

# Can you HACK it?

## **EAST DEVON HEAVEN HACK SUNDAY 12 SEPTEMBER 2010 FREQUENTLY ASKED QUESTIONS**

### **HOW FAR IS THE WALK?**

The walk is 25 miles long.

### **WHAT IS THE MINIMUM REGISTRATION FEE?**

There is a £15 registration fee.

### **WHAT IS THE MINIMUM LEVEL OF SPONSORSHIP?**

There is no minimum sponsorship amount. We'd like you to raise as much as possible because the more sponsorship money raised, the more children we can protect from abuse.

### **WHERE IS THE WALK?**

The walk starts at Bicton college in the Village of East Budleigh before continuing along the Otter River on to the Coast Path. Bicton College is about twelve miles from the centre of Exeter which has two railway stations; Central and St David's and a bus station. It is approximately six miles from J30 of the M5 and five miles from Exeter airport. There will be no public transport running when the HACK begins so participants may want to consider staying the night before the event. For further details of accommodation please see below.

### **IS THERE A MINIMUM LEVEL OF FITNESS REQUIRED?**

The walk is 25 miles long cross-country and requires a reasonable level of fitness. We'd recommend training beforehand and consulting your GP if you are in any doubt. Have a look at our training tips.

### **WHEN IS THE CLOSING DATE FOR REGISTRATION?**

The final online registration date is 27 August 2010. For queries after this date contact the Devon team.

### **CAN YOU PROVIDE US WITH A LIST OF EQUIPMENT WE WILL NEED ON THE DAY?**

Yes, You'll find the list on the HACK training guide.

### **WHAT TIME DOES THE WALK START?**

Registration will open at 6:30am and the walk will start at 7am. This is to maximise the daylight available to complete the challenge. The walk must be completed by 7pm

### **CAN WE BRING PETS?**

Unfortunately no pets are allowed as the route passes through open farm land and pets might disturb the wildlife and farm animals.

### **CAN WE BRING CHILDREN?**

Unfortunately no, for health and safety reasons all participants must be over 18.

### **WILL THERE BE ANY FOOD AND DRINK AVAILABLE ALONG THE ROUTE?**

No, please supply your own supplies for the day. There will be water and simple snacks provided, free at checkpoints along the route as well as free home made cakes at the major checkpoint. Participants registration fees also include a simple hot meal at the end of the walk.

### **WHAT HAPPENS IF I DROP OUT?**

We have planned the walk to regularly intersect with roads. So there will be designated points along the route where you can retire and we will pick you up and take you back to registration. Medical cover with off-road capabilities will also be on-hand. There are also marshals with radios at checkpoints along the route to help.

### **CAN WE COMPLETE THE CHALLENGE IN RELAY?**

No, the walk cannot be completed in relay.

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### **WHY DO I NEED TO PAY A £15 REGISTRATION FEE?**

As it is such a large event, there is an up-front cost to cover such things as medical cover, equipment, advertising etc. The registration fees goes towards these expenses.

### **HOW CAN I GET MORE SPONSOR FORMS, REGISTRATION FORMS, POSTERS OR LEAFLETS?**

Contact HACK Fundraising team on 01823 346 346 or email: [devonhack@nspcc.org.uk](mailto:devonhack@nspcc.org.uk) or you can download a sponsor form from our website: [www.nspcc.org.uk/hack](http://www.nspcc.org.uk/hack).

### **WHAT FACILITIES WILL BE AVAILABLE EN ROUTE?**

There will be three checkpoints attended by marshals with medical facilities, snacks and water. There will also be route marshals well as an ambulance and a collection vehicle on standby. There are public toilets at the start and at the finish of the walk as well as along the route.

### **WHAT HAPPENS IF I DROP OUT BEFORE THE EVENT?**

All registration fees are non-refundable and non-transferable. You cannot transfer your place to someone else.

### **IS THERE CAR PARKING AT THE START/FINISH?**

There is free parking however if you can car share this would be helpful.

### **WILL THERE BE A LEFT LUGGAGE FACILITY?**

There will not be a left luggage facility.

### **DO YOU RECOMMEND STAYING THE NIGHT AT THE HACK VENUE BEFORE OR AFTER COMPLETION OF THE WALK?**

It's a personal choice and depends on how far you have to travel to the event. We would advise those who live some distance away to stay the night before the event. It should also be remembered that the walk starts early and is long and strenuous. Please contact Devon Tourist Information on 01392 665700 or [www.visitdevon.co.uk](http://www.visitdevon.co.uk) for further information on accommodation.

### **ARE THERE ANY SECTIONS OF THE WALK THAT ARE ACCESSIBLE TO THOSE WITH DISABILITIES, SPECIFICALLY WHEELCHAIR USERS?**

The walk is not suitable for wheelchairs as the terrain is hilly and uneven.

### **WILL THE WALKS BE SUPERVISED?**

There will be marshals at the checkpoints and along the route. However it should be noted that part of the HACK challenge is to navigate your way around the route. Whilst checkpoints are there to support you, participants will also have a map provided in your walker's pack.

### **WHERE DOES THE MONEY WE RAISE GO?**

The funds you help to raise will go towards the Child's Voice Appeal. Our national services, ChildLine and the NSPCC Helpline, help protect children and young people across the UK by offering advice and support 24 hours a day, seven days a week. We need to maintain our helplines, recruit and train more volunteers to answer calls and to make sure we're there whenever children need us. Your support makes all the difference.

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### **HOW MUCH DID THE 2009 HACKS RAISE?**

To date we have raised an incredible £220,000 from the five HACK events in 2009.

### **CAN WE ORGANISE OUR OWN LOCAL HACKS OR PROPOSE LOCATIONS FOR NEXT YEAR?**

Please speak to the South West Fundraising Office on 01823 346 346 as we would love to have volunteers on board to help with future HACK events. You can also email any queries to [devonhack@nspcc.org.uk](mailto:devonhack@nspcc.org.uk).

### **CAN I RUN THE COURSE?**

Yes but please be aware that this is a sponsored challenge walk. If you wish to run, the facilities we offer to walkers may not be operational when you pass through.

### **CONTACT US**

If you have any further questions which are not answered here, please contact the Devon team either by

tel 01823 346 346

email [devonhack@nspcc.org.uk](mailto:devonhack@nspcc.org.uk)