



Event Information



**Saturday 22nd
June 2024**

**Town Hall,
Bank Park**

Registration, food vendors
& sports massage therapy
open from 8am

Warm up at 08:45, Walk starts at 9am

Don't forget your Hospice Hike T-Shirt and
to complete the reverse of your walk
number ahead of the event



www.stroccos.org.uk

Registered Charity No. 511592



Thank you for signing up to St. Rocco's Hospice Hike! You are helping to raise vital funds to provide care and support for our patients and their families both at the Hospice and out in the community.

We hope you have been able to fit in some training walks to get you ready for the big day. If you have followed the training plan provided by Amanda Chambers of Omni Fit, you will find your stamina and speed has improved and walking is now part of your weekly routine.

Check out the eating and hydration tips enclosed in your pack.

Why I'm Walking

You will find an "I'm walking for" card enclosed in your pack, which we welcome you to write on, decorate and attach to the back of your t-shirt on the day. You may like to write your reasons for supporting St Rocco's Hospice or the name of a loved one.

Your Fundraising

By participating in the Hospice Hike you will complete a tremendous challenge. Your registration fee covers the cost of us putting on the event, so it is your fundraising that will make a real difference to those in your community who need our care.

Please raise as much as you can. Thank you for all your hard work so far! An online Enthuse fundraising page was automatically created for you when you signed up. Remember to personalise your page as much as possible with a profile picture and include your reasons for supporting St Rocco's Hospice. This can really help to boost your donations. Then share your page as much as you can, making the most of every opportunity! Whether you raise a little or a lot it makes a huge difference to patient care at the Hospice.

What to Bring

Please dress appropriately for the day's weather conditions and wear comfortable shoes. You must wear your Hospice Hike t-shirt and walk number on the day (t-shirt does not apply to the Warrington Indian Ladies team walking in sarees). We recommend bringing the following items:

- Rucksack
- Water bottle
- Snacks
- Packed lunch
- Mobile phone (for half and full marathon walkers please download the what3words app)
- Portable charger
- Directions and map
- Hand sanitiser
- Sun cream
- Hat
- Sunglasses.



On the day

Parking

You may like to use one of the following Town Centre car parks:

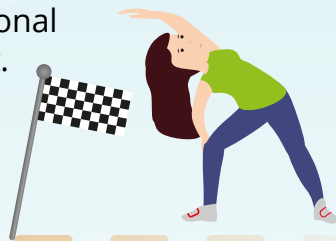
- Times Square Multi Storey (All day fee- £3.50)
- Golden Square (All day fee- £5.50)

Please be advised that the Town Hall pay and display car park has limited parking and also has a maximum 4 hour limit.

Timings

08:00 - Arrive at The Town Hall, Bank Park. On arrival marshals will direct you to register. After this you have some time to buy breakfast, or you may like to visit Sean at SM Sports Massage Therapy to get you ready for the day ahead. There will be a selection of hot and cold breakfast and lunch options available to buy from Ameer at Cooking with Arthane (menu enclosed) and a range of refreshments including freshly ground coffee available to buy from Grace at Barista Ze.

- **08:45** - Warm up takes place led by Personal Trainers Amanda and Mike from Omni Fit.
- **09:00** - Marathon walkers start!
- **09:05** - Half Marathon walkers start!
- **09:10** - 10k walkers start!



Anticipated finish times

This is highly dependant on walk speed and stoppage/break times!

- **10K** - between 10:40 - 11:10
(Walking at a regular pace will take around 2 hours)
- **Half Marathon** - 13:05 - 15:05
(Walking at a regular pace will take around 4 hours. Slow walkers or those who take regular breaks can take up to 6 hours to complete 13.1 miles.)



- **Marathon** - 17:00 - 19:00
Walking at a regular pace will take around 8 hours. Slow walkers or those who take regular breaks can take up to 10 hours to complete 26.2 miles.

The Route

Each route has been planned to minimise crossing roads as much as possible. It is your responsibility to navigate the route using the directions and map provided. We advise that you stick to the planned route.

Volunteer marshals, wearing yellow St. Rocco's hi-vis jackets will be positioned at the checkpoints on route as shown on the map. Please ensure you pass the marshal at each checkpoint, so we know you are accounted for.

CONTACT NUMBER FOR ST ROCCO'S EVENT TEAM ON THE DAY:

Event phone 1- 07485 387673

Event phone 2- 07485 387677

Please phone for medical assistance, if you go off track and need help getting back on route or if you need more water. We will come and meet you on route.

Please put both numbers in your mobile phone before the day.



what3words

Please download the what3words app to your mobile. This will be very useful if you go off route or need assistance (medical or more water) so we can establish your precise location to meet you on route.

The Finish

When you cross the finish line, at the Golden Gates, you will receive an environmentally friendly medal to celebrate and remember your outstanding achievement. On your return to Bank Park there will be food and drink vendors to enjoy, including a bar! You can finally sit back, raise a glass and relax! SM Sports Therapy will also be on hand to provide post walk massage. Well worth it to ease the aches and pains the next day!

Photographs

Photos will be taken at the event and used for marketing purposes on the St. Rocco's website, social media channels, and wider media outlets. You must inform St. Rocco's before the event if you would not like your photo to be used. Feel free to share your own photos with us by tagging us in your social media posts. We will share some of the official photos on our Facebook page after the event.

Contact details

And finally, have a great day! If you have any questions or feedback about the walk please contact the Fundraising team:

E: events@stroccos.org.uk

T: 01925 575780

FAQS

- **What happens if I do not reach my fundraising target?**

The fundraising targets set for each distance are suggested amounts, you can change the target on your page to suit. Please do not worry if you don't reach the target set. All funds raised will make a huge difference to the patients and families that we care for. You may be surprised by what you can raise, especially on the day and after the hike!

- **Will there be refreshments?**

Food and drink will be available to purchase at the Town Hall, the start and finish point. Bottled water will also be provided, although you may like to bring your own. You can also pick up water at the checkpoints on route or from the events team who will be out in a vehicle throughout the day.

FAQS

• Are there toilets on route?

We will provide you with a list of toilet stops for each route so you can best plan for loo breaks

• How do I pay in my sponsorship money?

1 - The donations on your online Enthuse page will come directly to us; you don't need to do anything! If you have offline donations, please send them to us using the above options

2 - Pop into the Hospice with cash, card or cheque. We are open from **9am to 5pm** weekdays and would love to say hello and hear how you found the walk! Our address is: **St. Rocco's Hospice, Lockton Lane, Bewsey, Warrington, WA5 0BW**

3 - Make a payment over the phone. Call the Supporter Care Team on **01925 575 780**

4 - Make a payment on the donate button on our website (www.stroccos.org.uk). Make sure you select that you are paying in money from an event and include Hospice Hike in the text box.

5 - Send a cheque in the post (please do not send cash in the post). Made payable to 'St Rocco's Hospice', and don't forget to include a note with your name, address, walker number (if you have it) and team name (if you were part of a team). Send to the address above.

Not collected sponsorship?

We know that asking for sponsorship is hard, especially if you take part in more than one St Rocco's event. If you have been unable to collect sponsorship, please consider making a personal donation.

Acknowledgments

This event would not be possible without the help and support of our partners and volunteers. We would like to say a big thank you to:

**All of our volunteer marshals, Adrian Cunliffe (MC),
Volunteer Photographer Brian Tuohey and Moore Camera Club.**



ARC Training Care on the move



SM Sports Therapy

Upcoming Events



June 30



July 28



September 27



September 22



August 3 - 4



December



December 8



December 1



December



March 5 - 9