



## Steps Under The Stars

### Frequently Asked Questions

#### How can I register to take part in Steps Under The Stars?

To register; please either fill in a registration form and post it back to the Phyllis Tuckwell Hospice Care or register online at [www.pth.org.uk](http://www.pth.org.uk).

#### How much does it cost to register to take part?

It costs £18 to register before 31st May. Registration fees increase as of 1st June to £22. This fee includes a Steps Under The Stars t-shirt, bottle of water, medal and celebratory breakfast. Please note, that registration fees are non refundable.

#### Do I have to walk in memory of someone special?

Steps Under The Stars is an event to encourage people to walk in memory of a loved one but this is completely optional.

#### What route will the walk take?

Both the Gold Star and Silver Star routes will follow the North Downs Way between Guildford and Farnham. The Silver Star route will end after 4 miles at The Jolly Farmer car park in Puttenham. The Gold Star route will continue on until the finish at Phyllis Tuckwell Hospice in Farnham.

#### Can anyone enter?

Steps Under The Stars is only open to any female entrants over the age of 12, however men will be marshalling the route.

#### Is there an age limit?

All entrants must be 12 or over on Saturday 21st July 2019. All participants aged 12 – 17 years old must be accompanied by an adult participant who has signed a Guardian's Declaration taking responsibility for them.

#### Can someone take my place if I am unable to take part on the night?

Please notify us if you are unable to take part. Unfortunately due to health and safety reasons you are not able to let someone walk in your place.

#### Will there be parking facilities?

Parking is free of charge at Farnham train station and a free shuttle bus kindly provided by Stagecoach will take you over to the start at the University of Law.

#### How will I get back to my car after I finish the walk?

Gold Star Walkers: A shuttle bus service will be running from Phyllis Tuckwell Hospice back to Farnham train station.

Silver Star Walkers: A shuttle bus service will be running from The Jolly Farmer car park in Puttenham back to Farnham train station.

#### Will there be First Aid cover at the event?

Yes, Face 2 Face Medical will be in attendance at the event to deliver First Aid care should it be needed. The emergency services will also be notified of the event taking place.

#### Will there be any refreshments available on the night?

Yes, each participant will be given some energy boosting snacks and a bottle of water at The University of Law, before the start. Once you finish your challenge, there will be a well deserved, celebratory breakfast. If you require further refreshments, please bring these with you.

### Is there somewhere to store any of my possessions?

Unfortunately not, all participants must be responsible for all their own possessions and will have to carry any items they bring with them on the night.

### Will there be toilets along the route?

Yes, there will be toilets at The University of Law and also at the The Jolly Farmer car park in Puttenham (which is 4 miles along the Gold Star route and the end of the Silver Star route).

### I'm in a wheelchair, can I take part?

Unfortunately due to the route being along the North Downs Way it is not suitable for wheelchairs.

### How long will the walk take?

Last year the fastest Gold Star walkers began to reach the finish in around 3.5 hours and the Silver Star walk took approximately 1.5 hours. It depends how fast you walk, but remember it is not a race so you can go at your own pace!

### Can people register to take part on the night?

All entrants must register to take part by Thursday 18th July. No new registrations will be accepted on the night of the event.

### When will I receive my Steps Under The Stars T-shirt?

You will be sent your t-shirt with your walkers pack. Please wear your t-shirt on the night. Walkers packs will begin to be issued by the end of April. Please be aware there will be a short delay between receiving your registration form and issuing your walkers' pack.

### How much sponsorship do I need to raise?

As much as you can! Please use the sponsor forms included in your registration pack and consider setting up an online giving page. We rely heavily on our participants getting sponsored as the cost of your place only covers the cost of the event.

By joining us at this event, you will be helping us celebrate 40 years of Phyllis Tuckwell Hospice Care and help us support patients and their families in our community today, and for future years.

### Can I gift aid my donations?

Please encourage all those who sponsor you to tick the Gift Aid box on the sponsorship form if they are a UK taxpayer. This enables us to claim the tax back on their donation enlarging it by 25% at no cost to them. Gift Aid is only eligible on personal donations (i.e. not company sponsorship).

### Can I hand in my sponsorship on the night?

Unfortunately we will be unable to accept sponsorship on the night as there will be nowhere safe to store the funds raised. Please send or deliver all sponsorship money and sponsorship forms directly to: Fundraising Department, Phyllis Tuckwell Hospice, Waverley Lane, Farnham, GU9 8BL. Please ensure all cheques are made payable to Phyllis Tuckwell Hospice.

### Can I raise sponsorship online?

Yes, you can set up your own JustGiving or VirginMoneyGiving page. Simply visit [www.justgiving.com](http://www.justgiving.com) or [www.virginmoneygiving.com](http://www.virginmoneygiving.com) and follow the instructions to set up your page, choosing Phyllis Tuckwell Hospice Care as your beneficiary and naming your page Steps Under the Stars 2019. Fundraising online saves you having to collect the money and send it to the Hospice as it's all done automatically!

### Do I need to train for this event?

Steps Under The Stars is a fun walk and is not a race, however the route does include uneven ground such as sand under foot and small hills. Please take this into consideration when deciding which route you would like to complete, as you will be unable to swap routes on the night.

### What about a Facebook Fundraising page?

Facebook now has a function to allow you to raise money. Search 'Phyllis Tuckwell Hospice Care' and click on 'Fundraisers' in the menu on the left hand side. The click '+ Raise Money' and follow the instructions! Be sure to personalise your page so that everyone knows you're doing Steps Under the Stars in support of Phyllis Tuckwell.

### Can I walk as part of a group?

Yes! The more the merrier!! Please encourage your female friends, family, colleagues to join you.

### Can pets take part?

Unfortunately not, please do not bring dogs or any other pets with you.

### What do I need to wear?

We recommend that you wear comfortable clothes and shoes and be prepared for appropriate weather conditions on the day! Please make sure you come wearing your Steps Under The Stars t-shirt.

### Do I need to bring anything important with me on the night?

It is vital that you bring with you:

- Torch with fully charged batteries that will last the duration of the walk.
- Registration Letter detailing your Walker Number on it. You will be issued with your walker number on the night. (It is vital that your walker number is attached to you and any medical conditions are written on the reverse. Please do not swap number with anyone else.)
- Drink (if you will need more than one bottle which is provided at the start)
- The carbon copies of your sponsorship forms – you must keep the top layer but please bring with you on the night the yellow bottom layer.
- Cash - there will be opportunity at the start to buy some flashing head boppers and other event merchandise. These proved very popular last year so please come prepared. All funds to the Hospice.

### Who will be marshalling the route?

We are keen to recruit lots of male marshals to ensure the route is kept as clear and safe as possible. If you know of any gentlemen willing to volunteer, please get in touch!

If you have any further questions about the event, please contact us on 01252 729446 or email [fundraising@pth.org.uk](mailto:fundraising@pth.org.uk)

