

SPONSORED WALK 19th May 2012



TAKE THE CHALLENGE!
Starting from Berkhamsted School
10 mile circular route via Ashridge
Optional 5 mile route available

Registration Fees:
£8.00 per adult
£2.00 per young person
£16.00 per family
Register by 12th May

Call us now for more information or to register: 01442 262274

Email: office@DENS.org.uk

Visit: www.DENS.org.uk

Charity No. 1097185



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Dear Supporter,

DENS Sponsored Walk 19th May 2012

Thank you for choosing to support DENS on our sponsored walk this year. Enclosed you will find a Registration Form which should be completed and returned to the administrative office, together with the registration fee. Please note the fee is intended to cover the administrative and support costs of the event. Any money raised in excess of these costs will be added to the sponsorship funds raised.

You will also find enclosed an information sheet on the walk and sponsorship forms.

A walking guide and map will be handed out at the Berkhamsted School on the morning.

We would recommend you also using JustGiving.com, an online sponsorship site, which is great if you would prefer to avoid chasing up people to collect money after the event. All you have to do is click [here](#) to set up your own page for giving and be sure to click on Organised Event so you can select the DENS Sponsored Walk. You can then email friends and relatives, who access your page through the internet, who can sponsor you online.

Wishing you all the best with raising sponsorship and with the walk.

Good luck!

Jenny Mass
Marketing & Fundraising Manager

DENS Sponsored Walk 19th May 2012

How long is the route and where does the walk go?

You can choose from two routes. You can walk the full 10 miles from the Berkhamsted School, Castle Street, Berkhamsted along the Grand Union Canal footpath, over to Aldbury, up to Ashridge and returning to the school; or make the five-mile trip from the Berkhamsted School to Aldbury, transport back to the start can be arranged.

How long will it take?

The full 10 mile walk will take approximately 4 hours for a fit walker and around 2.5 hours for the 5 mile route, but there is no rush and we encourage walkers to go at their own pace (there are no prizes for winning however there are may be a prize for the highest sponsorship raised!). There will be people along the walk to ensure the participants return safely.

Do I need to be fit?

This is not an assault course or a race, you can walk at your own pace and the route is on a fair quality surface. There is the climb from the Grand Union Canal footpath exit into Aldbury and from Aldbury up to Ashridge but that should be in the abilities of most people. However we do recommend that you should have a bit of practice before taking part in the walk.

How much does it cost to take part?

There is an £8 registration fee for adults and £2 for children. This covers the cost of administration, first aid cover, back up vehicle, your award certificate, and refreshments. So we would urge you to raise as much sponsorship money as possible. Every penny you raise in sponsorship will go directly to helping the homeless in Dacorum.

Can we walk as a group?

Yes absolutely, there is room for you to include a group name on your registration form and nominate a leader. Just remember when you are walking that you will still need to leave sufficient space for other footpath users.

Where is the registration point on the day and what time can we register?

Registration will take place in the grounds of the Berkhamsted School car park in Castle Street from 9.45am.

How much sponsorship do I have to raise?

We do not ask for a minimum amount of sponsorship, but remember every pound you raise will go towards helping the homeless in Dacorum. So....please raise as much as you can!

How can I get sponsorship?

Ask everyone you know, including work colleagues. At DENS we have an online facility at <http://www.justgiving.com/dens>, which saves chasing up the money after you have completed the walk. You can create your own fundraising page via this link and be sure to click on Organised Event so you can select the DENS Sponsored Walk.

Why not add the information about DENS to your online fundraising page or attach it to your sponsor form sheet to help encourage your friends and family to sponsor you. Don't forget to ask them to tick the Gift Aid box (see below).

Who is eligible to tick the Gift Aid box?

If the person sponsoring you is a UK taxpayer, or pays Capital Gains Tax, then they can make the donation worth even more. For every £1 you give to us, we get an extra 25p. And remember all they have to do is tick the box on the sponsorship form.

Will it be safe?

Your safety is of the utmost importance to us. The event has been organised in conjunction with the British Waterways Board, The National Trust – Ashridge Estate, Hertfordshire Police and Dacorum Safety Advisory Group. The route will be marshalled by volunteers and first aid support will be available for the duration of the walk. We would encourage you to walk with a friend.

Advice from the British Waterways Board recommends that walkers should ensure that they allow sufficient space when meeting on-coming cyclists/runners and, as a matter of courtesy, pass fishermen as quietly as possible.

Is the route suitable for children?

The walk is on good quality footpaths (subject to weather conditions not letting us down). Small children may find the climb from the Grand Union Canal footpath exit into Aldbury and from Aldbury up to Ashridge hard work; though doubtless some will be running ahead of their parents. **All children under 16 years of age who are participating in the walk must be accompanied by a responsible adult.**

Is the route suitable for wheelchairs?

Only the canal towpath to Cow Roast is suitable.

Will there be parking at the start point?

There is limited parking with the Berkhamsted School grounds, we therefore recommend, where possible, that participants share cars to the start point.

Are there toilets and / or refreshments

Toilet facilities, and refreshments, are available at a number of public houses and at the Ashridge Visitors Centre along the route.

Do I need special footwear or clothing?

We recommend that you wear comfortable clothing and well fitting, sturdy footwear (preferably trainers). The walk will not be sheltered so you may need to bring some wet weather gear too. You should also consider the need to protect against sunburn.

Can I help?

If you have any further queries or would like to consider registering as a volunteer on the day, please contact the DENS Marketing and Fundraising Team on 01442 262274 and we will be delighted to talk to you.

DENS

SPONSORED WALK

19th May 2012 – Registration Form

Please complete one form per person IN CAPITALS

Title: _____ First Name: _____ Surname: _____

Are you part of a family entry or a group, if so Team Name: _____

Address: _____

Postcode: _____ Tel No: _____ Mobile No: _____

Email Address: _____ Date of Birth: / / _____

NB This will be used for all future correspondence

(If you are born after 19 May 1996 you will have to be accompanied by an adult and we need a parental signature (next to your date of birth))

Do you have any medical condition which could affect your ability to complete the walk? **Yes / No**

If yes, please contact your GP for advice and let us know of any special circumstances.

Which route do you intend to walk?

The full distance – 10 Miles **Yes / No**

Berkhamsted to Aldbury - 5 Miles **Yes / No**

Please give an emergency contact name and their telephone number for the day:

Name _____ Telephone Number _____

I enclose a cheque made payable to DENS for £8 per adult, £2 per child, or £16 per family group

Please make sure that there is a separate application form for each member of a family group.

You may also collect sponsorship and pay for registration through JustGiving .com – please see attached sheet for details.

Signed _____ **Dated** _____

Please return this form to:

Sponsored Walk. DENS, Bury Lodge, 1 Queensway,
Hemel Hempstead, HP1 1HT

Data Protection Act

DENS will process your personal data for the purpose of your entry to and participation in the DENS sponsored walk 2012. They may also keep you informed of our work and other future events.

Photography consent

By taking part in the walk you are consenting to having any photographs or videos taken being used to promote the work of homeless charities in Dacorum

FOR OFFICE USE ONLY

Walker ID No

