

the next step

Thanks for taking part in the Yorkshire Three Peaks Challenge to raise money for Heart Research UK's work funding pioneering medical research into the prevention, treatment and cure of heart disease.

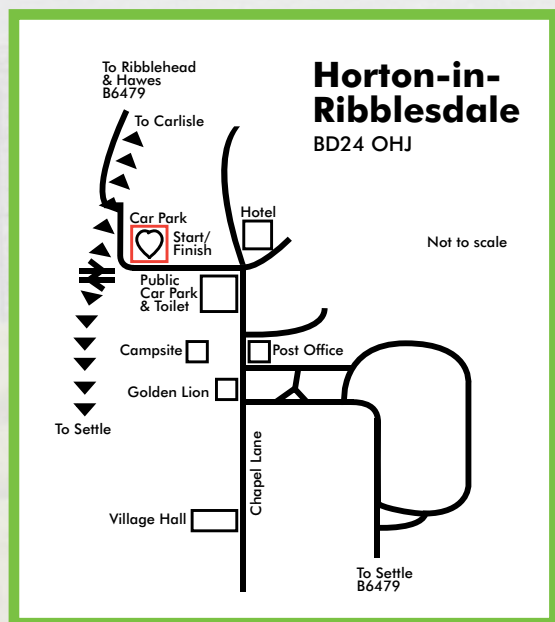
Please complete this form and return it to:

**Heart Research UK, Suite 12D, Joseph's Well, Leeds, LS3 1AB
or fax to 0113 297 6208**

**Saturday
19 June
2010**

We will send you a sponsor form and information on how to set up an online fundraising page, so you can start fundraising. At the beginning of June we'll send you a confirmation letter and all the information you need for the day.

how to find us on the day



Heart Research UK is a national charity funding pioneering research into the prevention, treatment and cure of heart disease. We also support community-based lifestyle projects encouraging people to look after their heart health.

**For more information contact us on 0113 234 7474 or
email info@heartresearch.org.uk**

Visit our website www.heartresearch.org.uk

Registered charity no. 1044821. Heart Research UK, Suite 12D, Joseph's Well, Leeds LS3 1AB.



**Saturday
19 June 2010**

entry form



**raising money for
Heart Research UK**

pioneers in the fight against heart disease

Registered charity no. 1044821

official entry form

**Saturday
19 June
2010**

title first name

surname

address

postcode

email

tel (daytime) mobile

age group : under 16 16-25 26-40 41-54 55-65 65+

date of birth current employer

how did you hear about this event?

what is your reason for walking?

are you walking as part of a group? Yes No

name of the group leader

emergency tel number – in case we need to contact someone on your behalf

I acknowledge that the event organisers, sponsors, or any person involved in the organisation of the event shall not be liable for any injury, accidents, loss or damage suffered by me in, or by reason of the event, however such may be caused. I am healthy and have no known medical conditions or any other reason why I should not participate in the event. By completing this application form you consent to the collection, storage, processing and use of your personal information in accordance with the Data Protection Act 1998 or any amendment or replacement of the same.

Sign Date / /

**our walk is a fundraising event for Heart Research UK
only sponsored walkers are invited to take part**

The above details will be stored on computer for future mailings. If you DO NOT WANT to receive updates about our work please tick the box



walkers' information

background

The Yorkshire Three Peaks Challenge, a recognised long distance route for almost a century, involves a walk of around 25 miles over three of the highest peaks in Yorkshire, Pen-y-ghent, Wharfedale and Ingleborough, involving a total ascent of over 1500 metres.

the walk

Participants need to be physically fit and can choose to do one, two or all three peaks. We will be following the traditional circular route, which starts and finishes in Horton-in-Ribblesdale and takes in Pen-y-ghent, Wharfedale and then Ingleborough. It is not a race but the official challenge is to complete the walk in less than 12 hours.

starting arrangements

Registration opens at 6.15am for an official start time of 7am and the start point will remain open until 8am.

checkpoints

For your safety there will be checkpoints along the route. It is vital that we keep track of all walkers and every walker must check in and out of each checkpoint. Transport will also be available at a number of points along the route to take walkers only able to complete part of the walk back to Horton-in-Ribblesdale. Walkers must report back to the registration point when they leave or finish the walk, otherwise we may spend time and effort searching for 'lost' walkers.

safety

First-Aid personnel and an experienced team of walkers are situated at various points. All children under 16 must be accompanied by an adult.

footwear & equipment

It is the walker's responsibility to wear appropriate clothing and carry suitable equipment. Walkers should wear suitable footwear and we advise not to wear new socks or boots for the first time. Bring plasters in case of minor blisters. Full waterproof clothing and an extra pullover/fleece are recommended. Sun cream, insect repellent and a sun hat could also be useful.

refreshments

Walkers are responsible for their own food and drink and should carry plenty of water, especially if the weather is hot. There will be opportunities to refill water bottles along the route.

friends of the three peaks

Heart Research UK is proud to be one of the 'Friends of the Three Peaks'. We make a donation to the Yorkshire Dales National Park Authority for every walker who takes part in our Three Peaks Challenge, to help protect and enhance the landscape of the area.



www.yorkshiredales.org.uk/threepaks

