Joining Instructions

Palace for Life Foundation Marathon March 13th October 2018

Overview of Challenge

Welcome to the Palace for Life Foundation Marathon March!
The march will commence at the legendary Selhurst Park, home of Crystal Palace Football Club and Palace for Life Foundation. You will be walking with well over a hundred other like minded individuals to fundraise in support of the work of this fantastic charity. You will end up walking past Westminster Palace to finally finish at Trafalgar Square.
Dress up and paint your face if you like for this spectacular social challenge!

Selhurst Park to Trafalgar Square

You will pass through some of the best green spaces London has to offer, including Mitcham Common, Wimbledon Common, and Richmond Park where you will see roaming deer as you walk through and over the Pen Ponds causeway to arrive at the half way point in Richmond. From there you will follow along the River Thames towpath past the Royal Botanic Gardens for lunch on Kew Green. After lunch you will cross Kew Bridge to Chiswick, Barnes, Fulham, Chelsea and then finally through Westminster.

Event Support

You will be fully supported by Adventure Café's team of leaders, support vehicles and first aiders to guide and assist you, offering snacks and water refills along the way on in addition to the planned morning, lunchtime and afternoon rest points.
Please listen to your leaders as they are trained and experienced in events and will be making decisions in your best interes t.

Preparing for the challenge

The more walking you can do prior to the challenge the better. We suggest you get out for several long walks of up to at least 10km (6 miles) on the weekends preceding the event. You may consider walking to work or skipping stops on the tube/bus/train and walking part of your daily commute prior to the challenge.

If you are not used to walking then please ensure you put some effort in the final weeks on a variety of terrain to get fit enough to complete the distance you have selected. The fitter you are prior to the event the more enjoyable the experience!

You should be especially working on your leg strengthening and endurance as walking a marathon in a day will be hard work on your knees and hips.

Please complete your full medical details upon registration.

Supporters

If you would like to greet the walkers at the finish of the marathon, please meet at the top of the steps to side of Admiralty Arch which is just 100m away from the finish venue. Turn left out of the entrance of The Admiralty and left again along Spring Gardens. Walk through the cast iron gates to gather at the top of the steps. Please be aware of other pedestrians to ensure you do not block their access through this area.

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Event Timings

Please ensure you are on time for registration, there will be a large number of participants on this walk and the registration process is at such a time that it will ensure all participants are registered prior to the safety briefing.

0700: Breakfast, teas, coffees & registration.
0735: Walk to main stand
0745: Safety Briefing and team photo
0800: Depart on walk all together (led out in front by those on a slightly quicker pace (Wave 1), followed by those with a good pace (Wave 2), and finally those on a steady pace (Wave 3).

Wave 1 will be walking on average around **5.5kmph**
Wave 2 will be walking on average around **5kmph**
Wave 3 will be walking on average around **4.5kmph**.
There are no scheduled rests between stops however there are a number of public toilets on route if needed.

08:00: Walk from Selhurst Park to Windmill Tea Rooms
10:30-11:00: Arrive at Tea Rooms. **20mins** tea/coffee break
10:50-11.20: Start walking to The Botanist on the Green

12:30: Registration at The Botanist on the Green for those starting the 16.4km (10.2 miles) route.
13:00-13:40: Arrive The Botanist on the Green. **40min** lunch.
Time Slots: W1: **13.00-13.40**, W2: **13.20-14.00**, W3: **13.40-14.20**

13:40-14:20: Start walking to The Imperial
15:00-16:20: Arrive at The Imperial. **20mins** tea/coffee break.
15:20-16:40: Start walking from The Imperial to Riley's

16.30-18.00: Arrive at Riley's. Buffet & drinks reception.
Wave 1: **16.30-16.45**, Wave 2: **17.00-17.30**, Wave 3:**17:45-18.00**
19:30: Transport available back to Selhurst Park

You will have to de-register upon completion of the challenge at the final venue. The event control will stay open until **20:00.**

REGISTRATIONS

When you signed up you will have chosen to opt for either the full Marathon March 42.2km (26.2 miles), Medium Route 25.8km (16 miles) or Short Route 16.4km (10.2 miles).

FULL MARATHON 42.2km (26.2 miles)
Please follow the standard timings to the left

25.8km (16 miles) Selhurst Park to Kew
Please follow the standard timings to the left where you will complete your challenge and deregister at The Botanist on the Green.

16.4km (10.2 miles) Kew to London
Please meet us at The Botanist on the Green **at 13:30** for registration. You will finish the challenge at Riley's.

Walkers will be provided with Palace for Life Foundation T-Shirts when you arrive for registration.

Lunch is included for all participants.

Safety Precautions

Walking through a built up city on a Saturday does come with it's complications. You could come across spontaneous pop up events, protests, crowds or unhelpful passers by on foot or by car. Please be vigilant, look after yourself and others and respect the general public by walking around people and not expecting that you should have right of way.
Staff will be first aid trained with first aid provisions on the route, there will also be a first aid point at all of the venues. There will be walking marshals, bike marshals and volunteers on the route to help with any welfare needs you may have.
There will be a support vehicle on hand for any emergencies as well as topping up water bottles on route. Please dress appropriately for the conditions.

Contact

EMERGENCY MOBILE
07787130425

EVENT MANAGERS:
DAVE BARROW
07484 913568
RICHARD MCLAUGHLIN
07811 159028

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TA3 5PX
www.adventure-cafe.com
info@adventure-cafe.com

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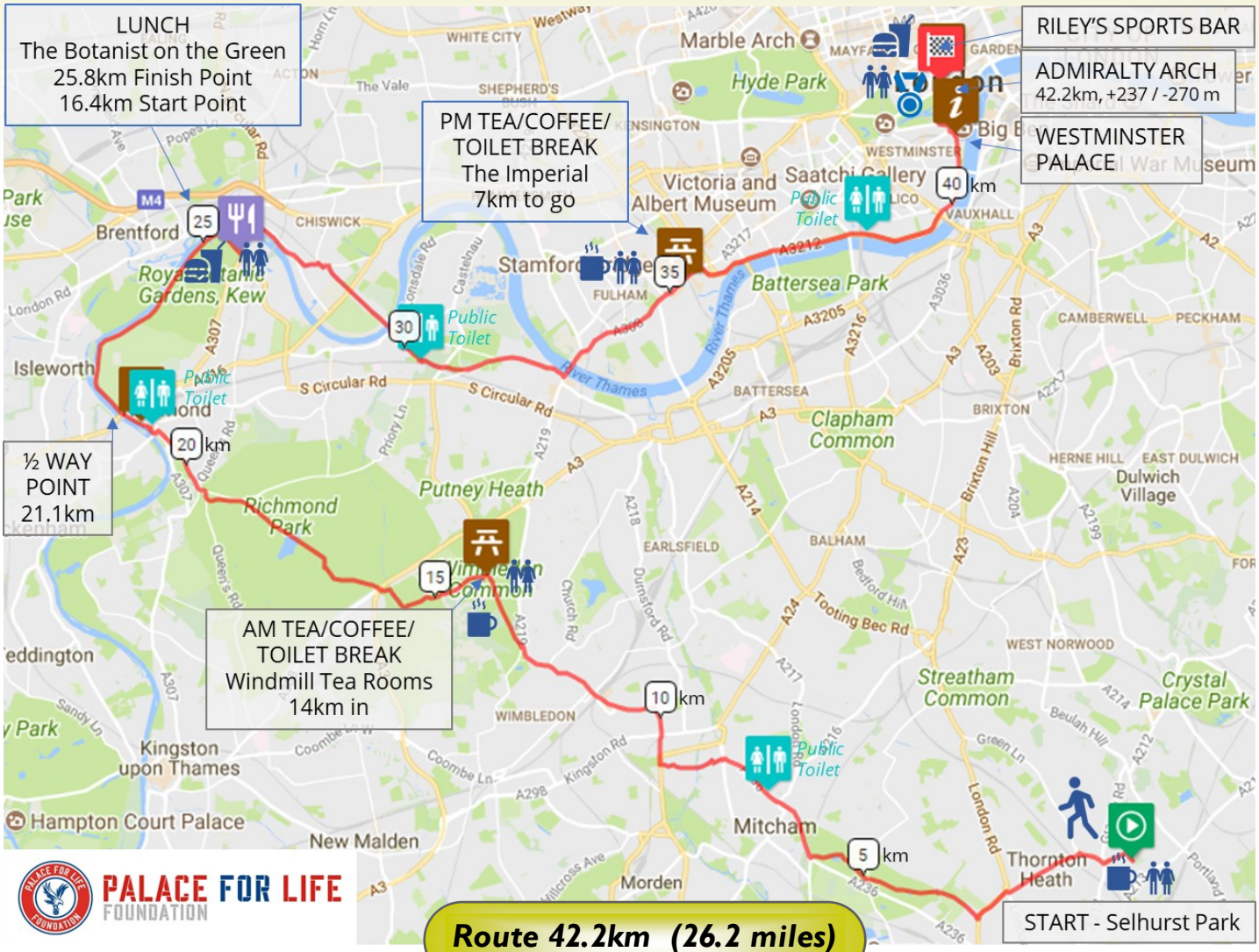
Route Map: https://ridewithgps.com/routes/27032508



Route 42.2km (26.2 miles)

The route has been carefully planned to be as wheelchair/pram friendly as possible.
Dogs are allowed on route as long as they are on a lead, however they are not allowed within the venues.
Alcohol will not be permitted during the event, anyone under the influence of alcohol will be asked to leave the event.
Charitable collections are not permitted on the route.

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Start Venue—Selhurst Park

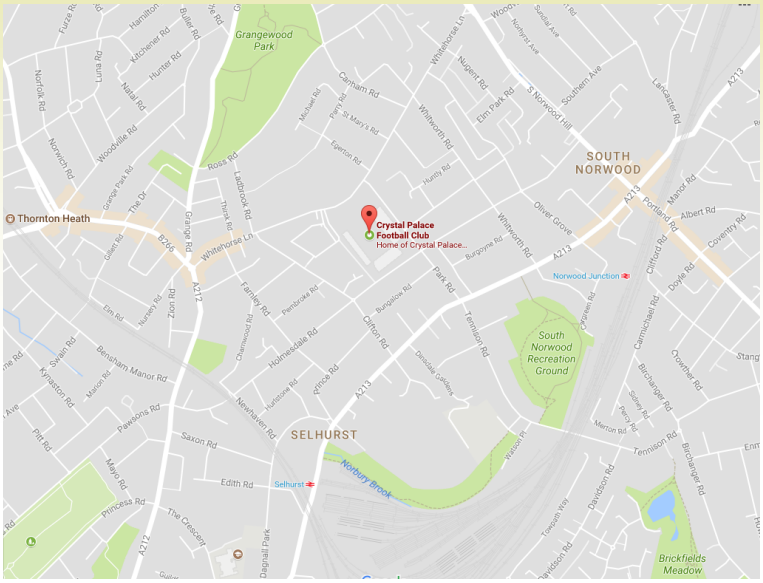
Selhurst Park:
Whitehorse Ln, Selhurst, London SE25 6PU. 020 8768 6047

The nearest underground is Norwood Junction at 8 mins walk or Selhurst 10 mins walk away. Parking is also available on site. Precise timings to be confirmed.

Please arrive for 07.00 to register on to either the full marathon or the 16.4km route.

Breakfast snacks, teas and coffees will be provided.

You will find staff and volunteers from both Palace for Life Foundation and Adventure Café to help guide you to the right location for parking, breakfast and registration.



25.8km Finish / 16.4km Start Point & Lunch—The Botanist on the Green

The Botanist on The Green:
3-5 Kew Green, Richmond, TW9 3AA.. 02089484838

The nearest underground is Kew Bridge at 8 minutes walk away.

A buffet lunch and cold drinks will be provided.

Please arrive for 12.30 to register on to the 16.4km route.

Please deregister here if you are coming off the 25.8km route.

To ensure a speedy departure, please congregate on Kew Green after eating your lunch in order to top up water bottles.

Finish Venue—Riley's

Riley's:
80 Haymarket, St. James's, London SW1Y 4TE .
020 7930 0393
Charing Cross Underground and Station are just a few mins walk away.

A sandwich/finger buffet and teas and coffees will be provided upon arrival.

The event closes down at **20:00.** Please ensure you make arrangements for your way home. A coach to Selhurst Park will be available at an extra cost. Please reserve your place in advance with Palace for Life Foundation. Otherwise feel free to continue celebrating at Riley's.

Please avoid congregating on Trafalgar Square!

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Rest Point Venues on Route

Water bottles can be topped up from our support vehicles outside each venue and key points on route.

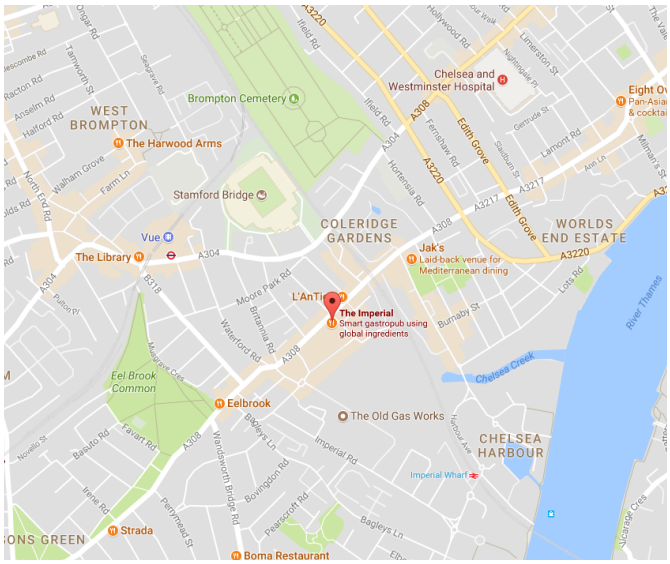
Additional toilet stops are available in between venues.

Morning Rest —Windmill Tea Rooms

Windmill Rd, Wimbledon, London, SW19 5NQ

The nearest station is Wimbledon or Putney at 35 minutes walk away.

Teas and coffees will be provided here for a 20 minute break inside before congregating outside for a speedy departure.



Afternoon Rest—The Imperial

577 King's Road, London, SW6 2EH

The nearest station is Fulham Broadway Station at 6 mins walk or Imperial Wharf at 10 mins walk away.

Teas and coffees will be provided here for a 20 minute break inside before congregating outside for a speedy departure.

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Equipment Suggested

Medikit:
blister repair kit, plasters, Vaseline, rehydration salts, painkillers, tubigrip (optional).

Other:
Water bottle, camera, memory card, wallet, money belt, credit cards, cash, snacks, mobile phone (please ensure you are contactable in an emergency).

Footwear:
Please ensure you wear footwear that you have trained in. This could be walking shoes, boots or trainers. Please do not turn up in inappropriate footwear such as flip flops or pumps as these don't provide adequate protection or shock absorbing qualities.

Waterproofs;
1 outer fully waterproof jacket , 1 pair outer waterproof bottoms - please note you require these even in the height of summer, they are compulsory!

Clothing:
Warm Clothing; medium weight fleece, lightweight gloves, fleece hat,

Please ensure you are appropriately dressed for the weather, check the weather prior to your arrival. Fancy dress is allowed, please ensure it is appropriate and you have adequate clothing to keep you warm through the day when the temperature may drop.

Palace for Life Foundation will be providing event T-Shirts upon registration

We would suggest wearing an under layer of clothing (thermal), or Palace shirt as a base layer.

We would love everyone to wear the Palace for Life Foundation event T-shirts over this layer.

Bring a Palace scarf and a Palace hat if you have one as well!

Adventure Cafe Discounts & Recommendations

http://www.outdoorhire.co.uk/kitlist/landing_page.php?id=Adventure-Cafe

10% Discount using code: **ADCOH966** on short or long term hire

Cotswold outdoor 15% discount code: **AF-ADVC-C5**

Montane Outdoor Clothing - Lightweight, beautifully designed, and the finest performance fabrics - need we say more?

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Food on the challenge

You will be provided with all the food you should need whilst on the event including breakfast, tea and coffee stops, energy bars and snacks along the route, water bottle top ups, a buffet lunch and a sandwich buffet upon completion. If you wish however to bring your own nutritional snacks please see below:

In the planning and preparation for walking and challenge events, we are often asked what foods are the best to take.

When pushing your body and exercising all those muscles you never knew you had, you need to keep your body's energy stores fully stocked up. This is not a time to think about that diet you might want to do, you need all the calories you can get! Don't worry, 30 minutes into your walk you'll be burning off those calories faster than you can say 'bananas, bananas, bananas'!

When choosing foods, go for wholefood and wholemeal options as the fibre will fill you up and the complex carbohydrates will keep you energised for longer, rather than a quick sugar-fix (although sugary snacks have their place in our list too)!

Key things to remember:

1. Make sure you like the food you buy, even when you don't feel like it!
2. Make sure you have plenty of slow burning foods, that have low 'glycaemic index'.
3. Make sure you don't eat too much heavy, fatty, greasy food as it can take a long time to digest.
4. Make sure you drink plenty of water and keep down on caffeine and coke!
5. Make sure that your food is easy to eat. It needs to be easy to unwrap.
6. Dispose of litter: please take any litter home with you or dispose of in a bin.

Also remember: nutrition for the challenge starts before the event!

1. Make sure you're hydrated to start the event (no big beer sessions just before)!
2. Make sure you have eaten well the day before the event (complex carbs (pasta/rice)).

ENERGY BOOSTERS

Fruit: apples, bananas, oranges
Dried Fruit (cranberries, dates, sultanas, raisins)

You can visit somewhere like Julian Graves who do excellent dried fruits and nut mixes.
http://www.juliangraves.com/

Natural nuts and seed mixes
Flapjacks (oats are great!)
Energy/muesli bars:
go for wholefood options and not the 'low fat' products which are full of sugar and won't satisfy you.
Eat Natural bars
Nutri-grain
Fruisli bars
Dark chocolate
Mars bars/Snickers/chocolate
Jelly babies/wine gums

Please ensure anything you bring on the challenge you take home with you or dispose of in a bin, whether this is food, wrappers, light sticks, broken shoes or clothes.