



TAKE ON THE LAKES

A 12-hour endurance challenge in the Lake District

Saturday 11th June 2011

EVENT DETAIL

About the Challenge

This is a tough multi-activity challenge based around Coniston in the Lake District, requiring mental stamina, physical fitness and the ability to work as a team to complete three different elements, each requiring different strengths - **cycling, walking and canoeing**.

Who takes part?

Each group must consist of 4 challengers one of whom will be team leader. Ideally, although not essential, you may like to bring along 1 non-challenger to act as your support crew/driver.

How much does our team have to raise?

The minimum fundraising target is an achievable **£3,500** per team. (Gift Aid is not included in this target). The VSO team will support you in your fundraising. The highest fundraising team will be presented with the highly coveted fundraising trophy at the end of the challenge. It costs **£100** to register a team on the Take on the Lakes Challenge. This amount is non-refundable and is not included in the fundraising target.

Where does the money go?

VSO is an international development charity that works through volunteers. Our vision is a world without poverty in which people work together to fulfil their potential. We bring people together to share skills, creativity and learning to build a fairer world. The money raised will be used to support VSO's work in 44 of the world's poorest countries.



Equipment

You will receive a **full equipment list** after you have registered to take part. Bikes, helmets and puncture repair kits are provided for the cycle element; canoeing equipment is provided for the water element along with safety equipment, such as buoyancy aids.

What's involved?

The event starts with a team briefing at the Castle Green Hotel, Kendal, Cumbria on Friday 10th June between 16:00 and 19:00. Challenge day will start from **06:00** and take place around a central point from which each team will complete three different challenges in varying order.

Walking The Old Man of Coniston

Goal: Complete the route in 5 hours

The Old Man of Coniston, which forms the highest point in the Furness Fells, rises to 803 metres (2,635 feet) towering dramatically over Coniston village, it is one of Lakeland's most famous peaks.

Cycling in Grizedale Forest

Goal: Make it to the finish in 4 hours

A tough off road cycle path leads you from Challenge Base in and around Grizedale Forest. Over 20km of cycling in and around this picturesque forest.

Canoeing on Coniston Water

Goal: To complete a set course in 3 hours

Paddle around a demanding course on the lake where Sir Malcolm Campbell, followed later by his son Donald, made their successful attempts at the water speed records achieving over 141 and 300 miles per hour respectively.

Gala Dinner

Celebrations will be held at the Castle Green Hotel with a gala dinner and presentation ceremony. Those with an ounce of energy and the ability to stand have the option to dance their pains away after dinner!

How do I get involved?

Contact: Gurvinder Gregson **Telephone:** 020 8780 7314 **Email:** gurvinder.gregson@vso.org.uk

