

## **Go Grab Life Walk 2024 FAQ's**

### **How do I register for the Go Grab Life Walk?**

You can register online at [www.wsbh.org.uk/gograblif24](http://www.wsbh.org.uk/gograblif24)

### **Is there a registration fee?**

Adults - £18 includes Go Grab Life t-shirt and finishers medal.

Children [Under 16] - £12 includes Go Grab Life t-shirt and finishers medal.

Children under 5- £5 includes finishers medal.

Children under 5 – Free does not include finishers medal.

Dogs £3 – Well behaved dogs who must be kept on a lead.

### **Can I register on the day?**

We would prefer walkers to register in advance. It may be possible to register on the day unless we have previously met capacity by registering in advance and it helps us to plan the event effectively.

### **How long is the Go Grab Life walk?**

There is a 4km or 8km route , there is also a point at around 2km that you can head back to the event village for those less able or for smaller legs.

### **Is there a set fundraising target?**

Whilst there is no set sponsorship target for Go Grab Life the registration fee helps to cover the cost of the event so we would encourage and be very grateful if those taking part would endeavour to raise any money they can through sponsorship or by making a donation during registration.

### **How do I create a fundraising page?**

You can use any fundraising platform that you prefer. We frequently use JustGiving, [click here](#) to set up your fundraising page.

### **How do I pay in my sponsorship?**

All the money raised through your online fundraising page will be directed straight to the hospice bank account. If you have any issues or require further information, please give the team a call on 01483 742855

**How old do you have to be to take part?**

Walkers of all ages are welcome to take part. All children under the age of 16 must be accompanied by an adult at all times.

**Is the route wheelchair and pushchair friendly?**

Unfortunately, due to uneven ground this walk it is not suitable for wheelchair access. If you are wanting to bring a pushchair, please ensure that it is equipped for offroad terrain.

**Are dogs allowed at the Go Grab Life walk?**

Yes, well behaved dogs are welcome, but they must be kept on a lead at all times, and it is the owners responsibility to clean up after your dog and make sure any mess is appropriately disposed of or taken home. If you know your dog is uncomfortable in large crowds, please do not bring them to the event and if on event day it is exceptionally warm for the safety of your pet we would ask you not to bring them on the walk.

**What time does the event start and finish?**

The event officially starts at 10am. If you are planning to do the 8k walk please set off at 11am latest. All walkers should return by 1.30pm at the latest when the event finishes, for us to congratulate you.

**Can I volunteer to help?**

Yes – you can! We rely on volunteers to help us put together these events and will need administrative and marshal support. Please get in touch with [events@wsbh.org.uk](mailto:events@wsbh.org.uk) to register your interest and what capacity you would like to help, for example, marshalling, helping on a stall or setting up and packing down.

**Can I walk in memory of my loved one?**

Absolutely, it's a lovely way to remember a loved one. We will send you a template in an email that you can customise as you like.

**Are teams allowed?**

Yes, there is an option at registration to select a team, please let us know your team name.

**Can I bring my bicycle or scooter?**

No, this walk is unsuitable for bikes or scooters.

### **Do I need special footwear or clothing?**

Please make sure you wear some comfortable and supportive shoes or trainers. The weather is unpredictable so do come prepared and dress for the conditions on some parts of the walk the paths are uneven and can be muddy if it has rained. Look out for social media messages for updates on preparation for the day.

### **Are there any cloakroom facilities?**

Toilets including accessible toilets and baby changing are available at the event, these will be clearly signposted. There are no lockers, so you will not be able to leave your belongings behind when you do the walk.

### **How will I find my way?**

There will be marshals in hi-vis jackets around the walk route, as well as arrows and signage to make sure you don't get lost. The whole route is contained within the estate so there are no public roads to cross.

### **Will refreshments be available?**

There will be hot food and refreshments to purchase on the day at the Event Village and all funds raised from these will also help to raise much needed funds on the day, the bar and restaurant in the conference centre will also be open. Please bring your own water bottle – there will be places to refill it if necessary. There will also be face painting , tombola, raffle, and other fun stalls and activities available at the event.

### **Do I need to be fit?**

You can walk at your own pace, whatever your fitness level, but please ensure the distance you choose is right for you, especially if you're taking on the longer route.

### **I am no longer able to take part, what should I do?**

Please let us know by emailing [events@wsbh.org.uk](mailto:events@wsbh.org.uk) or calling the team on 01483 742855. Unfortunately the registration fee is non-refundable and in the event of non-attendance your registration fee will be treated as a donation to the Hospice.

Resources and Guides [Countryside Code \(PDF\)](#)