

StepOut

for Yorkshire

*Do something great for your team
and for Yorkshire this May*



ycr.org.uk/stepout



Registered Charity: 516898



Step Out for Yorkshire this May



- ✓ Boost your health & wellbeing
- ✓ Great team-building
- ✓ Celebrate your local community
- ✓ Help save lives in Yorkshire

StepOut
for Yorkshire



ycr.org.uk/stepout | #StepOutYorkshire



Join in and help save lives in Yorkshire

- *Walk, cycle or run*
- *Choose your challenge*
- *Take part as a team, or on your own*
- *Fundraise*



Best Foot Forward, Leeds
620 miles



York Gin
591 miles



Hornsea Bubble Buddies
1270 miles



Choose your challenge.

Walk, cycle or run this May. Choose a distance that's right for you – here are some **examples of distances** you might like to choose from:



Pursue the Peaks

24 miles

(the length of the famous Yorkshire Three Peaks)



Pace the Pennines

279 miles

(the length of the South Yorkshire Way)



Ramble the River

52 miles

(the length of Yorkshire's river Ouse, from the Ure to the Yorkshire's East Coast)



Beat the Border

450 miles

(the length of the perimeter of Yorkshire - North, South, East and West taking in Moors, Dales, Pennines and Coast)



Defeat the Dales

100 miles

(the length of the Yorkshire Dales Centurion walk)



Or create your own challenge

Choose your miles

Whether it's 'Fax to Filey, Brad to Brid or Slack Top to Corker Bottoms, create your own distance challenge

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Case study

"It was great to celebrate our beautiful region, raise money to improve the health of our population and take care of my own physical and mental wellbeing."

The benefits of doing this together as a team were huge following a year of remote working."

David Shapland, Yorkshire & Humber AHSN



Yorkshire
& Humber
AHSN

In 2021, Yorkshire & Humber AHSN challenged themselves to see how many miles they could walk in the month of May. They set up a virtual team so all their colleagues could join in. Each team member chose their own personal challenge based on what was right for them but everyone's miles contributed to the overall team total. This terrific team clocked up 1,737.5 miles during the month of May and smashed their fundraising target, raising £2,691 to help save lives in Yorkshire.

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Get Started. Get your T-shirt.

- **Choose a Team Captain**
- **Choose a Team Name**
- **Choose a Challenge**
- **Go to ycr.org.uk/stepout**
- **Set up your team** - see next page
- **Invite team members**
- **Go the distance**

To get started and receive your **FREE T-shirt**, simply go to:
www.ycr.org.uk/stepout



Register your team NOW

Visit ycr.org.uk/stepout

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How to set up a StepOut team

for Yorkshire

Visit - ycr.org.uk/stepout



SIGN UP

Create account

1. Choose a '**Team Captain**' - someone who is happy to set up the team online
2. Go to ycr.org.uk/stepout to **sign up**
3. Team Captain sets up their own **personal account** first



4. Team Captain chooses their own **personal challenge**. You can select from 5 options or create your own unique challenge.
5. Team Captain can now **create a team**. You can enter your team name and add details of other team members.
6. Your personal fundraising page is automatically linked to your team page. You can share links to these pages with team members, friends and family – **on social or on email**. At any time the Team Captain can invite others to join their team.



Step Out and celebrate our beautiful region



StepOut
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Step Out on social media

Download social images and join the conversation **#StepOutYorkshire**



Download your assets

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Be part of it in May 2022!

Register your team NOW



Step Out for Yorkshire is the new name for 'Tour de Walkshire'. If you enjoyed being part of it last year, we'd love to welcome you back to the 'Step Out' community.

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ycr.org.uk/stepout | #StepOutYorkshire



Every one is welcome to 'Step Out for Yorkshire' this May.

If you have any questions or need help to get started,
please contact Bekah at Yorkshire Cancer Research

email:

events@ycr.org.uk

or call

01423 501269



Thank you

StepOut for Yorkshire



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