

# On the Day!

**£150 pays for 24 hours nursing care - just think of the difference it would make to Iain Rennie Grove House Hospice Care if every walker raised this amount!**

**The countdown has begun to the 2011 Chilterns 3 Peaks Challenge...**

**Car Parking:** Will be at Princes Risborough School.

**Princes Risborough School Address:** Coach Access Road  
Off of New Road  
Princes Risborough  
Bucks, HP27 0DT

**\*\*\* No Access Via Merton Road \*\*\***

There will be no access to the school from the Merton Road entrance. If you are dropping someone off at the school you will need to pull up down the road from the school and they will have to walk up to the coach access road entrance off New Road. There will be no access into the School grounds unless you are parking your car to take part in the event as it will be **one way traffic only**.

**The car park will open at 9am.**

## Arrival Times:

**18 Mile Walkers:** Please arrive to register for the walk between 9.30am and 10.30am. If you arrive after 10.30am you will not be permitted to walk the 18 mile route.

**9 & 5 Mile Walkers:** Please arrive to register for the walk between 10am and 11am. Registration will close at 11am. If you do not arrive by this time you may be refused entry to the event

**If you would like to be part of our "Press Start" for the paper could you please arrive for 10am.**

We kindly ask that you adhere to the times given as they are there to make sure everyone is finished in time for the last bus back from Ivinghoe Beacon at 6.30pm.

## Registration

Once you have parked at Princes Risborough School, please report to the **registration point** which will be clearly marked.

For your own safety it is **extremely important** that you register before you set off.

Please **remember** to bring along your **completed registration ticket** to help speed up registration.

When you register you will receive a map of the route indicating all the marshal points, water stops and toilet facilities on the walk.

The route map will have the emergency contact number.

Please make sure that you take your copy of the route map with the emergency number with you when you set off and keep it with you at all times.



**Once you have registered you can begin your Chilterns 3 Peaks Challenge straight away!**

# On the Day! (continued)

**Although we do not ask for a minimum sponsorship £150 pays for 24 hours nursing care - just think of the difference it would make to Iain Rennie Grove House Hospice Care if every walker raised this amount!**

## Registration Ticket:

You will find enclosed your registration ticket, please complete the ticket and bring it along with you on the day.

Please enter your full name in block capitals & also the amount of sponsorship money you have pledged to raise.

If you have raised money as a team it is very important that **only the team leader** writes down the amount of sponsorship pledged. If you have raised money individually then you should each write down your individual sponsorship pledged. **Please do not duplicate any amount as this may be misleading.**

## Buses:

Our Arriva bus drivers are all giving up their Sundays to volunteer for the Chilterns 3 Peaks Challenge and provide the transport for our event free of charge, please be patient when waiting for and boarding buses.

When waiting for and boarding the buses please form an orderly queue and wait for a marshal to instruct you to board the bus. Our marshals are there to keep you safe, please **listen** to their instructions.

**Please be aware that buses will only run from and to the specified destinations:**

Wendover Train Station - Tring Train Station

First Bus: 1200 / Last Bus: 1400

Wendover Train Station - Princes Risborough School

First Bus: 1200 / Last Bus: 1400

Ivinghoe Beacon - Princes Risborough School

First Bus: 1430 / Last Bus: 1830

There will be **NO** stops on route and the last bus time is final.

It is your responsibility to make sure you are at the relevant collection points on time. If you think you are not going to arrive in time for the last bus back from Ivinghoe Beacon you must call the emergency number given on your map before 6.30pm. **The buses will not wait.**

## The Route

The route will be marshalled and clearly sign posted with the Ridgeway Acorn.

The marshals will be highly visible in their fluorescent bibs and more than happy to assist and point you in the right direction.

For your own safety you **must remember** to take your route map and emergency contact number (issued to you when you register).

On your map you will find details of toilet facilities available to you on the route, as well as water and snack stations to look out for.

**\* Please note that the route is undulating and uneven in places so not suitable for pushchairs.**

# On the Day! (continued)

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## Wendover

When you arrive in Wendover there will be a BBQ where you can purchase your lunch.

**5 Mile Walkers:** The bus will take you back to the car park at Princes Risborough School.

**9 Mile Walkers:** The bus will take you Tring Station to continue your challenge.

**18 Mile Walkers:** Our marshals will point you in the right direction to begin the next part of your challenge.

18 Mile walkers **must** leave Wendover before 1.30pm to complete the 18 miles **if you do not leave by 1.30pm you will not be permitted to walk the 18 mile** route as you must have enough time to catch the last bus. You will be given the option to catch the bus to Tring and walk the final stage of the route completing 9 miles.

## Ivinghoe Beacon

**9 mile walkers:** The bus will drop you off at Tring Station and marshals will direct you onto the Ridgeway.

**All walkers:** Should follow the Ridgeway **Acorn** signs to the top of the Beacon (a fantastic photo opportunity) and marshals will meet you there to congratulate you on completing your challenge with your well deserved medal.

Please note that there will be **no water** at the top of the Beacon, so please make full use of the water station just before you begin your ascent. (please see route map on the day for water station locations).

Marshals will be on hand to direct you down from Ivinghoe Beacon to the bus pick up point when you are ready to go home.

Once you have finished your walk the bus will take you back to the car park at Princes Risborough School.

## Clothing

**Please make sure you wear your fabulous Chilterns 3 Peaks Challenge t-shirt which is available to collect on the day!**

We recommend that you come fully prepared for all weather conditions. Layering is always a good idea but remember you must wear your Chilterns 3 Peaks Challenge t-shirt on the outside so that it is visible and we can identify you if necessary.

Remember to wear sensible shoes for walking, the route is long and uneven.

## Mobile Phone

We will give you a mobile phone number to call in case of an emergency. For this reason, and for your own safety we **strongly recommend that you bring a fully charged mobile phone**. We will have marshals along the route, who will be more than happy to assist you, as well as the Chilterns 3 Peaks Challenge vehicles circling the parts of the route accessible to cars to ensure everyone is safe. St John ambulance will be on hand should they be needed.

## Toilets

There will be porta loo's at Princes Risborough School and at various points throughout the route, please look at your route map (supplied on the day) to see their locations.

## Dogs

We advise that all dogs are kept on leads throughout the Chilterns 3 Peaks Challenge event.

Please remember to clean up after your dog, the marshals will have bins available at each point for you to dispose of any rubbish you may have. Remember to keep them hydrated, there will be water for dogs at each water point.

All dogs are the owners responsibility and **must** be kept under control at all times.

IRGH reserves the right to remove you from the event if they deem that your dog poses a threat to others.

## Adverse weather conditions

The Chilterns 3 Peaks Challenge route is undulating and uneven in places and could be dangerous in adverse weather conditions.

For your own safety if IRGH deem any part of the route unsafe you may be asked not to continue and if you do so it will be at your own risk.

## Sponsorship

It takes IRGH a lot of time to collect and process all of the sponsorship money raised at events such as this so if we can ask you to send in your sponsorship money as soon as possible after the event we would be very grateful.

Remember there is a prize for the most sponsorship raised.

## Marshals

We are always in need of additional marshals to assist on the day. If you know of anyone who could help us please do get in touch with the fundraising team. We promise to look after them well and provide snacks throughout the day!

**If you require any further information before the event please get in touch with the fundraising team on 01442 820739 or email [c3peaks@irhh.org](mailto:c3peaks@irhh.org)**

**We hope the training is going well and can't wait to see you on  
Sunday 18 September 2011!**

**Best wishes and Good Luck!**

**The Chilterns 3 Peaks Challenge Fundraising Team**

Telephone 01442 820739

Email [c3peaks@irhh.org](mailto:c3peaks@irhh.org)

[www.c3peaks.com](http://www.c3peaks.com)

