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**St Mary's
Hospice**

WALK TO REMEMBER

ONE 10 MILE WALK
WITH YOU EVERY STEP OF THE WAY

We are delighted to welcome you on board

We are delighted to be able to host our much-loved W2R this year. All monies raised ensure that we can continue to love, care and support other families like yourselves just when they need us most.

Last year you raised a phenomenal £52k – Can we beat this in 2024???



Once again and for the 7th year running the event has been very kindly sponsored by Orsted.

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We have compiled a list of everything you need to know about the event below, but if you have any queries, please don't hesitate to pick up the phone, or drop us an e mail and we will get back to you as soon as possible. Tel: 01229 580305 Email:

melissa.dixon@stmaryshospice.org.uk

We really look forward to welcoming you on the night

Much Love

Team St Mary's



What do I do now?

You have already done it! We can confirm you are now registered on the walk and we very much look forward to welcoming you on the night. Keep an eye on our social media pages as we will post updates for the walk via these channels in the lead up to the walk.

Date and Time

Friday 6th September 2024

Registration will take place between 6-7.30pm at Ulverston Leisure Centre LA12 9HT. There will be the usual array of headwear, face glitter and a t-shirt personalisation stand, as well as a few new elements. We advise not to leave registering too late as these areas tend to get congested or even sell out! There will be the usual fun warm up performance at 7.45pm to get you all loosened up and ready for fun. We will also have several food and drink stands on the event field, Harry's Flavour Trailer was a particular hit last year.... So forget making tea that night and come and enjoy some delicious food with your loved ones prior to the set off.....

Distance and duration

The route is just short of 10 miles. This will see you set off from the Leisure Centre in Ulverston, along the A590 to Our Lady's Catholic School, then the last leg is through Dalton, onto Abbey Road and finally finishing to your warm welcome at Furness Academy Barrow. Your finish time will depend on how fast you walk, and how long you stop, but is likely to be between 10.30-11.45pm.

It was witnessed on some occasions in previous years that some people were walking in the road, for the safety of yourselves, others and motorists ANYONE who is witnessed walking on the road may be disqualified from the event. Obviously, we would hate for this to happen, but I am sure you all appreciate that your safety on the evening is paramount to us at St Mary's. This is NOT a race, so relax and have fun with friends. *Please note the police will be in attendance on the evening.

What are the age restrictions?

Last year we saw the greatest number of young children walking with us to date, it was lovely to see so many young people involved and understanding the work of the hospice. We ask that young people aged 16 years and younger are accompanied by a participating adult (this WILL be checked at registration on the evening) There is no upper age limit, feel free to come and join us!

Can I walk in fancy dress?

Of course, feel free to wear something that will liven up the event for you and those around you. We do offer a range of flashing head wear and face glitter to purchase on the evening so do not worry.

It's not all walk, walk, walk!

There will be rest stops along the route, as well as a refreshment stop kindly hosted by Our Lady's School in Dalton, please do call in here as there will also be a special way to pay tribute to your loved one.

[You can see the walking route here.](#)

Can I walk as part of a team?

Absolutely! We witnessed just how coming together to remember someone special as part of a group can be extremely cathartic for family and friends. All we ask is if you wish to register as a team and choose a team name (5 plus) then if you could nominate a group admin to liaise with our team at melissa.dixon@stmaryshospice.org.uk to ensure she has a full list of people within your team (you can add others on at any time, just pop her an e-mail). This saves time and congestion for you at registration on the evening, as we will have a dedicated "Team Registration" desk that only the group admin needs to attend to check everyone in/ make any amends.

How do I fundraise for St Mary's and Walk to Remember?

As we are proudly celebrating our 35th anniversary here at the hospice we kindly ask that all adults raise a minimum sponsorship total of £35pp, this ensures that we can continue our high standard of love and care within your local community. The easiest way to fundraise is to set up your own Just Giving page using the link below, this is so simple and will only take a few minutes (Mel to send link to Mel)

Just Giving is a great way to tell your family and friends about your walk and share your story (if you wish).

If you would prefer a paper sponsor form, please find the link to [print one off here](#).

<https://www.stmaryshospice.org.uk/wp-content/uploads/2024/02/W2R-sponsorship-form-2024-3.pdf>

Are there T – shirts available?

When you signed up just now you will have been asked to include a required t-shirt size. These will be available to collect from 6pm whilst you are at registering at the desks. Some people like to bring a photo of their loved ones to pin onto their t-shirt, but this is just personal choice. We encourage everyone to keep hold of their t shirts as we offer a discount if you sign up for next year, this helps to promote our sustainability promise.

One last very important message

Our vision is that for 2024 we make this the biggest and best Walk to Remember ever. With your help, drive and determination together we CAN do this.

#strongertogether

