



Miles in March for

CoppaFeel!
breast cancer awareness



Hello you absolute legend,

If you're reading this, it means you and I have two things in common:

01. You're passionate about saving lives, and making sure that all breast cancers in young people are diagnosed early and accurately.

02. You love a challenge!



We're so excited you're here, ready to take on **80.085 Miles in March** to help CoppaFeel! end the late detection of breast cancer in young people.

This guide is packed with tips, ideas, and inspiration to help you plan your challenge. Whether you're walking, running, rolling, or dancing your way through the miles, you're helping to make a real difference. Thank you so much!

We hope you find the guide useful, but please do reach out if you have any questions or you'd like to chat through your plans. We're always here to help.

Thank you for joining the movement (literally). We think you're brilliant!

Zsuzsi

Zsuzsi
Individual Giving Manager



Your challenge starts here!

Planning a fundraiser can feel like a big task. Rest assured, we're here to help! Here's your checklist to make planning a fundraiser simple.

✔ **Sign up to 80.085 Miles in March**

✔ **Download your fundraising guide**
See? You're off to a great start already...

○ **Choose how you'll cover your miles**

You've got a whole month to reach **80.085 miles** – that's about 2.5 miles a day.

You can walk, jog, cycle, or mix things up with some creative movement (having a dance party to the entire Spiceworld album in your living room totally counts too). You can go solo or team up with friends, family, or colleagues to make it even more fun.

Whether you're rolling through your local park, walking your commute, or clocking steps during your lunch break, every mile gets you closer to the **£150** target, raising awareness and saving lives.



○ **Start fundraising**

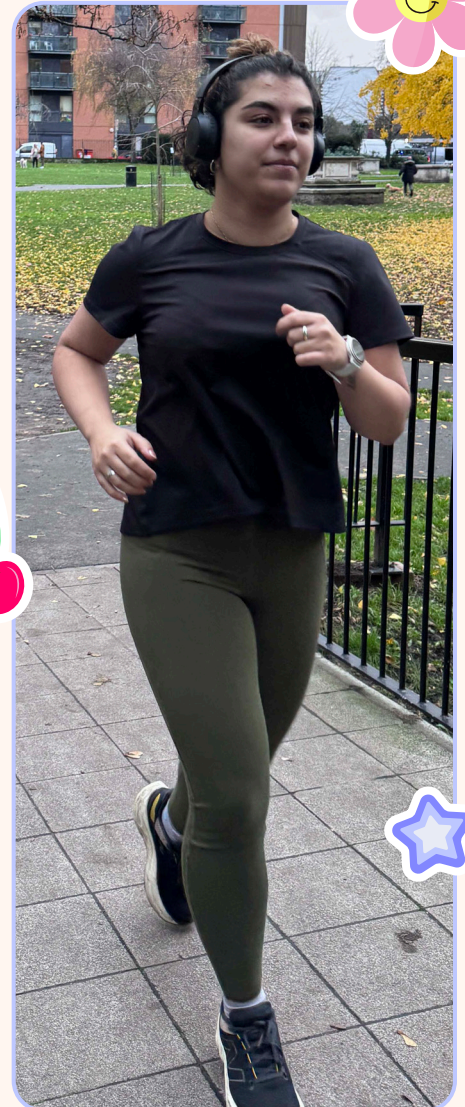
Your fundraising page is already set up, so it's time to customise it with photos and your reason for fundraising.

Top tip: If you're able to, try kicking off your fundraiser with a donation of your own. The first donation sets the tone and can inspire others to give. **People who donate to their own page can raise over 50% more!**

○ **Claim your goodies**

Hit certain fundraising milestones and we'll send you exclusive CoppaFeel! merch as a little thank you for your dedication.

- Start fundraising to claim your reflective snap bracelet. Show off your support and stay safe on darker evenings.
- Raise **£50** before March to get a 90s themed sticker sheet.
- Smash the **£150** target and we'll send you an iconic 80.085 pin badge.



Join the Facebook group

We've got a lovely community of people taking on the challenge on Facebook. Join the group for inspiration, tips and increasingly niche 90s references: [facebook.com/groups/80.085MilesinMarch](https://www.facebook.com/groups/80.085MilesinMarch)

Track your progress on fitness apps

It's a great way to keep your friends and family updated and you can share screenshots to your other social media too.

Tell the world

The key to smashing your fundraising target? Letting everyone know what you're doing and why.

- Aim to share your fundraiser at least once a week, but daily updates are even better. Post updates and selfies. Bonus points for iconic vintage outfits!
- Let people know why supporting CoppaFeel! is important to you.
- For a chance at the Blue Peter badge* you never got, design a wonderfully wonky poster in MS Paint. You can also use our **poster template**.
- Send personal messages to family and friends. People love hearing directly from you and you should never feel embarrassed to ask for support; you're doing something amazing to help save lives!
- Feeling extra? Create a 90s-themed weekly update email or social post (even more bonus points for an old school video diary!).

Get your mitts on our fundraising bits

Let us know if you need **fundraising materials**. You can also find lots of printable resources in our **digital toolkit** to help you get started.

Complete your 80.085 Miles in March challenge!

Pay in your fundraising

Any money you raise online will be sent directly to CoppaFeel!, so there's nothing left to do but soak up the warm and fuzzy feeling of knowing you've helped to save young lives. To pay in cash donations, please follow the steps in our **Paying In Form**.

Celebrate!

Bring out the Party Rings and Panda Pops because it's time to celebrate your amazing achievement. You've smashed your 80.085 Miles in March challenge, so be sure to celebrate in style (and tell everyone what you achieved!).

Any questions? Drop us a line on fundraiser@coppafeel.org. We'd love to hear from you!

*We don't actually have the power to give you a Blue Peter badge, but we promise this is still a great way to promote your fundraiser, and you'll definitely earn brownie points from us!

Give your fundraiser a boost!

Reach the £150 fundraising target in no time with these tips.

01

Donate to add a song to your playlist Ask people to suggest songs in exchange for a donation. They might add their fave 90s banger, or spice up your miles with some unique suggestions...

02

Ask your workplace Many employers offer matched funding, so ask your manager or HR if this is an option for you. Double the donation, double the impact! Think about other creative ways to share your fundraising efforts at work. You could hang posters with a QR code in the kitchen or add a link to your fundraising page at the bottom of your email signature.

03

Throw in a bake sale Victoria sponge meets victory miles.

04

Organise a sports day Don your plimsoles, and invite friends and family (in exchange for a donation) to the ultimate throwback sports day. We're thinking egg-and-spoon races, three-legged chaos, and plenty of laughs to help you rack up the miles.

05

We like to party (we like to, we like to party) 🌐 Hold a mini disco, complete with glow sticks, punch and all the neon. You'll be surprised how far you travel around the dance floor – ask for donations to join in, or simply encourage people to support your effort online.

06

Milestone makeover Tell your loved ones that once you reach your fundraising goal, you'll go for a walk around your local park in fancy dress. They could even leave a comment alongside their donation to vote for what you should dress up as!



Sport your donors' names on your running top

A great way to celebrate your loved ones' donations (and encourage more people to give) is by writing all your donors' names on your running top, and wearing this while you get your miles in. You can pick an old t-shirt or buy a branded one from our **CoppaShop!**



The difference you'll make

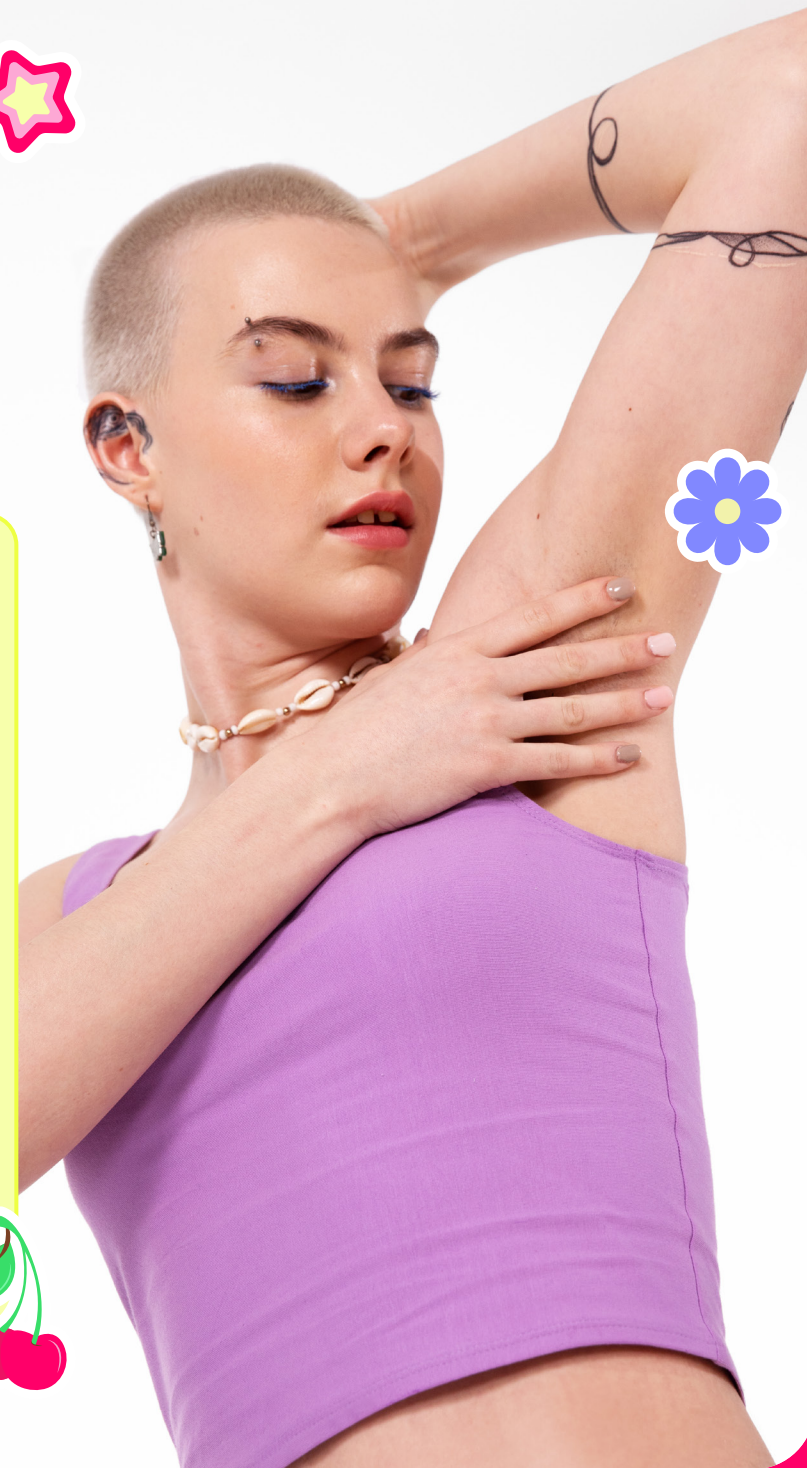
Thank you for choosing to support us.

CoppaFeel! is the UK's only youth focused breast cancer awareness charity, and we're on a mission to get every young person checking their chest. We do this because when breast cancer is diagnosed early, treatments are more effective and survival rates are higher. Early detection saves lives.

By taking on the **80.085 Miles in March** challenge, you will help to change the story for more young people diagnosed with breast cancer.

Every £ you raise matters

- £30** Could send over **1,000** witty messages to prompt people to check their chest via our free text reminder service.
- £50** Could pay for one **Boobette volunteer** to visit a school or workplace, sharing their personal experience of breast cancer in order to educate young people about the importance of monthly chest checking and inspire life-saving behaviour change.
- £150** Could equip **10 schools** with the materials they need to educate, encourage and empower a whole year group of students to get to know their body and advocate for themselves.
- £220** Could provide **2,000 healthcare professionals** with trans inclusive chest checking posters, designed in collaboration with OUTpatients, the UK's only LGBTIQ+ cancer charity.





Thank you for your support!

It's because of your kindness and dedication that we can continue our life-saving work, making sure that all breast cancers in young people are diagnosed early and accurately.

Thank you for helping to save young lives!



CoppaFeel! Unit 4, Bickels Yard,
151-153 Bermondsey St, London, SE1 3HA



@coppafeel

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CoppaFeel! is a registered charity in England and Wales (1132366) and Scotland (SC045970).