

Dear Supporter,

Thank you for your interest in The Three Peaks Challenge. The Three Peaks Challenge is renowned for being one of the toughest challenges in the UK as participants attempt to climb the highest mountains in Scotland, England and Wales in under 24 hours. This challenge should not be taken lightly, but once you've completed it the amazing sense of achievement makes it all worthwhile!

As you will see from this pack all we ask is that you raise £495 in sponsorship money in order for you to take part in the challenge, for every £495 raised CU will receive £345.

We have organized for one trip to take place on the 17th-19th September 2010. The places are subject to availability and will fill up very quickly, so we recommend signing up as soon as possible if you haven't already!

It is through the generous support of people like yourself that we are able to reach out and help over 1.5 million people around the world. Your donation enables us to respond to the basic yet urgent needs in the communities where we work. Moreover, knowing that others care offers greater hope to people and provides the opportunity for them find their own, sustainable paths out of poverty.

We sincerely hope that after you have read through this information pack you will decide to take part and if you have any other questions or would like some help with your fundraising, please do not hesitate to get in touch.

Good luck with raising your sponsorship and we look forward to hearing from you soon.

Yours sincerely

Annie Ransome
Events Co-ordinator

The Three Peaks Challenge

What's it like?

The Three Peaks Challenge is renowned for being one of the toughest challenges in the UK as participants attempt to climb the highest mountains in Scotland, England and Wales in under 24 hours. This challenge should not be taken lightly but once you've completed it the amazing sense of achievement makes it all worthwhile!

What does the challenge involve?

We will depart from Hereford on Friday 17th September in the morning and drive up to Fort William where we will spend a night in a youth hostel in Glen Nevis.

The next day (18th) we will begin with a morning ascent of Ben Nevis (1344m) before transferring to the Lake District and climbing Scafell Pike (978m) throughout the night with only our head torch for light. We will then have an early morning ascent of your final mountain, Snowdon (1085m) to complete the challenge and finish with a celebratory breakfast.

Included in the trip is a mountain guide, transport (starting and finishing at Hereford Train station), accommodation (Youth Hostel, Friday night), a celebratory breakfast, 3000m of climbing and an amazing experience!

What must I do to qualify?

All you have to do is raise £495 (or more!) in aid of Concern Universal by asking your friends and colleagues to sponsor you, using our sponsorship forms which you will find at the back of this information pack. Please do not be put off by this amount - if you ask everybody you know to sponsor you, you will find you can quite easily raise the minimum £495 giving **you** the chance of a lifetime!

When can I take part?

We have organised one date for the summer on the 17th-19th September. If you are unable to take part on this date please contact us on 01432 355111 to discuss the possibility of arranging an alternative date.

What about insurance?

You will automatically be covered for up to £5,000,000 third party insurance from the adventurous activity company. But this unfortunately will not cover you for personal injury.

Are there any restrictions on age or health?

Despite its growing popularity, no one should underestimate the difficulty of The Three Peaks Challenge. Any person attempting The Three Peaks Challenge needs to have at least a basic level of fitness. In its simplest terms, this means being able to sustain some form of mild physical activity for 30 - 40 minutes without becoming overly breathless or needing to stop for a rest. This mild physical activity could be brisk walking (around 4 mph), easy cycling, swimming or slow jogging.

If you do not have this basic level of fitness, you will not be able to complete the challenge safely. If your fitness level is similar to that quoted above, then you *should* be *fit* enough to attempt the challenge - **but will still find it extremely demanding**.

We highly recommend that anyone considering The Three Peaks Challenge should aim to complete around three months of fitness, stamina and endurance, and lastly - **mountain fitness training** - to increase their chances of success, and make the whole challenge more enjoyable.

Those under the age of 18 will need the medical form and consent form signed by a parent or guardian;

How do I book my place?

Simply complete the enclosed reservation form and send it to us as soon as possible. Please note you must also provide a £145 non refundable booking deposit (which can be taken out of your minimum sponsorship money). Any cheques should be made payable to 'Concern Universal'.

Paying for your Challenge

The following sponsorship system makes it easy for you to take part and ensures that you do not have to pay all of your sponsorship money in advance. Remember, as long as you raise the minimum £495 sponsorship money you can recover both the cost of the booking deposit from your sponsorship money - which means you get to take part in The Three Peaks Challenge for FREE!

Along with your reservation form we request a non-returnable deposit of £145. You will then have four weeks after the date of the challenge to pay the outstanding sponsorship money owing to Concern Universal (£350)

We cannot start organising your challenge until you send in your reservation form and booking deposit - please do this as soon as possible.

Just giving

You can now support Concern Universal online via www.justgiving.com. You can set up your own fundraising page and collect sponsorship online. If you need any help on setting up this page, then please don't hesitate to ring us on 01432 355111.

Finally

If you are interested in taking part in The Three Peaks Challenge in 2010 then please think carefully about what you are taking on! We do not want to put you off but feel it is really important

for you to know what you are signing up to. This is a tough challenge, not only will you be climbing and descending over 3,000m in 24 hours, you will also be in a minibus for ten hours, eating at strange times and walking over rough ground in the dark. Of course all this is forgotten when you are at the bottom of the last mountain, but it is worth thinking about now.

There is also some specific kit that you are required to have on the Challenge; a brief list of which we have shown below:

Walking boots/ walking shoes (no trainers)

Small walking-style rucksack (25 litres is ideal)

Fleece or other warm top

Waterproofs (top and trousers)

Hat and gloves

Whistle

Head torch

Sense of humour!

Water drinking system (camelback/platypus), minimum 1.5 litres

Reservation Form

(You may photocopy this form but it must be both sides on one sheet of paper)

Please complete this form (in BLOCK CAPITALS) and return it to the address below as soon as possible Please also enclose your **£145 booking deposit** cheque (payable to Concern Universal) or credit card details (see below).

How did you find out about The Three Peaks Challenge?

First Name _____ Surname _____

Address _____

_____ Post Code _____

Email Address _____

Tel No. (Day) _____ Tel No. (Evening) _____

Fitness level from 1-10 (1 being the fittest) _____

Male/Female _____ Date of Birth _____ Height _____ Weight _____

- I enclose a cheque payable to 'Concern Universal'
 Please Charge my Visa / Mastercard / Delta / Switch with the following amount £ _____

Card Number	Valid From	Expiry Date	3 digit code (back of card)	Issue No (switch only)
<input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/>	____/____	____/____	_____	_____

Please note: if paying by card please add a £5 administration charge

IMPORTANT: I confirm that I have read the Booking Terms and Conditions, Medical Restrictions, and Insurance overleaf and I understand and agree to be bound to those terms and conditions and to comply fully with the same.

Signature _____

Date _____

Please return completed reservation forms, along with the deposit to:

Annie Ransome, Concern Universal, 21 King Street, Hereford, HR4 9BX

Please read all sections of this page carefully before signing the declaration below

Booking Terms and Conditions

1. In order for you to recover reimbursement of the booking deposit, you must raise the minimum sponsorship level as detailed in the 'Paying Your Sponsorship Money' page enclosed in this pack.
2. All booking deposits are completely non-refundable.

Medical Restrictions

We highly recommend that anyone considering the Three Peaks Challenge should aim to complete around three months of fitness, stamina and endurance, and lastly - **mountain fitness training** - to increase their chances of success, and make the whole challenge more enjoyable.

Those under the age of 18 will need the medical form an consent form signed by a parent or guardian;

Insurance

You will automatically be covered for up to £5,000,000 third party insurance. **But this unfortunately will not cover you for personal injury**

Declaration

I voluntarily accept all the risks inherent in the sport and I agree for myself and my personal representatives to indemnify and hold harmless Concern Universal against any claim or claims whether on my own account or from third parties arising out of any accident or incident resulting in any loss or damage (including bodily injury and death).

I confirm I have read all the above sections marked Booking Terms and Conditions, Medical Restrictions and Insurance, and I understand and agree to be bound to those terms and conditions and to comply fully with the same.

Name _____

Signature _____

Date _____