

TEAM MACMILLAN NEWS

Thames Path 100KM Challenge

14 - 15 September 2013

WE ARE
MACMILLAN.
CANCER SUPPORT

On your marks.....

Welcome to Team Macmillan and to your first Thames Path 100KM Challenge newsletter! Whether you plan to walk, run or jog the distance you've just taken the first step.

Starting in the capital at Putney Bridge, this tough 100km challenge takes you all the way to Henley-on-Thames. There's no denying that this is a tough challenge but we'll be there to support you every step of the way.

We will send you regular updates over the coming months and will be there to support you on the day. Our aim is to make sure you have all the support you need regarding fitness and fundraising, as well as lots of information on the challenge itself.



Left: Night hiking....

The Macmillan team

If you have any questions or concerns about the challenge, or any ideas you wish to discuss with us in the lead up to the event, we are here to help. Simply get in touch with **Lauren** by emailing hiking@macmillan.org.uk or calling **020 7840 4812**.

Office hours are Monday to Thursday 9-5 and Friday 9-4.30

Macmillan Cancer Support, 89 Albert Embankment, London, SE1 7UQ
Questions about living with cancer? Call free on 0808 808 00 00 or visit macmillan.org.uk

Macmillan Cancer Support, registered charity in England and Wales number 261017, Scotland number SC039907 and the Isle of Man number 604.

The challenge

Starting at Putney Bridge on the banks of the River Thames you'll walk, jog or run along the fully signed and marshalled tow path. You'll journey along the river throughout the day and night before arriving at the finish line in Henley-upon-Thames.

Refreshments and water stations:

Along the course there will be manned check points with drinks and snacks. They'll be eight refreshment stops on the way with snacks provided at Kilometre 15, 38, 60, 69 and 85. They'll be a stop for your own packed-lunch at Kilometre 30 and hot meals are provided at Kilometre 52, 78 - and of course at the finish line!

Luggage/equipment: You will need to carry a day pack with wet weather gear, warm clothing, first aid kit and water.

Safety and Support: En-route you'll be supported by an extensive team of marshals, pace walkers, support vehicles, caterers, medics, and physios). You will be provided with full route maps, topography and safety information to carry with you.

How fit will I need to be?

This is a tough challenge by anyone's standards. It will be both physically and emotionally demanding as you battle fatigue and tiring limbs.

The event organisers, Action Challenge, will provide you with comprehensive training advice in the coming months (see 'Participant area' below) which you should read and follow carefully. The more comfortable you are with walking or

running long distances for sustained periods the more comfortable you will be on the challenge.

What will the weather be like?

We are hoping for good weather! It should be comfortably warm and dry. However, this is England and you will need to be prepared for wet and chilly conditions. It is important to be prepared for all eventualities so bring warm layers, proper waterproofs, hat, sunglasses etc.

Participant area

When you initially registered for this event, you should have received some unique login details from Action Challenge. These will enable you to access the 'participant area' on their website thamespathchallenge.com.

This area will contain your training guide, recommended kit/equipment list, route information and regular updates about the event itself.

Kit discount

Cotswold Outdoors offer 15% off all non-sale/promotional purchases made by Macmillan Challenge Eventers. Whether buying in store or online, just quote the discount code AF-MACCS-NC. For more details, call them on 01285 643434 or visit their web site cotswoldoutdoor.com.



Fundraising

We appreciate that £400 is a lot of money to raise. We hope that the guide in this pack will give you some ideas to get you started.

Also included are forms to order *fundraising materials* – balloons, posters etc – and *collection tins*. Please allow plenty of time before your event for items to be posted.

Online giving

Sites such as JustGiving and Virgin Money Giving are an easy way to share your fundraising as wide as possible and the donations are automatically imported against your Macmillan fundraising account. Check out the fundraising guide for further information.

Matched giving

Some employers will match pound for pound any fundraising you do. This can give you a real boost, but to ensure we are able to add it against your record, please let us know in advance – it can sometimes be tricky to track it down!

Sending in your sponsorship

Details on this are in the guide, but if you have any questions, please just call us. Remember that £200 of your sponsorship is due to be paid to us by 2 August 2013 so it's never too early to get started. Your final sponsorship should be with us one month after the challenge.

We cannot stress enough that the more you raise before the event, the easier it will be for you – and the sooner we can put the money to work to help people living with cancer in the UK.

Guess to Give

Help raise a few extra pounds by setting up an online sweepstake so friends, family and colleagues can guess your finish time. Thanks to Guess2Give.com setting up a sweepstake is really quick and simple to do. Everybody loves a friendly competition and it's only £3 per guess. Set up your finishing time sweepstake and send it round to everyone you know today.

Join us online

Meet fellow participants and swap advice on training and fundraising on our Facebook page. Simply visit [facebook.com/macmillanhikingevents](https://www.facebook.com/macmillanhikingevents) or type [hiking@macmillan](https://www.facebook.com/hiking@macmillan) into your facebook search field.

You can also find us on Twitter, follow @TeamMacmillan.



What is it all for?

You will be asked more than once in the coming months why you have chosen to take part in a Macmillan Challenge. Of course, the challenge itself is hugely rewarding and will leave you with some fantastic memories.

But more importantly, your pledge to raise a minimum £400 to take part really will make a difference to the lives of people living with cancer in the UK. The money you raise will help Macmillan to provide the expert care and practical support they, and those close to them, most need.

How your money can help

£25 could pay for someone to get help from the Macmillan Support Line. That means free information and emotional support for people living with cancer.

£157 could pay a Macmillan Grant that covers the cost of a person's travel to hospital for treatment

£400 could cover an equipment grant for a Macmillan professional. This could buy specialist kit, such as a speech aid, to make a world of difference to someone affected by cancer.

£866 could pay for a Macmillan rehabilitation support team for a day. This is around five professionals who would provide a range of rehabilitation support, such as physiotherapy and advice on diet, to help people living with cancer.

£2,823 could fund a Macmillan cancer information and support officer for a month, meaning more people affected by cancer will have someone to answer their questions and talk to about their concerns.

£4,132 could pay for a Macmillan nurse for a month, helping people living with cancer and their families receive essential medical, practical and emotional support.

£11,846 could operate the financial element of our phone service for a week. In this time, our cancer support specialists could, on average, deal with 190 cases and help secure £393,495 in unclaimed benefits.

£32,579 could pay for one of our Macmillan Mobile Cancer Information Centres for an active month. In this time, the centre, on average, will be visited by 1,321 people.

And finally

Best of luck with the coming months, remember that we are here to support you so please let us know if you need any help or advice along the way.

“If anyone has lost anyone or knows anyone diagnosed with cancer, signing up to a Macmillan challenge puts your help in perspective and is an unforgettable, inspiring experience” Julie, Team Macmillan 2011

**THANK
YOU
FOR YOUR
SUPPORT**