

# EVENT GUIDE



5<sup>th</sup> May 2024

## **Event Aims:**

To complete a full distance walking marathon, in a group or groups, safely, whilst fundraising for good causes.

## 1. Getting there

**GO DIRECT:** Meet at the Start Area

Location: The Childe of Hale Statue. LA24 4AX

Meeting time: from 7.30 for 7.45 briefing/meet mentors

Drop off/parking: roadside near The Childe of Hale pub LA24 4AX

**COACH TRANSFER:** Bus from The Grammar to the Start Area

Location: Marlborough Road. Bowdon WA14 2RY. Parking on street

Meeting Time 6.50 to depart by 7am.

Arrival at the Start Area 7.45 briefing/meet mentors

Bus transfer option is at an extra cost in advance only. If you require a seat, please visit [giantwalk.org](http://giantwalk.org) to book.

2. **Groups and Start Times** An email will be circulated a few days before the event with your initial groupings which will be decided up based on group size, pace and chosen charity. We aim to start at 8.00 am. After a quick social media picture at the start you will leave in your initial groups. The first 4 km is a coastal circular loop back to the actual start point, where the bus will still be waiting (WC?) and you can make any necessary kit changes. You will see the estuary weather for the first time. Additionally, if you are not happy with the pace of your group, this is the first opportunity to change.

We know that your natural walking pace will vary during the day. So the team mentors and groupings may be fluid. Therefore, we expect there will be several group changes during the day.

## 3. Contact and personal information

**EVENT CONTROL/FIRST AIDER – 07770 868 380**

**Marc Duschenes, Team Leader**

Mountain Training (UK) Leader (1571762)

Allianz Insurance PLON99/0115515/6

£5,000,000 Public Liability

## 4. Grouping and logistics

**a. Guides and assistants/mentors.** You will be with experienced guides and mentors throughout the day who will aim to keep similarly able walkers together and will carry extra equipment, maps and be in touch with Event Control. Mentors will be your first point of contact if you have any questions and are there to help. All are volunteering to assist you and love spending time outdoors.

**b. The loo!** We know it's on your mind! On the route several public toilets have been marked out on maps that mentors will have, and they will know how far they are away. But there are also stretches where there are no facilities. Please don't deliberately dehydrate yourself. It's much better to be prepared for a *wild-wee* in which case mention to your group mentor that you need to look for some "*shelter*". Normally you're not the only one needing to go.

- c. The bus** We have rented a coach for the day, which has been partly paid for by those travelling on it to the start. These people will have reserved seats on the bus and their belongings can be left on board. Other walkers are welcome to use the bus stowage to store personal belongings and use its WC. All items are left at your own risk. We will meet the bus at regular intervals during the day. Extra water and bananas will be in the bus stowage which you can help yourself to freely, so you only need carry a couple of hours of water and snacks, but obviously carry more water if it's warm.
- d. Time checks.** In order to ensure that nobody has strayed off the route, and to ensure that you are walking with the correct group and to check on your welfare during the day, Event Control will have signing in sheets at certain rest stops. Please sign in/out quickly. You may be asked to move group at this stage, and you may also be asked if you would like to take a rest on the bus and skip a stage if you are struggling either with a health or welfare issue, or a timing issue. This is to ensure that the day has a predictable end time. Your charity supporters will not want to know you have come to any harm.
- e. Lunch stop.** The longest rest stop is at the midway point where the bus and Event Control will be parked a few hundred metres away from Stockton Heath village, where you can find small supermarkets/coffee shops. If you've brought your own picnic this is the time to get it off the bus and put your feet up. The aim is for only a 20–30-minute break so be well prepared and use the time efficiently to rest, refuel, refill/empty, change clothes/shoes etc. Your mentor will need to reconvene your group before you sign out and leave together. Any voluntary or necessary group changes will be made at this stage.

## 5. Training

Training is as much about getting used to using all your kit as the physical preparation. The route is very flat, with a mixture of road, footpaths, tarmac, riverside paths and fields. There will be muddy patches even if it is a dry day. Where possible you should train in your intended kit to test it and practice setting up your bag and combining your layers.

We recommend you are sure you can walk for at least 4 hours/20km in your intended footwear carrying some kit before the event. Don't just train in good weather, because it could be raining all day. Get used to how your layers of clothes can combine, and how you hydrate and dehydrate, and what food or energy you will need on the day, and how you do all this on the move.

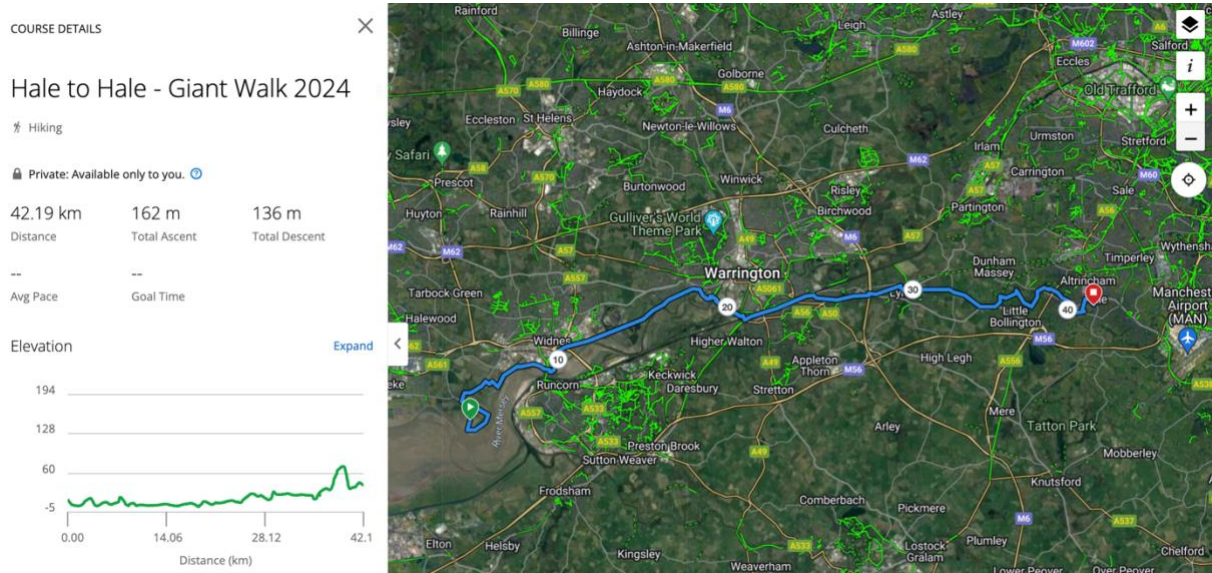
Not many of us have the time for regular long training walks, so when you are out training for the Giant Walk try carrying extra weight e.g. water in your rucksack to simulate the longer walk.

## 6. Kit List

- a. Footwear** Gym shoes are too light for this walk, but winter hill walking boots are certainly not necessary either. Choose a good **strong trail running shoe** or a **lightweight walking boot**. Consider changing your shoes on one of the afternoon stops to alter pressure points
- b. Clothing** Always go for a **layered approach** avoiding denim and cotton if possible so you can add/remove layers as the day unfolds. We are starting early so it will be cool, and as the day goes on your body temperature will also rise. Your waterproof layer should be lightweight for this time of the year. Gym socks are not appropriate. Walking or compression socks are best. Would you prefer a **rain hat** or a **hooded waterproof?**
- c. Rucksack** As the event is a supported day event, only a **small rucksack** is needed, and you can even share between friends. It must be sufficient to carry your **spare layers/waterproofs snacks** and **water** plus any **medication, personal hygiene, wet wipes, sun cream** etc
- d. Food and water.** There are opportunities to get snacks/drinks on route and a lunch stop is planned, but you should be prepared to carry enough with you to last for at least half the day +/- anything you leave on the bus. Keep some sugary snacks on hand at all times.
- e. Energy** How will you keep your calories topped up to finish the event strongly? Cereal bars, sweets, drinks, caffeine, gels – there are lots of tried and tested methods. Try and test them! What other energy do you need? Phone chargers might help you fundraise or navigate.
- f. Not necessary but helpful** Event control will have a group first aid kit, but you might want to remember your own blister plasters, painkillers etc. Mentors will have the more detailed route maps/GPS but you can upload the GPX route file to your device if you want which will be emailed a few days before the event. There are no hills on the route, but some people like the assistance of a walking pole on long days.
- g. Tips** Hand gel or surgical spirit: use this to prevent blisters by soaking your feet in it several days before to harden skin. Keep your toenails trimmed. Don't wear rings if your fingers swell on long walks. Keep car keys extra safe.
- h. A Smile** This is intended to be a fun way to earn your marathon medal. There is no chip timing, and we have an inclusive group philosophy. Be well prepared, but also be honest with yourself, your mentors and Event Control because if you are struggling with something, we can help you and want you to finish! Don't put yourself in danger or feel embarrassed at any time or feel the burden of letting your team or charity down. Meet new people, test yourself and chat all day!

## 7. Route

Mentors will have route cards and GPS equipment and be aware of turning points. We will also email you a few days before the event with a GPX file and a weather report to assist. The route cards will look a bit like this, and zoom in on sections, and mark out public facilities. We can tell you now though that coastal weather, estuary gusts, trans-Pennine-trail shade, showers and afternoon heat could all be on the cards! Be prepared.



8. **Your safety** Your safety is our priority, and this means we have trained and practiced for the event. Some decisions have been made in advance whilst other decisions can change on the day.

- a. **Briefings** There will be a weather and route briefing by email 2-3 days before the event. Please look out for this. It will also contain your group information, and a little bit about the team members.
- b. **Leadership** Event Control will be responsible for your welfare all day. It is vital that you have completed your medical questionnaire in advance and discussed any conditions. All decisions regarding your welfare are final.
- c. **Mentors** This group of volunteer assistants are on the walk to stay with you. They each bring different skills to the team of volunteers, and you may want to walk with as many as possible to gain the most from the day. The mentors, like us all, walk at different paces, so switching group is natural. Mentors do not hold your personal medical information but are your link to Event Control and will have been briefed with additional information.
- d. **Your responsibility** Ultimately you are responsible for your own safety, so please take every possible step to ensure that the team can offer you advice and assistance. We will encounter risks, hazards, weather, navigation issues – this is normal and is always dynamically assessed and your input is appreciated.

## 9. **The Finish – important info**

We will finish the official marathon near the Hale Clock where you will collect your medal!

Just before the finish we will pass the bus for the last time near the finish at The Grammar where the a.m. transfer started, but the bus will then stay another 30 minutes for people to return to it and collect their belongings. If you want to meet your family just before the finish and take the last few steps together, we suggest that you do this at the last bus stop at The Grammar on Marlborough Road.

Then it is up to you whether you go straight back to the bus area to collect your gear, stay in Hale village, or use the facilities at the Bowdon Cricket Club (possible pizza/bar) where the team will remain for a while and have a celebratory drink at the Club bar.

## 10. **Fundraising**

If you are fundraising for a charity, you now need to start your just giving page and share it. Some charities have also got their own preferred platforms.

Here is the Just Giving page [LINK](#). If the charity you are raising funds for is not listed or is not arranging fundraising resources for you, please contact us.

We have found that fundraising using social media on the day during the walk is very powerful so remember to take lots of pictures as your marathon unfolds. There will be a WhatsApp group set up to share pictures during the day and communicate any important group messages. Always use the #hale2hale and #giantwalk and tag your chosen charity in your posts as we will pick them up and repost them. Be nice!

This is our first public H2H event, and we aim to repeat it next year, so this is vital assistance. If you do not want photographing or any image of you to be published, let us know in advance due to GDPR. If any image of you is taken unexpectedly, simply alert the person not to publish that image and to kindly delete it. We will do our best on this, but fundraising is a balance of publicity and physical effort. Images will be deleted as quickly as possible if you did not consent. Let us know if any error has happened asap.

If you are not fundraising for a particular cause, please be reminded that Regenesys is fundraising itself for a lightweight defib and there is a donation option back at our main website [giantwalk.org](http://giantwalk.org). We would appreciate your support.

## 11. **Rules and Conduct**

Our volunteers are experienced guides and assistants and who will keep an eye out for risks but will rely on your group conduct and support. Some are also Outdoors professionals. The mentors will set different paces, so please find your most suitable pace and always walk with others.

**Your pace will naturally change during the day, so enjoy meeting new people and changing group is not a criticism but an opportunity.**

You should not be alone at any point of the day or be left on your own, and please don't be offended if you are asked to change groups or are supported. Anyone unable to continue or remain with the group will be asked to wait with the bus and a chaperone added if necessary. This decision will be final, and in the interests of the whole group, in accordance with our risk assessment, and to ensure event success overall.

Remember the Countryside Code, respect other people and consider local community, environment and do not litter. Do not be under the influence during the walk. Dogs are not allowed.

If you are fundraising en-route, please do so discreetly but if you end up spending too much time with a member of the public, remember to inform your mentor, who may curtail any delay.

12. **Next year** Save the date 11<sup>th</sup> May 2025. Giant Walk II

**11<sup>TH</sup> MAY 2025**

**GLOSSY MAGAZINE**

**THE GIANT WALK 4 CHARITY**

**FROM HALE 2 HALE**

**ON MERSEY KM CHESHIRE**

**ENTRY INFO**

Entrants must be over 18. Tickets are £35 each or £99 for a team of four and you must fundraise for a UK registered charity. A fund raising pack and an event guide will be provided after you confirm your place. Terms and Conditions apply. This event is supported and managed by Regenes Events CIC Limited

**[GIANTWALK.ORG](http://GIANTWALK.ORG)** **#HALETOHALE #GIANTWALK**

Best wishes to you all, and stay safe!  
Marc and the team.