

# Louise Smalley Walk Entry Form 2020

Name:	Age on walk day:
Address:	(If under 18 your form must be countersigned by a parent or guardian.)
Email Address:	Are you in possession of a LSW water bottle? Yes / No If yes please remember to reuse it this year.

<b>The mobile no. you will be using on the day should we need to contact you in an emergency or to confirm your whereabouts</b>	
Name of your next of kin or person we should contact in case of an emergency on the day & their contact number	

**You must list any medical conditions, recent or planned medical procedures or allergies (including food.)**

Which size T-shirt will you require (See sizing chart in FAQ below)

How did you hear about the Louise Smalley walk? Please tick

Past LSW participant  LSW Facebook  LSW website  Other: Please state

## Terms & Conditions of Entry

Participants undertake this walk on a voluntary basis. The level of this walk is tough. It is the responsibility of participants to ensure that they are fit and able to take part in this walk. You should always seek advice from your GP before taking up a strenuous physical pursuit such as this.

The organisers of this walk do not accept responsibility for injury, loss or damage sustained by a participant or their belongings.

**If you are under 18 then a counter signature is need from a parent or guardian.**

**You will be expected to carry a GPS trackers (which will be provided by the LSW – see information below) and maintain this about your person for the duration of the walk.**

**By signing this form, you give permission for the following:**

- **Any photographs, in which you feature, to be used on social media and for publicity by either the walk or its patrons.**
- **The walk organisers to hold and use your data for the sole purpose of this event.**
- **To be contacted about future LSW events.**

I accept that I undertake this walk entirely at my own risk and that it is my responsibility to ensure that I am fit & able to participate in this 40 mile challenge walk.

Signature:  Date:

**Entry Forms and fee must be received no later than 31<sup>st</sup> May 2020.**

Post forms and entry fee of £5.00 to Joe Mason, 1 New Street, Whitwell, Worksop, S80 4QN Cheques to be made payable to Louise Smalley Walk.

Privacy statement: We gather personal data for the sole purpose of this event. Information is stored confidentially & is only shared with LSW support, first aid & administrative staff on a need to know basis. Information is not kept longer than required for the event and is then shredded.

# FAQ

## **Date of the walk**

The 2020 walk is Saturday 20 June 2020.

## **Which route?**

Heritage route. Maps & route description will be on the website from the end of February 2020.

## **Start time?**

Register at the Royal Oak Pub, 71 Bakestone Moor, Whitwell, Worksop, S80 4QB between 03:00 & 03:45. The walk will commence at 04.00.

## **Is there a minimum age to participate?**

YES. You must be at least 14 on the day of the walk to participate. If you are under the age of 18, your entry form MUST be counter signed by a parent or guardian.

## **Is there a minimum sponsorship requirement?**

YES. You will be sent a sponsor form on receipt of your entry form. The minimum sponsorship requirement is £40.

## **How fit do I need to be?**

This walk is demanding. A fit & strong walker may be walking for between 10-12 hours, for others it may take longer & some walkers may be walking for up to 16 hours or more. The walk must be completed within 20 hours.

We recommend you train before hand & if possible practice walking sections of the route (Route maps and descriptions are available from the Louise Smalley website).

Training walks may be posted on the Louise Smalley Facebook page. You are welcome to post your training dates if you'd like others to join you.

## **What will I need to carry on the day?**

Carry a back or waist/hip pack with sufficient room for food and drink to be consumed between checkpoints (and maybe beyond – if you get lost.) It will also need to be large enough to hold your GPS tracker. There are 8 checkpoints along the route with plenty of hot & cold drinks, sandwiches, crisps, cakes & snacks. A hot bacon or sausage sandwich is available at the first 2 checkpoints. Your bottle can be refilled at these service points. We have an experienced support team who will make sure you are fed & cheered on throughout the day.

PLEASE NOTE: IF YOU HAVE A FOOD ALLERGY, WE STRONGLY RECOMMEND YOU CARRY YOUR OWN SUPPLIES; OR PLACE THESE ON THE SUPPORT VANS THE EVENING BEFORE THE WALK. THESE MUST BE IN CLEARLY LABELED AND SEALED CONTAINERS.

You are required to bring with you at least one 500ml refillable water bottle.

PLEASE NOTE: WE DO NOT ISSUE PLASTIC BOTTLES OF WATER AT CHECKPOINTS. WE WILL HAPPILY REFILL ANY WATER BOTTLE FOR YOU. Remember the first checkpoint is at around 11 miles.

**FOR 2020 – We will be trialling a GPS tracking system. This will monitor the progress of walkers, collect split times as you pass through checkpoints; and provide a live webfeed of your location. In order to do this each walker will be given a small tracker which weighs approximately 60g and is about the size of a match box. These are being hired from Open Tracking (<https://www.opentracking.co.uk/>). You will be responsible for the safe passage of your tracker along the entire route. If you break it - you have bought it. If you lose it, you've got to go find it and bring it home!**

**What medication will be available?**

None. Under **NO** circumstances will the support crews supply medication of any kind including Ibuprofen, Aspirin or Paracetamol. Therefore, please carry any medication that you may require. First Aid support is available on the day and will question any medication that you may have taken.

**How will I know the route?**

Maps & route descriptions are available to download from [www.louisesmalleywalk.com](http://www.louisesmalleywalk.com) from about the end of February. Please be aware that there may be changes to the route up to the day of the walk. A copy of the official route description will be provided at registration on the day. You are encouraged to walk sections of the route during your practice walks. Getting lost on a 40 mile walk can be very disheartening.

**What happens if it's raining?**

You get wet. We still walk, watch the weather & pack rainwear accordingly. Pack sun cream if it's going to be sunny.

**Do we get a certificate?**

You will receive a certificate on the day. We hold a presentation night in November to present the monies raised to the nominated charity. You will receive a badge at this event which is usually held at Whitwell Community Centre.

**The day after- Don't forget to join us on the Sunday from 1pm at the Royal Oak to share your walk stories & compare blisters!**

For more information or any further questions about the walk please visit [www.louisesmalleywalk.com](http://www.louisesmalleywalk.com), the Louise Smalley Facebook page or contact Joe Mason on 07731 896370 / 01909 722909

**T-Shirt Size chart**

The chart below is an indication of the sizes of the T-shirts. For previous walkers, we will be using the same supplier as last year so you may wish to check which size T-shirt you had in 2019.

	S	M	L	XL	XXL	3XL
Chest in Inches	34/36	38/40	42/44	46/48	50/52	54/56