

**BC** Breast Cancer UK  
**UK** Preventing breast cancer

# 50k my way

Virtual Fitness Fundraiser  
JUNE 2018



Run or walk  
50k in JUNE,  
any time,  
any where

SIGN UP, get fit,  
& get fundraising  
to help PREVENT  
BREAST CANCER



[www.breastcanceruk.org.uk/50kmyway](http://www.breastcanceruk.org.uk/50kmyway)

# 50k my way

JUNE 2018

**BC** **Breast Cancer UK**  
**UK** Preventing breast cancer

JUST A MILE A DAY  
and you'll reach 50K



Free to  
download

**STRAVA**

## Get fit and get fundraising

In the UK, one in eight women will develop breast cancer at some point in their lives, and one in five will be under 50. Moderate exercise (just 150 minutes a week) has been shown to reduce your breast cancer risk. Take part in the **Breast Cancer UK 50k My Way** virtual fitness fundraiser this June and you can improve your health *and* fundraise to support our vital research to help prevent breast cancer.



## Get going in 4 easy steps

- 1 Register online at [www.breastcanceruk.org.uk/50kmyway](http://www.breastcanceruk.org.uk/50kmyway) and set up your own personal fundraising page. Registration costs £10, and for that finishers get a bespoke **50k My Way** medal and certificate.
- 2 Sync your Fitbit, or Strava or Map My Fitness app with your fundraising page to log your progress towards your goal.
- 3 Share to get your friends and family on board – their support will help you reach your goal, get fit, reduce your risk *and* raise funds for breast cancer prevention.
- 4 Start your 50k, your way, on 1 June. You have the whole month to run or walk your way to your goal.



We'll support you  
with **ADVICE** and  
**MOTIVATION!**

**Breast Cancer UK works to save lives  
and reduce breast cancer rates by  
tackling the environmental and  
chemical causes of the disease.**

**Breast Cancer UK**  
BM Box 7767  
London WC1N 3XX  
Tel: 0845 680 1322

🐦 @breastcancer\_uk  
📘 breastcanceruk  
🌐 breastcanceruk  
✉ info@breastcanceruk.org.uk

Breast Cancer UK  
Reg. Charity no: 1138866  
Reg. Company no: 7348408

[www.breastcanceruk.org.uk/50kmyway](http://www.breastcanceruk.org.uk/50kmyway)