

All COMPLETED registration forms need to be completed and sent in to us by the 31st December 2019



STEP UP TO JANUARY REGISTRATION FORM

Title:

First Name:

Last Name:

Address:

Date of Birth:

Phone Number:

E-mail

Buff Colour:

Purple
Grey

Personal Declaration

By signing up I confirm that I am over 18, that the above details are corrects and I have read and agree to the Terms and Conditions of Cost of Cancer. I accept that Cost of Cancer are not responsible for my health.

Tick to confirm declaration

I agree with the above declaration

Sign:

Date:

Print:

GENERAL INFORMATION

How much does it cost to enter?

The entry fee is £25

What's included in your registration fee?

Buff
Water bottle
Sponsor form
Calendar
Medal

Sponsorship Money and Donations

1) Any monies raised in connection with Step up for January, are held on trust for Cost of Cancer and therefore all participants have a legal responsibility to ensure that all sponsorship monies/donations received in connection with Step up for January, are paid to Cost of Cancer, and we ask that you do this as soon as possible after Step up for January finishes. Money pledged via online fundraising pages is collected automatically. Other ways to pay in sponsorship monies/donations are as follows:

- Paypal (using the charity email address to complete the transaction)
- Send cheques made payable to Cost of Cancer to:

Cost of Cancer
Unit 8 Green Court,
Village Farm Industrial Estate
Pyle
Bridgend
CF33 6BN

Stating Step up for January on the reverse of the cheque.

Bank Details for payment Sort Code 54-30-05 Account Number 33636206.

Please use STEP plus a surname as a reference.

2) Please ensure that all sponsorship forms are filled out in full and are returned to us to enable Gift Aid to be claimed where possible.

How much do you have to raise?

We say if you could raise £150 sponsorship, but we encourage you to raise as much as you can.

At Cost of Cancer we can't make someone's hair grow back or make the disease go away but what we can do is to help make life a little easier.

TOP 10 BENEFITS OF WALKING

1) SAVES MONEY

Cut down commuting costs or swerve the crowded bus by walking at least part of your journey to work instead. You don't have to sign up to expensive gym classes as you can get plenty of exercise in for FREE!

2) MAINTAINS A HEALTHY WEIGHT

Regular walking can help you maintain a healthy weight, burn calories and help tone and strengthen your muscles.

3) DISCOVER NEW PLACES

There are plenty of beautiful walking routes to try across the country or explore your local area by foot, you may discover somewhere new you didn't even realise was there.

4) REDUCES STRESS

It's the perfect way to zone-out and rid yourself of any daily stress. Plus, the exercise-induced endorphins released will leave you feeling better than ever by helping to improve your mood.

5) SPEND TIME WITH YOUR LOVED ONES

Walk and talk with your friends and family, it's the perfect way to catch-up and discover new places together.

6) LOWERS BLOOD PRESSURE

Being active can help to lower blood pressure and prevent high blood pressure. This helps to lower your risk of heart problems in the future.

7) INCREASES ENERGY LEVELS

You might sometimes feel like you're too tired to get out and walking, but keeping active can actually boost your energy and help you feel less tired in the long term.

8) IMPROVES SLEEP

Adding more activity to your daily routine can help improve the quality of your sleep, meaning you feel more rested in the morning. But be careful that you don't exercise vigorously too close to bedtime, as this might keep you awake.

9) SAVES THE PLANET

You can do your bit for climate change by choosing to ditch the car or train for walking instead and avoiding carbon emissions.

10) HELP US TO HELP THEM

Remember the money you raise from taking part in Step up for January will help us to help those who are struggling financially this winter whilst going through treatment for Cancer.

Step up for January Terms and Conditions

Updated 21 November 2019

General

These rules apply to Step up for January and by registering for Step up for January you agree to comply with them and confirm that you satisfy the age requirements set out below. Please check this page from time to time, as we may occasionally amend these Rules and changes will be binding on all participants and supporters.

If you have any question or complaints, please contact Cost of Cancer on 07977584701. Step up for January is organised by Cost of Cancer (a registered charity in England and Wales 1165956).

- 1) Step up for January is a fundraising event open to UK residents aged 18 and over.
- 2) Only registered participants are eligible to take part in Step up for January.

Fundraising pack and other assistance from Cost of Cancer

- 1) If you have chosen to have your pack posted, it will be sent out to you on completion of registration.
- 2) If you have chosen to collect your pack in person please email us on info@costofcancer.org.uk to let us know when you will be able to collect.

Participants must be confident that they are physically and mentally capable of walking the distance. If they are at all unsure about this, they should seek medical advice from their GP before the challenge.

The contact details you provide on registration will be used for Step up for January correspondence. We will also add you to the mailing lists for our regular communications unless you request otherwise. You may unsubscribe from these communications at any time.

Entry fees cannot be refunded. This is a contribution towards the administration costs.

JOIN US

Become part of what we do. You can become a volunteer and help out at other events we put on. If you are interested in being a volunteer, please do get in touch.

Would you like to hear from us by:

Email	Yes	No
Newsletters	Yes	No