



Many thanks for registering to take part in Wokingham Walk 2019. The event has been organised by a group of local residents. All surplus proceeds from the event will be passed to charity. This year we have chosen First Days <https://www.firstdays.net/> and Me2 <https://me2club.org.uk/>

### **Start Location**

Howard Palmer Gardens which is in Wokingham Town Centre adjacent to Cockpit Path Car Park, which is off Sturges Road, RG40 2HD

### **Parking**

Car Parking is free on Sunday in most Wokingham Brough Car Parks. Please check the car park you are parked in. Details of all car parks can be found here

<http://www.wokingham.gov.uk/parking-road-works-and-transport/parking-and-permits/find-a-car-park/?q=85751ab3-7003-4678-af75-9e06026b42d5~Wokingham~daaabaf5-e17d-48ef-a4ba-e2b8ba50c447~Town+centre~&p=1>

### **Registration**

Registration will be available from 9.00 am until 10.30 am. Please ensure that you check back in at the end of your walk so that we know that everybody is accounted for. The check in will close at 6.00pm, or when all walkers have returned (if sooner).

### **The Start**

There will be Bacon rolls provided at reasonable costs by the local Rangers Group for their own funds. Please support them and have a tasty start to your days walking!

Water please bring plenty of water with you.

### **Event phone number**

Should you need any assistance while you are on the walk, please save the number below onto your phone prior to the event.

EMERGENCY NUMBER (if you are lost, injured, or decide to withdraw from the walk):  
07876 195165 LIFE THREATENING INCIDENTS: CALL 999 FIRST – THEN follow up with the  
Emergency Number

The Wokingham Walk 2018  
The Wokingham Walk brings a unique sense of camaraderie to walking  
Together we can make a better tomorrow

When using your mobile phone during the walk, please keep an eye on your battery level so you always have enough power to call the emergency number if needed. Please bear in mind that some apps can drain your battery quickly, so keep a close watch.

### **Supporters**

Please invite friends and family to support you on the walk and join us at Howard Palmer Gardens which is the common start and finish. The Rangers will continue to cater during the day and Burgers/Sausages will be available to purchase during the lunch period.

### **Route signage**

The 5, 10 and 15 mile route will be clearly signed with Arrows. The 20 mile route is not signposted between 9.5 miles and 14.5 miles. Please make sure you have downloaded the route to your smart phone

Make sure you always have an idea of where you are as it is your responsibility not to get lost and to know your rough location if you do. We also recommend having access to a Google type map on your phone. The route will be marked with Mile Markers so try to remember which one you passed last to help find your location. All routes can be downloaded from our website <http://www.wokinghamwalk.co.uk/routes/>

You will be fully responsible for the safety and security of any children that accompany you on the walk.

### **Event rules**

There aren't too many rules but the ones we do have are important to keep you safe. Please make sure you familiarise yourself with them prior to the walk.

Participants must ensure they are adequately hydrated, fed and rested before commencing any stage of the Event and report any concerns to an Event Medic or Event Staff. If, in the opinion of an Event Medic, a participant is considered unfit to complete the next stage, or further stages, that participant will be excluded as necessary.

- 1/ Participants are advised to carry a charged mobile phone with them
- 2/ You must follow the country code at all times and close all gates behind you
- 3/ All litter must be kept on your person until it can be properly disposed of in a suitable bin
- 4/ Take care crossing roads and railway lines and in a few cases, walking along roads where there are no footpaths

### **Exiting / retiring from the walk**

If you need to exit/drop out of the walk, please inform our event staff on the contact number previously mentioned. We will be able to advise you on the best way to leave the walk either by pick up or public transport.

### **Rest Stops**

There will be no rest stop on the 5 mile route which is estimated to take you around 2 hours to complete. Please ensure that you carry sufficient water and snacks as there will be minimal opportunity to purchase these items on either route.

The 10, 15 and 20 mile route will have 1 rest stop which will be in Ambarrow Car Park and the 15 and 20 mile route will have an extra rest stop on the green by the Queens Oak PH in Finchampstead. We will supply free water and the pub will be pleased to sell more interesting refreshments and allow you to use their toilet facilities! The pub is popular and if you would wish to have lunch we would recommend booking in advance.

### **WHAT TO DO NEXT...**

Remember your kit & check the weather

Don't forget essential items of your kit. Check the weather leading up to the walk to ensure you have everything is covered come rain or shine. The correct footwear is absolutely essential and will need to be waterproof if it's going to be wet and muddy.

### **Power up!**

If you are planning on keeping your phone turned on throughout the walk to use Facebook, Twitter or to call family and friends for a chat, we strongly recommend you invest in a power charger. These can be found for as little as £8 and will keep your phone going throughout the day.

### **Final Hints & tips**

- 1/ Come with the correct kit. Well fitting footwear is probably top of the list (walking boots are recommended)
- 2/ Deal with 'hot spots' on your feet straight away and tape up/Compeed etc to avoid blisters
- 3/ Drink plenty of water and stay fully hydrated but don't 'overdo' the energy drinks or gels. Drink water little and often and don't wait to get thirsty
- 4/ Pace yourself. There is no point going out too quickly and then fading. It's a challenge not a race and there is no prize for the first back!
- 5/ Enjoy yourselves!

We wish you the best of luck for your challenge and look forward to meeting you at the start!