

ENGLISH RIVIERA CHALLENGE INFORMATION PACK



www.cancerbrowndog.co.uk

Registered Charity 1111550

Thank you for supporting us

First of all on behalf of Brown Dog I would like to THANK YOU so much for supporting our 18th Annual Fundraising Event – we truly hope you have a wonderful weekend in South Devon and that you raise as much money as you can for a fantastic cause .

Hopefully this pack will tell you all you need to know, but to make sure you are fully briefed we invite you to attend our Pre-Challenge Teleconference (see details bottom right). The call will enable you to (i) be fully aware of all safety aspects (ii) double check that you have all the information and equipment you need (iii) discuss questions you may have (iv) share tips to make the event as enjoyable as possible

This teleconference is absolutely essential for people who have never done a brown dog challenge before

As ever, safety is our number one priority and every precaution has been taken to ensure you have an enjoyable and safe weekend.

At the end of the challenge event we have our now famous and very popular Dogs Dinner where we celebrate completing the challenge and more importantly our fund-raising success.

Hopefully during the weekend you will feel the warmth of the brown dog family and that will inspire you (like many others) to come back again and again.

Please remember that completing this challenge is one thing, but raising more money than you ever thought was possible is the real challenge (as that will make the difference)

See you soon

Mark Storer
Founder Member
Brown Dog

PRE-CHALLENGE TELECONFERENCE

Date Tuesday 22 May
Time 7:30pm – 8pm



What to do:

Dial (if using a landline) 0800 012 1176
Or Dial (if using a Mobile) 020 3463 9713

Then key in Pin when asked – 1847-7015#
Then provide your name

“Must Read” Summary of key points

Before the Event

- Ensure you have paid in full
- Ensure you have selected your menu choice for the Dogs Dinner from our web site
- Continue to raise money – as much as you possibly can
- Continue to train – the fitter you are the more you will enjoy it
- Attend the teleconference to make sure you fully understand all arrangements – Tuesday 22 May 7:30pm – dial in numbers shown on previous page
- Let Ian Alexander know how much money you believe you have raised – the week before the challenge

On the Day

- Have the right equipment with you – as suggested in this pack
- Bring plenty of food and water – you can put a small bag to carry extra provisions in our ground support vehicles – label your bag with your name
- For the 40 mile challenge – meet at The Imperial Hotel, Torquay TQ12DG at 10:30 AM on Friday 1st June (the coach will leave at 11am and won't wait)
- For the 20 mile challenge – meet at Torquay Harbour Footbridge at 5:45AM on Saturday 2nd June
- For the 11 mile challenge – meet at The Imperial Hotel, Torquay TQ12DG at 8:45 am on Saturday 2nd June (coach leaves at 9am and won't wait)
 - People doing the 11 mile challenge – please recognise that we cannot accurately predict what time the 40 and 20 mile challengers will arrive at your starting point at Brixham – if for any reason they have been delayed you may have a little wait – please be patient if this does occur, it may not)

On the Challenge

- Follow the pace of the challenge lead – do not pass the challenge lead
- Review your own health and speak to one of the organisers if you need to pull out for a short while
- Look out for other people – help them if they need help
- Listen to any safety instructions provided before the challenge or during it – for your own safety

After the challenge

- The coach will take everyone back to Torquay harbour where you should have some time to relax before the Dogs Dinner
- Meet in the Imperial Hotel Function Room at 7pm for drinks ahead of the Dogs Dinner at 7:30pm
- Drive home carefully after breakfast on Sunday

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The reason for doing this challenge

It's easy to get carried away with the excitement of the challenge ahead and focus on completing it. **However, remember the real challenge is about you going the extra mile and raising more money than you ever thought possible.**

Every year we raise money to buy vital equipment that makes an amazing difference to men, women and children who are fighting cancer.

In 2018 we will be once again helping women fight cancer, this time we are supporting Kettering Hospital.

Our aim is to raise sufficient funds to purchase a Volusion Scanner that will provide state-of-the-art diagnostics and provide the best chance of fighting endometrial cancer (cancer of the womb).

2018 Women's Cancer Appeal



Counting & Collecting Funds

Hopefully you have been busy collecting sponsorship or donations and you already feel proud at what you have raised

For those of you using My Donate you already know exactly what you have raised and how much Gift Aid has been added to this

For those of you not using My Donate we need you to let us know what you expect to collect.

On or around the 25th May please send an email to our Finance Manager Ian Alexander (ian.browndog@yahoo.co.uk) and confirm:

- how much you have collected via My Donate (with and without Gift Aid) and/or
- how much you expect to raise using sponsorship forms

We can then collect the information and announce the forecast figure during the Dog's Dinner

- hopefully we will reach our goal!

Thank You for your support

***Please Note*

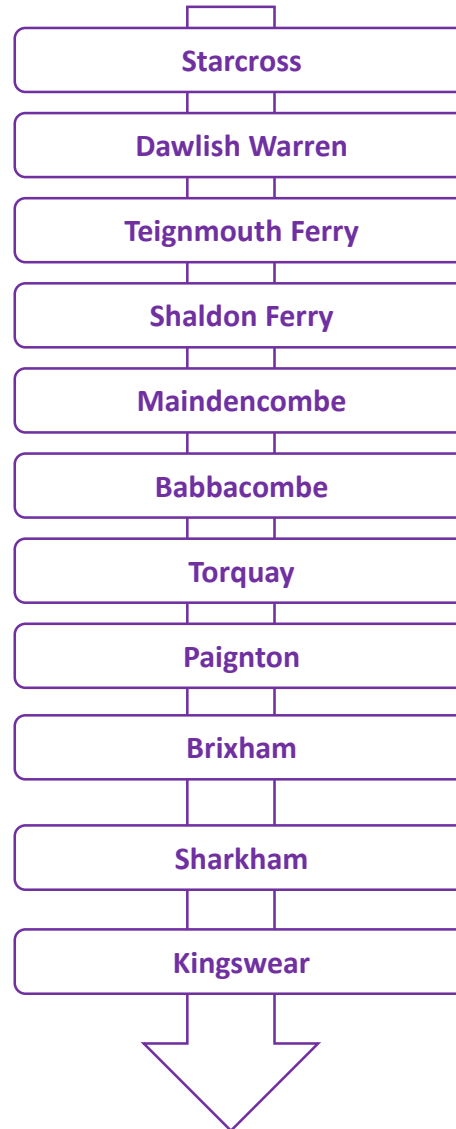
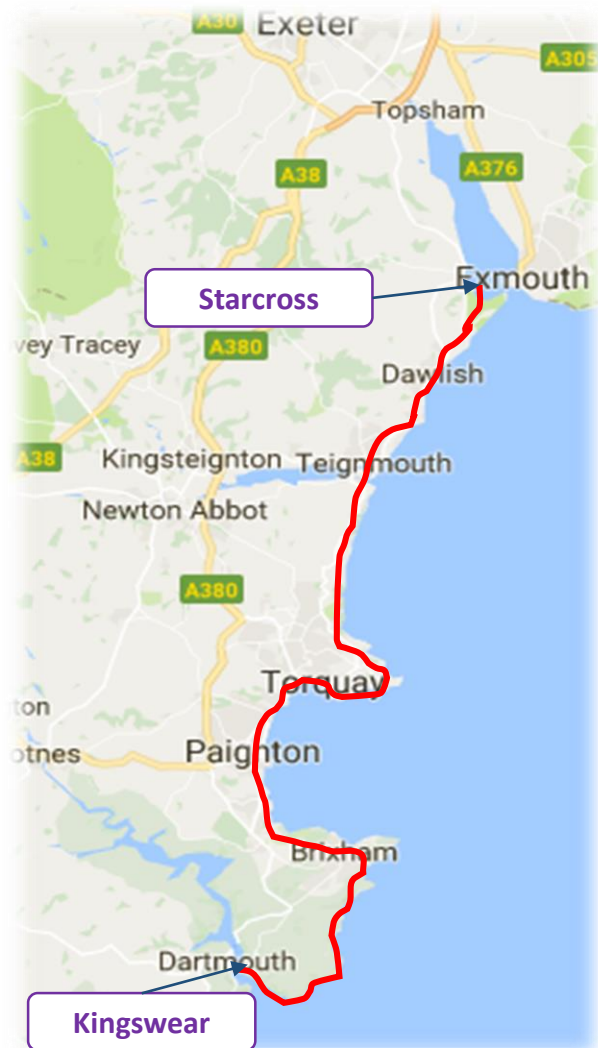
Please air on the side of caution and try to provide an accurate estimation of the funds that you intend to collect.

This will help us to get an accurate prediction of the funds raised.

PLEASE TRY AND COLLECT YOUR SPONSORSHIP WITHIN 3 MONTHS



Our Route



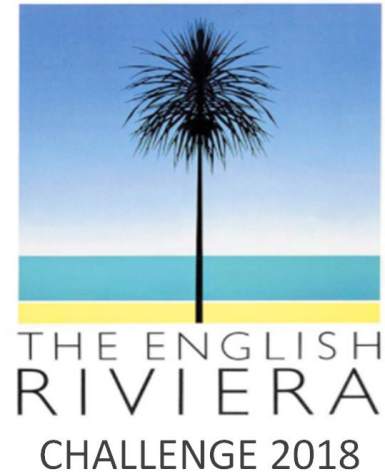
Day
1

40
mile

Day
2

20
mile

11
mile

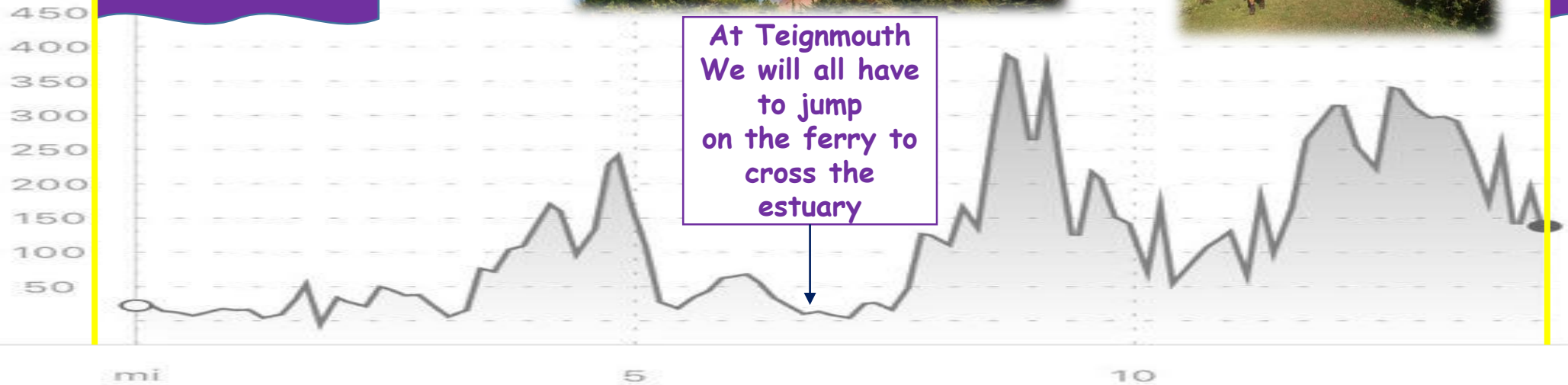


Start



Babbacombe

At Teignmouth
We will all have
to jump
on the ferry to
cross the
estuary



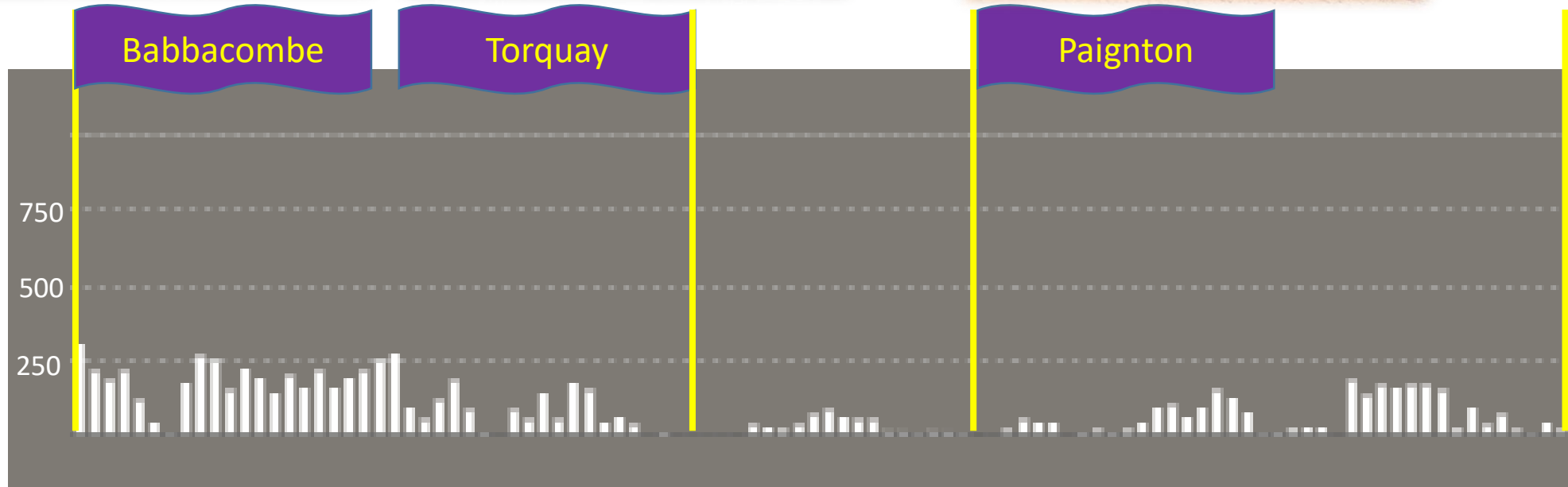
2,981 ft
ELEV GAIN

415 ft
MAX ELEV

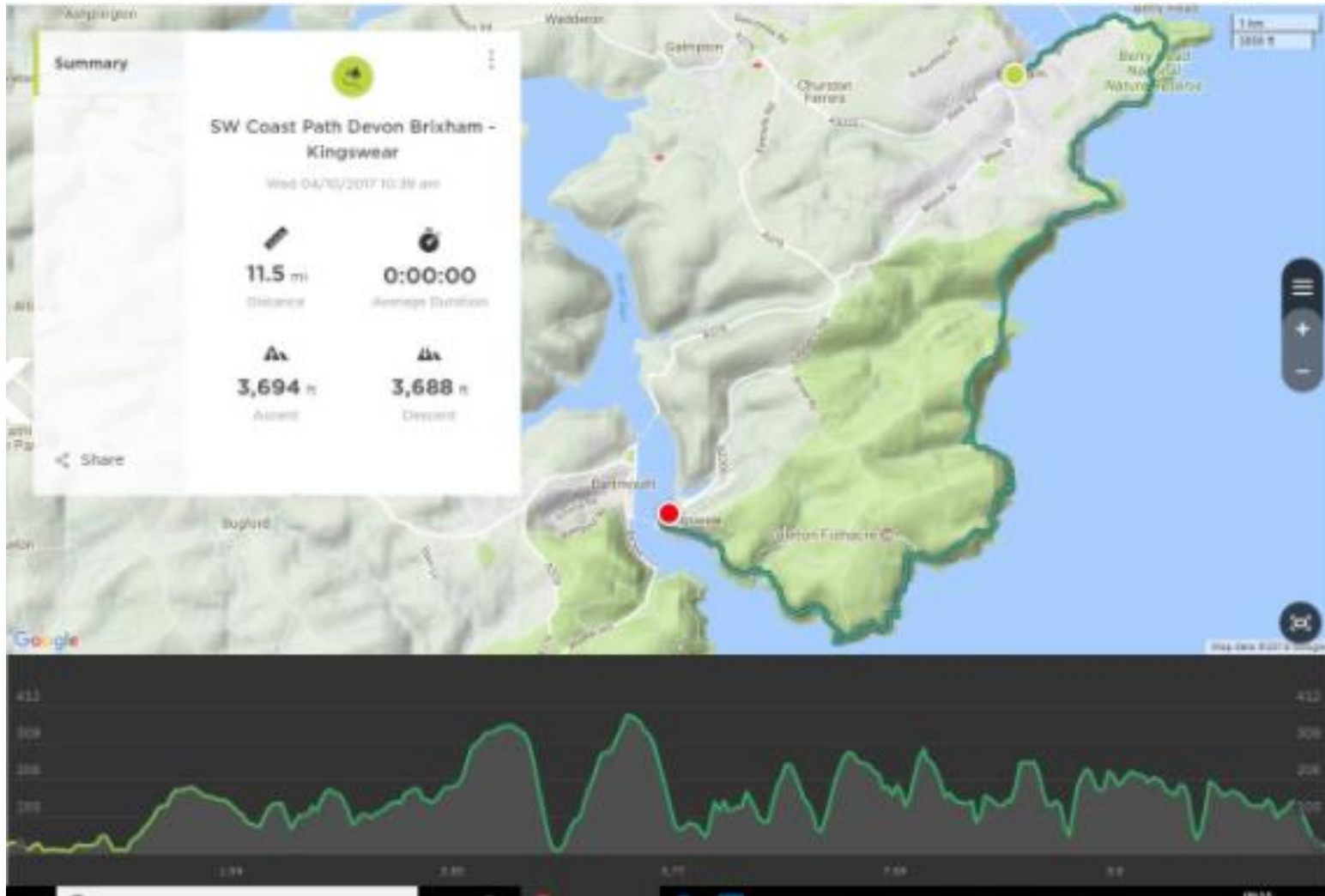
First 15.3 miles of day 1

THE TERRAIN OF THIS SECTION IS VERY UNDULATING AND NOT EASY
(the second half of this stretch is much harder than the first)

THE TOTAL AMOUNT YOU WILL CLIMB IS HIGHER THAN SCA FELL PIKE (THE
HIGHEST MOUNTAIN IN ENGLAND)



THIS IS THE EASIEST STRETCH OF THE 40 MILE WALK



THE TERRAIN OF THIS SECTION IS VERY UNDULATING AND NOT EASY (the second half of this stretch is harder than the first)

AS WITH THE FIRST SECTION THE TOTAL AMOUNT YOU WILL CLIMB IS HIGHER THAN SCA FELL PIKE (THE HIGHEST MOUNTAIN IN ENGLAND)

Last 11 miles of day 2 – Brixham to Kingwear



Size of the challenge & Personal Health

SIZE OF THE CHALLENGE

- ❖ PLEASE DO NOT UNDER-ESTIMATE THIS CHALLENGE – IT WILL BE HARDER THAN YOU THINK
- ❖ IF YOU ARE PLANNING TO DO THE 40 MILE WALK AND YOU HAVE NOT PREPARED FOR THIS CHALLENGE (FOR WHATEVER REASON) OR IF YOU ARE FEELING A BIT UNDER PAR JUST BEFORE THE EVENT WE SERIOUSLY SUGGEST THAT YOU CONSIDER DOING THE SHORTER 20 OR 11 MILE CHALLENGE (DAY 2 ONLY)

PERSONAL HEALTH/FITNESS

- ❖ PLEASE REVIEW YOUR HEALTH ALONG THE WAY - DON'T PUT YOUR OWN HEALTH AT RISK
- ❖ IF ON THE DAY YOU FIND YOURSELF REALLY STRUGGLING AND PUTTING YOUR HEALTH AT RISK, THEN WE SUGGEST YOU EITHER TEMPORARILY STEP DOWN (REST IN GROUND SUPPORT VEHICLE) OR WITHDRAW ALTOGETHER – YOUR HEALTH IS PRIORITY.

Note

The challenge route has been meticulously planned and we have undertaken a dry run of every stage.

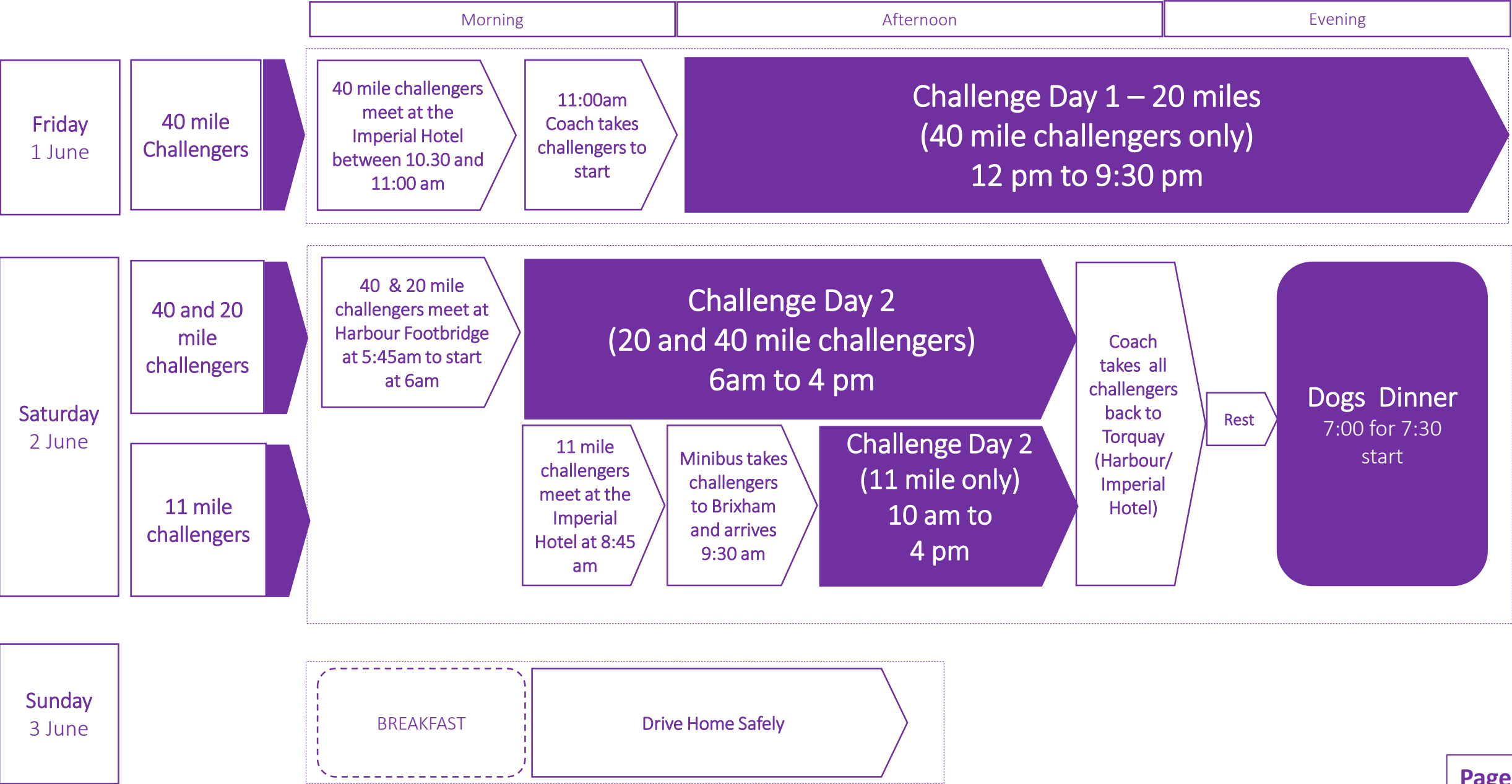
To keep to the schedule (driven by the timing of the coaches required to transport us) **we need to maintain a sensible pace (see later) and keep together as a group.**

The events are not organised as a race for individuals, our goal is to start and finish together as a group within the planned schedule.

Throughout the challenge there will be a leader (who will always be at the head of the group) and a backstop (who will always be at the back of the group). We will announce these individuals (who are well experienced at these roles) just before the challenge starts, so you can see what they look like.

Any decisions regarding any issues encountered will be made by the leader and backstop together.

Time Plan

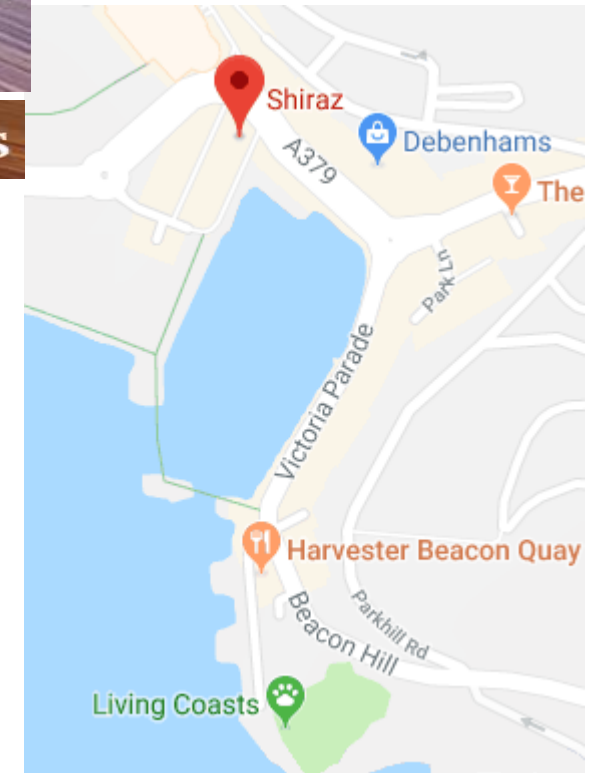


Friday Night 9pm-11pm

Some of you are travelling down on Friday and others will be still walking the first 20 miles of the 40 mile walk.

Either way, later in the evening there may be an opportunity to meet up and have a drink or two.

So we are suggesting the Shiraz right next to the harbour – hope to see you there



Equipment Required

Remember you will be walking for many hours so the weather may be changeable

Conditions and temperatures may vary considerably

Ensure you wear a number of layers of clothing – so you can strip down and layer up as necessary

Ensure you bring sufficient food and water

Clothing & Equipment	Walking Boots/Shoes – see next page	Food & Drink	Food is essential – it's your energy source stick to food that won't upset you. Take sandwiches and/or cereal Bars, Nuts & Chocolate are good for grazing
	Walking Shorts / Leggings / Waterproofs		
	Brown Dog T-Shirt (provided on the day or beforehand if possible)		
	Sweatshirt in case it's cold		Drink – is THE most important thing – June can be warm or hot which will dehydrate you Take plenty of water – you can leave some in Ground Support Some people take energy drinks – but be careful as these can upset others. We will carry a limited amount of additional water on ground support.
	Rucksack – to carry food, drink and clothing		
	Hat & Gloves – could be cold if its rainy and windy		
Medication	Sun Cream (in case it is sunny on Friday afternoon or Saturday morning – let's hope)		A small bag containing extra food and water that can be left in the Ground Support vehicles (to save you carrying too much) – please ensure your bag is labelled with your name
	Medications – Pain Killers etc.		
	Plasters & Blister Packs		

Walking Boots or Shoes

We cannot stress how important it is to wear walking boots or walking shoes

Coastal walks can be very hilly and the terrain can be rocky/slippy in places, plus you are walking a very long way so you will be tired at certain times along the way.

Having footwear with good grip will reduce the risk of injury

Because you are walking for such a long way and for such a long time you must ensure you **wear footwear that you have broken in and that is comfortable**

Whilst Brown Dog has a Public Liability Insurance, accountability for the prevention of incidents/accidents relating to personal safety, remains firmly with each individual challenger. The right footwear, as described, is a key component of personal safety on this challenge.



Challenge Start Times and Location



40 mile challenge

Day 1 – Friday 1st
Get to the Imperial Hotel
by 10:30 AM



Day 2 – Saturday 2nd
Get to the Harbour Footbridge by
5:45am

Footbridge

20 mile challenge

Day 2 – Saturday 2nd
Get to the Harbour Footbridge by
5:45am

Footbridge

11 mile challenge

Day 2 – Saturday 2nd
Get to the Imperial Hotel by 9:30am



Event Rules & Pace

Event Rules

- Do not walk ahead of the challenge lead
 - this disrupts the pace and control of the group
 - you are not familiar with the route, therefore safety is jeopardised
- Follow instructions where necessary – where the path walking may need extra attention.

PACE

- ❖ ON THE DAY WE MUST STICK TO OUR TIME-PLAN & PACE (AS WE HAVE COACHES WAITING)
- ❖ THE PACE IS BASED ON ONLY 2MPH (WHICH IS SLOWER THAN AVERAGE WALKING PACE) AND CATCH-UP STOPS HAVE BEEN ADDED AND BREAKS
- ❖ IF ON THE DAY IF ANYONE IS REALLY STRUGGLING TO KEEP UP WITH THE PACE, THEY MAY BE ASKED TO TEMPORARILY STEP DOWN (REST IN GROUND SUPPORT VEHICLE)
- ❖ HOPEFULLY IF YOU HAVE TRAINED BEFOREHAND YOU WILL FIND THE PACE TO BE JUST RIGHT

Keep ^{the} pace

Personal Safety

Safety

- Be kind to your body – feed it regularly and drink lots of water
- Review your own health – if you need to need to pull out do so – no dead heroes please
- Look out for others – point out danger, call for help if needed (hopefully not)

First Aid

We will carry basic first aid kits in the cars for any minor injuries (hopefully we won't need them!)

Vigilance

Whilst these are well organised and executed events - this is our 18th annual challenge - we are not supported by the police or any other professional body, therefore the safety of everybody at all stages of the challenge is down to us all.

On a general note each of us should remain vigilant with our fellow challengers at all stages and offer support when needed.

THINK SAFE
ACT SAFE
BE SAFE

Ground Support

The Ground Support team are a vital part of the challenge and manage our ground support vehicles.

Support and Water

There will be a series of check points at which they can meet challengers during the route to provide additional water, based on where the cars can gain access.

There are parts of the challenge where we are forced to go for long stretches without car access, so it will be even more important for challengers to carry adequate water containers they can refill at the water stops.

Extra provisions

Space is limited in the cars, however we can carry a small bag where you can keep extra food/drink - please label your bag with your name clearly visible, there are likely to be some 60 bags!!

This team are all volunteers, so we are very lucky to have them and extremely grateful to:

Garry Morris (Lead)

Ian Wildgoose

Peter Fowler

Paula Belcher



The Dogs Dinner



➤ Welcome

➤ Meal

➤ A few Words

➤ Announce pledged money raised

Dress Code – ‘smart-casual’

Meet in the Imperial Hotel
Function Room between
7:00 pm and 7:15 pm
for pre-meal drinks
Everyone to be seated by 7:30 pm



It's all about friendships, Celebration, Good Food & Having Fun!!!

More Information

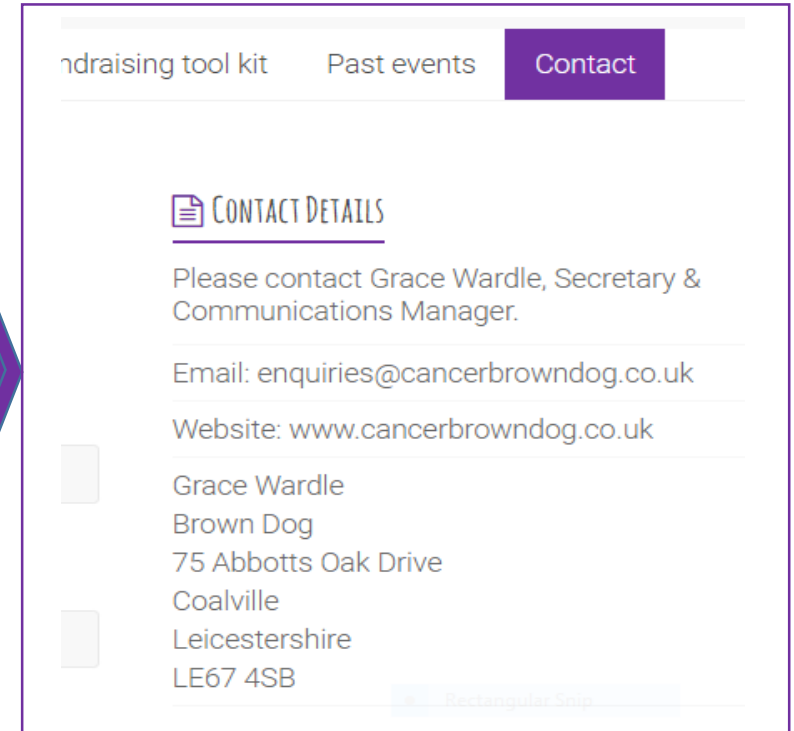
Outstanding questions, tips for the day and more information will be provided at the Pre-Briefing Teleconference on 22nd May – 7:30-8pm – please attend!

For more information on the brown dog charity please look at our web site www.cancerbrowndog.co.uk

On our web site you will also see links to our **Facebook** page where some of our members share information in a more informative manner

Via our web site www.cancerbrowndog.co.uk

Click “contact” on the home page
which will show our contact details as shown on the right



The screenshot shows the 'Contact' page of the Cancer Brown Dog website. At the top, there is a navigation bar with three links: 'Fundraising tool kit', 'Past events', and 'Contact'. The 'Contact' link is highlighted with a blue background. Below the navigation bar, the page title is 'CONTACT DETAILS'. The main content area contains the following text: 'Please contact Grace Wardle, Secretary & Communications Manager.', 'Email: enquiries@cancerbrowndog.co.uk', and 'Website: www.cancerbrowndog.co.uk'. Below this, there is a list of contact details for Grace Wardle, including her name, title, address (75 Abbots Oak Drive, Coalville, Leicestershire, LE67 4SB), and a phone number (01929 533333). The page is designed with a blue and white color scheme.



BROWN DOG

Helping people with cancer

MANAGEMENT TEAM

www.cancerbrowndog.co.uk

All of the current management team are also Trustees.



Mark Storer
Chairman
& Founder



Ian Alexander
Finance Manager



Grace Wardle
Secretary &
Communications Manager



Richard Little
Main Event Lead &
Risk Manager



Richard Parkes
Logistics Manager



Garry Morris
Ground Support
Manager



Eddie Timmins
Web Site Manager



Sam Carline
Marketing Manager
(National)



Martha Carline
Marketing Manager
(Leicestershire)



Tim Carter
Event Manager



BROWN DOG

Helping people with cancer

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