



**Places
limited**

3 Peaks Bike and Hike

Summit Yorkshire's three highest peaks and cycle in between in the ultimate team challenge

23 June 2012



To take part in this **once-in-a-lifetime** experience, pay a registration fee of £195 per team of 4 and commit to raising funds to improve the health of sick children and babies.

For further information and an application form

actionforcharity.co.uk
 01590 677854
 events@actionforcharity.co.uk

The 3 Peaks Bike and Hike is managed by Action for Charity on behalf of Action Medical Research



Charity reg. nos 208701 and SC039284

3 Peaks Bike and Hike

23 June 2012

3 Peaks Bike & Hike is a very exciting adventure challenge. Teams of four are challenged to summit Yorkshire's three highest peaks and cycle in between them in this exciting team challenge. The challenge involves approx 30 miles of cycling (a combination of on and off road) and 20 miles hiking.

The challenge is set in the spectacular surroundings of the Yorkshire Dales National Park, famous for the Yorkshire 3 Peaks of **Pen-y-ghent, Wharfedale and Ingleborough.**

The challenge starts in the Dales' village of Ingleton where we have a check-in and full event briefing on the Friday evening (22 June 2012) from 7:30-9pm. Teams are then set off from Ingleton at 7am onwards the following morning.

raising funds for
action **medical research**
for children, for life

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The event was brilliantly organised, an amazing challenge, a great feeling of satisfaction at the end, great camaraderie, beautiful scenery and stunning route.

Susie Lintott

Susie's Stompers
Fastest All Female Team 2010



The Challenge

The first stage of the challenge is a stunning 10 mile cycle from **Ingleton** to **Horton-in-Ribblesdale**, where our first check-in point awaits you. Here you leave your bikes with our marshals and bike mechanic before heading off to climb **Pen-y-ghent**. This is the lowest of the 3 Peaks but also the most attractive.

Pen-y-ghent stands at 694m and the total distance you will walk is 5½ miles.

After checking in it is back on your bikes for the second stage of cycling from **Horton-in Ribblesdale** to **Ribblehead** and the stunning viaduct. This cycle is approx 12 miles and certainly the toughest cycling part of the challenge. Expect some off road here. On

reaching the **Ribblehead** viaduct it is time to leave your bikes again and climb **Whernside**. This is the highest of the 3 peaks and also the longest walk. You will be climbing to 736m on a horse shoe walk of 8½ miles.

It is then back on your bikes for a fast 6 mile cycle back to **Ingleton** before a steep off road cycle to our check in base for **Ingleborough**. The final peak to complete the set and the biggest vertical height gain of the day (592m ascent) Climbing to 723m you will be walking 6 miles. You are reunited with your bikes one last time and then it is all down hill back into **Ingleton** where the finishing line awaits you.

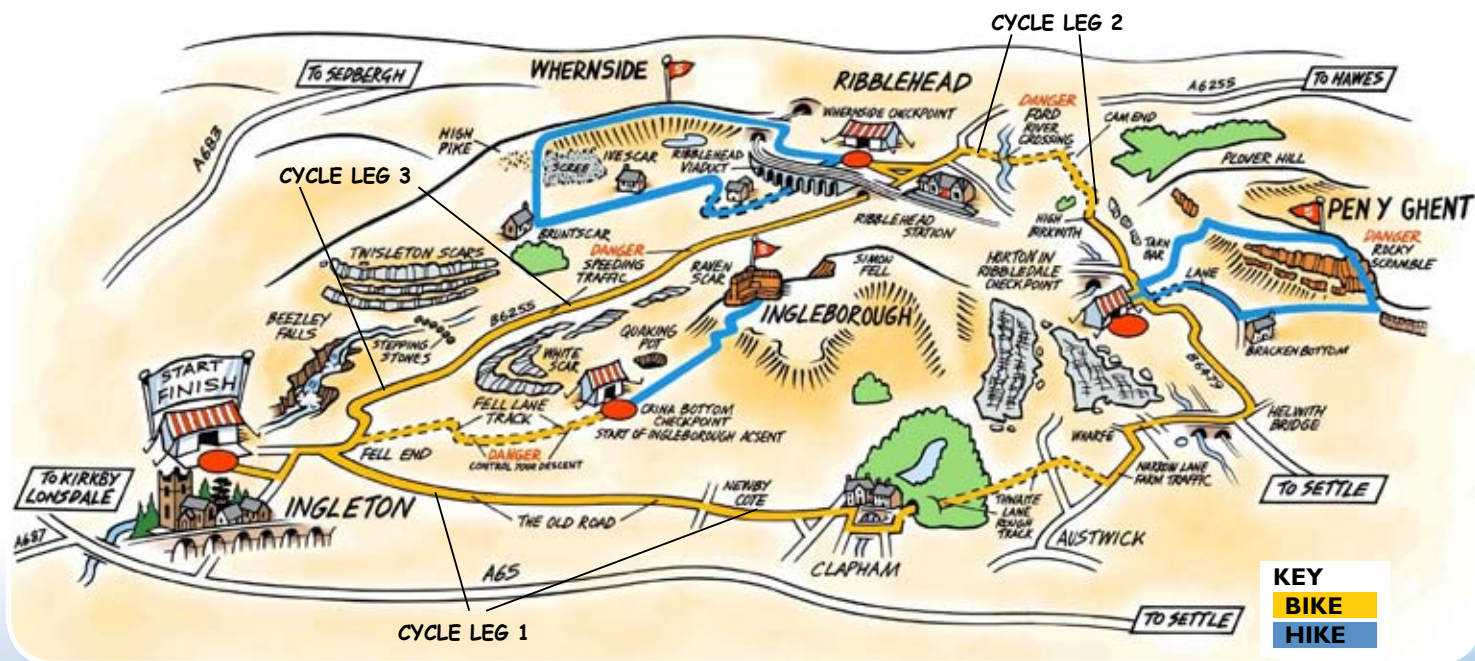


3 Peaks Bike and Hike

www.actionforcharity.co.uk

23 June 2012

Bike and Hike route



Pen-y-Ghent

Altitude: 694 metres (approx 2,275 ft)

Ascent: 465 metres (approx 1,520 ft)

Distance: 8.8 kilometres (5½ miles)

Wharfedale

Altitude: 736 metres (approx 2,415 ft)

Ascent: 446 metres (approx 1,465 ft)

Distance: 13.6 kilometres (8½ miles)

Ingleborough

Altitude: 723 metres (approx 2,415 ft)

Ascent: 592 metres (approx 1,965 ft)

Distance: 9.4 kilometres (approx 6 miles)



Your questions answered

How does it work?

To take part you are required to pay a non-refundable registration fee of £195 per team of four (not per person) when you sign up for the challenge. You are then asked to raise minimum funds of £1,800 for Action Medical Research. In order to be confirmed on the challenge your team must have £600 of the funds in by 18 May 2012. The remaining money should be paid in by 22 July 2012. In return we provide full event support, including fundraising advice and sponsor forms, route cards and equipment lists. We also provide qualified event marshals, first aid support, certificates, medals, trophies for winning teams, t-shirts and post event refreshments. The more money raised by participants on the challenge the higher the percentage of funds that directly support the work of Action Medical Research. You are therefore encouraged to exceed the minimum fundraising target.

How fit do I have to be?

3 Peaks Bike & Hike Challenge is an exciting action event. It is achievable by people with a reasonable level of fitness, who are prepared to put in plenty of training beforehand. The more you train, the more you will enjoy the challenge. It is a great incentive to train and get fit for, whilst at the same time knowing you are raising funds for an excellent cause.

How much of the cycling is off road?

Approx 40% of the cycling is off road. The off road is made up of bridleways and rough farm tracks. Some of the off road cycling is challenging but it doesn't require any technical mountain biking experience.

Do you have to carry our own equipment?

Yes you will be self sufficient for the whole challenge. You will therefore have to carry your equipment for the mountain section whilst you cycle. We provide snacks, water and hot drinks at the check-in points.

What about bikes?

You will need to provide your own bikes. We recommend mountain bikes but a hybrid would suffice. A road bike isn't suitable for this challenge. We do provide a bike mechanic at the check-in points should you experience any technical issues on the day but recommend your bike is serviced before the event.

Do I need special equipment?

It is essential that you come prepared with the correct equipment for the challenge. A cycling helmet is essential and we insist that you have walking boots or fell running trainers for the hiking element of the challenge. You must also have a map, compass and appropriate waterproof clothing.

How do I sign up?

The best way to register is on the Action for Charity website:

www.actionforcharity.co.uk don't worry if you haven't confirmed your team of four people yet, you can register now to secure your place and then send us details of your other team members as soon as they are confirmed.

Make your team a winner

Every participant that takes part in 3 Peaks Bike & Hike will receive a medal and certificate for taking part. However we also have trophies for the fastest teams, the best team spirit and top fundraising team.

The awards on offer are:

- Fastest Team
- 2nd Fastest Team
- 3rd Fastest Team
- Fastest All Female Team
- Fastest Mixed Team (1 or more female participants)
- Golden Oldies (only teams with a combined age of 180 plus can enter this one!)
- Best Team Spirit (triumph over adversity, good fun, supporting to each other and other teams etc)
- Top Fundraising Team (awarded one month after the event after the fundraising deadline)



Fastest Team

2011 Ridg Way Ramblers 8hrs 54mins
2010 Closing Ranks 8hrs 45mins

Fastest All Female Team

2011 Feeling Peaky 9hrs 47mins
2010 Susie's Stompers 11hrs 11mins

Fastest Mixed Team

2011 Horizontal Riders 12hrs 31mins
2010 Wild at Heart 8hrs 50mins

Golden Oldies

2011 Jaguar (184 years young!) 13hrs 44mins
2010 The Are We Nearly There Yets? (199 years young!)
12hrs 31mins

Top Fundraising Team

2011 Need More Beer £5,075
2010 The Are We Nearly There Yets? £9,757

Best Team Spirit

2011 Corsham Foursome
2010 Fearless

A tough challenge but looking back it was one of the best days of my life, the friendly hospitality topped off a wonderful weekend, raising money for charity and getting fit in the process...what a buzz!

Craig Sutherland

Ridg Way Ramblers,
Fastest Team 2011



A totally friendly atmosphere with great support throughout the challenge. It is a physical and mental challenge but the thrill of crossing the finish line makes it all worthwhile!

Danica Spiteri

Feeling Peaky
Fastest All Female Team 2011





Why take part?

Action Medical Research is celebrating **60 years of vital research for babies and children in 2012**

We are proud of our track record in funding medical breakthroughs beginning with the UK polio vaccine which has kept children safe from this deadly virus ever since.

Today too many children are still suffering from disease and disability and we are determined to help.

Your money will fund projects that aim to offer hope to many thousands of families who are dealing with the trauma of a baby born too soon, striving to support a child affected by disability, or facing the challenge of caring for a child with a rare condition for which there is no cure.

Katie's story

Katie was born almost two months early. She needed resuscitating at birth and spent her first weeks of life in neonatal intensive care. At just three-weeks-old her head became bigger, causing everyone alarm. She had developed hydrocephalus, also known as water on the brain. This is a serious but sadly quite common complication for premature babies. Thankfully doctors were able to draw off the excess fluid, avoiding the need for surgery.



Katie has had many difficulties to overcome - she has been slower to develop both physically and in terms of her speech; she was diagnosed with epilepsy at 10 months and her eyesight is poor.

Despite her difficulties, proud mum Siobhan says "she has done amazingly well. All in all she is your average six year old now and is the cheekiest monkey around."

Every mile you ride and step you take on the 3 Peaks Bike & Hike will help fund medical research that could one day help children like Katie. With your help, we can fund even more life-changing research for babies and children in 2012.



How we support you

Action for Charity are here to help you achieve your challenge and will help you all the way. We are on hand from the minute you sign up to answer any questions you might have about your fundraising, training or the challenge itself.

Fundraising

As soon as your team registers for the 3 Peaks Bike & Hike all four team members will be sent a welcome pack, which includes fundraising advice and original ideas to raise funds for Action Medical Research. On signing up you will also receive sponsorship forms and we send you regular fundraising ideas in the build up to the event.

Online Fundraising Page

As soon as you register for the challenge we send you a link to setup your own online fundraising page on the Action Medical Research website. You can either setup

one page for the team, four individual pages or both! This will enable you to send a link that your sponsors can then click on and donate securely using a credit or debit card. Previous participants have raised hundreds online!

The Challenge

On the big day itself our team will be there to support you throughout. We are there to make your challenge as enjoyable as possible and will support you every step of the way. We will be at all the check-in points with water, hot drinks, snacks and plenty of encouragement!

Conditions of entry

- 1.** A registration fee of £195 per team (non-refundable) is required to participate in the 3 Peaks Bike & Hike. In addition teams must also undertake to raise a minimum of £1,800 in sponsorship money for Action Medical Research and pay £600 in by Friday 18 May 2012 (four weeks before the event date).
- 2.** If teams are unable to raise the minimum sponsorship required team members must make up the balance themselves to ensure the charity does not incur any loss.
- 3.** If the team does not take up its place for any reason, they must inform the organisers immediately. They must contact all their sponsors to ask if they wish to make a donation or have their sponsorship money returned. They must send all sponsorship forms and sponsorship money collected to the organisers who will pass it on to Action Medical Research.
- 4.** All cheques for sponsorship money must be made payable to Action Medical Research and sent to the organisers.
- 5.** The good reputation of Action Medical Research is paramount. You must agree to act lawfully and follow the safety and fundraising guidelines laid out by the organisers.
- 6.** You must be at least 18 years of age before the 23 June 2012 unless special permission has been given by the organisers. You will need to complete a Parent/Guardian Consent form – please call Action for Charity on 01590 677854 for this.
- 7.** All those who take part in the 3 Peaks Bike & Hike event do so at their own risk. The charity and the organisers are unable to accept liability for any injury, loss or damage, however arising, or for cancellation of the event for any reasons outside their control.
- 8.** Team members must abide by the Rules of the Event issued by the organisers and follow all instructions regarding essential equipment and clothing. Teams which do not abide by the rules will be disqualified from the event.
- 9.** Teams must abide by the Country Code and adhere to all safety guidelines and instructions given by the organisers.
- 10.** Action Medical Research and the organisers may, at their sole discretion, withdraw places on the event if they believe it is in the best interest of the charity to do so.

