

Founders Challenge – Your options – Final instructions

Organiser's email address: chris.founders.challenge@gmail.com

Emergency number for the day: 07852 219696

What to expect:

- On arrival you will confirm your mobile number and receive your event number
- Tea, coffee, squash and biscuits will be served from 07:15
- Start times are:
 - 08:00 onwards for the walkers on the 30-mile route
 - 08:15 for the walkers on the 19-mile route.
 - All walkers must have set off by 08:30
 - Runners can start from 09:15 (be aware of the 10:30 opening time at checkpoint 1 & 12:00 for checkpoint 2)
- Ensure your number is recorded on your way out of the hall.
- There are 2 checkpoints on the 19-mile route and 3 checkpoints on the 30-mile route. These checkpoints will only offer water, squash and limited snacks instead of normal checkpoint food. (Please note that, due to the train strike, the number of marshals available is severely reduced and we are forced to ask **you to bring food for the walk itself, although some snacks will be available at the checkpoints.**)
- At all checkpoints ensure you sign in on the sheet provided with your event number, initials and the time. Please bring a pen with you for this purpose to limit the risk of Covid-19.
- On arrival back at HQ please report to the finishing desk and order your pasta meal at the hatch before removing your shoes. Please remove your shoes and leave them on the plastic sheeting in this room before entering the main hall. Your meal should take about 6 minutes to prepare. Tea, coffee and squash will be available along with puddings (tinned fruit/cake and custard). **Please notify the organizer by email of any food allergies you have by 09:00 this Friday (30th September).** The organizer will reply by email confirming he has received your notification.
- Certificates will be issued to all participants finishing by 19:00

If anyone would like to attend this event with “on the day sign up”, the costs are as follows, in line with the changes made: member £15.00, non-member £20.00. It would be useful to know if you are intending to sign up on the day so we can ensure there is sufficient food. Please contact the organiser (contact details at top of page) to let them know you will be attending.