

Beaumont House Hospice

Starlight Stride

Event

Information

2022

Welcome to the Starlight Stride

Thank you for joining us for the first Starlight Stride this Saturday 25th June 2022.

The 10K walk takes you on a route around Newark town centre, through the Sconce and Devon Park, and past our Hospice before returning through the town centre.

We are grateful to each and every one of you that has signed up to join the walk. Without people like yourself, our Hospice would not be able to offer personalised and professional care to members of our community.

We envisage the evening being a fun event, you are welcome to dress up for the occasion, we are working with a pink theme this year.

As fun and challenging as this event will be, there will also be a moment to reflect on our loved ones and remember them. Please look out for the message of love space at the Hospice to share your thoughts.

We are excited to welcome you to the event and if we can be of assistance before then, please do not hesitate to contact us.

Take care and stay safe

Melissa Gaffney

Events and Community Fundraising Manager

Venue

Our venue for the Start and Finish is:

Newark Rugby Club

Kelham Rd

Newark

NG24 1WN

The Rugby Club will be open to the public from 19:30.



Timings

- 19:30 – Registration opens
- 20:00 – Registration closes
- 20:05 – Walkers to the start line
- 20:15 – Safety briefing and speeches
- 20:20 – Warm-up
- 20:30 – Starlight Stride Starts
- 00:30 – Event Close



10K Route

Beaumont House Starlight Stride

Saturday 25th June 2022



Key

-  Halfway Point
-  Beaumont House Hospice
-  Water Available Here
-  Toilets
-  Start and Finish

Walker Rules

Your safety at this event is our priority. To ensure that you feel safe on the route, we have the following rules:

- **All Walkers must be registered at Registration before walking**
- **All Walkers must wear suitable footwear/clothing for a 10K walk**
- **All Walkers must wear their Walker number**
- **All Walkers must sign out at the end of the walk with a member of the Beaumont House Hospice team**
- **Walkers are free to stop at any point, but they must contact the events team or a route steward to inform them of their decision**
- **All Walkers must not consume alcohol before or during the event. There is to be no alcohol served prior to the walk. Walkers can purchase an alcoholic beverage after completing the walk**
- **Any Walker who feels unwell or unable to continue must contact the events team or a steward and wait for medical assistance. There is a roaming medical vehicle for emergency first aid**
- **Anyone under the age of 18 must be accompanied by someone 18 or over**
- **All Walkers must submit their medical information, state any allergies and provide an emergency contact before walking**
- **All Walkers must respect their fellow Walkers**
- **All Walkers must respect the event team and contractors**

Frequently Asked Questions

What do I do in an emergency?

If at any point you feel unwell, do not feel fit to continue or do not feel safe, we ask that you call 07462132455 immediately to dispatch emergency first aid or a route steward.

Please be clear and concise about your location, note landmarks or road names. We also use an app called What Three Words for emergencies. Please download this before attending the event.

We ask that all Walkers walk with a mobile phone, water and a torch.

I have a friend that would like to join, but they haven't registered? Can they sign up on the night?

Yes, we have a number of places available for on the night sign ups. Please ensure they bring cash to pay for their place.

What happens if I get lost?

We advise that you have a digital copy of the map as well as a print out that we will provide on the night. If you get lost and lose the group, please contact the event team on 07462132455 and we will help you re-join the group. Stay in a safe, well lit area so that we can see you. You will be collected by a member of the team and will be able to re-join the walk.

Your Fundraising

It really does mean a lot to us, especially as we know times are tough right now. We want to say a huge thank you to everyone who has set up their fundraising page, collected sponsorship and have gone above and beyond for our Hospice.

If you haven't had a chance to create your fundraising page, it isn't too late. You can also collect funds two weeks after you've finished your walk, which could make a big difference to our Hospice.

Join our fundraising page [here](#) and get started today.

Thank you to...

We want to say thank you to our sponsors



Thank you to our volunteers for giving their time to ensure this event is enjoyable, friendly and safe for all.

Thank you to TSS Events and St John Ambulance for supporting the event.

And thank you to you for joining the Starlight Stride and making it possible. We can't wait to see you soon.