Remember to tell us your daily or weekly miles so that we can see how far around the route we are.

Please record your mileage per person. For example, if there are two people in your household and you each walk 5 miles in a week, your total for that week will be 10 miles.

You can enter your miles in the Mileage Tracker on our Going the Distance event page at www.friendsofanchor.org or email them to us at info@friendsofanchor.org.

**Friends of ANCHOR facts**

ANCHOR stands for Aberdeen & North Centre for Haematology, Oncology and Radiotherapy.

Friends of ANCHOR was founded in 1997.

The charity’s original founders, Jim Milne and Dr Andy Hutcheon, are still members of the committee to this day in the roles of Chairman and Vice Chairman respectively.

Every single penny of your donation and fundraising efforts will go straight to the frontline supporting the staff and patients. Thanks to the charity’s running and administration costs being fully covered by our core sponsor Balmoral Group.

Our funding commitment is directed into four main areas; specialist wellbeing services, clinical excellence, transformative equipment and pioneering research.

Since April 6 until the beginning of June, Friends of ANCHOR has provided 2,966 nutritious lunches to staff in the ANCHOR Unit.

Since May 13, Friends of ANCHOR has driven 223.6 miles to help patients around the North-east reach their appointments at ARI – and we’re still going!

**Mileage motivators**

Check out our Mileage Motivators on our Going the Distance event page at www.friendsofanchor.org.