

# CHARNWOOD FOREST CHALLENGE 2021

21 mile or 10 mile sponsored walk

**Saturday 2<sup>nd</sup> October 2021**

Entry Fee £15 per person



**BROWN DOG**

Helping people with cancer

# THE AIM OF CHARNWOOD FOREST CHALLENGE

**Brown Dog is trying to raise £45,350 to purchase a Stem Cell Machine for Leicester Royal Infirmary.**

**This machine will extend the lives of people Fighting Myeloma Cancer and Lymphoma Cancer**

**All money raised on this challenge will go towards the purchase of the Stem Cell Machine**

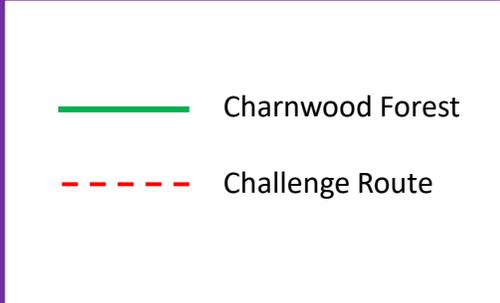
**We would love you to join us on this challenge, but we need you to raise money.**

**To enable you to take part you must;**

- **agree to raise at least £50**
- **agree to try and raise more than that if you can**
- **agree to use virgin money giving (or contact us if that is not possible)**



# EVENT LOCATION



# CHARNWOOD FOREST



*Charnwood Forest is England's unexpected uplands. Having been created in a volcanic eruption 600 million years ago in the oceans near the South Pole, Charnwood has developed rich layers of heritage.*

*Its landscape is defined by granite-topped hills, wooded valleys, heathlands and grasslands.*

*Its shaded lanes reveal Arts and Craft cottages, ancient monasteries and drystone walls.*

*It is a surprising outpost of upland England in lowland Leicestershire*



# EXPERIENCE THE BEAUTY OF CHARNWOOD FOREST



# CHALLENGE START & FINISH @ Castle Rock School

21 MILE

Meet 6:45 am

START 7 AM

FINISH 7 PM

10 MILE

Meet 12:15pm

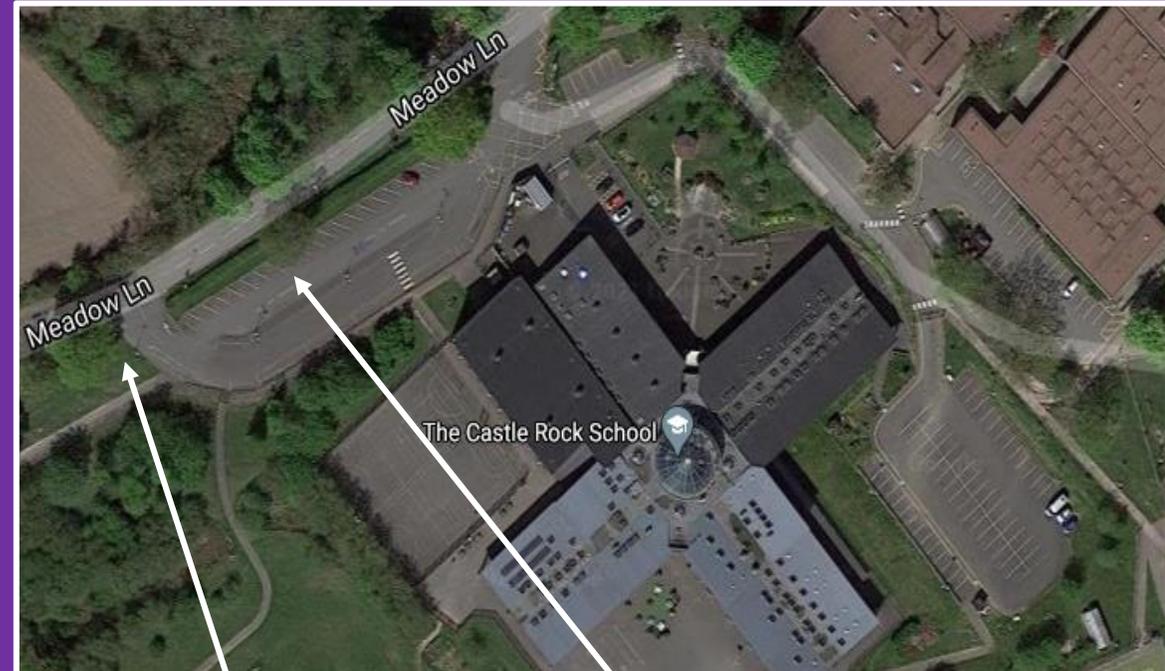
START 1:15 PM

FINISH 7 PM

Please note that it is difficult to predict the exact finish time as it depends on the fitness and speed of individuals on the day.

7pm is based on a slower than average 2 mph walk time, it allows for a 20 mins lunch break and numerous short water breaks.

Castle Rock School  
Meadow Lane  
Coalville  
LE67 4BR

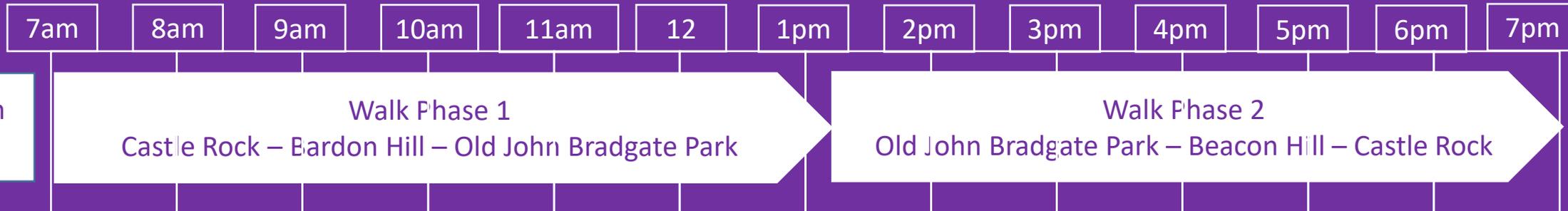


MEET

PARKING

# TIME PLAN

## 20 MILE CHALLENGE



## 10 MILE CHALLENGE

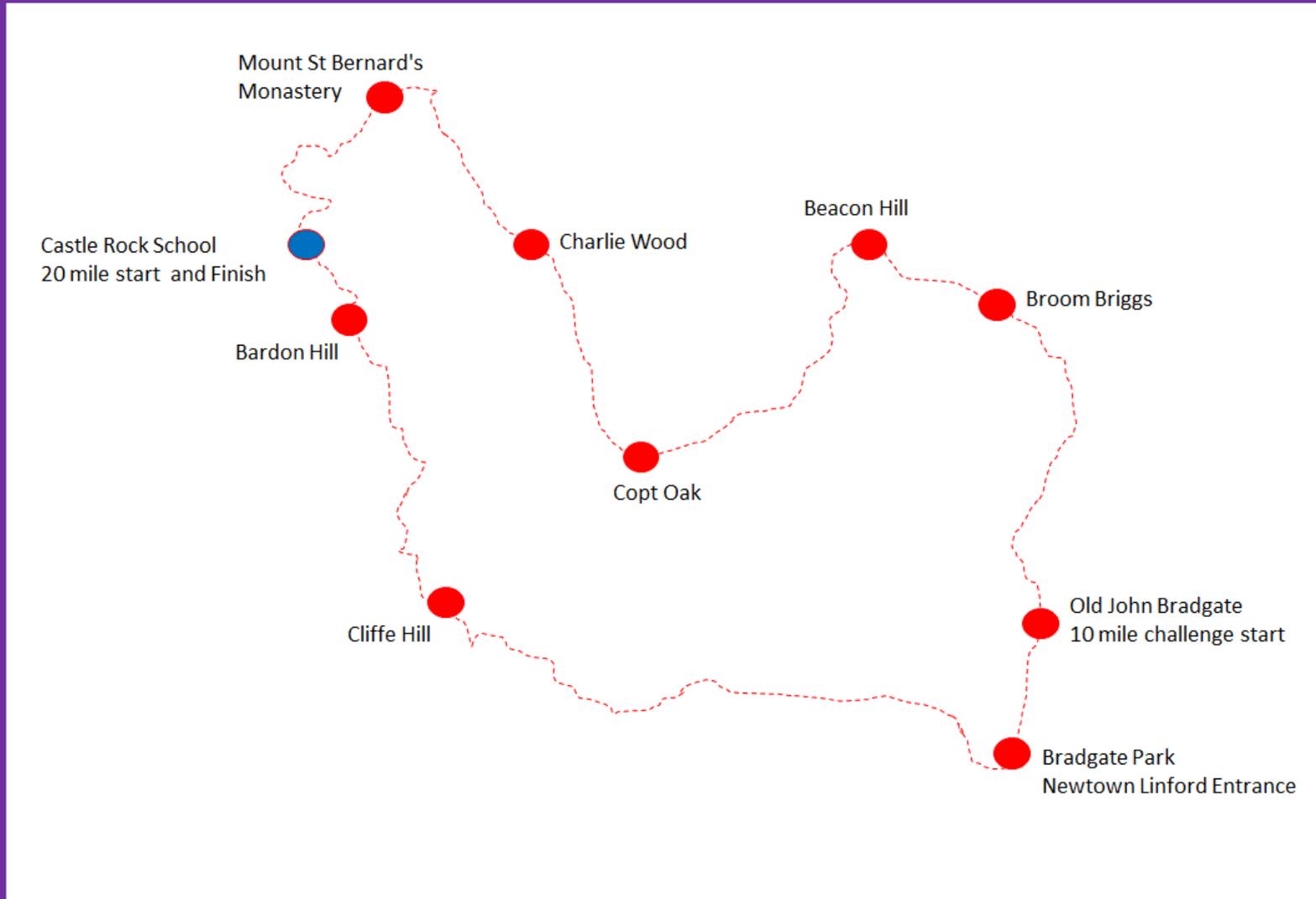


The time plan is based on a slower walking speed of 2 mph which everyone taking part should be able to achieve. This slower speed provides time for re-grouping and quick water stops.

Hopefully if team members have trained for this event, the time to complete this challenge should be less.

**Please note: Anyone who puts the ability to achieve the time plan at risk may be asked to step down and get into a ground support vehicle**

# THE CHALLENGE – WALK 21 MILES IN 10 HOURS



This challenge will expose you to some truly beautiful countryside.

You will climb the 3 highest peaks in Leicestershire, pass through numerous nature reserves and also visit Mount Saint Bernard Monastery, which is the sole Trappist and working Monastery in England.

You will also walk through Leicestershire's biggest tourist attraction, Bradgate Park, which is a stunning deer park which includes Bradgate House, the home of Lady Jane Grey, the 5 day Queen of England.

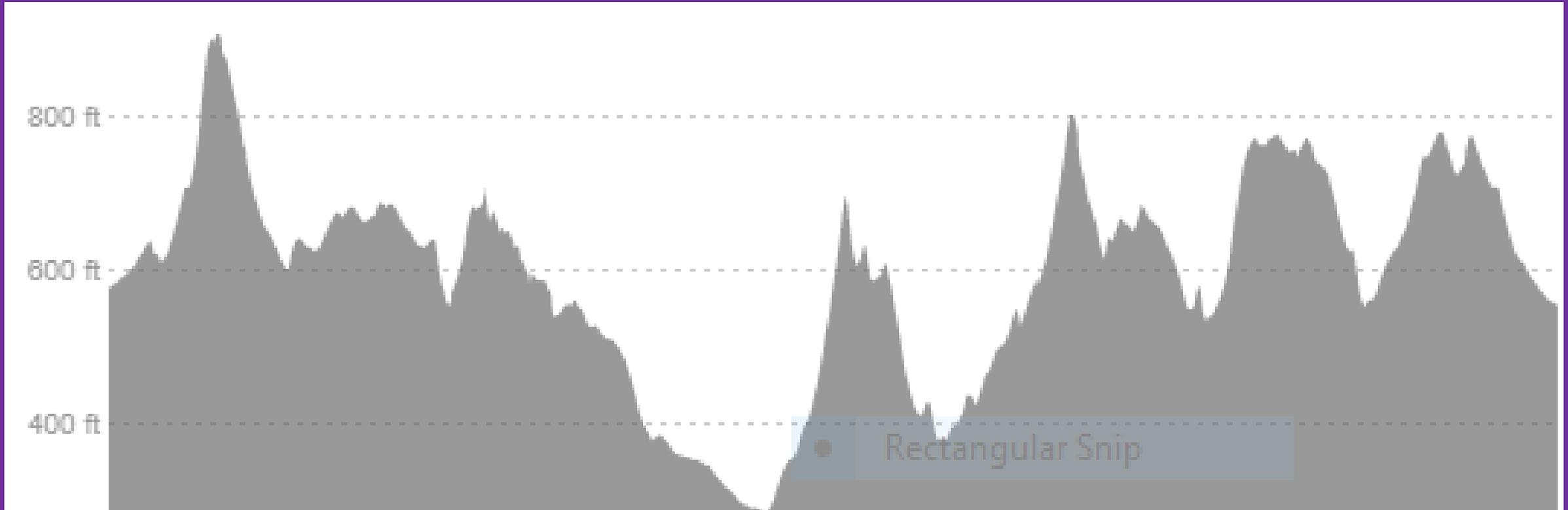
**The challenge team will start together, stay together and finish together – pace will be set by a challenge lead**

# THIS CHALLENGE IS NO WALK IN THE PARK

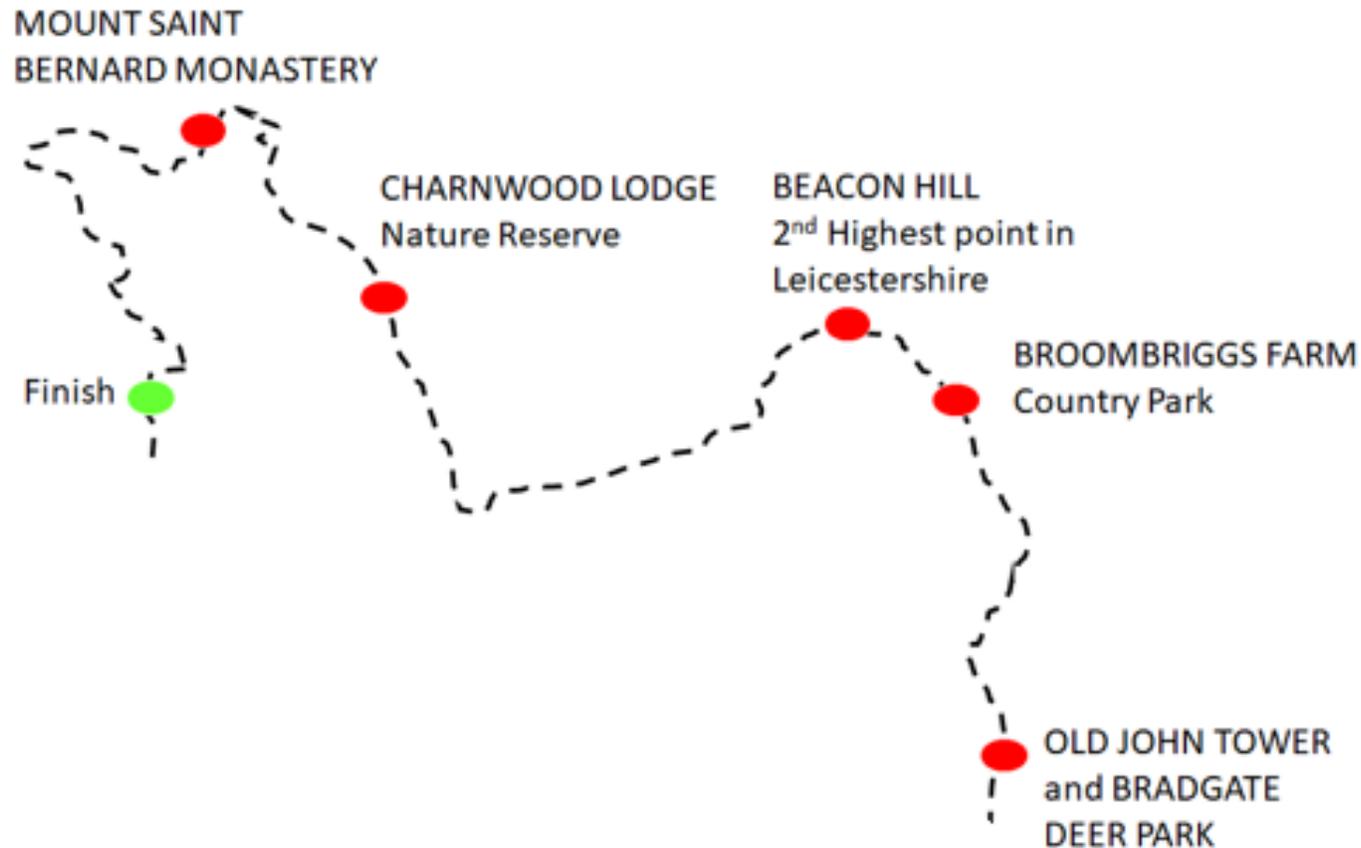
Don't underestimate this challenge - 21 miles is a long way to walk and involves 10 hours of walking!

Also as you can see from the chart below, this is one hell of a roller-coaster route where you will climb 2,267 feet.

We strongly recommend you train for this event which will ensure you get the most enjoyment out of the day



# ALTERNATIVE CHALLENGE – WALK 10 MILES IN 5 HOURS



If 21 miles is just too far for you, then you can opt for the shorter, albeit still challenging 10 mile challenge.

With this option you will still meet at Castle Rock School car park (where you can leave your car).

You will be taken to Bradgate Park where you will wait to join the main challenge group

You will then walk back to Castle Rock with the main challenge group

## PLEASE NOTE

If you chose this option you will have to wait to join the main challenge group, which could mean if they are delayed you will have longer to wait than planned.

# HOW TO REGISTER PAY & FUNDRAISE

PLEASE NOTE  
NUMBERS WILL BE RESTRICTED

## REGISTRATION

Send an email to [markstorer1@hotmail.co.uk](mailto:markstorer1@hotmail.co.uk)

- Provide your contact details
- Confirm which challenge you want to do (20 mile or 10 mile)
- Confirm that we can use your mobile number to invite you to a Charnwood Forest WhatsApp Group
- Confirm if you wish to purchase a T-Shirt , Hoody or both and confirm what size you need
- Confirm that you agree to all “Entry Requirements”
- Confirm if you would like us to set it up your Virgin Money Giving Fundraising Page for you

## PAYMENT

Once you have registered, you will receive an email explaining how to pay your £15 (note – this fee is for entry to the walk only – there is no Dogs Dinner)

Once you have paid your place on the team is guaranteed.

## FUNDRAISING

Go onto Virgin Money Giving

Set up a fundraising page called “Charnwood Forest Challenge”

You will be given a personal link

Ask people to support you using the link

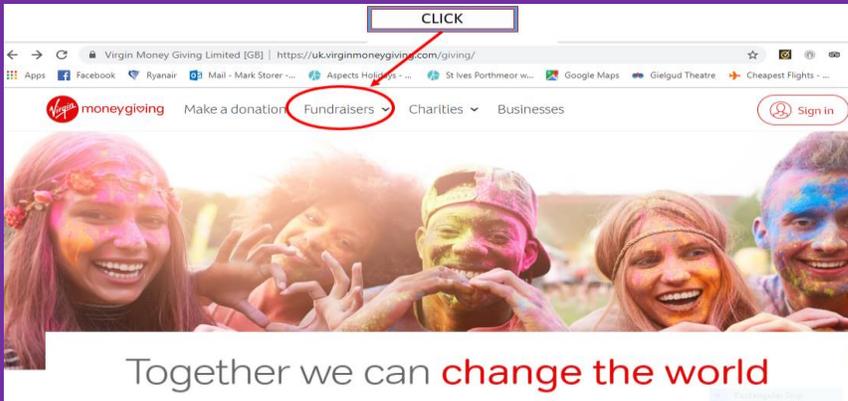
more  
information  
on next page

## ENTRY REQUIREMENTS

To take part in the walk you must comply with the entry requirements, as follows:

- You will raise at least £50
- You will try and raise more than that if you can
- You will set up a fundraising page on virgin money giving (or contact us if that is not possible to discuss alternatives)

# https://uk.virgin moneygiving.com

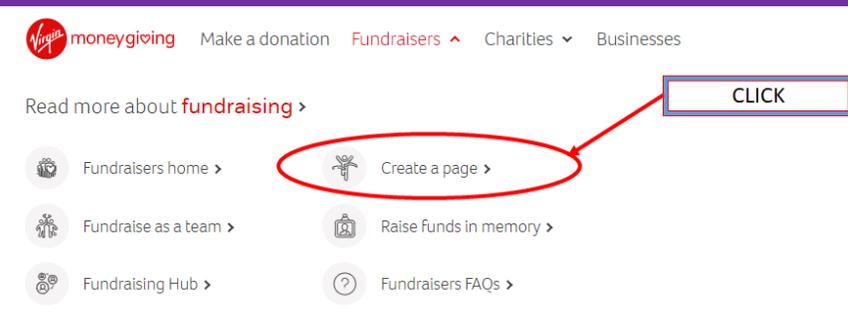


Once you have registered **you need to set up your own fundraising page on Virgin Money Giving** so you can start to raise money

**Remember to call your page “The Charnwood Forest Challenge”** (this must be separate from any other fundraising pages you may have)

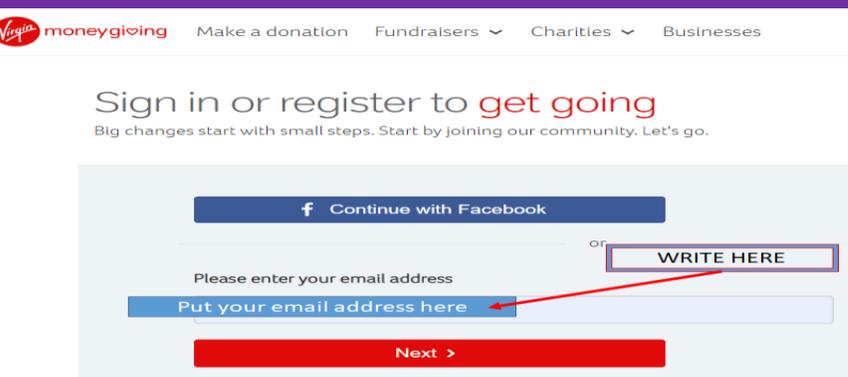
There are some good reasons for doing this:

- ✓ You are given your own link that you can mail to family, friends and colleagues, or put on Facebook/Twitter etc.
- ✓ It makes it easy for your supporters to donate
- ✓ Gift Aid is added automatically and goes straight to the charity
- ✓ You can set a target and track how you are doing against it
- ✓ Brown Dog can track everyone’s progress against target



The process to set up your page is very easy and only takes 10 minutes to do.

If you and your partner or friend are doing the challenge you can set up a joint shared fundraising page as long as you let us know.



# TEAM SHIRTS & HOODY'S (optional extra's)

You can order a Brown Dog T-Shirt or Hoody (or both if you wish) for an additional cost, as follows:

- **T-Shirts £10** (this is an ordinary T-Shirt with the Brown Dog logo printed on the front)
- **Hoody's £15** (this hoody has an embroidered smaller Brown Dog logo on the front)

When you register just let us what you want to order and your size

**T-Shirt £10**



**Hoody £15**



**Sizes**

Small (S)

Medium (M)

Large (L)

Extra-Large (XL)

Extra-Extra- Large (XXL)

# FREQUENTLY ASKED QUESTIONS

**Q – What equipment do I need for this walk**

**A – We recommend you wear walking boots, wear layers of clothing and that you take a ruck sack. Also it's October so the weather may be changeable so have water-proofs with you. Also take appropriate medication and plasters.**

**Q – Should I take water and food?**

**A – Yes definitely, you are walking for a full day so ensure you have plenty to eat or graze on. Also take plenty of water, this is essential**

**Q – Will there be rest breaks?**

**A – Yes, we will ensure there are plenty of small stops and a longer 15-20 minute break at lunchtime. Plus we will stop and start as we re-group to let people catch up.**

**Q – Do I need to train for this walk?**

**A – 21 miles is a considerably long way so you are definitely advised to prepare for the day, plus the fitter you are, the more you will enjoy it**

**Q – Will there be ground support in case I'm exhausted or twist my ankle?**

**A - Yes, we will have a number of support vehicles to support people who need it and to help us safely cross a number of roads,**

**Q – Can I go at whatever pace I want, stop when I want and race off to try and finish first?**

**A - No, on Brown Dog events we start as a team, walk as a team, stop together as a team and finish as a team – a lead walker will set the pace. We must finish in a given time, so it is important to keep up with the pace set by the lead, which will be a sensible pace.**

**Q – What happens if I'm struggling on the day and slowing everyone up?**

**A - First you will be encouraged and supported, but if you are really jeopardising the team's ability to finish on time you will be asked to step down and join a ground support vehicle (either for a short while or permanently)**

# MORE FREQUENTLY ASKED QUESTIONS

**Q – Can I bring my children?**

**A – No I’m afraid not, these challenges are pretty demanding and are for people 18 years of age and over.**

**Q – Can I bring my dog?**

**A - We do not allow dogs for safety reasons (and the safety of everyone taking part is our main priority)**

**Q – Will I have to pay to park my car for the day?**

**A - No, Castle Rock School have kindly agreed for us to use their car park free of charge**

**Q – What do I do if I cant use Virgin Money Giving to capture my fundraising money?**

**A - If you don’t have access to a computer or if you feel you can raise more money that using Virgin Money Giving you need to contact Mark Storer (markstorer1@hotmail.co.uk) to discuss/agree an alternative arrangement**

**Q – Will we have team T-Shirts?**

**A - Brown Dog T-Shirts and Hoody’s are available for you to purchase as an optional extra**

**Q – Will there be a celebration Dogs Dinner after the event?**

**A - There will not be a Dogs Dinner after this event, instead a “Celebration Party” is being held in Leicester in November – this event will be launched separately in April – look out for details.**

**Q – What if I have a question that has not been covered in this pack?**

**A - Go on the web site and use the “contact us” button (or send a mail to markstorer1@hotmail.co.uk)**



# BROWN DOG

Helping people with cancer

Thank you for your support  
making a real difference to people fighting cancer