



Snowdonia Charity Challenge

SATURDAY 7 JULY 2012

raising funds to support men and women paralysed in sporting accidents



Cycle 40 miles • Climb Snowdon • Canoe Llyn Gwynant

Sign up today to secure your place in this famous team event. Pay a registration fee of £195 per team of 4 and commit to raising funds to improve the lives of injured sports men and women.

For further information and to register

www.actionforcharity.co.uk

email: events@actionforcharity.co.uk • tel: 01590 677854



Snowdonia Charity Challenge is managed by Action for Charity on behalf of REGAIN



Registered Charity Number: 1030693

Snowdonia Charity Challenge

www.actionforcharity.co.uk

Saturday 7 July 2012

The Snowdonia Charity Challenge is a hugely popular team challenge set in the stunning Snowdonia National Park. Teams of four are challenged to cycle 40 miles, climb Snowdon and canoe Llyn (lake) Gwynant to raise funds to support men and women paralysed in sporting accidents.

The challenge starts in the heart of Snowdonia – Llanberis where we have registration and a full event briefing on the Friday evening (6 July 2012) from 7:30-9pm. Teams set off the following morning from 7am at one-minute intervals and the challenge begins!

A big thank you for putting on the 2011 Snowdonia Charity Challenge, it was a great day and the organisation from the day I first e-mailed you to crossing the finish line could not have been better – see you next year!

Andy Wilson
East Grinstead Ancient Gladiators
2011 Participants



REGAIN

The Trust for Sports Tetraplegics



The Challenge

The first stage of the challenge is a stunning 20 mile cycle on "A or "B" class roads and unclassified country lanes, with some steep uphill sections to be negotiated.

The second stage of the challenge is to climb Snowdon. The route up Snowdon follows the Rhyd Ddu path. At Rhyd Ddu you will leave your bikes with the marshals and change into your walking equipment. We collect your mountain equipment from you at the start of the challenge and transport it to the foot of Snowdon so it is waiting for you. Our bike mechanic will fix any bike problems whilst you are on the mountain. Ahead of you lies an ascent to the top of Wales' highest mountain. For the very quick the route up and down will take two hours, for others it may take up to five hours. On return you are reunited with your bikes ready for the second cycling leg!

After changing back into your cycling gear it is back on your bikes for a fast and fairly flat cycle of approx 10 miles to the canoe section. You will be on "A" class roads for most of the way until you turn off and head towards Llyn Gwynant. Again it is time to disembark your bikes – this time to tackle the canoe section.

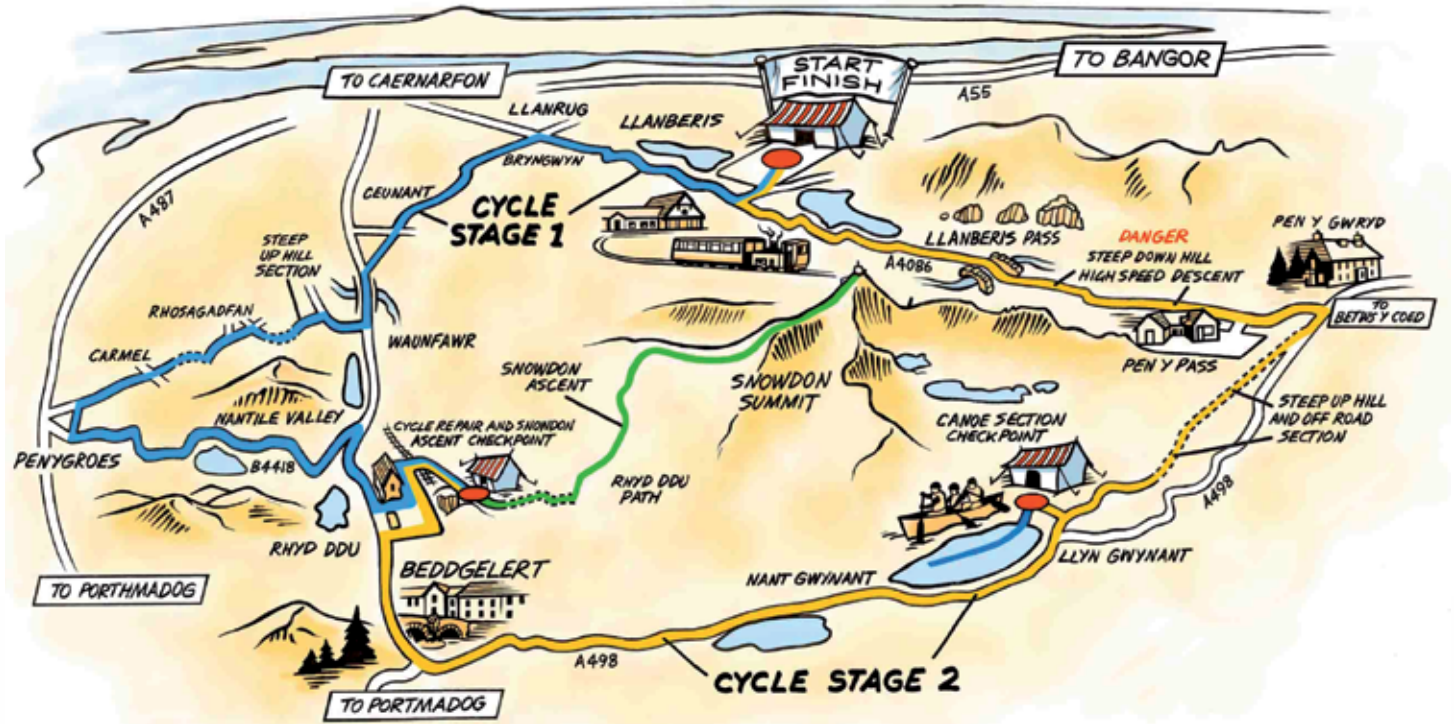
The canoe section starts and finishes on the shores of Llyn Gwynant. **You do not need to have any previous experience of canoeing.** There will be qualified canoe instructors supervising the event. On arrival to the canoe start you will be given buoyancy aids and paddles as well as two open Canadian canoes tied together to form a raft. The challenge is to go around the buoy and back as quickly as possible. The fastest teams will take less than 30 minutes the slowest teams will take up to 45 minutes. After leaving the canoes it is back on your bikes for the final push towards the finish line!

After leaving the shores of the lake teams head for the old coach road for the start of a vicious climb to Pen y Gwryd. The old coach road is a stone-strewn rough track, which goes on for approx 2.5 miles and is steep. A short interlude to Pen y Gwryd itself leads to the final steep hill and a climb to Pen y Pass and a gruelling ascent of 356 metres (1,170 feet) It's true what they say though, what goes up, must come down! The descent from Pen y Pass will not disappoint! From here there is one short hill before your arrival back into Llanberis and the final dash for the finish line!





Snowdonia Charity Challenge Route



■ Cycle stage 1 ■ Snowdon ascent ■ Cycle stage 2

Snowdon Stats: Altitude: 1,085 metres (3,560 feet) Ascent: 884 metres (2,900 feet) Distance: 6kms (3.72 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 £2,000 for REGAIN. In order to be confirmed on the challenge your team must have £600 of the funds in by 8 June 2012. The remaining money should be paid in by 7 August 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 REGAIN. You are therefore encouraged to exceed the minimum fundraising target.

How fit do I have to be?

The Snowdonia Charity 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?

The majority of the 40 miles cycling is on road. There is one off road section, which is an old coach road. The old coach road is a stone-strewn rough track, which goes on for approx 2.5 miles and is steep.

Do you have to carry your own equipment?

Your equipment for climbing Snowdon 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?

We would recommend a hybrid bike for the challenge. We have however had teams take part on road bikes before who have carried them on some parts of the 2.5 mile off road section. A mountain bike would of course be fine too.

Do I need canoe experience?

Canoe experience is not necessary for this challenge. Your team of four will use two Canadian style canoes, which are tied together as shown below. These canoes 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. **Trainers are not allowed.** 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

Everyone that takes part in the Snowdonia Charity Challenge 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 *Disce ut Dolceus* 6hrs 3mins
2010 *Dienw* 5hrs 46mins
2009 *The Jackals* 5hrs 19mins
2008 *The Wigan Bhoys* 5hrs 29mins
2007 *Summer Isles Stormers* 5hrs 38mins
2006 *Here for the Beer* 5hrs 2mins

Fastest All Female Team

2011 *Pete's Angels* 9hrs 8mins
2010 *Old Actonians* 9hrs 3mins
2009 *Team MF* 6hrs 39mins
2008 *Let us win and we'll get the drinks in* 6hrs 59mins
2007 *St Thomas Two* 7hrs 9mins
2006 *Girls on Top* 8hrs 7mins

Fastest Mixed Team

2011 *Team 2600* 7hrs 15mins
2010 *Three Gents and a Bird* 7hrs 26mins
2009 *Rewarding Mediocrity* 5hrs 51mins
2008 *Droitwich Spa-Tans* 6hrs 15mins
2007 *Summer Isles Stormers* 5hrs 38mins
2006 *The Time Bandits* 6hrs 38mins

Golden Oldies (Introduced in 2008)

2011 *Fat Boys*
(194 years young!) 7hrs 42mins
2010 *Beacon Old Boys*
(184 years young!) 7hrs 9mins
2009 *Crokes 4*
(193 years young!) 6hrs 37mins
2008 *Crokes 1*
(181 years young!) 7hrs 2mins

Top Fundraising Team

2011 *to be confirmed*
2010 *Xoserve Xocets* £12,970
2009 *Christmas Cottagers* £7,717
2008 *Let us win and we'll get the drinks in* £5,520
2007 *Rampant Rats* £11,987
2006 *Fatboys* £5,226

Best Team Spirit

2011 *Southfield Sports College*
2010 *On the Rocx*
2009 *Superheroes from Down Under*
2008 *The Plymstock Flyers*
2007 *The Snowdonia Virgins*
2006 *The Desperate Housewives*

I am addicted to the Snowdonia Charity Challenge! I have taken part 6 times now and it really is the most fantastic event! If you are looking for a tough team challenge and a great day out, look no further, see you in 2012!

Justin Hook
Three Gents and a Bird
Fastest Mixed Team 2010





Why take part?

Life can change in a second...

REGAIN is the only charitable organisation dedicated solely to improving the lives of men and women who have become tetraplegic in a sporting accident. One minute these individuals are fit, active and healthy, the next they are paralysed, unable to move and in need of support for the rest of their lives.

REGAIN supports these individuals by providing financial help to purchase a wide range of specialist equipment that enables them to become independent again. REGAIN also prides itself on encouraging tetraplegics to take part in sporting activities again and provides numerous grants every year for sports wheelchairs and hand cycles.

James Price was 21 years old when he broke his neck in a diving accident while on holiday in Majorca. Now 26, James was selected for the Great Britain Wheelchair Rugby squad just six months after REGAIN bought him a custom-built sports wheelchair. "Wheelchair rugby is the key to fulfilling my goal of making the most of my second chance in life. Without REGAIN'S help I wouldn't have got this far," said James.

John Roney broke his neck in a rugby match when he was 22 years old. Now aged 36, John requested a lightweight wheelchair which he felt would give him added independence. Following REGAIN'S purchase of the wheelchair for him, John says his dream has been

realised. He can now get in and out of his car without having to rely upon others. This has enabled him to get out and about much more and he is now the chairman of a newly-formed charity promoting freedom for the physically challenged. "The independence REGAIN has given me has been invaluable," he says.

REGAIN also supports these individuals emotionally by directing tetraplegics to the relevant professionals for counseling, legal or other professional help.

The money you raise by taking part in the Snowdonia Charity Challenge will enable REGAIN to continue to support sportsmen and women paralysed in sporting accidents.

Case study - Steve Osborne

Steve Osborne 47, was paralysed from the chest down following a swimming accident at the age of 18. Prior to his accident Steve was a fit, active sportsman with his life ahead of him. His injury was a devastating blow to someone who lived for sport.

REGAIN came into Steve's life many years ago and initially provided him with a rugby wheelchair which enables him to compete in Wheelchair Rugby at the very highest level. REGAIN has also provided a specially adapted hand cycle. This has given Steve the opportunity to take part in several overseas cycling challenges over the years, allowing him to 'give something back' by raising

sponsorship funds for the charity. His cycling exploits reached new heights in 2010 when he became the first Tetraplegic to complete the Snowdonia Charity Challenge.



Team Stevie Wonder – consisting of eight able-bodied participants and Steve – completed the course in an amazing 8hrs 57mins! Steve used his hand cycle for the challenge and

was assisted by his team-mates in a specially adapted wheelchair for the mountain section. He was also nearly the first person ever to capsize on the canoe section!

After completing the Snowdonia Charity Challenge Steve said: "I am still here today because REGAIN helped me to play sport after my accident – playing rugby and keeping fit has kept me going for all these years. Playing sport again after an injury saves your life in terms of health and wellbeing."

Take part in the next Snowdonia Charity Challenge and help REGAIN to support more men and women paralysed in sporting accidents.



How we support you

Action for Charity are here to help you achieve your challenge and will support 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 Snowdonia Charity Challenge all four team members will be sent a welcome pack, which includes fundraising advice and original ideas to raise funds for REGAIN. 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

Your welcome pack will include a link to setup your own online fundraising page using Just Giving. You can either setup one page for the team, four individual pages or a combination of 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 thousands 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. 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 Snowdonia Charity Challenge. Teams must also undertake to raise a minimum of £2,000 in sponsorship money for REGAIN and pay £600 in by Friday 8 June 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 REGAIN.

4. All cheques for sponsorship money must be made payable to REGAIN and sent to the organisers.

5. The good reputation of REGAIN 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 7 July 2012 unless special permission has been given by the organisers.

7. All those who take part in REGAIN's Snowdonia Charity Challenge 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. REGAIN 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.