

THE STAND UP TO CANCER DOG WALKING CHALLENGE.

Take on this paw-some opportunity to Stand Up To Cancer with your four-legged friend this April. We recommend a total of 60 miles of dog walking across the month, but please read the guidance below before setting a distance.

Cancer can affect anyone's life, at any time. In fact, nearly 1 in 2 people will get cancer in their lifetime*. So we only have one option: to accelerate life-saving research. That's why we need you to help raise the money our incredible scientists need. Every penny will help speed up research that will get new tests and treatments to people who need them the most.

Join thousands of others to help fund life-saving research and get started today by following the three tips below.

GET STARTED

1. CREATE YOUR ONLINE GIVING PAGE

Make sure you've created your Online Giving Page and don't forget to join the **Facebook group** where you can meet like-minded legends who are Standing Up To Cancer by taking on this Dog Walking Challenge too.

2. SPREAD THE WORD

Let your friends, family and social media know about how you're going to smash this Stand Up To Cancer Dog Walking Challenge once April comes around, and how they can help by sponsoring you.

3. CHECK OUT THE DOG WALKING GUIDANCE

Please read through the Kennel Club's **dog walking tips**, the **seasonal dangers of walking your dog** and their **A-Z of dog breeds** to find out more about the exercise needs of your **chosen breed**.

*cruk.org/lifetimerisk

