



THREE PEAKS

CHALLENGE BY RAIL

Training and fundraising pack
23rd to 25th June 2016

RAILWAY
children
Fighting for street children



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CHAPTER 1

Introduction

CONGRATULATIONS!

YOU'VE SIGNED UP FOR THE RAILWAY CHILDREN THREE PEAKS CHALLENGE BY RAIL. THIS HANDBOOK CONTAINS ALL YOU WILL NEED TO KNOW TO BEGIN TO PREPARE FOR THE EVENT SO READ ON

This handbook has been written to provide you with all the information that we think you will need to both prepare for the Challenge physically and mentally, and to ensure your fundraising efforts are successful. It is structured into sections with a contents list at the front allowing you to locate the advice that you are looking for quickly. You will find all relevant forms in the Appendices at the back of this folder.

HOW TO USE THIS HANDBOOK

This manual will not be the definitive guide and you will, no doubt, have questions that it won't answer. In this case you will find all of the contact details you are likely to need in Appendix 1.

Please take the time to read through the handbook at least once and then just 'dip into it' as and when you need advice, clarification or inspiration.





CHAPTER 2

What do you do now?

OK SO NOW IT STARTS IN EARNEST WHAT ON EARTH DO YOU HAVE TO DO? WHERE DO YOU BEGIN? THIS IS HOW IT IS DONE...

The information in this section explains what the next steps are. If you follow them logically you should be well prepared for the event. If you have any questions just pick up the telephone. Contact details are in Appendix 1 of this handbook.

YOUR TEAM

This is a team event and your team is expected to stay together on the mountains. Safety is our primary consideration. All teams will be issued with a radio and if you split up, members of your team will be out of radio contact. It is a good idea to do some of your training together and go on some practice hill walks.



MEDICAL FORMS

When you have established your team you need to fill in and return the medical forms to us at Railway Children. Please fill in the forms as fully and accurately as possible. All information will be treated with the strictest confidence and only divulged to medical personnel in the event of an emergency. We must have the medical forms a minimum of **six weeks** before the event. This form can be found at Appendix 4.

If you or any of your team takes regular prescription medication remember to take an adequate supply with you when you are training and also on the weekend of the event. It may sound like common sense but experience has shown that it is not uncommon for someone to have forgotten his or her asthma inhaler or not realised it was nearly empty. This is equally relevant for more standard medications e.g. aspirin.

INSURANCE

Railway Children has public liability insurance and this protects participants in the event of negligence on the part of the organisers. However, this is not personal accident cover for individuals.

N.B. - all participants should ensure that their personal insurance arrangements do not preclude them from participation in this type of activity and that they are adequately covered in the event of an accident.



CHAPTER 3

The Event

NOW YOU WANT TO KNOW MORE ABOUT THE ACTUAL EVENT... IT'S ALL HERE

You already know the format for the event but this section describes it in more detail. You and your team will be climbing the highest mountains in England, Scotland and Wales with a special train taking everyone between the mountains.

AN OVERVIEW

Timings for the event may be subject to change but we will confirm these with you closer to the event. You will be able to join the train at either Euston or Crewe on the Thursday evening. Please do allow plenty of time for this. Our check-in is usually at Platform 18 but if this changes you will be able to find out the platform from Virgin Trains information points or the information board.

If you are joining the train at Crewe, check-in is on Platform 12.

Please arrive for check-in ready to climb the first mountain, except for footwear. You will be briefed on the train about the first climb up Snowdon.

SNOWDON

A fleet of coaches will pick-up teams from Bangor Station to take you to the Pen-y-Pass car park at the bottom of the mountain. You will climb the mountain via the Pyg Track and return via the same route. The total ascent is 725 metres, walking a distance of approximately 6km. It's not a difficult path to follow in the day but remember we will be climbing Snowdon at night so head torches are obligatory. Unfortunately the café at the top is not going to be open in the middle of the night. Incentive to get back down to the train!

Coaches will take teams back to Bangor Station.





SCAFELL PIKE

The train then heads north up to Ravenglass. The teams then board the charming Ravenglass and Eskdale steam railway which takes you to Dalegarth. You will then walk for approximately two hours to Brackenclose at the bottom of the mountain to begin your ascent.

Please note! - this walk does make the Railway Children Three Peaks event particularly challenging as you have a 6km walk before reaching the bottom of the mountain. It is an undulating walk and you will be tired having had little sleep the previous night. However it is part of the event and is included so we do not have to use road transport to get to the mountain. The roads in this area are particularly narrow and it suffers from continual pounding from endless road-based Three Peaks events throughout the summer. A local Cumbrian magazine praised the Railway Children Three Peaks Challenge, calling it "romantic and worthwhile". And remember - it is a challenge!!

You will then climb from Brackenclose past Brown Tongue and bear left over Hollow Stones towards Lingmell Col and bear right up to the summit. Scafell Pike is the smallest of the three mountains at 977m. The terrain is a rocky path from rough crag to scree and has a rock summit. The distance from Brackenclose to the top of the mountain is approximately 4km.

When you reach the bottom of the mountain you do not have to walk back to Dalegarth - you will be picked-up by minibuses that take you back to Ravenglass Station.



BEN NEVIS

At last - time for some sleep while the train heads up to the highest mountain in the UK - Ben Nevis. On arrival at Fort William, coaches will take the teams to the Glen Nevis car park at the bottom of the mountain to begin the final ascent. This is the main tourist route and the track is quite obvious. The path then zigzags the broad west slopes of Ben Nevis to the exposed summit plateau which consists of a rocky path over steep boulder fields. Ben Nevis is 1344m high and involves 1325m of climbing. The distance from the start to the summit is approximately 7.5km.

PARTY TIME

The post-event party takes place on the train as we head back home through the beautiful Scottish Highlands. Bubbly, beer and wine is available and everyone will be given their challenge medal. There will also be prizes for the teams who raised the most sponsorship.


The train will be stopping at Motherwell, Carlisle, Preston, Crewe, Milton Keynes and Euston and it is possible to depart at any of these stops.

FOOD AND DRINK

Complimentary food and drink will be provided on the train. The food will be appropriate to this type of event - lots of carbohydrates. Please bear in mind you will be using up a lot of calories so you may wish to bring other food - energy bars, etc. Hot water will also be available on the train for flasks.

A selection of chocolate, snacks and bottles of water will be available for each mountain.

A vegetarian option will be offered with each meal but if you have any other dietary requirements, please let us know beforehand.



Please do not bring any alcohol on the train. The train will also be no smoking.

A selection of alcoholic and non-alcoholic drinks will be available to purchase after the meal service from Fort William. The proceeds will be donated to Railway Children.

There will not be a buffet or shop available on this train.

MEDICAL SERVICES

St John's Ambulance will be in attendance at the bottom of Scafell Pike. There will be medics on board to help out with all ailments. There is a supply of first aid equipment on the train but you are advised to bring your own first aid kit. This should include blister treatment, e.g. Compeed, support bandages and ibuprofen.

WHAT IF YOU MISS THE TRAIN?

The train will have to depart at the scheduled time so we are unable to wait for any stragglers. You will be given advice on the mountain about cut-off times. However if you do miss the train you will be issued with a rail pass that will allow you to travel on any train for the duration of the event. There will be a Railway Children representative at each mountain who will ensure you get home safely or will help you find accommodation if necessary. Please note that if you do need accommodation, this will be at your own cost.



CHAPTER 4

Equipment and safety

SAFETY IS THE PRIMARY CONSIDERATION ON ALL TEAM CHALLENGE EVENTS. ALL TEAMS MUST HAVE APPROPRIATE EQUIPMENT FOR THE CONDITIONS LIKELY TO BE EXPERIENCED



Instructions given to you by the event organisers must be adhered to at all times. Railway Children will not take responsibility for any incident that occurs as a result of teams or individuals not heeding advice and instructions given.

MOUNTAIN SAFETY

Please remember that the event is not a race! This is a team event and all the members of your team should stick together. This means you will have to go at the pace of the slowest person but for safety it is vital you stick together. Safety on the mountains is of utmost importance.

Each team will be issued with a radio and you will be briefed on how to use it at the time. This will enable you to keep in touch with the control point at the bottom of each mountain and they will be monitoring your progress. As you begin your ascent of each mountain you will check-in at the control point and check-out as you come down.

We will also have mountain leaders positioned at the more difficult points on each mountain to ensure you follow the correct path and give assistance if required.

The weather in the mountains can be unpredictable. A wet, windy day can be as challenging and hazardous as a day in mid-winter. Once cold and wet, fatigue can soon set in lowering the body's resistance and possibly leading to exposure.

Although there will be mountain safety cover on all mountains, teams should learn to navigate using a map and compass. Don't be tempted to leave this to one person. Ensure that at least two team members are competent navigators. Mist and low cloud can descend rapidly in the mountains and even the most well trodden path can become indistinguishable in certain conditions. A suggested training syllabus is included later in this section.

Directing staff will scrutinise individual and team equipment and those individuals or teams not suitably equipped will be prevented from starting. A checklist is provided at Appendix 2.

Teams must carry a first aid kit and know how to use it. Basic first aid courses are readily available and at least one team member should be competent and able to recognise the symptoms of heat stroke, heat exhaustion and hypothermia and know how to treat each condition in its basic form.

Navigation is covered in the next section but don't leave it to one person. If they are injured or have to drop out for any reason you will be stuck. At least two team members, and ideally the entire team, should know the



basics of navigation using a combination of map and compass. Whilst the paths are all clear and easy to follow, it may be dark, there could be fog or low cloud. If you should go accidentally off route it is important to be able to ascertain where you are and to work out how to get back onto the correct path.

WHAT DO YOU NEED?

The following is a guideline for individual and team equipment. There are many reputable suppliers and you don't need to select the most expensive kit. Seek the advice of the professionals either in person or online. There are very often some good deals to be found when ordering on the internet but do ensure you have been into a shop to view and try the product (particularly if it is clothing and definitely if it is footwear) before ordering either online or via mail order. A list of suggested suppliers and resources is included in Appendix 3. A 15% discount is available from Cotswold Outdoor – just quote reference number AF-RWCH-M7. Proof of taking part in this event will be required by Cotswold Outdoor – just ask our friendly Events Team to provide them with this proof.

Before going to great expense equipping yourself for the event consider borrowing equipment from friends and colleagues. The only item of equipment that we would advise you don't borrow is your boots. A reasonable pair can be purchased for a reasonable price and will be a good investment not only for the event itself but also for the future.

You will need to purchase the correct maps that cover the mountains. These can be purchased from many outdoor shops, stationers or direct on the internet from the Ordnance Survey website at www.ordnancesurvey.co.uk

CLOTHING

Clothing essentially consists of three main layers. The base layer that is next to your skin should be capable of transferring or 'wicking' moisture away from your skin to try to keep you reasonably dry.

The mid-layer needs to be thicker, typically a fleece or something similar. This is where the moisture wicked away by the base-layer will collect to evaporate into the air.

Finally the outer layer which should be both windproof and waterproof. Most of the fabrics available are also breathable allowing moisture vapour to pass out through a semi-permeable membrane. Gore-Tex and Sympatex are two examples. As with all outdoor clothing there are many different examples to suit different budgets. Waterproof over-trousers will be needed for wet and cold weather.

Carry spare clothing in your rucksack in a protective waterproof bag. In the early morning and late evening it will be cool even during the summer months.

Carry gloves and a hat - a lot of body heat is lost through the head if it is uncovered.

FOOTWEAR

Strong boots that offer ankle support are required. If you are not wearing boots with ankle support, you may not be allowed to compete. Remember that these may well need to be 'broken in' beforehand. It would be unwise to start this event with new boots. Bring spare socks as a change can make for more comfortable walking.

Ideally use your boots for your training walks and experiment with different sock combinations to see which one suits you the best. Some people prefer a thinner pair next to the skin with a thick pair on the outside. Others walk in just a single thick pair of 'walking socks'.

RUCKSACK

You can leave your belongings on the train and just take what you need for the mountain, so you will need a comfortable daypack. As with the boots, try to make sure you have used it previously, perhaps during your training walks. It might feel comfortable in the car park but when you have been walking with it for three hours it could be an entirely different matter.

COMPASS

Each team must carry at least two compasses. These can be bought in outdoor stores for a few pounds. It goes without saying that simply carrying the compass is not much good if you don't know how to use it!

Your compass should be accessible not buried in a rucksack. Most are supplied with a lanyard enabling them to be worn around the neck.

A checklist for all recommended equipment is included at Appendix 2 for you to print off and use during your preparations. If you need further advice about any aspects of equipment choice or suitability, please do contact the Railway Children events team.

WALKING POLES

For many people, walking poles make a long walk easier. They turn your body into 4 wheel drive! Using poles will reduce the accumulated stress on the feet, legs, knees and back. It does this by sharing the load, helping with



balance and improving posture.

NAVIGATION

The following are suggested objectives. If you can confidently achieve these you will have achieved a very good standard of basic navigation.

- Orienting or setting the map in relation to the ground
- Understanding contours and their significance
- Awareness of basic map symbols; footpaths, trig points, boundaries, features etc.
- Interpreting and plotting eight figure grid references
- Understanding of the difference between true, grid and magnetic north and how they relate to each other
- Understanding of the main features and operation of a compass
- Understanding of the meaning of bearings, how they are taken and used
- Taking a compass bearing from the map and following it on the ground
- Taking a compass bearing on the ground and transferring it to the map
- Finding your position from identifiable features (back bearing/resection)
- Estimation of distance travelled by timing





CHAPTER 5

Preparation and Training

THE THREE PEAKS CHALLENGE IS A TESTING EVENT BUT IS WITHIN THE REACH OF MOST PEOPLE WITH A BASIC LEVEL OF FITNESS PROVIDED THAT THEY ARE PROPERLY PREPARED

The challenge has been structured in such a way that a steady pace is required although at times the terrain may be steep and difficult. The qualities required are a combination of determination and commitment but you will also need to have the strength and stamina to sustain you through what is going to be a very physical time. This can only be achieved through training.





WHY BOTHER TRAINING?

- You will have a far better chance of completing the challenge.
- You will enjoy it far more if you have a good level of fitness.
- You are far less likely to become injured.
- It will allow you to prepare mentally for the challenge.
- It strengthens your heart, reducing the risk of heart attack and stroke.
- It will improve your circulation, breathing and endocrine functions.
- It tones muscles and strengthens bones, reducing the risk of osteoporosis.
- It reduces blood fat and cholesterol.
- It burns calories and helps you manage your weight.
- It boosts mental performance and improves psychological wellbeing.

HOW TO AVOID INJURIES

- To avoid blisters, keep your feet dry and wear socks made with fibres which draw moisture away from your skin, steer clear of pure cotton. Don't lace your boots too tightly or too loosely. As soon as a hot spot occurs (a rubbing of the skin which then feels warm), remove your boot and apply a blister prevention kit i.e. 'Compeed'.
- When walking, try to make sure your heel touches the ground first and then you push off with your toe.

- Keep your toenails neatly trimmed and remove all hardened skin on the foot with a pumice stone.
- Try to walk with your head up and eyes focused ahead; not always easy on difficult terrain!
- Keep your shoulders level, pulled back and down, lift your chest.
- Carry your arms either at 90° angles and move them forward and back, rather than side to side or allow them to relax by your sides.
- If using walking poles, remember to read the guidelines with regards arm angles etc.

10 WEEK TRAINING SCHEDULE

Find a nearby hill (or an office block or block of flats with lots of stairs) and progress from walking on the flat to, once a week, walking the same distance or time on the staircase, both up and down.

Try to have a rest day in between each training day if possible. Remember to warm up, stretch, then exercise, cool down and stretch to finish.

You should progress to training with your boots on and any other equipment that you may be using on the actual challenge from week 4 at the latest but preferably from week 1 if the boots have been worn in already. The cross training and resistance training evening can always be on the same day as the shorter 1 hour walk.

You can involve friends or family on these training walks so that you are not always missing family and friend commitments.

The length of your training will depend upon your fitness level so if in doubt, seek professional advice from a fitness trainer at a local gym. The training schedule below shows a suggested 10-week training programme that will adequately prepare you for the challenge.

WEEK TRAINING ACTIVITY

- 1 Start slowly. Aim for 3 sessions of activity lasting between 20-40 minutes.

Choose from:
 - Brisk walk/slow jog (or combination of the two)
 - Steady cycle ride
 - Swimming
- 2 Repeat week 1. If you find this easy increase either the distance or intensity of your activity.
Add: Walk or cycle somewhere you would normally take the car e.g. to work/taking children to school etc.
- 3 Aim for 4 sessions of activity lasting 30 minutes each.
Add: A session at the gym or leisure centre focusing on the stepper and rowing machines.
- 4 Repeat week 3.
Add: Try to make this your first team day out walking. Aim to complete 10-15 miles over rolling/hilly ground.
- 5 Aim for 5 sessions of activity of up to 40 minutes each.
- 6 Repeat week 5.
Add: Second team training session should now be focusing on bigger hills. If possible visit one of the hills that will be used in the actual event.
- 7 Repeat week 5.
This is an important week. You will be feeling fitter and should be pushing yourself more in your training sessions. Use your training diary to try to better last weeks times.
- 8 Repeat week 7.
Add: You should try to have a big hill walking training session this week covering at least two major peaks over a 15-mile route.
- 9 This week you begin to 'train-down' in preparation for the challenge event itself. This allows your body to recover and store energy in preparation for the event itself.
Limit your training to three 30-minute sessions.
- 10 Reduce sessions to 20 minutes. Diet is an important factor in the week prior to the challenge event.



TOP TIPS FOR TRAINING

The above programme is only a rough training guide and we are very aware that other commitments such as work, family and fundraising may not allow you to stick rigidly to the schedule. However, in order to get close to achieving the training it is very important to organise your time properly and prioritise your goals. Some ideas that have worked for other challengers are:

1. Get up an hour earlier and go out for a quick walk in the morning before work.
2. If you can walk to work, do so. If you get to work by public transport, get off a stop or two earlier than usual, so that you can walk some distance each day. If you drive, park further away than usual, or walk a longer route to work.
3. Use your lunchtimes to take regular brisk walks around your work area, not just a stroll around the shops.
4. Find a steep set of stairs i.e. five floors of a department store/office block and climb them five times at least three times per week.
5. Cross training such as swimming, squash, badminton, cycling and any other sport will also help get you prepared.
6. Joining a leisure centre is a good idea as the local fitness instructors may well be able to design a programme specifically for you. Most good gyms have a walking machine, or even better a stair climber, where you can clock up mileage more safely and comfortably, but do try to walk as much as possible in 'real' conditions and wearing your rucksack and boots.



7. Book weekends away with family or friends to some mountainous region in the UK to experience walking on different surfaces and in a mountain environment to test out all your equipment.
8. You should make the time to walk some consecutive long days as on the training schedule. It is the accumulation of walking day after day that really tests you.



CHAPTER 6

Introduction to Fundraising

THE THREE PEAKS CHALLENGE IS A TWO-PART CHALLENGE AND TO TRULY SUCCEED IT WILL BE NECESSARY FOR YOU TO GIVE EQUAL ATTENTION TO EACH PART.

Your fundraising target has been set at £3,500 per team because previous experience has shown that this is a realistic and achievable target. We ask you to ensure we have received £500 of this 2 weeks before the event.

Fundraising for one of our team challenges can sometimes seem more scary than taking part in the actual challenge itself! However it is easier than you think! Most teams find they exceed their expectations and raise well over the target. The Railway Children events team are experienced at helping people to reach their target sponsorship, within the timescale of a busy working week.



- We will send you regular emails which include fundraising advice.
- We can send you t-shirts, collection buckets, pots, brochures, posters and paying in slips, if requested.
- We will help you set up your own online sponsorship page.
- We are always at the end of the phone to help you and your team plan your fundraising.

Prizes will be awarded to the team achieving the highest fundraising total and your best chance of winning is to get started straight away!

DON'T BE MODEST

This is a tough challenge and in order to succeed, your team will have to dedicate a good deal of time to training and preparation, so tell people just how tough it is! In any communication tell them exactly what you are doing on the day and generally leave them in awe of the task you are undertaking.

This may gain their sympathy or their admiration, or simply leave them thinking you must be mad, but it will help to gain their attention and raise funds!



PLANNING

To succeed in the physical side of the challenge, you will need to plan every aspect, from your training schedule through to the food you will be eating. So, it makes perfect sense to plan your fundraising too.

Your event team may only consist of four people, but there is no reason why you should not increase the size by recruiting additional team members to co-ordinate and organise the fundraising - in fact we would strongly urge you to do so. This role is likely to appeal to those who would like to be involved in the event, but do not wish to attempt the physical side of the challenge. It will still be necessary for all team members to help with the fundraising, but it will take the pressure off a little and allow those who are participating in the event to concentrate their efforts into planning and training.

Draft a plan to show where you anticipate the money will come from, this will help to highlight any shortfall in income and give sufficient time to plan extra activity. Revisit the plan at your team meetings to check that you are on track.

GETTING STARTED - PERSONAL SPONSORSHIP

Hopefully, your family and friends will want to support you and this of course will raise valuable funds. However, it is advisable not to rely on personal sponsorship alone to reach your £3,500 target. The best way to approach this is to regard sponsorship as just one of the ways you can raise funds, not the only one. You are more likely to succeed if you add personal sponsorship to a mix of fundraising ideas, for example: events, sweepstakes, quizzes, donations, collections, raffles and competitions.

It's never easy collecting sponsorship so why not do it online. You can then email your link to all your friends and you don't have to keep asking them for money. Railway Children has teamed up with Virginmoneygiving.com so your friends and family will be able to donate online with a credit or debit card. No more running around with paper sponsorship forms, or chasing cheques and cash after your event. The money comes to our bank account immediately so the £500 sponsorship due to us two weeks before the event may already be in our bank account.

To set up your own personalised web page visit www.virginmoneygiving.com You could also ask your company to match fund the sponsorship you raise. Many companies do already do this for their employees.



HERE ARE SOME IDEAS TO GET THE BALL ROLLING AND SHOW YOU JUST HOW MUCH YOU COULD RAISE:

1. **Virgin Money Giving page** Once you have set up your own online sponsorship page, email the link to every one of your contacts. Put a footer at the bottom of your emails with the link. Don't forget to let all your suppliers know. Get everyone in your team to do the same 100 contacts x £10 = £1,000.
2. **Dress Down Day Hold** a dress down day and ask your colleagues to donate £1. £1 x 50 colleagues = £50 x 2 months = £400
3. **Cake Bake** Ask a few people to bring in cakes. Cut them into slices and sell them at coffee time. £1 a slice x 50 colleagues x 2 months = £400.
4. **Auction of Promises** Hold an auction of promises in your lunch break, or a silent auction via email. Get everyone in your team to donate a "promise" depending on their skills and abilities! Car washing, a morning of filing, a gourmet meal for two, an Indian head massage at your desk.
 - An auction of promises is a really great way to have a fun lunch hour and make some quick money for your challenge
 - See if you can convince some good natured colleagues to join in in your auction and offer to forfeit a few lunch-breaks to do some extra work for others. You'll be surprised how much people will pay to get rid of their filing!
5. **Quiz Night** You could have a different team from each department, or encourage your colleagues to bring along their friends and family. Pubs tend to like these evenings as they bring in more people and they sell more drink! Charge £5 entrance fee, have 10 teams of 10 people = £500 on the door alone! You can also have a raffle of prizes donated by local companies = £150 = £650!
6. **Collection** Organise a collection at your local train station/supermarket but remember to ask permission from the owners first. We can send you collection buckets and t-shirts.
7. **Get the kids involved** Get your children/nieces/nephews/neighbours to ask their school if they would hold a non-uniform day and charge £1 each. 500 children x £1 = £500.



CAPTION COMPETITION

Get a photo of a "known" person within the organisation such as the Chief Executive or Managing Director, preferably doing something they wouldn't normally do or wearing an unusual expression (wives/husbands are good suppliers of photos!). Photocopy the picture onto an A4 sheet with a blank line, for people to enter their name and caption. Charge for each entry with a cash prize back of, say, 50% of the proceeds. Elect a panel of judges beforehand and announce the winning caption (1st, 2nd and 3rd) at the end of the event.

HEALTHY COMPETITION

Why not have a charity games league at work or at your local pub or youth club? If you have a pool table or table football nearby you can draw up a league table that pits people against one another. You could even extend this to board games, perhaps have a board game or card game championship. The overall winner could get a trophy or prize.

OTHER COMPETITIONS

Guess the baby, guess the weight of a cake, mother and child photographs, sweets in a jar, potatoes in a bag - the list is endless.

RAFFLE

Maximise profits with donated prizes. An exciting first prize is all-important. Some travel agents have a charity budget and may be able to provide a free or discounted holiday but contact them early. Link to special days of the year e.g. Easter egg raffle. A raffle for a major prize may work at a big celebration event e.g. Christmas lunch or gala dinner, particularly if it follows an appeal by a respected personality.

Please only sell tickets in your office, at a private function or as part of another event such as a fete. This should ensure that you do not fall foul of the Lottery Laws. If in doubt please seek advice.

SWEEPSTAKE

Invite colleagues to guess how many hours it will take to complete the challenge.

TREASURE HUNT

Plan a route to be followed by car or on foot through local towns or villages. Hide directions in cryptic clues given to teams at the start of the hunt. Add interest by giving competitors questions to answer or asking them to collect various items (e.g. a lump of coal, yesterday's newspaper) en route. Make a note of each entrant's mileage at the start of the event and make the winner the one with the lowest mileage at the end and/or the greatest number of marks. Remember to try out the route a week before the event. If it is to take place in the summer, finish with a barbecue or barn dance.

WINE TASTING

Get advice and support from a local wine club or organisation, sell a brochure with profits from advertising, and sell wine with commission.

FINES

Do you work with someone who's prone to utter the odd expletive? Or is your office full of chocoholics? If so, then why not set up a penalty system, charging the guilty party a fine for every naughty word or sneaky chocolate bar eaten.

TAKE YOUR PICK

Challenge your friends to eat as much sweetcorn, baked beans or peas as they can in a minute. The catch? Get them to use a cocktail stick to put them into their mouths. You can award the winner a prize, maybe a tin of the product they have just scoffed!

DO SOMETHING MAD

Throw a custard pie at your manager, eat jelly with chopsticks, blindfold jelly feed, eat greatest number of doughnuts without licking your lips, do a bush tucker trial, lucky dip into a bucket of horrible looking slime. People can get sponsored or pay to enter (or pay not to enter!).



The end game

UNFORTUNATELY WE CANNOT PUT YOUR HARD-EARNED SPONSORSHIP TO WORK UNTIL IT IS SAFELY IN OUR BANK ACCOUNT. WE THEREFORE ASK YOU TO HAVE ALL OF THE MONEY COLLECTED AND BANKED BY SIX WEEKS AFTER THE EVENT AT THE VERY LATEST. IT IS NOT NECESSARY FOR YOU TO BANK THE MONEY IN ONE LUMP SUM SO PLEASE DO NOT HOLD ON TO IT – BANK IT AS IT ARRIVES.

In some respects collecting in the money can be the hardest part of the challenge, but you can make life easier by:

- Asking for post dated cheques - this will save a lot of time after the event and you can always offer to return them if necessary
- Where a post-dated cheque cannot be obtained, collect in money promised to you directly after the event - this task becomes harder the longer you leave it.
- Please follow the instructions below about how to pay in the money raised - this will ensure that the money is credited to the correct team
- Please pay in your sponsor money as soon as you receive it: do not wait until you have collected it all. The sooner your money is received, the sooner it can be put to good use.

BANKING INSTRUCTIONS

We can send you paying in slips allowing you to bank the cash as you collect it or pay in the money using a credit / debit card by calling the Railway Children office. Alternatively send a cheque made out to Railway Children.





CHAPTER 7

Frequently asked questions

1. ARE WE ALLOCATED SEATS ON THE TRAIN?

Yes you will be allocated seats with your team and these will be given to you when you check in at Euston or Crewe. Let us know beforehand if there are any teams you would like to sit with.

2. CAN WE LEAVE OUR BELONGINGS ON THE TRAIN WHILE WE ARE CLIMBING THE MOUNTAINS?

The train is our home for the duration of the event so you can leave all your belongings on the train and just take what you need on the mountain. We can't take responsibility for any valuables so it's a good idea to take credit cards, money, etc with you.

3. DO I NEED ALL THE EQUIPMENT ON THE LIST?

Even if we are in the midst of a heatwave, conditions on top of the mountains can be very different so in the interests of safety you will need everything on the list, waterproofs included. Boots with ankle support are very necessary and they must be walking boots. You'll be climbing Snowdon at night so you will need a head torch.

It is important to stress this is not a guided walk so it is vital you have all the items listed for the team - 2 maps, etc. There are people on the mountains manning check points and each team has a radio. However it is easy to lose your way on the mountain so maps, etc are important and two copies are needed in case your team gets separated.





4. ARE THERE SOCKETS ON THE TRAIN FOR CHARGING PHONES, ETC?

Unfortunately these are very limited and there is only one socket per coach, not ideal for those of you checking football results! There is also no wi-fi.

5. ARE THERE WASHING FACILITIES?

Again very limited. Just the usual on board sinks and toilets. There are showers at Fort William Station, incentive to climb Ben Nevis quickly!

6. WHAT HAPPENS IF WE DON'T MEET OUR MINIMUM FUNDRAISING TARGET?

Railway Children incurs costs for our events, and we set our budgets and plan the work we do with children in the areas in which we work based on the funds received from our participants raising their sponsorship. For this reason, it is vital that you raise the funds that you have committed to when taking up your places with us. Please contact us as soon as possible if you are worried about any aspect of your fundraising, or if you feel you might struggle to meet your target. Our fundraising and support team are here to help you, and offer advice on different ways to help you reach your target.

APPENDIX ONE

Contact Details

**RAILWAY CHILDREN EVENTS TEAM:
KATIE MASON
LINDSAY GARDNER**

**TEL: 01270 757596
EVENTS@RAILWAYCHILDREN.ORG.UK
WWW.RAILWAYCHILDREN.ORG.UK**



APPENDIX TWO

Equipment Checklist

INDIVIDUAL EQUIPMENT CLOTHING

- Base layer
- Mid layer - fleece
- Mid layer - suitable trousers (not jeans)
- Outer Layer - waterproof jacket
- Outer Layer - waterproof trousers
- Hat/sunhat
- Gloves

FOOTWEAR

- Walking socks
- Boots

CARRYING

- Rucksack

EQUIPMENT

- Waterbottle/camelbak/platypus
- Food to eat during the walk
- Headtorch

TEAM EQUIPMENT

- Map x 2
- Compass x 2
- First Aid Kit including blister treatment e.g. compeed
- Whistle x 2
- Sunscreen
- Insect repellent
- Walking Poles x 2

APPENDIX THREE

Equipment Suppliers

Cotswold Outdoors

www.cotswold-outdoor.com

To claim a 15% discount quote reference number AF-RWCH-M7. This can be used at any of their stores, mail order or online. Proof of taking part in this event will be required by Cotswold Outdoor - just ask our friendly Events Team to provide them with this proof.

Snow & Rock

www.snowandrock.com

Millets

www.millets.co.uk

Outdoor Megastore

www.outdoormegastore.co.uk

Field & Trek

www.fieldandtrek.com

Blacks

www.blacks.co.uk

Go Outdoors

www.gooutdoors.co.uk



APPENDIX FOUR

Medical Form

Name _____ Date of Birth _____

Address _____

_____ Tel No. _____

1. Have you had any serious operations or serious illnesses in the past? If so, please specify or state Not Applicable.

2. Are you currently taking any medication, either from your Doctor or self-administered? If yes, please specify or state Not Applicable?

Medication	Dosage	Frequency
_____	_____	_____

3. Name, address and telephone number of your Doctor

4. Name, address and telephone number of your next of kin

Declaration

- I have read the notes below and have answered all questions to the best of my ability.
- I authorise Railway Children to contact my GP for further information should they feel necessary.
- I will bring sufficient supplies of any medication that I am using.
- I understand that The Railway Children Three Peaks Challenge may be physically tiring. I am sufficiently fit to undertake the event.
- If my medical condition changes before the event I will inform Railway Children.
- I am/will be over 18 years of age on the date of the event.
- I agree to abide by the rules as set out by Railway Children & Global Challenge UK.
- I understand that I enter the event at my own risk and that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself.

Signed: _____ Date: _____



GOOD
LUCK

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RAILWAY
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Fighting for street children