



**MUNRO STEP
CHALLENGE**

THE MUNRO STEP CHALLENGE 2019

To mark Blood Cancer Awareness Month, My Peak Challenge and Bloodwise invite you to take on the Munro Step Challenge across September. Scale the highest peaks of each continent from the comfort of the pavement, treadmill, or even your living room!

What is the Munro Step Challenge?

Wherever you are in the world, we challenge you to walk the equivalent number of steps that it would take to climb each continent's tallest mountain.

You can choose to tackle as many of the seven mountains as you like over the course of September. If you're feeling ambitious, you can try to conquer them all!

Whether you choose to climb a real mountain, a nearby hill, the stairs or prefer to hit the gym, get friends and family together to help beat blood cancer one step at a time.

You and your supporters can choose to make a one-off donation or you can get sponsored for each mountain you've scaled. Seeing your fundraising total climb will really spur you on to keep stepping!

How do I take part?

You can start your challenge in six simple steps:

- 1 Head to justgiving.com/campaign/my-peak-challenge-2019
- 2 Click on 'Start Fundraising'
- 3 Set up a JustGiving account (if you don't already have one)
- 4 Build your fundraising page
- 5 Share your page with your family, friends and workmates
- 6 Start stepping!

Make sure you tell the world about your fantastic achievement and spread the word that My Peak Challenge and Bloodwise are funding lifesaving research for people with blood cancer.

Scale the highest peaks of each continent to help beat blood cancer

These are the tallest mountains in each of Earth's seven continents. You can pick as many as you like, or take on all 7 to complete the full sweep.

EVEREST

The tallest peak of Asia

8,848 metres

58,043 steps

1,935 steps per day (over 30 days)

The Earth's highest mountain above sea level is over 60 million years old



completed



MOUNT ACONCAGUA

The tallest peak of South America

6,960 metres

45,638 steps

1,522 steps per day (over 30 days)

The name of the largest mountain outside of Asia reportedly originates from *ackoncahuak* ('sentinel of stone') in the native Quechua language



completed



DENALI

The tallest peak of North America

6,168 metres

40,462 steps

1,349 steps per day (over 30 days)

The mountain forms part of the Alaska Range and is the centerpiece of Denali National Park, which covers six million acres of land



completed



KILIMANJARO

The tallest peak of Africa

5,895 metres

38,671 steps

1,289 steps per day (over 30 days)

Approximately 25,000 people attempt to summit Mt. Kilimanjaro every year. Around two-thirds are successful



completed



MOUNT ELBRUS

The tallest peak of Europe

5,642 metres

37,012 steps

1,234 steps per day (over 30 days)

Mount Elbrus isn't technically a mountain. It is, in fact, an inactive volcano located in the western Caucasus mountain range



completed



VINSON MASSIF

The tallest peak of Antarctica

4,897 metres

32,124 steps

1,071 steps per day (over 30 days)

The mountain is named after Carl Vinson, a US politician and congressman from Georgia who served his country for more than fifty years



completed



MOUNT KOSCIUSZKO

The tallest peak of Australia

2,228 metres

14,616 steps

487 steps per day (over 30 days)

Mount Kosciuszko is the coldest part of Australia and is covered in snow for months between June and October



completed



How your fundraising helps: Amy's story

Amy Carmichael was diagnosed with acute lymphoblastic leukaemia at seven years old. While she was in hospital undergoing treatment, she saw the names of all the children on the ward written on the nurses' board. She decided there and then that she wanted to help make it possible for there to be fewer names on those boards.

The My Peak Challenge team met Amy when she visited the set of MPC2016's Prep Program. The team was captivated by her determination and moved by her story.



Amy during her treatment



Amy receiving her
Bloodwise Award this year

Five years on from her gruelling treatment, Amy is slowly getting back to full strength and becoming able to do the things she loves — dancing, swimming and fundraising to help others like her. From Ceilidhs to kilt walks, she loves a challenge. She's truly an inspiration, and so are you!

Your support is helping researchers in the UK, who are working with teams around the world to potentially revolutionise the way childhood leukaemia is treated. They're working to improve the diagnosis, outcome and treatments for children with leukaemia, ultimately sparing them from some of the awful long-term side effects. This means young people like Amy will be able to live their lives to the fullest.

By taking on this challenge, you're helping young people to face theirs.

Thank you for helping us beat blood cancer