

~ YOUR FINAL INSTRUCTIONS ~

MIDNIGHT MEMORY WALK

These are your final instructions, please read them carefully and if you have any queries please contact us in advance of booking in for the walk. We will be available to answer any queries during normal office hours up to

REGISTRATION

As a participant you **MUST** report to the Registration Point before starting the walk.

Registration will be open from 10.00am on the Friday. During the day you should register at our special desk within Tesco's and from 9.00pm registration moves to our special registration marquee which will be located at the far end of the Tesco car park near the car wash. To avoid a long queue please book in as early as possible. We have split registration into walking numbers, so please make sure you report to the correct registration point. *We hope to close registration by 11.15pm so that everyone can join in with the fun.*

At the registration point you will be asked for your walking number and a photocopy of your completed sponsorship form.

DO NOT BRING ANY SPONSOR/DONATION MONEY ON THE NIGHT we will not have the facilities to deal with these. *(We need a copy of your sponsor form so that we can let you know how much has been pledged in total when you return to Tesco).*

When you register you will be given your walking kit containing a bottle of water, a biscuit, a piece of fruit, a poncho (*just in case it rains!*) and a glow stick. If you need additional water we have a water station set-up at our charity shop near the top of Botchergate close to the Crescent (approximately half way round the route).

COMFORT STATIONS - TOILETS

We have a number of portable toilets available at Tesco and on-route. These toilets are on trailers and will be moved to different locations during the walk. We have 12 portable toilets plus some fixed locations on-route so you should never be far from a loo! Enclosed is a final copy of the route-map with the toilet points noted.

THE CFM ROADSHOW

We are pleased to tell you that we have arranged for the CFM roadshow to be in attendance. **The fun starts at 9.00pm** and we have quite a lot of entertainment planned for the evening including a **Karaoke** and a **fun warm up session** organised by **Curves gym** at about 11.15pm for around 30 minutes just to get you in the mood for the walk. We also plan to have a one minute silence just before the walk starts to give people, who are walking in memory of someone, the chance to reflect and remember their loved one before the walk starts. CFM's Breakfast presenter Robbie Dee will start the walk on the stroke of midnight and we hope a piper will lead off the walkers on their route.

You are helping to change lives

Continued from page 1

IF YOU DECIDE TO RETIRE FROM THE WALK (GIVE UP)

If for any reason you decide not to finish the walk you **MUST LET US KNOW** that you have stopped. You can do this in a number of ways either; **hand your walk number** to any of the marshals on the route or one of our drivers who in turn will let us know you have given up. Alternatively you can **phone us using the emergency number on the back of your walk number** or you can **send us a text** with your walk number and the message given up to: **07974 253424**.

Note: We will have a hospice mini-bus running round the route and is available to transport you back to Tesco should you need a lift for any reason.

If you fail to finish and have not advised us that you have retired from the walk we may contact you after 3.00am to make sure all is well - you have been warned!

PARKING

If you are coming by car please park in the public car park on Montgomery Way (opposite the Shepherds Inn) and walk across. **DO NOT PARK** in the main Tesco Car park as we have 'taken over' nearly all the car park and the spaces left are reserved for Tesco Customers. We are really grateful that Tesco are supporting the walk again but keen to ensure we do not disrupt the store routine any more than necessary.

AT THE END OF THE WALK

Once you complete the challenge you will be presented with a **souvenir medal** and **goodie bag** as a thank you for your support. With the exception of the medals all the items in your goodie bag have been donated and we are very grateful to all the companies and organisations that have supported us this year.

MORE SOUVENIRS

With your walking kit you will find a Glow Stick, but if you would like to add **even more 'sparkle'** to the occasion we will have a stall selling a variety of glow products at ridiculously cheap prices from glowing glasses, bunny ears, necklaces and wrist bands that can brighten up the night for you.

FANCY DRESS

If you are taking part in the event in Fancy Dress, **Robbie Dee** will be judging the best costume during the warm up. We will announce the winning individual or group before the start of the event at about 11.45pm.

DON'T FORGET.

If you have one **bring your mobile phone** with you.