



Your Adventure Awaits!

Event information for on-the-day

We can't wait to see you on Sunday for Walk Your Ridgeway!

If you haven't received your event pack yet, this will now be in the post to you or ready for collection from the Hospice, depending on which option you chose upon booking. If you're unable to collect it we will have it ready for you at the start.

Please make sure you read all the information below carefully and start thinking about what to wear and what to pack for the event. If you have any questions please get in touch.



What3Words

Our First Aiders and support crew have kindly asked for you to download the **What3Words app** via the link below.

[What3Words](#)

If you did need extra support between check points the What3Words app would be able to tell your precise location by giving you a unique combination of three words. This would allow our medical teams to locate you exactly. The app is free and very useful to have whenever out walking, so definitely worth downloading.

If you need to stop participating on the day, please make every effort to do so at a checkpoint as this will be the easiest place for our teams to help you.


Please bear in mind that your closest checkpoint might be behind you. If you are unable to do this, please call the Hospice Control Phone on 07703 738098 for assistance and to notify us if you need to pull out.

In the event of an emergency always dial 999 first.

Start Times

Marathon Walkers:


 **Start Time:** 8.15am

 **Start Point:** Princes Risborough - Whiteleaf Carpark, Peters Lane (what3words improves.protrude.husbands).

[Marathon Map](#)

Half Marathon Walkers:

 **Start Time:** 11.30am

 **Start Point:** Wendover - Witchell Pavillion Carpark (HP22 6EG).

[Half Marathon Map](#)

There will not be any parking available at the start locations as this is a linear route with small carparks. Please ensure you have your travel plans organised in advance.

Please remember to:

- Add the **Hospice Control Phone 07703738098** to your mobile contacts - this is how you can get in touch with the event team if you need us.
- Attach your walker number to your outer layer of clothing, or on your back pack, before the start so our volunteers can check you off as you cross the start line and walk through checkpoints.
- Pack plenty of high energy food and water.
- Dispose of litter at checkpoints only (or take it home with you!).

- Apply and pack sun cream and a hat – there are open and exposed areas along the route.
- Please DO NOT wear headphones so you are fully aware of any traffic approaching on country roads.
- If you have signed up as a team you are the team leader, so please do forward this email on to your team mates so they can prepare, too!

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Thank you SO much for every penny raised so far. Without awesome people like you, rising to the challenge, The Hospice of St Francis simply couldn't continue to be that much needed hand in the darkness.

A huge **THANK YOU** from all of us – keep up the great work!



**If you haven't already set up your Just Giving page, there's still time.
Just click on the link below:**

[Set up a JustGiving page here](#)

That's it from us, so lace up those boots, plan your packed lunch, and we'll see you on Sunday!

If you have any questions, we're here to help! Just email fundraising@stfrancis.org.uk

Claire & Shannen
Walk Your Ridgeway Gurus
Events Team



