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CANCER SUPPORT

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Ben Nevis Hiking Challenge

28 - 30 June 2013

Welcome to your 3rd Team Macmillan E-newsletter for the Ben Nevis Challenge. Your fundraising has been going brilliantly and now with the weather finally on the turn it's time to ramp up the training!

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Checklist

There are a few important deadlines coming up, and some that have already passed, so please take note of the following:

- **OVERDUE** : Please send completed Medical Form to Discover Adventure (if you haven't already!).
- **OVERDUE** : Please send Macmillan first instalment of sponsorship (£195).
- **7 May 2013** : Please [let us know](#) if you **do not** require a seat on the coach between Glasgow and Fort William.

Training

With only a couple of months to go, we hope that now the sun is finally shining everyone is getting outside and training hard for the big day.

Training tip #2: Be prepared - don't forget that on the day you'll be carrying a small daypack with water, a packed lunch and waterproofs in it. Make sure to carry a backpack with some weight in it during your training walks to get you prepared for the real thing. And if you're planning to use

walking poles for the challenge, don't forget to practice with those too!

Get in touch

We know it can be helpful to get in touch with others on the challenge to discuss fundraising, training or even lift-sharing, so we've attached an updated participant list with contact details if provided.

Don't forget you can also keep in touch on our hiking [Facebook page](#) or you can follow us on Twitter [@TeamMacmillan](#). Please email us your Twitter name so we can tweet you encouragement!

JustGiving

If you haven't already, we highly recommend setting up a JustGiving page to help with your fundraising. Just set up and publicise your page to everyone you know. The money is sent direct to us and will be allocated to your record here. Simple.

Follow this link to set up your own [Ben Nevis online sponsorship page](#) today.

Fundraising

As a group you've made a great start on your fundraising. You've raised a **£31,562,67** so far - enough to pay for a Macmillan cancer information and support officer for a year, meaning more people affected by cancer will have someone to answer their questions and talk to about their concerns.

To keep things ticking along why not try this month's top tip:

With FA cup finals this month, why not organise a fun sweepstake at work? Everyone pays a donation to pick a time (of the first goal) out of a hat and the winner gets a prize. We've got lots more fundraising ideas for May, just check out our [Magnificent May](#) sheet of ideas.

Fundraising Wall of Fame

We would like to say a special congratulations to Hema Chauhan who is currently our top fundraiser having raised a whopping £1,649 to date. Well done Hema!

Finally, thank you all so much for signing up to the Ben Nevis Hiking Challenge in June. Our Hiking Challenges have now raised an incredible £16million since they began allowing us to make a huge difference to the lives of people affected by cancer. You are now part of this wonderful achievement.

Thank you.

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[Fundraising »](#)

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