

On the Day!

The countdown has begun to the very first 2009 Chilterns 3 Peaks Challenge So, read on...

The Chilterns 3 Peaks Challenge will start at 9.30am from Princes Risborough School, there will be **NO** parking available at the School.

Parking will be at the Regent Park Business Estate (Ercol), open from 7.30am and there will be a free shuttle bus service provided by Arriva from Regent Park Business Estate up to Princes Risborough School between the hours of 8.00am - 9.10am.

Ercol will be providing free tea/coffee from 7.30am for all walkers, as well as toilet facilities and also the opportunity to walk around their showroom.

The last bus departure up to Princes Risborough School will be at 9.10am, it is your responsibility to make sure that you arrive early enough for the free transfers.

Regents Park Business Estate address: Summerleys Road
Princes Risborough
Bucks, HP27 9PX

If you wish to make your own way to Princes Risborough School please feel free to do so, however there will be **NO PARKING** at the school. You must be at the school no later 9.15am ready to register and start the challenge.

Princes Risborough School Address: Merton Road
Princes Risborough
Bucks, HP27 0DT

Registration

Upon arrival at Princes Risborough School, please report to the **registration point** which will be situated in the field at the school and will be clearly marked.

For your own safety, it is **extremely important** that you register both when you arrive for the start of the challenge and also when you finish. This is so we can make sure that everyone is safely back at the end of the event.

Please **remember** to bring along your **completed registration ticket** to hand in as this will speed up the process on the day.

When you register at the start of the event you will receive a map of the route indicating all of the marshal points, water stops and toilet facilities on the walk. We will also give you the emergency mobile phone number of a Iain Rennie member of staff. Please make sure that you take both your copy of the route map and the emergency telephone number with you when you set off.

On the Day! (continued)

Registration Tickets:

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

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

It is **very important** that if you have raised money as a team 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 can be misleading.**

On arrival at Princes Risborough School you will be asked for the start ticket so we know you are taking part in the challenge.

Wendover ticket: Please enter your full name in block capitals.

You will be asked for this ticket at Wendover and will need to let the registration team know whether you will be continuing on to the 3rd Peak (Ivinghoe Beacon) or returning to your car in Princes Risborough.

Ivinghoe Beacon ticket: Please enter your full name in block capitals

Please ensure you hand over your ticket to the marshal before you board the bus.

It is extremely important that you check in at each registration point so that we know where you are at all times and can make sure that you have arrived back safely.

Clothing

Please make sure you wear your fabulous Chiltern 3 Peaks Challenge t-shirt! We recommend that you come fully prepared for all weather conditions. Layering is always a good idea but remember to wear your Chiltern 3 Peaks Challenge t-shirt on the outside and to wear sensible shoes for walking.

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 to take with you on the route.** We will have marshals around the route, who will be more than happy to assist you, as well as the Chiltern 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 toilets at Ercol/car park and at various points throughout the route.

On the Day! (continued)

The Route

The route will be marshalled as well as 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 if you need them.

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

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.**

Wendover

Once you arrive in Wendover please ensure you hand in your registration ticket and let us know whether you will be continuing on to the 3rd peak (Ivinghoe Beacon) or finishing here.

There will also be a BBQ in Wendover where you can purchase your lunch.

If you finish your walk here the bus will take you back to Ercol in Princes Risborough where your car is parked.

Ivinghoe Beacon

If you are continuing on to Ivinghoe Beacon you will need to board the bus after you have had your lunch at Wendover.

The bus will drop you off at Tring Station and marshals will direct you onto the Ridgeway. Follow the **Acorn** to the top of the Beacon (a fantastic photo opportunity) and marshals will meet you there to direct you back down.

If you finish your walk here the bus will take you back to Ercol in Princes Risborough where your car is parked.

PLEASE REMEMBER to hand in your registration ticket before boarding the bus back to the car park so we know you are home safely.

Marshals

We are always in need of additional marshals to assist on the day. If you know of anyone who could help us out 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 890222 or email gnwalk@irhh.org

**We hope the training is going well and can't wait to see you on
Sunday 20 September 09!**

Best wishes and Good Luck!

The Chilterns 3 Peaks Challenge Fundraising Team

Telephone 01442 890222

Email c3peaks@irhh.org

www.c3peaks.com