

Step Up To The Plate

Second Course: The Roman Route

We challenge you to walk with us on Saturday
4th July and celebrate all things Cumbrian

Hadrian's Wall Path

Dear Supporter

Thank you very much for enquiring about **Step Up To The Plate, The Second Course: The Roman Route**, sponsored by Unwin Jones Partnership and Westwood Landscape. The information enclosed will hopefully encourage you to join us on **Saturday 4th July**, to enjoy a day walking in beautiful scenery and sampling delicious Cumbrian foods whilst ultimately making a huge difference to the lives of local patients and their families.

What is Step up to the Plate?

Step Up To The Plate is a day of sponsored walks organised by Hospice at Home, a local Charity that provides care and support to patients in their own homes, at the end stages of life.

In 2020 'The Second Course' of this event has been organised following a highly successful day of walking events in 2019. We hope to see participants returning to take part in this fundraiser in a new location.

Step Up To The Plate, The Second Course: The Roman Route is an event open to all, and offers two lengths of walk approx. **20 miles or 8.5 miles**. Both distances require stamina, energy and training to fully enjoy the day.

What Will Happen on The Day?

The day will begin at 8am, with registration in Carlisle (**location to follow**). Here you will board the Hospice at Home coach, which will take you to the start point of both routes in Greenhead. A "Grab and Go" breakfast station will be provided to give you an energising boost to start the day.

Samples of delicious Cumbrian food will be served at various points throughout the route, and lunch is provided at the beautiful Dacre Hall at Lanercost Priory. This is where the 8.5 mile route ends, and participants will return to Carlisle by coach. Participants on the longer route will continue to head westwards into the city of Carlisle, with further refreshment stops to enjoy, and a well-earned celebration drink will be waiting for you at the finish line.

Children are welcome to take part with a responsible paying adult, with a Junior place costing £10 (ages 11-17) and under 11s FREE. Your precious pooches are also welcome!



As a local charity, you can be certain that all proceeds raised from the event go directly towards vital hospice care and support within your local community.

Hospice at Home
Carlisle and North Lakeland
Providing Hospice Care in your Home

Kindly Sponsored by:



The Registration Fee is:

£30 ADULTS

£10 JUNIORS

FREE! FOR

UNDER 11s

and is non-refundable.

This includes:

- Samples of Cumbrian delicacies along the route
- Breath taking views
- A free t-shirt, water bottle and badge
- Marshalled check points throughout the route
- Transport from Carlisle to Greenhead
- Return transport to Carlisle if required
- Treats and hydration stations for your four legged friends
- A grab and go breakfast station, hot meal and a well earned celebratory drink

How Much Do I Need to Raise?

Each adult participant is asked to aim to raise £75 in sponsorship, fundraising guides are provided to help you reach your fundraising goal. All children must be accompanied by a paying adult and whilst there is no fundraising expectation for Under 18s, they are more than welcome to raise sponsorship if they wish.

Anything Else I Need to Know?

- Participants are expected to make their own travel arrangements to the registration point (details to follow). There is plenty of pay and display car parking within the city of Carlisle.
- Participants must be of reasonable fitness to complete the walk and be willing to train and fundraise for Hospice at Home.
- We highly recommend that you prepare and train for your chosen route. Please wear strong footwear during your training that you plan to wear on the event itself. This will enable you to get used to the footwear and will minimise the chance of blisters
- A full kit list is included in the information pack, although waterproofs, a map, compass, small first aid kit, blister plasters and water are must-have items, which should all be carried during your training. We are hoping 4th July will be a lovely summer's day but you never know with our Cumbrian weather and it's better to be prepared!

By joining us on this special day, you will be helping to raise an estimated £25,000 for Hospice at Home Carlisle and North Lakeland, which provides a free service for patients in the North and East of Cumbria who have a life-limiting or life threatening illness and wish to be cared for at home with all that is loved and familiar around them. Support is also provided to the patient's family and loved ones.



If you would like to join us, please register online at:

www.hospiceathome.co.uk



We hope you will be one of our wonderful walkers who will be helping to raise vital funds for Hospice at Home and if you have any questions please don't hesitate to call us on 01768 210719.

With best wishes, The Fundraising Team

Hospice at Home
Carlisle and North Lakeland
Providing Hospice Care in your Home

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