

Just Walk FAQ's

How hard is the JUST WALK?

We want you to take on a challenge and justify your sponsorship. The routes are $\frac{2}{3}$ off road taking in bridle paths, tracks and trails including the South Downs Way. The ground could be uneven and if wet the surface could be muddy. Training on a varied terrain on and odd roads for all routes are advisable. The routes are stunning and very scenic, and we will do our best to make the whole thing that much more enjoyable. By offering four different lengthed routes we are offering four different challenges so you can choose how hard you want your challenge to be. Both the 40km and 60km routes are not easy and a big challenge, but with the right amount of training are achievable.

Is there an age limit to JUST WALK?

Those under the age of 18 must be accompanied at all times by a responsible adult. No under 16's on the 40km and 60km routes and those aged 16-18, as mentioned must be accompanied by an over 18. There is no upper age limit but everyone's medical condition will be taken into account when being permitted to take part in the walk.

Is JUST WALK suitable for wheelchairs or buggies?

Unfortunately due to stiles and the terrain on the walking routes, they are all unsuitable for both wheelchairs and buggies.

Can I bring my dog to walk or to the start and finish?

Due to concerns from local farmers and landowners we regret that with such large numbers involved we cannot allow dogs on the route. There are also no dogs allowed at Goodwood Racecourse the start and finish location: however, there will be an exception for working dogs for the deaf or blind.

How do I go about contacting the charity I am fundraising for?

All charities will want to know that you are doing a fundraising event for them. Now that you are signed up, get in touch with them; their contact details can be found on their website or in your local telephone directory. Tell them about JUST WALK and ask them for a fundraising pack which will include sponsor forms. If they wish to know more about the event, ask them to contact us directly and we will be happy to answer their questions. It is important to remember to send all of the money you have raised directly to the charity and not to us at Across the Divide.

How much do I need to raise for my charity?

That's up to you. That's the great thing! As you will be paying all the costs, every penny you fundraise goes to your charity. When you contact the charity ask them for a fundraising pack and also ask about recommended targets if you are unsure how much you should aim to raise. It's a good idea to set yourself a target. A typical target could be £500: it is encouraging to have something to aim for.

Will you send me a sponsorship form?

We do not produce JUST WALK sponsorship forms as Across the Divide cannot legally collect your fundraising money this must go direct to your charity. Please get in touch with your charity for sponsorship forms.

How does the money work?

One very special thing about JUST WALK is that all of the money you raise will go to your charity. You will have paid your total event fees so every penny you raise from now on will go to your charity (even more money if you add Gift Aid, just ask your charity about it).

Will I be supported?

There is lots of information and training support included in this event pack and there will be further information through a series of newsletters. Across the Divide will provide you with all the information you need, from all of the details about the day itself and the walk, through to advice on training, kit and fundraising. During the event we will provide meals, drinks, snacks, medical support, walking guides and full event facilities, and you will receive a free (and exclusive) event t-shirt after you have crossed the finish line. You will be supported every step of the way. Across the Divide has over 13 years' experience in organising charity challenge events in almost every corner of the world and has helped to raise £43 million for charitable causes. We guarantee that you won't be alone!

What time will the event start?

The 40km and 60km routes start at 0800 hours. The 10km and 20km routes start at 1000hrs. Please note, however, that timings are subject to change and we will notify you in advance if this is the case. You will need to sign in on the day at Goodwood Racecourse by 0740hrs for the 40km and 60km routes and 0940hrs for the 10km and 20km routes: please allow yourself plenty of time. It is also very important that you do not start the walk without signing in!

How long will the walk take me?

This will depend a lot on your experience, the conditions on the day and your fitness. The table below will give you a guide based on previous years' walkers.

	Faster Speeds	Average Speeds	Slower Speeds
10km finish time (having started at 1000hrs)	1130hrs	1215hrs	1400hrs
20km finish time (having started at 1000hrs)	1230hrs	1400hrs	1600hrs
40km finish time (having started at 0800hrs)	1400hrs	1630hrs	1900hrs
60km finish time (having started at 0800hrs)	1800hrs	2100hrs	0100hrs (Sunday 16 th)

What is the walk like?

Stunning! We have chosen this area for its outstanding natural beauty and spectacular views. The walk is along footpaths, tracks and lanes avoiding the worst of the mud and nettles and is somewhat undulating. Power stations will be positioned at regular intervals along the route, allowing access to toilet facilities, marshals and medical support.

How do I get to the start and where do I leave my car?

The start is at Goodwood (Horse) Racecourse: the venue details and directions are provided in this pack. There will be plenty of free parking for all at the racecourse*. To help make the event more sustainable we recommend that you look into public transport options and car sharing. Public transport details will be provided in a later newsletter.

* Parking at Goodwood Racecourse is at your own risk. ATD is not responsible for any damage or loss to your car or property.

My supporters want to meet me en route?

We are happy to encourage walkers to bring along supporters; it creates a great atmosphere at the start and finish. There are facilities for supporters to be able to buy drinks and snacks whilst they wait for you at Goodwood and entertainment. If your supporters want to meet you en route or at certain power stations that is fine, however not all points are vehicle accessible and we only will allow supporters at the below locations.

Route	Power stations with supporter access	Grid Reference
10km Route and 20km Route	East Dean Village Hall car park - Power Station One	904130
40km and 60km Route	Eartham Wood Forestry Commission car park - Power Station One	938106
40km and 60km Route	Slindon Recreation Ground and Pavilion - Power Station Two	967076
40km and 60km Route	Bignor Hill car park - Power Station Four	989155

What if the weather is bad on the day?

We cannot guarantee good weather. Only in the event of very severe weather conditions and a warning issued for that area will the event be cancelled. We recommend that you look at the weather forecast in the days prior to the event and wear suitable clothing as recommended in your kit list. Remember to bring kit that prepares you for all weather conditions as the weather can quickly change over a small period of time.

I can no longer participate in the walk, am I entitled to a refund?

We will offer a 50% refund if you cancel your place on the walk up to 28 days in advance (so before Saturday 17th April 2010). Any places that are cancelled within 28 days of the walk are not entitled to any refund. Please see our website for terms and conditions.

What happens if I find I cannot continue with the walk?

Obviously we encourage all walkers to finish their challenge however, if for medical reasons you cannot continue we have minibuses on hand to collect you. Our advice would be to make it to the nearest power station if possible and they will radio for pick-up. If you cannot make it to a power station then please call the emergency number provided on the day. If one of your supporters picks you up, once again please use the emergency contact number to let us know you have left the walk. Otherwise we will be out searching for you into the early hours!

My medical conditions have changed since I registered for the event

When you sign in on the morning of the event we will ask you to fill in a small form that must be carried with you at all times on the walk. This will include a small section for medical conditions so we have the most up-to-date information about you, and an emergency contact number.

I am an individual walking the 60km route and I am worried for my safety once it gets dark?

If you are an individual walking we will encourage you to pair up with another group or individual for the night time section for extra safety. The safety of our walkers is our main priority. Our guides circulate the route on bikes so we can keep an eye on all of our walkers, especially in the dark.