

Sunrise to Remember Worthing – Saturday 25 June 2022
Frequently Asked Questions



Sunrise to Remember is a fundraising dawn walk. Starting and finishing at Worthing Leisure Centre from 4.15am. Walkers can choose from 2 routes 10KM or 20 KM routes. Open to any age. Join us on Saturday 25 June and help raise vital funds for the St Barnabas House Hospice.

Supporting Hospice care now and in the future!

How do I enter?

By going online: www.stbh.org.uk/sunrisetoremember

By calling us on:

01903 254777

By emailing us on:

events@stbh.org.uk

What are the routes?

10 KM - a shorter route suitable for all participants, great for families looking for a challenge or those unable to take part in our longer route. The route takes you all the way through Ferring, down the river and along the seafront back to Worthing Leisure Centre. Please see the map for details.

20 KM – our longest route, taking participants through Ferring and Kingston and hitting the seafront on the Greensward. Following the seafront all the way along, round the pier and turning around at New Parade. This challenging walk will test your stamina, but it will be so rewarding when you return to Worthing Leisure centre again to toast with your bucks fizz. Please see the map for details.

What time does the event start?

The event starts at 4.15am and sunrise takes place at 4.44am. Arrive to the leisure centre at 3.30am. We will be using chip timing so you will not need to register as there is a chip in your walker number which will be activated as you cross the start line. This chip is very important, and we match this up to your in case of emergency details so please do not remove it from your walker number.

It may be dark when you initially start so do bring a torch if you feel safer with one. The first part of the walk is lit by streetlamp, so it won't be completely dark. There will be lots of marshals along the route to keep you safe.

Hybrid event

Can't take part on 25 June then no problem, this is our first ever hybrid event, we are encouraging walkers that are unavailable to take part in the live event to sign up and do it in their own time. From Saturday 18 June walk anywhere at any time and raise money for your local hospice. Wear your event t-shirt whilst doing it and take a photo to share with us. You'll still receive your medal and certificate and a sense of pride of what you have achieved. Every additional pound you raise makes a big difference.

How old do I have to be?

Entrants can be any age but anyone under the age of 18 must be accompanied by a guardian at all times.

Can I reserve a place?

No, all entrants are on a first come first serve basis and must complete the registration in full to reserve a place. You cannot enter the event after the registration date has closed on 15 June. You will not be able to register on the day of the event.

How much is it to register?

Registration fee:

14+ £25 per person,

Under 14s £15 per person,

family ticket £65 (2 adults + children)

early bird 20% discount available until 14 April

When do I need to register by?

Registration for Sunrise to Remember closes on Wednesday 15 June, and you cannot register on the day.

What's included in my registration fee?

- Event fundraising pack
- Event branded t-shirt
- Medal upon completion
- Refreshments on route
- Bucks Fizz or orange Juice at the finish
- Full Event support – marshals, support walkers, medics
- Fundraising advice and support from St Barnabas House

How do I know if I have got a place?

Online: When you register and pay successfully, you will receive an automatic email from the St Barnabas House Events Team, confirming your registration. Not long after registering you will receive a fundraising pack in the post with all of the information that you need to know about the walk, and everything you need for the rest of your fundraising journey!

Offline: Not long after registering you will receive a fundraising pack in the post with all of the information that you need to know about the walk, and everything you need for the rest of your fundraising journey!

Can I cancel my place on the challenge?

Of course, we understand things happen. Unfortunately, your registration fee is non-refundable and non-transferable. Please do let us know though.

Why do I need to raise sponsorship?

Sunrise to Remember is a fundraising event and all monies raised will help to provide the local community with the vital care that they need, either in the comfort of their own homes or at the hospice.

Is there a minimum sponsorship?

There is no minimum sponsorship for Sunrise to Remember but your registration fee covers the cost of the event only, we do encourage participants to raise at least £50 towards the fantastic service we provide at the hospice. £50 could give a patient an hour with a physiotherapist, helping to improve muscle strength and mobility and enhance their quality of life and help pay for masks, gloves and aprons to keep patients and nurses safe. Every additional pound you can raise helps support local people and their families, and directly benefits St Barnabas House Hospice services.

I haven't fundraised before

The team will be here every step of the way to help you with your fundraising. A good place to start is the fundraising hints and tips on our website www.stbh.org.uk/sunrisetoremember, here you will also find a whole host of fundraising advice and tools to download and hints on how to set up a JustGiving page. We will also send you a fundraising pack to get started, including a money box and a sponsor form. Talk to us if you are thinking about starting your fundraising, we can help! Remember your registration fee only covers the cost of the event.

How do I set up a JustGiving page?

Visit: www.justgiving.com/stbarnabashouse

Look for organised events and select Sunrise to Remember 2022.

Use the helpful downloadable guide on our websites www.stbh.org.uk/sunrisetoremember . If you can't find what you need get in touch and we can set a page up for you over the phone.

Can I hand in my sponsor money on the night?

No, we are unable to accept sponsorship money on the night of the event. Please use the below methods either before or after the event:

- Via Bacs Payment account no: 70574790 Sort code: 60-03-38 Natwest bank St Barnabas Hospices – please include – **S2R22 and your name in the reference**
- Send us a cheque using our freepost address here:- Freepost RSL-CHXE-CGZR, St Barnabas House Event Team, Titnore Lane, Worthing, West Sussex, BN12 6NZ
- Call us on 01903 254777 and make a donation over the phone

We strongly advise not to send cash in the post

If you have taken part as part of a team please let us know who is in your team and if you are fundraising as a group.

What's the 300 club? How do I join?

Becoming a member of the 300 club is simple. All we ask is that you raise a minimum of £300 per person and return your sponsorship no later than the 28 July 2022. Once you've hit that target you'll automatically be entered into our **300 club** and will be invited to join us for a special event of celebration. Throughout your time fundraising we will be here to help you by providing extra fundraising materials, support phone calls and training advice.

Can I gift aid my donation?

We would love you to gift aid your donation! You can ask all your sponsors to gift aid their donation by ticking the box on the sponsorship form or by donating to your JustGiving page, this will help St Barnabas House raise an extra 25p for every £1 you are sponsored. Please note we are unable to put Gift Aid towards your minimum sponsorship target. Find out more on our website.

Can I bring pets?

Unfortunately, we cannot accommodate any animals on the walk apart from guide or assistance dogs. Due to this being a mass participation event we feel this is only fair to the pet and other participants taking part.

Will there be parking facilities on the night?

Free parking is available at Worthing Leisure Centre; however, parking spaces are limited so we ask that **wherever possible please car share.**

Will there be a drop off/pick up point?

Yes, located near the front of the car park – please notify a car park marshal if you need to use this zone.

Are the routes wheelchair accessible?

It may not be suitable because the terrain is uneven in some places. We will be crossing tree lined paths with roots and twigs, fields with uneven ground and the beach front with loose shingle. The 10km route will not cross the river at Ferring but the 20km route will cross a bridge with 3 steep steps up on to it and then down the other side. Please make your own judgement as to whether this would be suitable for you. If you have any further questions, please get in touch so that we can discuss this with you further.

How long will the walk take?

The walk is definitely not a race and participants are encouraged to walk at their own pace. We anticipate that the walk will take between 2 - 5 hours to complete, depending on which route you choose to walk. No running or jogging and please do not pass our St Barnabas House lead walkers.

Is there a time limit to complete the challenge?

Your safety is our utmost importance so we ask that all walkers must be back to Worthing Leisure Centre by 9.15am. If you are not back, we will collect you by minibus and return you to the leisure centre. To keep you safe we ask that you sign back in with someone at the leisure centre. Anyone that does not return will receive a phone call and if we cannot get hold of you this will be passed onto the local police.

Lead walkers and back walkers

For your safety there will be a lead walker for each route walked, please do not overtake this person as they are there to guide you. We also have allocated a walker at the back so that they can be there to make sure that everyone is still able to continue with the walk and will be there for anyone that requires assistance from the control centre.

When will I get my T-shirt?

T-shirts are available to collect from St Barnabas House, 2 Titnore Lane, Worthing, BN12 6NZ on one of our collection days:

- Tuesday 10 May 3pm to 5pm
- Wednesday 25 May 12pm to 2pm
- Monday 6 June 10am to 12pm
- Thursday 16 June 4pm to 6pm
- On the day at the event

Please wear your t-shirt with your walker number safely secured during the morning, with your details completed on the back.

Your t-shirt lets us know that you have registered for the walk; if you are not wearing your t-shirt you will not be able to take part in the walk. It is very important that you wear your walker number and have filled in your 'in case of emergency details', so that in the unlikely event of an injury we will be able to make sure you receive appropriate medical treatment.

If it is cold on the morning of the event please do wear your t-shirt so that it is visible to all of our marshals.

What do I need to wear?

It is imperative that you wear comfortable, flat walking shoes and appropriate socks for the walk. Please wear comfortable clothes, with plenty of layers to help you maintain a good body temperature.

Unfortunately, we are dependent on the English summer, so don't forget you may need wet weather gear!

Can we walk as a group?

Yes, the more the merrier, lots of our walkers participate as a team. If you decide to raise your sponsor money as a group, please inform the Events Team. If you raise over £300 per team member then you will become part of our 300 club.

Can we walk in fancy dress?

Yes, the wackier the better!

How fit do I need to be?

We suggest that you undertake as much training as possible especially if you are planning on walking the 20 KM route and are physically able to complete the challenge that you have signed up for. If you are concerned or would like training advice please get in touch with the team.

For more information and tips for training and getting ready for your challenge please visit our website.

www.stbh.org.uk/sunrisetoremember

Can I change distance once I have signed up?

Yes, please inform the team before the big day.

What time can I arrive?

Please arrive at 3.30am so that we can begin the walk at 4.15am. The Leisure Centre will not open its doors before then so please do not arrive earlier.

What do I do when I get there?

When you arrive please park up in the space indicated by the car park marshals. Then make your way into the leisure centre via the front reception, where you will be greeted by our fantastic volunteers and directed where to go for the start of the walk.

Are there refreshment points?

Yes, there will be the following refreshment stops:

Bluebird Cafe carpark will be a water stop and snack – All routes

Worthing pier water and snack stop – 20KM route only

Will there be food and drink available at the start and finish?

At the end of the walk there will be additional food available for purchase from Worthing Leisure Centres café with a variety of breakfast options. We suggest fuelling up before arriving or bringing plenty of snacks with you.

Are there toilets available?

Yes, there will be toilets available at the start, on route and at the finish and throughout the walk. Please see the route map for details of where the toilet stops will be.

Is there anywhere for my family to watch?

Yes, your family are welcome to come along to support you at any point during the event. They can even join in the celebrations and cheer you over the finish line. If they will be sticking around why not suggest that they volunteer?

What's the nearest public transport?

Durrington-on-Sea train station is a 7 minute walk away.

There is a bus stop near the entrance of Worthing Leisure Centre

Can I walk if I am blind?

Yes, provided that the blind walker can walk safely themselves and without impairing the safety of other walkers or members of the general public. We suggest they wear a high visibility jacket / shirt to inform others they are blind and suggest that they bring a buddy with them especially if taking on the 20 KM route.

Can I walk if I am deaf?

Yes, provided the deaf walker can walk safely themselves and without impairing the safety of other walkers or members of the general public. We suggest they wear a high visibility jacket / shirt to inform others they are deaf and suggest they bring a buddy with them especially if taking on the 20 KM route.

What happens if it is raining?

We are reliant on the great British Summer! If it is raining the walk will still continue.

What happens if I hurt myself on the walk?

If you hurt yourself please report to your nearest Marshal who will call into the control centre and will deploy the safety minibuses and a medic to collect you.

What happens if I can't complete the walk?

If you cannot complete the walk please report to your nearest Marshal who will inform the control centre to deploy a safety mini bus to collect you.

Will I still get a medal if I have to get picked up?

Of course! If you need to be picked up before completing the challenge you will still get a finishers medal.

Why aren't we doing Night to Remember?

We have done Night to Remember for 13 years and wanted to try something completely different to provide some variety for our supporters. This New and exciting event allows us to try a different route that would not be possible at night-time.

Is Night to Remember coming back?

Yes Night to Remember will be back in 2023

What is the difference between Sunrise and Night to Remember?

Night to Remember and Sunrise to Remember are sister events. They are both different in their own way but will sit under the same brand. As a hospice it is very important to provide our supporters with an in-memory event to remember your loved ones.

I wanted to do Night to Remember in memory of my nan can I still do this?

Night to Remember will return in 2023 but for this year we wanted to do Sunrise to remember which would be a great opportunity to remember your loved ones on this in-memory walk.

How do I let you know if I want to do it at another time?

You will be able to select this option on your registration form when signing up.

Sunrise to Remember aims to be single use plastic FREE!

St Barnabas House and Sunrise to Remember are trying to take responsibility for the wonderful world we live in and aim to stamp out the use of single use plastics at our events. We are challenging our suppliers, as well as thinking about what materials we are bringing into the event, helping to make a positive change for 2022. If you do see single use plastic at the event it is because we are using up existing stock.

What is single use plastic?

Single use plastic or disposable plastics are used only once before they are thrown away or recycled. These items are things like plastic bags, straws, coffee stirrers, water bottles and most food packaging.

How will this affect me?

You will need to bring your own water bottle with you on the night. Don't worry, we will make sure there are plenty of re-fill water points for you to top up your bottles throughout the route to stay hydrated!

If you have any questions or concerns with regards to the above, please feel free to get in touch with the team.

Volunteers

If you don't want to walk you can still get involved through volunteering to support the event on the day – this invaluable contribution allows the event to continue each year. We simply could not put the event on without the support of our volunteers. If you are interested in volunteering or know someone who is, why not get in touch to see how you can help?

01903 706326 | fundraising-volunteers@stbh.org.uk | www.stbh.org.uk/sunrisetoremember

Is the event Covid safe?

The safety of all our walkers, volunteers, staff, and suppliers is always paramount. There will be an event Covid risk assessment carried out for this event and additional measures that are required will be put in place to keep everyone safe. There will be hand sanitising stations throughout. You are free to wear a mask if you so wish but it is not compulsory. Please respect others.

Please do not attend the Sunrise to Remember if you are experiencing any symptoms of Covid-19 or you or a member of your household has tested positive in the last 7 days. If you are in any doubt please test before arrival.

Remember, Hand – Face – Space.

What happens if the event is cancelled due to Coronavirus?

All places come with our Covid-19 Promise allowing you to register with confidence.

To read more about our Covid-19 Promise visit:

St Barnabas House - www.stbarnabas-hospice.org.uk/challenge-events/covid-19-promise

I still have a question – what do I do?

We are sorry that your question was not answered here – please contact the Event Team to discuss your question.

01903 254777

events@stbh.org.uk

www.stbh.org.uk/sunrisetoremember