

Strathcarron Hospice Ladies Tiara Midnight Walk “Here come the girls”

For your information – please retain.

Strathcarron Hospice Ladies Midnight Tiara Walk 2010

CONDITIONS OF ENTRY, RULES & REGULATIONS

- **YOU CANNOT REGISTER ON THE NIGHT.**
- This event is open to women only
- Participants must be a minimum of 16 years.
- Ladies, you must register to take part. To register each walker must complete a registration form, pay the registration fee of £15 and agree to raise a minimum sponsorship of £30.
- You can pay by cheque – debit/credit card – or online via our website. If paying for multiple entries please ensure we have the name, full address, telephone number and T-shirt size of all entrants. Please do not send cash in the post.
- The registration fee covers your exclusive Midnight Walk Tiara and T-shirt, breakfast, goodie bag and commemorative medal. The fee secures your place and is **not refundable**.
- If you receive a place and for some reason can't take part your place is **not transferable**. Please inform the Fundraising Department of your withdrawal.
- The Tiara Midnight Walk is not a race and therefore no walkers are permitted to run or jog for Health & Safety reasons. No walker must pass the nominated Lead Walkers.
- You are not permitted to use any of the sponsorship money raised to pay for your expenses. All sponsorship money raised must be paid directly to Strathcarron Hospice. All sponsor forms must be returned with sponsor money.
- If you find you are unable to complete the 5 or 10 mile walk – we require you to return to the start point at Stirling Rugby Football Club to register your withdrawal from walk.
- Consumption of alcohol during the walk is strictly prohibited.
- Please complete Emergency Medical Information on reverse of Walk number.
- Numbers are limited, therefore to secure your place on the walk and avoid disappointment – please register ASAP.
- Closing date for entries is 23rd April, 2010, or when all places have been allocated.

For further information please contact:

The Fundraising Department

Strathcarron Hospice

Randolph Hill, Fankerton, Denny, FK6 5HJ – Tel: 01324 826222



Reg Charity No: SC006704

“Here come the girls”

Frequently Asked Questions

Will there be parking facilities on the night?

Yes, parking available at the Sainsbury's Supermarket, Drip Road, Stirling.

Can I get food and drink on the night?

Fruit, bottled water and breakfast are provided free of charge. You are welcome to bring your own refreshments to consume on the walk, but NO alcohol will be permitted during the walk. Please take all litter home.

Will there be anywhere to leave valuables?

Unfortunately there are no facilities to leave possessions, so please make sure that you only bring essential items with you. We recommend you bring these in a rucksack for ease during the walk.

Will there be toilets en route?

Toilet facilities will be available at the start/end and at designated points along the route.

How long will the walk take?

The walk is definitely not a race and there will be no pressure to finish in a certain time. We anticipate it will take anything from 2 to 5 hours to complete. No walkers are allowed to run or jog, and no walker must pass the nominated lead walker.

I'm in a wheelchair?

Disabled entrants are very welcome to take part, but due to the nature of the event we ask you to contact us prior to completing the form, as the event may not be suitable for certain disabilities. If a disabled entrant requires assistance from another person, this person must also enter as an individual.

When do I get my T-shirt?

T-shirts will be posted to you prior to race. Please make sure you order the correct size of T-shirt as **no exchange is possible**.

Will there be first aid facilities?

We will have first aiders available at Stirling Rugby Football Club, and along the route for the duration of the walk.

Do I need to train?

The Midnight Walk is a fun walk and not designed to be a challenge event. However, it is either 5 or 10 miles long! There are no steep hills and the walk will keep to paths and roadways around Stirling itself. We recommend that you feel comfortable that you will be able to complete a long walk.

Can we walk as a group?

Yes, absolutely. There is room for you to include a Team name on your entry form. Even if you have not told us that you are walking as a group you will still be able to walk together.

Can I bring pets?

Unfortunately we cannot accommodate pets or animals on the walk except for Guide Dogs.

What do I need to wear?

We recommend that you wear comfortable shoes and clothes. The walk will not be sheltered so you may need to bring some wet weather gear too. You are also welcome to come along in fancy dress, so anything goes!

What time can I arrive?

Registration will open at 9pm at Stirling Rugby Football Club. We will also have a warm up just before midnight to get everyone ready for the off!

Do I have to raise a certain amount of sponsor money?

Yes – we have asked all walkers to raise a minimum of £30.

Can I hand in my sponsor money on the night?

Unfortunately we will not have the facilities to take money on the night so please do not bring your sponsor money with you. We ask that you return your sponsor money to us by 21st June, 2010, cheques made payable to Strathcarron Hospice, send to Strathcarron Hospice, Randolph Hill, Denny, Stirlingshire, FK6 5HJ.

Can my sponsor money be Gift Aided?

Yes but you must ensure that each person who sponsors you reads the information on the top of the Sponsor form regarding Gift Aid. If they are a tax payer they must tick the Gift Aid box, and give their full name, address and post code.

What do I do if I cannot finish the walk?

Should you find you are unable to complete the 5 or 10 mile walk – we require you to return to the start point at Stirling Rugby Football Club to register your withdrawal from the walk for health and safety reasons.