

RACE THE SUN

A fantastic challenge for teams of four in the Lake District. Cycle 50 miles, climb Helvellyn and canoe Thirlmere. Start at sunrise, finish by sunset.



Climb • Cycle • Canoe
1 September 2012

Celebrating
10 years of
Race the Sun
— places limited for
this special
event



The race is on. Sign up today to secure your place in this famous team event. Pay a registration fee of £195 and commit to raising funds that could change children's lives.



For further information and an application form

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

Race the Sun is managed by Action for Charity on behalf of Action Medical Research



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

Charity reg. nos 208701 and SC039284



RACE THE SUN

| SEPT 2012

www.actionforcharity.co.uk

Race the Sun is a hugely popular team challenge set in the stunning Lake District. Teams of four are challenged to cycle 50 miles, climb Helvellyn (3,116ft) and canoe Lake Thirlmere – starting at sunrise and finishing by sunset – racing the sun! Funds raised on the challenge will support Action Medical Research.

Race the Sun 2012 is going to be an extra special event as we will be celebrating 10 years of racing the sun! This amazing challenge has raised well over £750,000 for Action Medical Research. The 10th anniversary event is going to be very special and is likely to be oversubscribed so please book early to avoid disappointment.

The challenge starts in Penrith, Cumbria where we have a registration and a full event briefing on the Friday evening (31 August 2012) from 7:30-9pm. Teams are then set off the following morning from 6am onwards at one-minute intervals and the challenge begins!

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The Challenge

This is the tenth year of this exciting triathlon-style adventure challenge. Teams of four will be attempting to complete cycling, climbing and canoeing sections of the challenge starting just before sunrise and aiming to finish before sunset – racing the sun! You will cycle approximately 50 miles (80km), hike to the summit of England's second highest mountain – **Helvellyn** at 3,116ft (950m) and canoe a 3km course on **Lake Thirlmere**. Canoe experience is not essential.

From the start point in **Penrith, Cumbria** there will be a staggered start (one minute intervals) for the first leg of the cycle route, which is approximately 22 miles. Although mainly on road this section does include approximately 5 miles of rough track along an old coach road.

The way-marked and marshalled route will take you to the foot of **Helvellyn** where you will leave your bikes with our support team and head off on foot to the summit – a vertical height gain of over 2,500ft from the start point.

Then it is back down to the start point to retrieve bikes and set off for the shores of **Lake Thirlmere** some 2 miles away to tackle a 3km course. Two person sit on canoes and buoyancy aids are provided as pictured below.

Once the canoe section has been accomplished it is back on your bikes for a final dash back to **Penrith**. This cycling section is all on road and approximately 26 miles to the finish line!



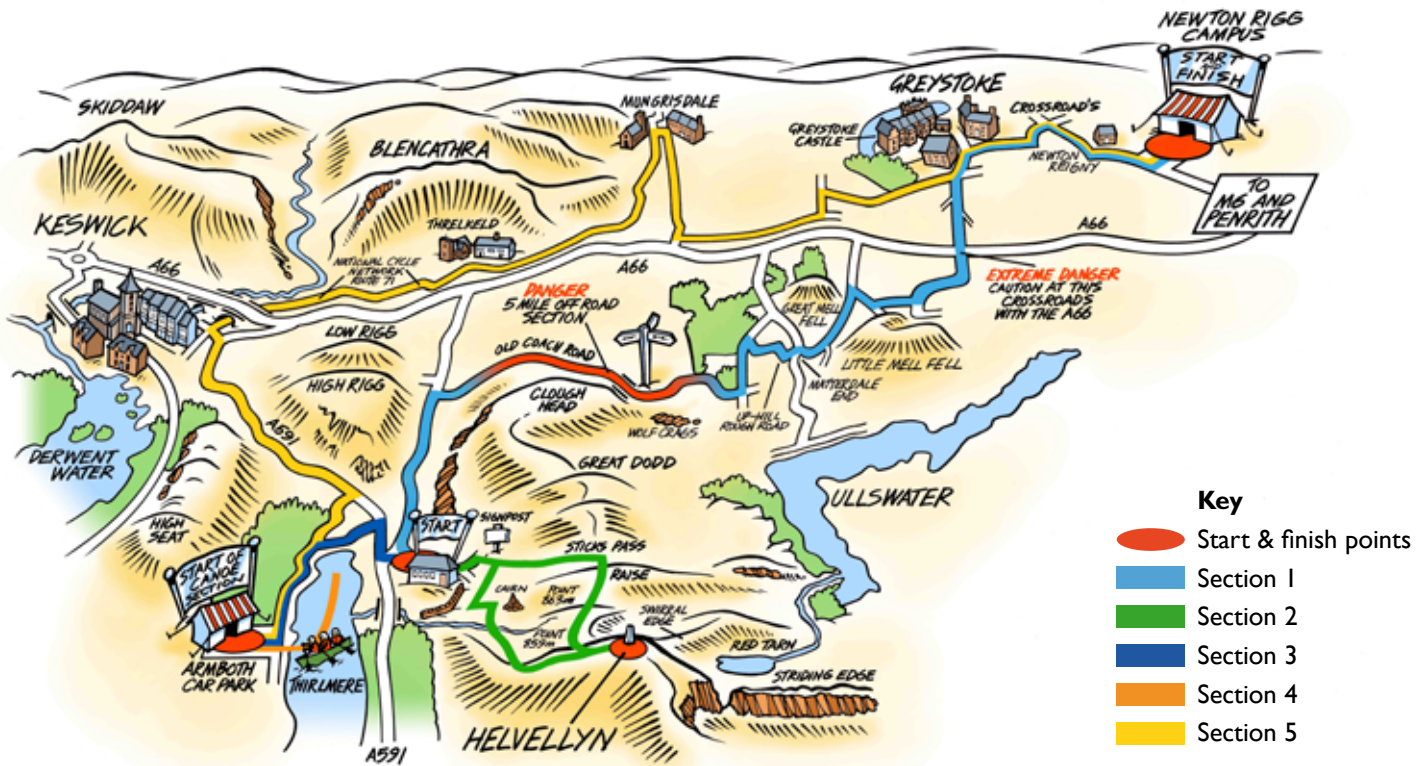


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Race the Sun route





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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 £2,000 as a team for Action Medical Research. In order to be confirmed on the challenge your team must have £600 of those funds in by 1 August 2012. The outstanding funds should be paid in by 1 October 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?

Race the Sun is an exciting adventure race. 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, whilst at the same time knowing you are raising funds for an excellent cause.

How much of the cycling is off road?

The majority of the 50 miles cycling is on road. There is however one short section of approximately 5 miles in the first cycle leg that is off road. This section is an old coach road and the terrain is mainly broken tarmac and flint.

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.

THIS IS THE 10TH ANNIVERSARY EVENT SO PLACES ARE LIMITED

Do you have to carry your own equipment?

Your equipment for climbing Helvellyn is transported to the mountain check in point so it is waiting for you when you finish the first cycle leg. It is then transported back to the finish line once the final team leaves the mountain check in base.

What about bikes?

You need to provide your own bikes and we would suggest a mountain bike or a hybrid bike be used for the challenge. Your bike must be well maintained and in good working order and a thorough service before the big day is recommended. You should carry a puncture repair kit and a pump and you are advised to carry a spare inner tube as well. There will be a bike mechanic on hand to deal with any serious repairs.

Do I need canoe experience?

Canoe experience is not necessary for this challenge. Your team of four will use two 'sit on top' canoes as shown in the picture in this pack. Canoes and buoyancy aids are provided.

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 shoes for the hiking element of the challenge. You must also have a map, compass and appropriate waterproof clothing



Make your team a winner

Everyone who takes part in Race the Sun will receive a medal and certificate. However we also have trophies for the fastest teams, the best team spirit and the 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, supportive to each other and other teams etc)
- Top Fundraising Team (awarded one month after the event)



Fastest Team

- 2011 Stanlow Two - The Eclectics 6hrs 20mins
- 2010 Team Trigstone 7hrs 12mins
- 2009 Ghostboaster 1 7hrs 34mins
- 2008 Aberlady Challenge 7hrs 21mins
- 2007 Team Stan Palmer Honda 6hrs 53mins
- 2006 Team Spirit 7hrs 38mins

Fastest All Female Team

- 2011 The Wicked Sisters 11hrs 7mins
- 2010 Felixstowe's Fearless Foursome 8hrs 38mins
- 2009 Lard Arse Lasses 11hrs 52mins
- 2008 The Four Amigos 12hrs 19mins
- 2007 The Sunshine Girls 10hrs 5mins
- 2006 SULRFCOGA 10hrs 46mins

Fastest Mixed Team

- 2011 Bodycare: 3 Birds & A Boy 8hrs 26mins
- 2010 Team Trigstone 7hrs 12mins
- 2009 Team Trigstone 7hrs 56mins
- 2008 Team Salamander 9hrs 10mins
- 2007 Northern Monkeys 7hrs 55mins
- 2006 Northern Monkeys 8hrs 6mins

Golden Oldies

- (Introduced in 2008)
- 2011 Mamils on Tour (183 years young!) 9hrs 35mins
- 2010 Chase the Beers (183 years young!) 8hrs 49mins
- 2009 Three Mean and a Goatee (189 years young!) 10hrs 10mins
- 2008 Team Hampton One (222 years young!) 11hrs 31mins

Top Fundraising Team

- 2011 to be confirmed
- 2010 Electricity Alliance £4,077
- 2009 Tamdown A £4,695
- 2008 Camelot Protectors £10,842
- 2007 Wish I had Read the Small Print £6,452
- 2006 HG Capital £6,480

Best Team Spirit

- 2011 The Murraywood Mountain Monkeys
- 2010 Leaning Jowlers
- 2009 Altiora Peto
- 2008 The Flatliners
- 2007 Don't Let the Sun go Down on Me
- 2006 Baxter n the Slapperettes

Before sounds like a good idea, during you wonder why, after is a real buzz of achievement, absolutely brilliant day.

Mike Merrick

Stanlow One – Recessar+n
Race the Sun 2011 participant



Race The Sun is as much enjoyable, as it is hard! Throughout the event you will encounter as many highs as you will lows, but even so, you will always finish with a smile on your face and a major sense of achievement! It is by far, the best team event we have found so far, and we will keep on coming back! Well done Action for Charity!

Simon Clifton

Murraywood Mountain Monkeys
Race the Sun participants 2008 & 2011

Fantastic event! A real stamina challenge and we would recommend Race the Sun to anyone! It is made more enjoyable by fabulous, safe organisation. Raising money was not too difficult due to the great cause in promoting research for young children.

Claire Guy

The Wicked Sisters
Fastest All Female Team 2011



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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.

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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 Race the Sun 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.





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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 Race the Sun 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!



Race the Sun is managed by Action for Charity to raise funds for Action Medical Research. Action for Charity is the trading name of Action Events Limited. Company Registration No. 3615142. Registered Office: 2nd Floor, Newcourt House, New Street, Lymington, Hampshire SO41 9BQ.



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Conditions of entry

- 1.** A registration fee of £195 per team (non-refundable) is required to participate in Race the Sun. Teams must also undertake to raise a minimum of £2,000 in sponsorship money for Action Medical Research and pay £600 in by 1 August 2012.
- 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 1 September 2012 unless special permission has been given by the organisers.
- 7.** All those who take part in the Race the Sun 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.** Teams must abide by the Country Code and the Highway Code and adhere to all safety guidelines and instructions given by the organisers.
- 9.** 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.
- 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.

