



## CHILDREN WITH CANCER UK 12for12 – FAQ's

### ABOUT 12for12

#### What is 12for12?

12for12 is a virtual run in aid of Children with Cancer UK. We're asking people to join our #12for12 club by running 12k on World Cancer Day (4<sup>th</sup> Feb 2020) to support the 12 children diagnosed with cancer in the UK every day.

#### How do I sign up?

To register please visit [www.12for12.co.uk](http://www.12for12.co.uk)

#### How much does it cost to sign up?

Registration costs just £12

#### When does registration close?

Registration for 12for12 closes at 1pm on Monday 3<sup>rd</sup> February.

#### What will the money go towards?

Your donation will go towards vital research to save the lives of children with cancer and keep their families together. We also fund various services that support families during treatment and beyond such as accommodation near to hospitals, financial hardship grants and fun family days out.

#### What do I get for signing up?

You will receive a pair of limited-edition gold branded shoelaces and a free ticket (worth £10) to the National Running Show at Birmingham's NEC on 25<sup>th</sup> & 26<sup>th</sup> January 2020.

***Please note the final date to sign up for 12for12 and receive a pair of shoe laces is Sunday 26<sup>th</sup> January at 7pm. You can still register to join the club after this date but we are no longer able to send you shoe laces.***

#### I heard that people at the National Running Show were able to buy a medal for £3. Can I have one?!

Yes! We are delighted to offer members of the 12for12 club the chance to purchase a medal as a momentum of your challenge. They cost £4.50 (which equates to £3 for the medal and £1.50 for post and packing). If you would like to purchase one please telephone Children with Cancer UK on 0207 404 0808. The medal will be posted to you after World Cancer Day (Tuesday 4<sup>th</sup> February)

### **I heard that Susie Chan is leading a Children with Cancer UK 12for12 run on World Cancer Day (Tuesday 4th Feb). Can I join?**

Yes! We would love for any members of the 12for12 club to join us at this run. It will take place at 1pm on Tuesday 4<sup>th</sup> Feb at Regent's Park (exact location TBC). Changing room facilities will be available. If you would like to join us please either click the tick box to express your interest in this run during the registration process when you are signing up for 12for12 OR if you have already registered before this option was available, please email us on [12for12@childrenwithcancer.org.uk](mailto:12for12@childrenwithcancer.org.uk) to express your interest so we can provide you with the full details.

### **Do I need to register for the 12for12 Club to take part in the run with Susie Chan?**

Yes please. We will be checking names on the day so please make sure you register at [12for12.co.uk](http://12for12.co.uk) (ticking the box to express your interest in the Regent's Park run) OR if you have already registered before the run was announced email us on [12for12@childrenwithcancer.org.uk](mailto:12for12@childrenwithcancer.org.uk) to let us know that you would like to join us so we can send you the details.

### **Who is Susie Chan?**

Susie Chan is an Endurance Runner, who takes on races of all distance from 1 mile to 100 miles. She has run the Marathon des Sables more times than any other UK female. Named "the number 1 runner to follow on Instagram" by Runners World, she has a huge influence in the running world. She is also a cancer survivor, understanding the challenges faced by patients and how to use running as a positive focus through treatment.

Follow Susie on Instagram here - [https://www.instagram.com/susie\\_chan/](https://www.instagram.com/susie_chan/)

### **I'd like to do my own 12for12 but I don't want to run. Can I still take part?**

Yes of course, you don't have to run. Please feel free to run, jog or walk. You can do your challenge anywhere from your local gym to your favourite park.

### **Do I have to do it on World Cancer Day?**

No, please feel free to do your run any time that week that suits you (ideally up until Sunday 9<sup>th</sup> February)

### **When will I get my laces?**

You will receive your shoelaces in the post before World Cancer Day (Tuesday 4<sup>th</sup> Feb 2020). ***Please note the final date to sign up for 12for12 and receive a pair of shoe laces is Sunday 26<sup>th</sup> January at 7pm. You can still register to join the club after this date but we are no longer able to send you shoe laces.***

### **Do I have to wear the laces?**

No, you don't have to wear the laces if you don't want to.

## **Can I / Do I have to fundraise as part of my challenge?**

We are very grateful to everyone who signs up to do the 12for12 challenge and are not expecting you to fundraise but if you would like to, why not set up a Facebook fundraiser? Facebook gives you the opportunity to share your fundraising activity with your friends. To create a Facebook fundraiser:

1. Visit <https://fb.com/fund/childrenwithcanceruk/>
2. Enter how much money you would like to raise and the end date of the fundraiser
3. Give your fundraiser a title and describe the reason why you're raising money 4. Choose a photo for your fundraiser and click "Create"

## **ABOUT WORLD CANCER DAY**

### **What is World Cancer Day?**

World Cancer Day is a global initiative that brings together cancer charities across the world. To find out more visit [www.worldcancerday.org](http://www.worldcancerday.org)

### **When is World Cancer Day?**

Tuesday 4<sup>th</sup> February 2020

## **ABOUT THE NATIONAL RUNNING SHOW**

### **What is the National Running Show?**

The National Running Show is the UK's leading running expo with the inspiration, kit, tech, nutrition and advice that you need to achieve your running goals. For further information visit <https://nationalrunningshowbirmingham.com>

### **Where and when is the National Running Show?**

The National Running Show takes place at Birmingham's NEC arena on Saturday 25<sup>th</sup> & Sunday 26<sup>th</sup> January (9am-5pm). For further information visit <https://nationalrunningshowbirmingham.com>

### **How is the charity involved in the show?**

Children with Cancer UK is the charity partner of the National Running Show, Birmingham. We will be located at stand F71 (right beside the Run Café) where will be raising awareness and introducing guests to some of our valued supporters with their truly inspirational running stories to tell. We hope to see you all there!

### **How do I get my National Running Show ticket?**

If you sign up to be a part of Children with Cancer UK's 12for12 club you will receive a complimentary ticket to the National Running Show (worth £10), otherwise to purchase a ticket please visit <https://nationalrunningshow.reg.buzz>

## **ONGOING SUPPORT**

### **What else can I do to support you?**

For further information on how you can support Children with Cancer UK through events or fundraising please visit <https://www.childrenwithcancer.org.uk/get-involved/>

**I don't want to be contacted by you again**

If you would prefer to be removed from our database please contact Children with Cancer UK's supporter care team on [supportercare@childrenwithcancer.org.uk](mailto:supportercare@childrenwithcancer.org.uk) or call 0207 404 0808

**If you did not find the answer to your question or require any further information please email [12for12@childrenwithcancer.org.uk](mailto:12for12@childrenwithcancer.org.uk)**