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EVENTS & CHALLENGES



THANK YOU

WE'RE DELIGHTED THAT YOU HAVE CHOSEN TO TAKE ON A CHALLENGE IN AID OF KIDSCAN. THE MONEY YOU RAISE WILL HELP US TO FUND RESEARCH TO FIND SAFE NEW TREATMENTS FOR CHILDREN WITH CANCER.

Taking on a challenge can be one of the most exciting ways to raise money, as well as one of the most demanding, so to help take the stress away, we have pulled together a list of the UK's most popular events and challenges.

There are hundreds of events every year, so if you can't see anything you fancy, then just get in touch and we can match you with the perfect event for you!

The support doesn't stop there, once you sign up we will be with you from day one! You will receive our free fundraising pack and a dedicated Kidscan representative who will be on hand to answer any questions you may have!

So what are you waiting for? Let's find your perfect challenge so you can join #TeamKidscan!



ABOUT KIDSCAN

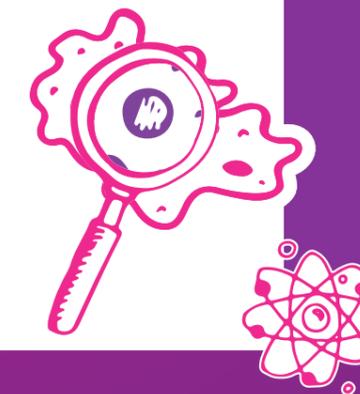
1 IN 500 CHILDREN WILL BE DIAGNOSED WITH CANCER BY THE AGE OF 14

Although advances in treatments have improved survival rates, the treatments are harsh and can cause lifelong damage to children's growing bodies. 60% of those who survive will suffer from "late-effects" of the treatments used to save their lives.

These effects are devastating and affect many parts of the body from bones to vital organs. Late-effects can include mobility issues, organ problems, psychological problems, developmental issues and in some cases - infertility.

By funding research dedicated to children's cancer, our aim is to create a world where every child diagnosed has the chance to survive and thrive without suffering from late effects. This includes improving current treatments for children with cancer to eliminate the side effects, and developing new targeted treatments to treat specific cancers.

WITH YOUR FUNDRAISING EFFORTS - WE WILL GET THERE.



WHAT'S INCLUDED:

IN THIS GUIDE:

- 4-5 Runs and Marathons
- 6-7 Cycles, Swims & Triathlons
- 8-9 Mind over Matter
- 10-11 Fun Challenges
- 12-13 Treks and Adventures
- 13-14 Create your own challenge
- 15-16 Challenge FAQ's

READY STEADY

GO!

ONE OF THE MOST POPULAR WAYS TO RAISE MONEY FOR KIDSCAN, IS BY TAKING ON A NATIONAL RUN!



HOW TO CHOOSE A RUN

Distance is one of the most important factors you need to consider when choosing a run, to help we have converted the most popular run lengths to Kilometers and Miles!



When making a choice, think about how far you can run now, the time you have to train and how experienced you are as a runner! Also look into the route - if the route is full of hills - it's going to be much harder than a flat run!

CHARITY PLACES

This year we have charity places available for the **Great North Run, Great Manchester Run, Greater Manchester Marathon, Leeds Half Marathon, Liverpool Rock 'n' Roll, Great Birmingham Run and more.** Charity places enable you to secure a place in the event without going through the ballot.

WHAT'S ON?

There are hundreds of runs across the UK and even abroad that you can choose to take on. We have shortlisted some of the most popular runs below, but if you want advice or some more options simply get in touch and we can help!

London Landmarks	29th	March
Sheffield Half Marathon	29th	March
Brighton Marathon	19th	April
Blackpool Marathon	25th	April
Windamere Marathon	17th	May
RunDisney Virtual Run	June -	August
Pizza Run Manchester	20th	June
Run Media City	23rd	July
Race the Train Wales	15th	August
Dog Jog Birmingham	15th	August
Dog Jog Manchester	23rd	August
Run Heaton Manchester	27th	September
Great South Run	18th	October
Wilmslow 10k	29th	November
Santa Dash Liverpool	6th	December
Sheffield Ho Ho Glow	19th	December

GET ON YOUR BIKE!

CAN'T DECIDE ON A RUN, CYCLE OR SWIM? TAKE ON A TRIATHLON AND DO ALL THREE AT ONCE!



CYCLES, SWIMS & TRIATHLONS

If you are taking on a cycle, swim or triathlon remember that you often need to have specialist equipment such as a wet suit or decent bike. However, there are some fun events that you can take part in to get you going! We have listed some of the most popular events below, but if you are looking for something for your skill level, get in touch and we can find you the perfect match!

CYCLES

Manchester Sheffield	5th April
Tour De Manc	3rd May
Ride Cotswolds	30th May
Dragon Ride	7th June
Nightrider Liverpool	11th July

MediaCityUK	27th June
Blackpool Pier to Pier	15th August
Neon Swim	19th September
Bonfire Swim	1st November

SWIMS

Greater Manchester	16th May
Swim the Channel	13th June
Great North Swim	7th June
Great East Swim	20th June

TRIATHLONS

Southport Splashworld	26th April
Pendle Triathlon Festival	10th May
Epicman Windamere	31st May
Boundary Breeze	5th July
West Lancashire Summer	23rd August



THE ULTIMATE CHALLENGE!

LOOKING FOR SOMETHING FUN AND CHALLENGING?
THEN LOOK NO FURTHER!



MIND OVER MATTER

Mind over matter challenges take a lot of courage and determination to get through the obstacles, but if you're not the fittest, don't worry! The whole aim of these types of events is teamwork – and there are always people there to help you out, even if you're a lone ranger!

Each year there are hundreds of obstacle courses that take grit and determination that you can take on to raise money for charity - there are now even events you can take part in with your dog! We have listed some of the most popular in the North West, but if you are located outside of that – get in touch and we can send you more information!

OTHER

Gund Ho! Manc	4th April	Rough Runner Salford	20th June
Red Bull Neptune Steps	21st March	Red Bull Quick Sand	15th August
Born Survivor Manc	2nd May	Born Survivor Lakes	19th September
Rough Runner B'ham	11th June		

CREATE YOUR OWN

Alongside all of the organised mind over matter events taking place across the UK each year, you could organise your own. See page 14 for more details



LET'S HAVE SOME

FUN!

CHALLENGE'S DON'T HAVE TO BE GRUELLING, AND CERTAINLY DON'T HAVE TO BE DONE ALONE! WHY NOT MAKE IT A FAMILY OR TEAM EFFORT AT ONE OF THE UK'S BEST FUN CHALLENGES?



FUN CHALLENGES

Taking on a challenge, doesn't mean you can't have a ball at the same time! There are plenty of fun challenges you can take on to raise money!

The best part of fun challenges is that they can be suitable for the Kids too, giving you the opportunity to have a fantastic family experience!

We have listed some of the best events in the UK, but if you are looking for a local fun challenge, local what's on guides are a great place to look!

COLOUR RUNS

Bubble Rush Blackpool	4th April
Bubble Rush Chesire	17th May
Bubble Rush Liverpool	6th June
Colour Rush Liverpool	27th June
Manorlands Paunt Rush	29th June

DOG JOGS

Manchester	23rd August
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FUN RUNS

Ice Cream Fun Run	10th June
Pizza Run UK	20th June
Crazy Cow	31st May
Big Fun Run Birmingham	15th August
Big Fun Run Manchester	23rd August

DISNEY RUNS

Star Wars 1/2 Marathon	Jan - March
Paris	24-27th Sept
Florida Kids Dash	7th November



KAPOW!

Sunday 6th October 2019 - Heaton Park

Looking for a fun challenge you can take on with the Kids? Then why not take on Kapow! the inflatable obstacle course! Dress up as your favourite superhero and smash through a range of themed obstacles!

We have a limited number of tickets available so to make sure you get your place get in touch today!

HOW FAR WILL YOU GO?

FROM THE HIGHEST MOUNTAIN TO THE BOTTOM OF THE SEA – ADVENTURE CHALLENGES CAN TAKE YOU FAR AND WIDE!

DID YOU KNOW?

A **£10** donation pays for 1 hour's worth of vital research



TREKS & ADVENTURES

From the Three Peaks to the Great Wall of China, fundraising can take you to phenomenal places! These kinds of challenges don't come cheap – but if you can raise the minimum sponsorship, the provider will cover the costs! We have listed a few examples of treks and adventures, both in the UK and abroad – but with a whole world of possibilities there is much more you could do!

UK TREKS & ADVENTURES

Bog Commander Run & obstacle	16th May
Ben Nevis Braveheart	19th September

ADVENTURES ABROAD

Great Wall Discovery	September October
Sahara Desert Trek	November
Kilimanjaro Summit	July October
Everest Base Camp	September
Dog Sledding Sweden	January February
Zambezi River	October
North Pole	March



THE THREE PEAKS

The Three Peaks are one of the most popular challenges that people take on for Kidscan. Each year there are organised walks you can join and this year they fall on the **5th June | 10th July | 7th August | 18 September**

Alternatively we can work you and a provider to organise your own walk!

YOUR CHALLENGE

YOUR WAY

IF YOUR PLANNING A TEAM CHALLENGE, OR WANT TO DO SOMETHING A LITTLE DIFFERENT, DESIGNING YOUR OWN CHALLENGE CAN BE THE BEST WAY FORWARD!



SKYDIVE



Do something spectacular and fly through the clouds from over 10,000ft at speeds of up to 120mph! Gather a team of 4 or more, and we'll charter a plane just for you – no strangers, just friends together. You pick the date and the airfield location and Kidscan does the rest for you.

ABSEIL



So 10,000 miles with just a parachute for safety might be a little too much for some people – but if you are a fan of heights – then why not take on an abseil instead? There are many organised abseils throughout the year you can join, but if you have a location in mind, get in touch and we can help you to organise it!

FIREWALK!



Want to keep your feet on the ground? Why not take on a sponsored walk with a difference? We can help you to organise a charity fire walk, ice walk or even a Lego walk! All you need is the determination, and a team of willing participants and we will organise the rest!

GOT SOME QUESTIONS?

SIGNING UP TO A CHALLENGE CAN BE A BIG STEP!
BUT DON'T WORRY, IF YOU HAVE ANY QUESTIONS
WE HAVE THE ANSWERS!



When people sign up to take on a challenge we with Kidscan, we often get asked about fundraising. To help you make a decision about signing up to a challenge we have answered the most popular questions we get asked:

? HOW MUCH DO I NEED TO RAISE?

Every single event and challenge is different. Some events require you to fundraise a minimum amount in order to cover the costs of the event, this is standard practice for many of the larger challenges. Some challenges also require you to purchase a ticket, these can sometimes be secured through your chosen charity for a reduced price. To find out more about fundraising goals – get in touch and we can provide you all the information.

? WHAT IF I DON'T RAISE A MINIMUM SPONSORSHIP

No matter what challenge you choose to take on – Kidscan will be there from day one to help you to fundraise. You will get our free fundraising guide aswell as a dedicated member of the team who is on hand to help you when you need it. But if you can't reach the minimum sponsorship - what you need to do if you cannot raise the minimum amount, will be outlined in any terms and conditions you first sign, so ensure you read them carefully!

If you have any other questions, don't forget we are always on hand to help!



HOW DO I SIGN UP?

Each challenge has it's own sign up procedure so if you are interested in taking on a challenge for Kidscan we recommend getting in touch!

Visit: [Kidscan.org.uk/events](https://kidscan.org.uk/events)
Call: 0161 295 3864
Email: info@kidscan.org.uk