

## Frequently Asked Questions

### What is the CARE Walkathon?

The walkathon is a 25km walking challenge along the riverside in Windsor. The route comprises mostly the Thames path and the Jubilee cycle path. It can be slightly muddy (depending on the weather) in places, but it is a non-technical flat walk.

From Alexandra Gardens, you will walk along the river and over the bridge through Eton. The route then winds along the river past Dorney Rowing Centre and the Royal Windsor Racecourse, continues along the Thames path past Maidenhead Rowing Club and Taplow Lake and joins the Jubilee Riverway through the Jubilee River Nature Reserve. You will then walk back through Eton and return to the start.

### Who much does it cost to participate?

We require a minimum donation of £25 per person to secure your place and we encourage all participants to reach a fundraising target of £100.

### Where will my money go?

All funds will support CARE's Rapid Response Fund (RRF). Our RRF enables us to be amongst the first to respond when an emergency occurs. For example in a situation like the Haiti earthquake, where 222,000 people were killed, as many as 1.3 million were left homeless and many women were forced to give birth in makeshift camps, your £100 could provide 20 mothers with newborn kits containing a receiving blanket, layette gown, cloth nappies, safety pins, bars of soap and socks.

### Who and what is it for?

The CARE Walkathon is our most inclusive challenge – it's a great opportunity to get the whole family involved. We will also be celebrating 25 years of CARE International in the UK so this is an excellent opportunity for CARE supporters to come together.

### What time does it start?

Please arrive between 08:30 and 09:00. There will be an event briefing at 09:15 and the challenge will commence at around 09:30.

### Where in Windsor is the CARE Walkathon?

The challenge base will be located in Alexandra Gardens less than five minutes walk from either of the train stations in Windsor.



Windsor and Eaton Riverside Station

Walkathon Base - Start/ Finish

Windsor and Eaton Central Station

# CARE Walkathon 2010



## How do I get there?

There are a number of car parks within easy walking distance of the event base but we suggest taking the train. There are regular trains from Paddington via Slough and direct trains from Waterloo which will take you to either Windsor Central or Riverside stations.

## Are there any safety precautions?

You will receive a safety briefing before you start the challenge which will cover the procedures should you get lost or have an incident on the day. You will also be asked to show that you have the correct kit before you start and there will be qualified first aiders in attendance.

## What kit will I need?

We suggest the following:

- Waterproof jacket
- Walking boots or trainers
- Small rucksack
- Water bottle
- Packed lunch and snacks
- Mobile phone

## How fit do I need to be?

You will be walking for anything from 5 to 7 hours. Try to complete some training walks before the challenge and ensure that your footwear is comfortable.

## What are the next steps?

**All participants need to register through the website** - <http://www.carechallenge.org.uk/walk>. Please note if you are bringing children under the age of 18 they do not need to register through the website. As their guardian, you will be required to fill out a separate form on behalf of them.

Once you register you will have access to the online resources on the website which contains all the information you need. You will also receive a fundraising pack in the post and we will support you in your fundraising and general preparation.