



St. Richard's  
Hospice

CARING FOR LIFE

Reg. Charity No. 515668

# Let's GLOW

## *Frequently Asked Questions*

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### **Date, time and venue:**

Saturday 22 June 2023, from 9pm at County Hall car Park, Spetchley Road, Worcester, WR5 2NP.

### **Where does the route take you?**

The 11km route takes us down London Road towards the city centre then down Bath Road, through St Peter's towards Whittington and back towards the hospice, finishing at County Hall.

### **Where and what time do I need to register?**

Registration will be held outside on the County Hall car park from 9 pm with the warm-up starting at 10 pm. If it is raining we will update you on an alternative registration area.

### **Will there be first aid facilities?**

Yes, qualified first aiders will be at the event. Should you need first aid during the walk, please alert a marshal along the route or if you are not able to get near please ring 01905 958097.

### **Will it be safe?**

Your safety is of the utmost importance to us. The event has been organised in conjunction with local authorities and the route will be well marshalled by volunteers. A front walker will guide the walk and an end walker will follow the last walkers.

All walkers need to sign in and out on the night and confirm their contact number so we can make sure everyone is safe. Please ensure your phone is fully charged on the night. We recommend you download and print a copy of the route map. We strongly advise you to bring a head/handheld torch as some sections will be very dark. Please download the What3words app, this will enable us to find your exact location if you need assistance.

### **What if halfway through the walk I decide I can't do anymore?**

If you decide you cannot finish the walk or that you wish to end your challenge for whatever reason you **MUST** tell one of our route marshals. Please let them know your name and any members of your party also. If you need to contact us in an emergency, please call 01905 958097.

### **How long will it take?**

People of all fitness levels take part in this event. We expect most people to be finished in 2-2.5 hours. There is no rush and we encourage walkers to go at their own pace. There will be lead walkers, as well as people at the rear of the walk to ensure the last participants return safely.

## What do I need to take with me & what shall I wear?

- A fully charged mobile phone with 'What3words' downloaded
- Plenty of water and some snacks if you wish
- A Torch
- Card/cash - there will be glitter and food stands at the event supporting St Richard's
- Water-proof coat/jacket
- Appropriate clothing and footwear (no fashion trainers/pumps)
- Your brightest glow accessories!
- You will be able to buy a St Richard's t-shirt on the night for £10 should you want one

## Will there be toilets on the night?

Yes. The Worcester Woods Country Park toilets will be available to use before and after the walk. During the route, the Ketch Caravan Park at the end of Bath Road are kindly allowing our walkers to use their toilet block should you need to go en-route.

## Will there be storage facilities to leave things?

Unfortunately, there are no lockers or storage facilities available for this event, so we'd advise that you don't bring anything more than you can comfortably carry.

## Will it go ahead if it's raining?

Yes! British weather is known for being unpredictable, please do keep an eye on the weather forecast and come dressed in suitable clothing. The walk will only be cancelled if we think it will be too dangerous for you to take part.

## Will there be parking on the night?

Yes, free car parking is available at County Hall - marshals will be able to direct you.

## Will there be food and drink available on the night?

Yes! We will have a coffee stall as well as a sweet treat stall.

## Can I bring my dog?

Yes, but please note dogs must stay on leads at all times. The route follows a path through the city centre then by the side of a dual-carriage way.

## Thinking of taking part on your own?

No problem! We will have a lone-walker registration desk where all of our solo walkers can register and choose to walk together in a big group so no-one feels alone.

## Do I have to raise sponsorship money?

There is a £50 minimum fundraising pledge for all Let's Glow walkers. The ticket price only covers the cost of the event, so it is through sponsorship that you can make a real difference to the lives of those we support each year.

To set up your Just Giving page or make a donation click here.

**Ready, set, let's GLOW!**

Kindly sponsored by



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