

Just Walk Terms and Conditions

- Children under 18 years of age on the day of the event must be accompanied by a responsible adult who is also registered to participate in the event.
- I agree to pay the fee stated in the Join Up form and agree that this fee is 50% refundable up until 28 days prior to the event, after which it is non refundable.
- As a participant I must provide any relevant medical information. This information will be treated in confidence and only used for this event. Across the Divide (ATD) have the right to refuse entry to anyone deemed medically at risk in taking part in this event.
- I agree that I am in good physical condition and accept that this challenge is strenuous and that ATD take no liability for injuries or ill health resulting from participation in this event
- The Event Manager may at any time during the event terminate my participation if it is considered necessary for the health and safety of other walkers, and/or myself or if I commit an illegal act
- I am taking part in this event at my own risk and will not indemnify ATD or its suppliers or anyone acting on their behalf for any risk, damage, loss or costs arising as a result of my participation
- Prior and during the event I will be responsible for my own safety and will take all reasonable care to ensure the safety of others and will comply promptly with any safety instructions given by ATD or any person acting on their behalf
- If you choose to walk or cycle a shorter distance after you have paid your join up fee, the difference between fees is non refundable.

Just Walk FAQ's 40km Route

How hard is the walk?

The 40km route is not easy. We want you to take on a challenge and justify your sponsorship. The route is $\frac{2}{3}$ 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. You do not need to be super fit for this event, but training is advisable and training on the right type of terrain. The route is stunning and very scenic, and we will do our best to make the whole thing that much more enjoyable.

Is there an age limit to JUST WALK?

No under 16's on the 40km walk. Those aged 16-18 must be accompanied at all times by a responsible adult. 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 the walk suitable for wheelchairs or buggies?

Unfortunately due to stiles and the terrain on the walking route, it is unsuitable for both wheelchairs and buggies.

Can I bring my dog?

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: 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 route starts along with the 60km route at 0800hrs. 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: 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
40km finish time (having started at 0800hrs)	1400hrs	1630hrs	1900hrs

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. If your supporters want to meet you en route or at certain power stations that is fine, however not all points are vehicle accessible. At the start venue on Saturday morning we will provide a large scale map which will inform supporters of those stations they can easily get to in order to meet up with you.

Power stations with supporter access	Grid Reference
Eartham Wood Forestry Commission car park - Power Station One	938106
Slindon Recreation Ground and Pavilion - Power Station Two	967076
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.

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 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: www.acrossthedivide.com