

TAKE ON DRYATHLON® ONE MONTH. NO ALCOHOL. NO SWEAT?



Sign up before 1st January at dryathlon.org

Raise money to help beat cancer sooner.

No sweat for steely, iron-willed Dryathletes.™



CANCER
RESEARCH
UK



give with confidence

TEAM UP & TAKE ON DRYATHLON®

Challenge yourself or team up with your friends or colleagues to show you've got the willpower to stay off alcohol this January. The money you raise will help to keep our research going and bring forward the day when all cancers are cured.



How to get involved

1. Sign up for the 2014 Dryathlon® at dryathlon.org before 1st January.
2. Stay off alcohol for January.
3. Raise funds to help beat cancer sooner.
4. Milk your newfound hero status for the rest of the year.



Ways to raise money

Ask your friends, family and workmates to sponsor you to stay dry. Or simply pledge the cash you've saved by not buying alcohol.



Tipple Tax

Should you fall off the wagon, all is not lost. Our Tipple Tax allows you to pay a nominal sum* and still complete the Dryathlon®. So if you've got a birthday or wedding in January, pay the Tipple Tax, add it to your fundraising total and your Dryathlete™ status will remain intact.

*Our Tipple Tax Chancellor reckons £20 is a fair amount. Though your mates may not let you off so easily.



Calculate your intake

Find out how much money you spend on alcohol – and the calories consumed – by using our handy alcohol calculator at dryathlon.org. Go on, you might be surprised.

Sign up before 1st January at dryathlon.org
It takes less time than it does to order a pint.
And you'll feel better for it!