

TAKE ON THE LAKES

A 12-hour endurance challenge in the Lake District

Saturday 11th June 2011

FREQUENTLY ASKED QUESTIONS

The Take on the Lakes is a **12 hour endurance challenge** contained in the beautiful surroundings of the Lake District, Cumbria. The challenge provides a number of benefits - teambuilding, increased fitness, stamina and individual motivation as well as fun and laughs. By involving a variety of people to participate it also enables people to develop strong relationships in a safe and monitored environment.

The challenge commences at approximately **0600 hrs** and each team will be allocated to start at a set time for one of each of the three challenges i.e. a staggered start. Each team has to complete the three activities. Please note that this is not a race.

Each team will commence one of the three activities at a given time e.g. one team will commence on the walk up the mountain then, following a short break, undertake the 20km mountain bike trail and then finish on the traversing of the lake by canoe. Another team may start on the mountain bike element, then the lake and finally the mountain walk.

For all elements of the challenge, your safety is paramount. Global Challenge UK has a safety team covering the whole event, on the mountain and on the lake.



Q: What's the format of the challenge day?

A: The challenge comprises of three distinct elements – Walking 'The Old Man of Coniston', which forms the highest point in the Furness Fells, a tough off road cycle path leads you in and around Grizedale Forest and canoeing on Coniston Water.

Q: How long will the challenge take?

A: The challenge takes, on average 12 hours commencing from 0600hrs with a staggered start, and finishes about 1900hrs. The timings for the day are as follows – walking - 5 hours, the cycling - 4 hours and the canoeing -3 hours.

Q: How much does our team have to raise?

A: The minimum team fundraising target is an achievable £3,500. (Gift Aid is not included in this target). It will cost you £100 to register a team on the Challenge. This amount is non-refundable and is not included in the fundraising target.

Q: What support will we receive?

- Dedicated member of staff to answer all your queries and provide essential support and advice before, during and after the challenge
- Mountain Challenge Handbook
- Essential guide to Fundraising and Training and support to help you raise the money
- Invitation to the Event Briefing which takes place 2-3 months before the event and which covers fundraising and the physical challenge
- Dedicated website containing team start times, equipment checklist as well as road and mountain route maps

Q: Are there any hidden costs?

A: You and your team need to arrange your own food for Saturday (Breakfast, lunch and snacks), your team's accommodation, vehicles and fuel as well as any equipment required, including maps.

Q: Where do we register on the day of the challenge?

A: At the Castle Green Hotel in Kendal on Friday 10th June, 1600-1900 hrs.

Q: Where do we stay and do we have to pay the cost of getting there and staying?

A: Teams are responsible for sourcing their own accommodation for Friday and Saturday evening. Global Challenge UK will provide a list of local hotels and B&Bs.

Q: Who should be involved – do they need any special skills, training or fitness?

A: Anyone can participate as long as they are reasonably fit. Training and dietary advice is provided by the event management company – Global Challenge UK.

Q: How do we find out in which order we are either, biking, paddling or walking?

A: You will be briefed when you register on Friday evening.

Q: What equipment is provided?

A: Team leaders will be provided with a full list of the equipment that each participant must obtain, either by borrowing, buying or requesting as a donation. The mountain bikes and canoes plus safety helmets, paddles and PFD's (lifejackets) are provided by Global Challenge UK.

Q: Is the equipment list compulsory?

A: Yes

Q: Who provides the team maps?

A: It is the responsibility of each team to obtain the appropriate maps for the challenge (your team will require 2 maps for the day). GCUK will advise each team on the map numbers required, along with the route cards (map numbers are detailed on these) as well as the road route cards.

Q: Can individuals bring their own bikes?

A: Yes. All participants are allowed to bring and use their own bikes, but please do inform us if you intend to do so, so we can ensure they meet the required specification. You must make sure that your bike has lights. Participants bringing their own bikes will be responsible for them at all times. All cyclists must wear a helmet whilst cycling and these will be provided. In our experience, teams often focus on the walking section but we believe that the cycling section is as tough (if not the toughest) element of the challenge.



Q: Can we use a GPS rather than a compass?

A: Teams are more than welcome to carry a GPS if they wish. However, we insist that teams carry 2 standard compasses and two Ordnance Survey maps. (Please refer to our equipment check lists provided on the secure challenge website).

Q: Can we use ordinary hand-held torches?

A: Although this challenge takes place mainly during daylight hours, torches are still required as part of the equipment list and GCUK would strongly recommend the use of the 'head-torch' type of torches. These allow your hands to remain free to use walking poles for example, or to consult maps, take food and map; water etc. Head-torches ensure that the torch beam is directed and focused upon exactly what you are looking at, especially the path immediately in front of you.

Q: Whilst walking, is it essential that we have 2 walking poles per team?

A: Yes. We appreciate that this is an extra expense, however experience shows that this is an invaluable and worthwhile investment. Even experienced walkers can injure themselves and the walking poles become a great asset to someone who for example has twisted a knee and needs extra support to walk off of the mountain.

Q: There have been a number of questions relating to the most suitable forms of transport:

A: GCUK advise that the most suitable type of vehicle is a 'people carrier' or an estate car. Parking is limited at 'Challenge Base' and it is important that there is no more than 1 vehicle per team.



Q: What pace is a good walking pace?

A: Teams will climb the mountain at different speeds, and a good pace for your team may be slower than another, but is one that still ensures you meet the challenge of completing the whole challenge in less than 12 hours. Some useful tips are: You should be walking at the pace of the slowest member of the team. If you cannot hold a normal conversation with a colleague whilst walking you're probably walking too fast! The best way to ascertain the best pace for your team is to ensure that you climb, at least 1 mountain together during your training. This will not only help you judge your walking speed, but help you with testing your equipment/clothing and your navigation skills.

Q: Is there any scrambling involved?

A: Most definitely not. The routes used on this challenge use well-trodden paths and bridleways, no 'graded' scrambling, climbing or ropes will be required.

Q: What if someone gets half way up the mountain and no longer wishes to continue?

A: Team and individual safety is paramount in GCUK's planning. We will monitor the teams' progress on the mountain, every step of the way. In the event that an individual no longer wishes to continue, the team will inform the base location of this via their radio and the base will advise on the most appropriate action. If in GCUK's opinion it is suitable for the individual to return on their own, full details of the person will be obtained and they will be observed and checked all the way back down safely to the base location, where they will report in. If required, one of the mountain leaders will escort the individual safely back to the base location.

Q: Do we have to take part in all three disciplines?

A: Yes

Q: How is the timing calculated for each team?

A: GCUK will keep accurate timings for each team on each of the three activities. At the end of the challenge, these times are added together to provide a total time for each team. The challenge is to complete all 3 activities in less than 12 hours. Transition times of approximately 30 minutes at Challenge Base will not be included. However teams will have a maximum time period that they can use before starting their next activity.

Q: Does the whole team have to finish as one, to be counted as completing the challenge?

A: Teams must stay together at all times on each activity, for safety reasons. The activity time for each team will be calculated from the time the team crosses the start line until the last team member crosses the finish line. In the event that a member of the team drops out, (see answer above) the timings will only relate to those that continue on each activity.



Q: Can I bring my dog?

A: Sorry, but no. Our priority has to be the safety of the participants.

Q: Is there a party afterwards?

A: Yes.

Q: How do we decide on the team(s)?

A: The challenge is restricted to 50 teams of four participants – four team members (one of which will be a team leader) and 1 driver/support person.

Q: Can we 'name' our team?

A: Every team has to have a name and the sillier the better!

Q: How do we avoid any detrimental impact on the environment?

A: It is the duty of VSO and all participants in the challenge events that take place in the countryside and wild, remote areas to demonstrate a responsibility and respect for other users of these resources and also to those who's responsibility it is to manage and maintain them. GCUK aim to minimise our impact on the environment and adhere to the Institute of Fundraising Codes of Fundraising Practice. This means that we stagger the start times for all teams and do not go past a maximum number of people on the mountain at one time.