News Release ­

[Insert name of area] man/woman/group/duo/family prepare/s to take on Cycle the Month challenge for Prostate Cancer UK

This May, [insert name, age] of [location] has decided to go the extra mile – or 100 - and take part in Prostate Cancer UK’s successful cycling challenge, [Cycle the Month](https://cyclethemonth.prostatecanceruk.org/), to raise money for the leading men’s health charity and awareness of the disease.

[Insert name) is hoping to raise [amount] by saddling up and hitting 100 miles in May to help beat prostate cancer, which is now the most commonly diagnosed cancer in the UK.

The money raised by [insert name] fund vital research into life-saving treatments for prostate cancer and provide practical support to men and their families affected by the disease. [He/she/they] will also be joining an intrepid team of fundraisers who, since the Covid-19 pandemic began, have raised a remarkable £4 million through the charity’s series of virtual events that include running, cycling and walking.

[Insert name] was inspired to take part in Prostate Cancer UK’s Cycle the Month after/because [summary of motivation to fundraise for Prostate Cancer UK].

[Insert name] said: “I have decided to take on Cycle the Month for Prostate Cancer UK because [detail about your motivation and/or link to the charity].

“I’m really looking forward to hitting the road and challenging myself this August, and I’m delighted to be raising awareness and funds to help stop prostate cancer being a killer.”

Nicola Tallett, Head of Fundraising & Supporter Engagement at Prostate Cancer UK, said: “We’re incredibly proud that [insert name] has joined our team of remarkable riders in taking on Cycle the Month and raising vital funds for Prostate Cancer UK.

“One man dies every 45 minutes from prostate cancer; it’s now the most commonly diagnosed cancer in the UK, and the Covid-19 pandemic has made living with a diagnosis only harder.

“The Cycle the Month riders, including [insert name], have well and truly shown how families, friends and communities can work together, locally and across the UK to help save lives – especially during a difficult time.

“We thank [insert name] and everyone who is taking part in Cycle the Month – and all of our fundraisers – for their support.”

To sponsor [insert name] please call [enter telephone number] or visit [enter fundraising website such as your JustGiving page URL].

For more information about how to sign up, visit [cyclethemonth.prostatecanceruk.org](https://cyclethemonth.prostatecanceruk.org/).

Hard times show what people stand for. When the future is uncertain and the choices are tough, we stand for men with prostate cancer. **Join us.** Men, we are with you.

**ENDS**

For more information please contact Seb Pearce, Sports and Lifestyle PR Officer, at Sebastian.pearce@prostatecanceruk.org. Alternatively, email pressoffice@prostatecanceruk.org or call 07984 325001.

**Notes to editors**

**About Cycle the Month**

* Cycle the Month is a virtual challenge for cyclists everywhere. Throughout May, cycle 100 miles your way, over a day, a weekend, a week or across the whole month and help us beat the most commonly diagnosed cancer in the UK.
* For more information, visit [cyclethemonth.prostatecanceruk.org](https://cyclethemonth.prostatecanceruk.org/)

**About Prostate Cancer UK**

* Prostate Cancer UK has a simple ambition – to stop prostate cancer damaging the lives of men and their families.
* Investing into finding better treatments and tests that could save thousands of lives.
* Working with the NHS to make sure men get access to breakthrough tests and treatments.
* Spreading the word about who is at risk of prostate cancer, especially to those at higher risk.
* Supporting people dealing with prostate cancer and providing health information.
* Visit [prostatecanceruk.org](https://prostatecanceruk.org/) now to help beat this disease.
* @ProstateUK #MenWeAreWithYou

**About prostate cancer**

* More than 11,500 men die from prostate cancer in the UK each year – that's one man every 45 minutes.
* Prostate cancer is the most common cancer in men – and now the most commonly diagnosed of all cancers in the UK.
* Prostate cancer mainly affects men over 50 and the risk increases with age. But the risk is higher for black men or men with a family history of prostate cancer, so they may wish to speak to their GP from age 45.
* One in eight men will be diagnosed with prostate cancer in their lifetime. This raises to one in four for black men.
* Prostate cancer often has no symptoms so men shouldn’t wait to see changes before they act.
* Anyone with concerns about prostate cancer may contact Prostate Cancer UK's Specialist Nurses in confidence on 0800 074 8383 or online via the Live Chat instant messaging service: [www.prostatecanceruk.org](http://www.prostatecanceruk.org). The Specialist Nurse phone service is free to landlines and open from 9am to 6pm Monday to Friday, and 10am to 8pm on Wednesdays.