

Race the Sun Lake District

Saturday 31 August 2019



Raising funds to support sick babies and children
Cycle 50 Miles, Climb Helvellyn and Canoe Lake Thirlmere
Start at sunrise and finish by sunset on this famous challenge

For more information and to register online:

www.dream-challenges.com

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action raising funds for
medical research
for children

Charity Reg. Nos 208701 and SC039284



Dream
Challenges

Race the Sun Lake District

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Think you and your team have got what it takes to Race the Sun across the Lake District? Join us for an all-day team challenge to save the lives of sick children and babies.

Welcome to the sixteenth year of Race the Sun – Lake District, an incredibly popular team event that brings hundreds of people every year to one of the most beautiful parts of the UK to raise vital funds for the children's charity, Action Medical Research.

We challenge you in teams of four to cycle 50 miles through stunning scenery, trek to the summit of Helvellyn and canoe a course on the gorgeous Lake Thirlmere – all in one day! Working every muscle in your body has never been more fun or rewarding as you and your team conquer this three-activity challenge together, knowing all the while you're raising funds for an invaluable cause.

All funds raised by the challenge will support the work of children's charity Action Medical Research, offering hope to the many thousands of families across the UK, who are dealing with the trauma of a baby born too early, striving to support a child affected by disability, or facing the challenge of caring for a child with a rare and devastating disease for which there is no cure. Places for Race the Sun Lake District 2019 are likely to go very fast, so please register your team now to avoid disappointment: <https://www.dream-challenges.com/challenges/corporate-challenges/race-the-sun-lake-district/>

The Challenge

Friday 30 August 2019 | Registration and challenge briefing

The excitement begins on the Friday evening before you race the sun on Saturday. Teams meet at the Newton Rigg College in Penrith, Cumbria, for registration, which opens at 6pm. You'll then have a compulsory briefing at 8pm, where the challenge is explained in full and you have the chance to ask any questions you may have. Then it's to bed for a good rest before your early start tomorrow!

Saturday 31 August 2019 | Race the Sun

The challenge is on for your team to cycle, trek and canoe against time, racing the sun (and other teams) and aiming to finish by sunset.

Starting bright and early, you mount your saddles and set off in waves from Newton Rigg College, to greet the day with an approx. 23-mile cycle on the quaint country roads of this idyllic National Park. This first leg of cycling takes you right to the foot of the lush Helvellyn, where our support team – aka. the Dream Team – collect your bikes and cycling gear and set you on your way to the summit. On every step of your trek, you'll enjoy the breath-taking panoramas the Lake District is renowned for. The natural beauty that surrounds you more than makes up for your aching limbs and you wait till you get to the top. What a view – and a perfect opportunity for a team selfie! Then it's back down you go to meet your bikes at the bottom.

"I couldn't wait to get back to work and suggest that we attack this course together as a team!"

Admiral Group, Race the Sun past participant

Just two pedals and a paddle left now! Hopping back on the saddle, you'll ride for approx. 3 miles to the shores of the wonderful Lake Thirlmere, where your boats and our qualified canoe guides await. Now it's time for some arm work! Don't worry – no previous canoeing experience is necessary and we provide all canoeing equipment. After a quick briefing, you and your team will climb aboard two person sit-on canoes and conquer a course marked by buoys on the stunning lake. Once you're back on dry land, you're back on your bikes once again for a last approx. 24 mile stretch to the finish line back at Newton Rigg College. There, you'll collect your official Race the Sun Lake District medals and enjoy some refreshments and a well-deserved rest.





Your questions answered

HOW DOES IT WORK?

To take part in [Race the Sun Lake District](#), you need to pay a non-refundable registration fee of £195 per team of four (not per person) when you sign up for the challenge. You're then asked to raise minimum funds of £1,800 per team (not per person) for Action Medical Research. In order to be confirmed on the challenge, your team must have £600 of those funds in by 22 June 2019. The outstanding funds should be paid in by 1 October 2019.

In return, we provide full challenge support, including fundraising advice, 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 challenge refreshments. The more money you raise on the challenge, the higher the percentage of funds that go directly into the work of Action Medical Research, so we encourage you to exceed the minimum target.

HOW FIT DO I HAVE TO BE?

Race the Sun Lake District 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'll enjoy the challenge. It's a great incentive to get fit and work a load of different muscles, whilst knowing you're raising funds for an excellent cause at the same time.

DO YOU HAVE TO CARRY YOUR OWN EQUIPMENT?

Your equipment for trekking Helvellyn will be transported to the foot of the mountain so that it's waiting for you when you finish the first cycle leg. Our Dream Team then transports it back to the finish line once the final team has left for their second leg of cycling after the trek. We recommend you remove all sweaty clothing and replace it with dry clothing before each section.

WHAT ABOUT BIKES?

You need to provide your own bikes and we would suggest a road or hybrid bike for this challenge as the route is all on-road (for those of you who have taken on this challenge before, we've taken out the off-road sections so that road bikes can be used). Your bike must be well maintained and in good working order and we recommend a thorough service before the big day. You should carry a puncture repair kit and pump with you, along with a spare inner tube. There will be a bike mechanic on hand to deal with any serious repairs.

Your questions answered

DO I NEED CANOE EXPERIENCE?

Canoe experience is not necessary for this challenge. Your team of four will use two-seater sit-on-top canoes. The canoes, paddles and buoyancy aids are provided and we also have qualified canoeing instructors to brief and help you out if needed.



DO I NEED SPECIAL EQUIPMENT?

It's essential to come prepared with the correct equipment for the challenge and know how to use it. For the cycling, you must wear a helmet and bring your own bike, fitted with front and rear lights, in case of fog or if you start or finish in the dark. For the trekking section, walking boots or fell-running trainers are advised. Your team is also advised to have a map, compass and first aid kit. All specialist equipment for the canoe section is provided.

"We were impressed beyond words."

Team Cirque de Soleil, Team Challenge past participants

WHAT IF I DON'T HAVE A TEAM OF FOUR YET?

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.

HOW DO I SIGN UP?

The best way to register is by visiting the [Race the Sun Lake District challenge page](#) on the Dream Challenges website and clicking "book my place". You'll then go through a quick registration form to fill out your details. Alternatively, you can call us on 01590 646410. Places are limited for this hugely popular Race the Sun challenge, so please register your team now so that you don't miss out.



Make your team a winner

Everyone that takes part in Race the Sun Lake District 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 (One or more male and female participants)**
- **Golden Oldies (only teams with a combined age of 200 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 challenge)**

"The team spirit was awesome, one team even loaning us a bike to get us to the finish after one of ours broke!"
Matt Wintle, Race the Sun past participant

Elijah's story

Elijah was born prematurely at 25 weeks, but despite a positive initial prognosis, he tragically died at just 37 days old as a result of necrotising enterocolitis (NEC).

"Elijah led a very traumatic little life. He died sleeping on my chest in the small hours – that's when I joined the fight to stop premature birth."

Elijah's mum, Jenny

Necrotising enterocolitis (NEC) strikes rapidly. Any warning signs look much like any signs a premature baby might show when feeding. In many cases, by the time you know it's there it can be too late to save the baby.

"Elijah went from being well and stable, being held by us, to his abdomen being entirely distended and turning a deep purple in colour within hours" explains Elijah's mum Jenny.

A surgical team operated on him in his room as he was too sick to be transported. They removed 82cm of his intestines



which NEC had destroyed. The following week, a routine head scan showed that Elijah's brain had become seriously damaged. In the days prior to surgery, while fighting to keep him alive, his brain had been starved of oxygen.


The damage was so great to both his brain and intestines that there was tragically no hope of him recovering and his parents had to make the difficult decision to move from intensive to palliative care. Elijah died in his parents' arms.

"We were very lucky to have him, but his life was painfully short. He showed determination and strength

in the challenges he faced so young. We hope that through fund raising for Action Medical Research we can make a small difference in the care for other babies in a similar situation in the future" Jenny says.

Elijah was part of a study funded by Action Medical Research before he died. The research team was investigating ways to identify NEC in premature babies, so that it may be detected before it becomes life-threatening. This research has enabled a follow up study with the hope of developing a diagnostic test for NEC. This work means so much to Jenny and husband James.

Why take part?



Action Medical Research is a community of parents, researchers and passionate individuals who are committed to fighting for children's lives. Together we fund groundbreaking research to help find answers. Answers that can lead to cures, treatments and medical

breakthroughs. Answers that save lives.

Over 1,000 babies die each year in the UK due to premature birth. Globally, it's the biggest killer of children under 5. It's too many. Far too many. So we're fighting back. Parents. Children. Families. Communities. We're all working together to raise £1 million by 2020 to fund

groundbreaking medical research that could go on to benefit millions.

By taking part in the Race the Sun Lake District you'll be helping to fund potentially life-saving research to help end the devastation caused by premature birth, as well as other vital research projects across the UK tackling some of the toughest fights our children face.

How we support you

The Events Team at Action are here to help you achieve your challenge and we'll support you all the way. We'll be able to answer any questions you might have about fundraising, training or the challenge itself. You can call us on 01403 327444 or email events@action.org.uk

Fundraising

Once your team has registered for Race the Sun Lake District, your team captain will be sent a welcome pack which includes challenge information and fundraising advice. It will also include details about setting up your JustGiving page for the event. But if you're raring to kick-start your fundraising already. Simply search Action Medical Research on JustGiving.com, click fundraise for us, and choose the event: Race the Sun Lake District and follow the steps to get your page up and running.

The Challenge

On the big day, the team will be there to support you throughout. We're there to make your challenge as enjoyable as possible and will help you every step, paddle and pedal of the way. We will be at all the check-in points with water, hot drinks, snacks and plenty of encouragement! We'll also have first aid support, a bike mechanic, canoe instructors, guides and marshals.



Action Medical Research Terms and Conditions

By accepting the event terms, you agree to the following conditions:

1. Fundraising: In return for a secured team place on the Action Medical Research Race the Sun Lake District 2019 event, you must commit to raise a minimum of £1800 in sponsorship funds per team.

In order to confirm your place on the event we ask that you raise and bank a minimum of £600 by 20 July 2019 (six weeks before the event date).

2. We encourage all participants to bank the remainder of their pledged fundraising 4 weeks after the event.
3. If you are unable to meet the payment deadlines, detailed in point 1.1, the team is liable to forfeit their place on the event - or you may choose to make up the balance yourself.
4. All sponsorship raised will go towards supporting the work of Action Medical Research. Donations will not be refundable to the team, even if they do not participate in, or complete, the event. Should the team not be able to take part in the event and your sponsors require a refund, the request should be made in writing (letter or email) before we can return their monies to them.
5. You must be at least 18 by the event date (31 August 2019) unless special permission has been given by the organisers.
6. All participants take part at their own risk.
7. All funds raised in the name of Action Medical Research must be paid as soon as practicable to Action Medical Research.
8. All timings and itineraries are subject to change.
9. Participants taking part in the event must be satisfied that there is nothing in their medical condition, which could mean that there is danger in taking part. Action Medical Research does not accept any liability if anybody is injured on an event, unless it is as a result of the negligence of Action Medical Research or of its agents or employees. Action Medical Research advises participants to have a medical check-up before the event and to abide by any advice that might be given as a result of such check-up.
10. Action Medical Research reserves the right to use any photography or videos taken of participants on behalf of the Charity to raise awareness of and/or funds for Action Medical Research.
11. Action Medical Research reserves the right to alter or terminate this agreement with immediate effect for any reason by writing to you. Upon termination you should immediately stop raising funds for Action Medical Research and pay to them any sums raised before termination. Your obligation to keep donor's details and provide them to Action Medical Research will continue to apply.
12. The names of all team members participating in Race the Sun Lake District 2019 may be publicised on the web page for the event you are taking part in. No other personal information will appear.
13. Action Medical Research will retain your contact information for the purposes of servicing this event. We will only contact you about future activity if you consent to ongoing marketing updates.
14. Cycles and associated equipment are the responsibility of the participant. Action Medical Research strongly recommend ensuring that your property is not left unattended without the use of the appropriate theft prevention methods. For advice on cycle security and choosing insurance approved locks, visit British Cycling.

(Terms & Conditions correct at October 2018)

Dream Challenges Booking Conditions

1. A non-refundable registration fee is required to participate in Race the Sun - Lake District 2019 and should be paid direct to Dream Challenges Ltd.
2. You must raise the agreed amount of sponsorship as specified by Action Medical Research in their terms & conditions.
3. Itineraries and schedules may change and other alterations may occur, which are beyond the control of Dream Challenges.
4. You must agree to be bound by Dream Challenges Booking Conditions and the rules of the Event contained in the Welcome Pack.

Data Protection

In order to enable us to process and fulfil your booking, we will ask you to provide us with personal information including, but not limited to, name, address, email address, telephone number, details of team members as well as any special needs, health, medical, mobility or dietary requirements. Dream Challenges is the data controller of any personal information that you provide to us under the General Data Protection Regulation 2016/679 and the Data Protection Act 2018.

In order to ensure that your challenge is appropriate for your specific needs that you have disclosed to us, for example, a medical condition or reduced mobility, we may require further details. We will ask for your explicit consent to collect and share this information as necessary in order to fulfil your booking.

We may pass personal information that you provide to us (including health and mobility information as explained above) on to relevant suppliers as necessary to fulfil your contract with us. We will also pass your personal information to Action Medical Research so that they may contact you to provide fundraising assistance to enable you to fulfil your contract with us.

For other details of how we may use your personal information and your rights in relation to your personal information, please see our Privacy Policy: <https://www.dream-challenges.com/privacy-cookies/>

Promotional Material

Dream Challenges reserves the right to use any photographs and images for Legitimate Interest to promote future challenges taken on a challenge by its employees or forwarded by any person on the challenge or connected to the challenge, on its website, in its social network marketing activities or for use in any other relevant promotional material. Should you wish not to be included in any photographs or videos, please inform a member of staff prior to the challenge.

Please note: We are committed to the on-going training of our staff and this may involve the recording of telephone conversations.

