

## Striding for Survival – walkers unite to raise awareness of pancreatic cancer

Monday 21 October, 2013

The 3rd annual Striding for Survival, a family-friendly annual event aimed at raising awareness and support for the fight against pancreatic cancer, hosted by Pancreatic Cancer Action, will take place on Saturday, November 30th November at Windsor Great Park.

Pancreatic cancer is the fifth leading cause of cancer death in the UK killing 22 people a day. The five year survival rate of only three per cent has not changed in 40 years. Despite having the worst survival rate of any cancer, it receives only one per cent of cancer research funding.

The event follows a Short Stride for younger or less experienced walkers, and the Long nine mile Stride for those who want to push themselves a little further. Windsor Great Park covers 1,000 acres of beautiful gardens and parkland, a landscape of woodland, glades and forest.

"Striding for Survival offers an opportunity for those affected by pancreatic cancer to raise funds and awareness of this cruel disease," says Striding for Survival founder Rachael Rogan, who lost her father to pancreatic cancer.

"We are delighted that this has become an annual event, taking place during pancreatic cancer awareness month, and look forward to welcoming striders old and new to Windsor Great Park.

"Anyone can take part in the walk," continues Rachael. "They just need to register at <http://stridingforsurvival.org.uk/content/register>. Places are limited so it's important to register early. "

All money raised goes to Pancreatic Cancer Action, a national charity dedicated to improving survival rates through greater awareness of the symptoms of the disease, information and research funding.

Ali Stunt, founder of Pancreatic Cancer Action and herself a rare survivor of the illness, said: "Despite the grim statistics, many more people could survive pancreatic cancer but in order to do so they need to be diagnosed earlier in time for surgery, currently the only cure.

"We urge people to join up for this great walk in aid of such a good cause. We are committed to increasing awareness of the symptoms of pancreatic cancer both amongst the public and the medical profession, all with the aim that more people have the same lucky outcome as I have."

The walk aims to raise £20,000 from this year's event – as places are limited to just 200 walkers, this represents a fundraising target of just £100 per walker. Walkers can enter as individuals, or as a team – to find out more, visit [www.stridingforsurvival.org.uk](http://www.stridingforsurvival.org.uk).

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