

# Arthur Rank Hospice Charity

## Star Shine Stroll

### Frequently Asked Questions!



**Q. What is the Star Shine Stroll?**

A. The Star Shine Stroll is organised by Arthur Rank Hospice Charity to raise vital funds for the Hospice.

**Q. How old do you have to be to enter?**

A. Ladies of any age can take part but girls under 16 years of age must be accompanied by adults at all times during the Stroll. Each entrant under 16 must complete an entry form and have it signed by the guardian who will be accompanying them on the night. The guardian must complete a separate entry form. The forms must be submitted together.

**Q. Can men take part?**

A. No, sorry boys! However, if you wish to help out at the event we are always looking for safety stewards. If you know someone who may be interested in helping out please contact the Fundraising Team on 01223 723115 / 723144 or email [fundraising@arhc.org.uk](mailto:fundraising@arhc.org.uk)

**Q. What does my entry fee cover?**

A. The £15 entry fee covers our administrative costs and includes a t-shirt, goody bag containing a snack and a drink, and finishing medal. You will also be greeted at the finishing line with a bacon buttie and hot chocolate. Please note that early bird registrations received by 28<sup>th</sup> February 2010 will be eligible for a free gift. Groups of 5 or more ladies are also eligible for a free gift and the 28<sup>th</sup> February deadline does not apply to this particular offer.

**Q. How much sponsorship money do I have to raise?**

A. We ask everyone to endeavour to raise a minimum of £100 but any sponsorship is welcome. You may be surprised at how much you can raise!

**Q. Do I need to prepare for the Star Shine Stroll?**

A. We ask everyone that enters the Star Shine Stroll to prepare themselves by carrying out a personal training programme. The Star Shine Stroll is a challenge which you will take in the evening when you might normally be resting.

**Q. When will I find out more details about the actual night?**

A. The route map will be sent out with your t-shirt. If you feel there is any other information missing from this pack, please contact us on 01223 723115.

**Q. What time do I need to arrive at Shelford Rugby Club?**

A. The check-in desk will open at 5.30pm; you must be signed in by 7 pm at the latest. The Star Shine Stroll will start at 7.30pm prompt.

**Q. Can I find out the route of the Star Shine Stroll?**

A. The Star Shine Stroll route will be sent to you with your t-shirt.

**Q. Can I raise money for another charity?**

A. Everyone fundraising for the Star Shine Stroll is raising money for Arthur Rank Hospice. The money you raise for the Star Shine Stroll cannot be given in part or full to any other charity.

**Q. Do I have to send my sponsorship money in before the event?**

A. No. If you have collected sponsor money already you can pass it into the Fundraising Office if you do not wish to keep hold of it yourself. We ask that all sponsorship money is received by Arthur Rank Hospice Charity by 2nd July 2010. For security reasons please do not bring sponsorship money to the event.

**Q. Do I have to wear my t-shirt?**

A. Yes please! It will create a fantastic sight for all on lookers and from a health and safety perspective it will be easier to identify our walkers. We will also know that you have registered and have read and understood what you are signing up to!! You could also wear pyjama bottoms, and fairy wings as well if you choose!

**Q. Can my friends register on the night?**

A. Unfortunately not – for health and safety reasons we need to know names and numbers before the event. We will not have a goody bag or t-shirt for them either!

**Q. I have changed my mind about the walk – can I have a refund?**

A. Sorry, no. Costs will have already been incurred and your place secured so the registration fee is not refundable. However, if you have someone who wants to take your place we will consider your request if you give us at least 2 weeks' notice prior to the event.

**Q. Can I bring my dog?**

A. We cannot accommodate pets at the Rugby Club and do not think it is appropriate for lots of dogs to be walked through Cambridge on a Saturday night. Of course, Guide Dogs are the exception.

**Q. Can I run it or wear roller blades?**

A. The Star Shine Stroll is a walking event – it is not a race and running or jogging is not allowed. Power walking is permitted, but this must not be to the detriment of anyone's safety. No other form of transport is allowed (*such as bikes, scooters and roller skates*).

**Q. Can we take alcohol on the walk?**

A. Alcohol must not be brought to or consumed before, during or after the Star Shine Stroll.

**Q. What if I can't complete the walk?**

A. You must stay on the designated route. You should get someone to alert the nearest marshal who will arrange for someone to pick you up. St John's Ambulance will also be patrolling the route on bikes and will also have the contact numbers of the event organisers. You must make sure that the event organisers know if you are not returning to Shelford Rugby Club.

**Q. I have more questions, who do I contact?**

A. Please contact the fundraising team either by phoning us on 01223 723115, e-mailing [fundraising@arhc.org.uk](mailto:fundraising@arhc.org.uk) or pop in to see us at the Hospice (351 Mill Road, Cambridge).

#### **Health and Safety Notice**

- Arthur Rank Hospice Charity to the extent permitted by law, exclude liability for any loss, damage, injury, consequential loss suffered by any entrant personally or to their property as result of their entry to or participation in the Star Shine Stroll.
- The event will finish late in the evening when there is limited public transport. Walkers must arrange their own transport to and from the event.
- Please do not cross over main roads which are not part of the route. You must listen to the guidance of safety stewards.

#### **Acceptance of Rules and Conditions**

By taking part in the walk, you agree to follow the rules and conditions of the Star Shine Stroll which have been identified on the website, registration form and in this document.