

## Cuba Hiking Challenge

2 – 11 March 2013

Welcome to your first Team Macmillan E-newsletter for the Cuba Hiking Challenge. We'll be keeping in touch over the coming months with e-newsletters packed with training tips, fundraising ideas and important information about the challenge.

Since you last heard from us we've been busy recruiting for the challenge and we now have a fantastic **34** hikers signed up. We've still got a couple of places up for grabs so if you know anyone that would like to sign up to the challenge please pass on our contact details.



### Checklist

There are a few important deadlines to be aware of for this challenge so please take note of the following:

- **2 September 2012 - Overdue:** Send completed **Medical Form** to Discover Adventure.
- **2 November 2012** - Send Macmillan first instalment of **sponsorship** (£1,350).
- **2 December 2012** - Send completed **flight extension** form to DA if you wish to extend your stay in Cuba.
- **2 January 2013** - Purchase **DA insurance** or send details of your own insurance policy to DA using the **Own Insurance Form**.

Please find all the relevant forms attached for your reference.

### Training

The challenge may still seem a long way off but we strongly recommend that you start your training as soon as possible. Past experience has shown that those who put in more training find

the trek less gruelling and more enjoyable than those who do little or none.

**Training Tip #1:** If you haven't already bought your new hiking boots, don't delay any longer! You'll then have nearly 6 months to wear them during training so they'll be well broken in and comfortable by the time you leave.

## Briefing Meeting

We're organising a briefing meeting at [The Rose Pub in Vauxhall](#) between 11:30am and 1:30pm on Saturday 1<sup>st</sup> December. Macmillan and DA representatives will be there to give you a full briefing of the challenge and answer any questions you may have. It's also a great opportunity to meet other participants before the trip. We hope to see as many of you there as possible. If you are able to join us please [RSVP](#) to let us know.

## Get in touch

Having someone to train with, bounce fundraising ideas off or discuss any other aspect of the challenge can be a big help. We've therefore attached a list of everyone on the challenge so that you can get in touch with the rest of the group.

You can also keep in touch on our Facebook page [Hiking@Macmillan](#) or follow us on Twitter [@TeamMacmillan](#).

## Fundraising tip #1

As a group you've made a great start on your fundraising. You've raised a brilliant **£47,618** so far. To keep things ticking along why not try this month's top tip:

September 28 brings Macmillan's flagship event, [World's Biggest Coffee Morning](#). Why not organise your own coffee morning at home, or at work. Ask everyone to bake something and then get together for a coffee and some cake for a small donation.

We've got lots more fundraising ideas for September, just check out our [Spectacular September](#) sheet of ideas. We'll be sending you some personalised BGC slips so that you can pay in your sponsorship to any Natwest Bank. Look out for them in the post along with instructions on all the ways you can pay in your sponsorship.

Finally, thank you so much for signing up to the Cuba Hiking Challenge in 2013. Our overseas hikes have now raised an incredible £15million 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.

Best wishes

Sarah, Kim and Margaret  
Hiking Team  
Macmillan Cancer Support

T: 020 7840 7887

E: [hiking@macmillan.org.uk](mailto:hiking@macmillan.org.uk)

[Fundraising »](#)

[Get involved »](#)

[Donate »](#)