able to help with the financial side of retirement, working with a partner like Cancer Research UK, which is focused on the long-term health of the population, is really important to us as well.



“

I took part in my first Race for Life almost 30 years ago, having lost my mum to cancer the previous year. It was tough seeing my mum get ill when I was a teenager, but taking part in Race for Life and fundraising for Cancer Research UK made me feel like I was making a difference.

It's important to me that I work for a company that cares about people and I'm always inspired when I attend a Race for Life event. Over the years, I've done Pretty Muddy® and Race for Life with my kids and friends, and I always try to fundraise as much as I can for Cancer Research UK as I know that every pound makes a difference to their life-saving research.”

Kelsey Offord,
Senior Sponsorship Manager,
Standard Life



Our Race for Life sponsor family on why they've joined us



We're proud to have supported Race for Life for over a decade as part of our long-standing partnership with Cancer Research UK. As a business, we're all about being green – but on event days, we're proud to support pink. We're excited to be back again as the official renewable energy sponsor and on event days, we'll be helping to keep energy levels high. Together we have the energy to help beat cancer.

Read more about our partnership at cruk.org/scottishpower-fundraising



As part of our mission to help people live healthier, more active lives, we're proud to be an official sponsor of Race for Life again. We're with you every step of the way!

Find out how we're helping to beat cancer at cruk.org/slimmingworld-fundraising



Registered with



FUNDRAISING
REGULATOR

Cancer Research UK is a registered charity in England and Wales (1089464), Scotland (SC041666), the Isle of Man (1103) and Jersey (247). Only Cancer Research UK is registered with the Fundraising Regulator. RFL25/BOOKLETPMK