

# THE TWILIGHT WALK FAQs

## 1. Who can take part?

Yes! The Twilight Walk is for everyone, of all ages and abilities. Please note the event is designed to be a great family day. Children under 16 must be accompanied by an adult – see the 'minimum age' question below.

## 2. How long is the route?

The Twilight Walk is a 10km (6.2 miles) circular walk in each location and will take you anywhere between 1½ to 2½ hours to complete, depending on your pace. There is no rush – the walk is not a race, so there is no pressure to finish at a certain time.

## 3. How fit do I need to be?

The event has been designed to be fun and appropriate for people of all levels of fitness yet still provide a reasonable level of challenge. We advise you walk at your own pace and read our helpful training tips.

## 4. Can I run?

These events are walking, and are not races. For your safety we have pace walkers at the front and at the back, and we ask that you remain behind the front walker. We therefore cannot allow jogging or running. If you're a keen runner, why not just #TheBrainyBunch and sign up for one of our runs? Alternatively, you can sign up to our virtual Twilight Walk and tailor your challenge!

## 5. Is there a minimum age?

No, these events are for everyone and there is no minimum or maximum age. We do require all entrants under 16 years to be accompanied by an adult at all times. Lost children wristbands will be available at the registration desk on arrival if you wish to use them for your child.

## 6. Can walkers register on the night?

Sadly, no. All walkers will need to be registered in advance and any unregistered walkers will not be able to take part.

## 7. What is the maximum capacity for The Twilight Walk London?

The venue has a maximum capacity of 900 participants so we will not be able to exceed this. The tickets are first come, first served.

## 8. Can I bring my dog?

Unfortunately we cannot have dogs (except assistance dogs) at the start/ finish venues or on the walks themselves.

## 9. I am a wheelchair user, can I still take part?

The route is suitable for wheelchair users, however please contact us prior to the event to notify us that you are taking part in a wheelchair. We advise that you take part in a team so that you have plenty of support to help you along the way on the night. If you are in doubt as to whether the route will be suitable for your needs we would encourage you to get in touch as soon as possible. If an entrant with a disability needs assistance from another person, this person must also register for the event.

## 10. What should I wear?

We recommend that you wear warm, comfortable clothes and practical footwear with your walking t-shirt on top. Wearing a good pair of trainers or walking boots/shoes is highly recommended. Wearing

layers is also a good idea so you can adjust your temperature as you warm up in the walk. Don't forget your wet weather gear just in case!

### **11. Can I wear fancy dress?**

We encourage all participants to wear fancy dress if you'd like to, please just make sure you're comfortable. All we ask is that you wear your t-shirt to help raise awareness of what you are doing and why.

### **12. Is it ok that I'm walking on my own?**

Yes of course! If you'd like to meet and walk with others, there'll be a meeting point arranged on the night where you can meet others before the walks start.

### **13. Do I have to raise a certain amount of money?**

We ask that you try to raise a minimum sponsorship of £100 per person. Every penny you raise will go towards doubling survival and halving the harm of brain tumours. However, if you're not able to raise the full £100 we'd still love you to take part in the walk.

### **14. How do I fundraise?**

When you register, we'll send a digital fundraising pack to the person who booked your tickets. This will give you lots of information on how to fundraise and raise awareness of what you're doing. You'll be signed up to The Twilight Walk community eNewsletter, where you'll get lots of tips on fundraising, and find out more about this inspiring event. In the meantime, you can sign up to The Twilight Walk Facebook Group, where you can meet others taking part, share tips and advice, and share your experiences.

### **15. Should I bring my sponsorship money on the night?**

To minimise administration and reduce the risks associated with handling money, we ask that you don't bring sponsorship with you, but rather send us a cheque or donate the money through our website before or after the walk.

### **16. Where should I send my sponsorship money?**

All donations made through your JustGiving page will be transferred to The Brain Tumour Charity automatically so you don't need to do anything.

If you have any offline donations, please send them to the below address along with sponsorships forms, referencing 'The Twilight Walk 2022' and your name:

The Brain Tumour Charity

Fleet 27

Rye Close

Fleet

GU51 2UH

### **17. Are there any storage facilities to leave things in at the start?**

Unfortunately there are no facilities to leave possessions available to us. Please do not bring anything with you that you do not wish to carry on the walk, especially valuables.

### **18. What happens on the night?**

We'll send you detailed guidance before the event. On arrival, you'll need to register and collect your walkers card, which must be worn at all times. We'll then join together for a gentle warm up and set off on the walk. After, you'll need to return to the venue to check back in so we know you're safe.

### **19. What if I arrive late?**

To ensure our walkers' safety, and because the stewarding of this event is complex, we can't allow late arrivals on the walk after it has started. Please try your best to arrive on time so you don't miss out.

## **20. Do you need volunteers on the night?**

Yes! We need lots and lots of brilliant volunteers for various roles such as stewarding on the route, handing out medals, registration and lots more. If you know anyone who is interested please get in touch or ask them to sign up via our website. Please note, all volunteers have to be over the age of 18 years old.

## **21. Will we be safe?**

Your safety is of utmost importance to us. The walk will be fully marshalled with identifiable stewards in hi viz tabards. These marshals are there for your safety, so please do listen to them if they are giving you instructions. They are also in full communication with the Events team and able to raise the alarm for first aid or if an emergency occurs.

All walkers will be sent a walker brief which will give you safety advice and we would ask that you read this carefully. We would also ask walkers to look out for each other to ensure that no one walks alone. There will be lead walkers and back walkers to make sure we don't lose anyone.

## **22. Will there be toilets?**

There'll be toilets at the start/ finish venue for you to use before and after the walk. There may also be some public toilets along the route, however we can't guarantee they'll be open.

## **23. Will there be refreshments?**

Yes, there will be hot and cold drinks and light snacks available, and you'll be given a bottle of water before you start the walk. However please consider bringing your own drinks and snacks for the walk.

## **24. Can we bring alcohol?**

We will not allow any consumption of alcohol at the start of the walk, during the walk itself or at the end of the walk. Walkers will be refused entry or instructed to leave the walk at any time should they appear to be under the influence of alcohol. You will enjoy the event far more if you are sober and safe.

## **25. Will it go ahead if it's raining?**

Absolutely! The British weather is notoriously unpredictable, so please keep an eye on the weather forecast and bring wet weather gear if it looks soggy. The walk will only be cancelled if it becomes too dangerous for you to take part.

## **26. What happens if I hurt myself or have any problems on the walk?**

We'll have first aid present at the start/finish venue and on route. Walkers should speak to the nearest steward who can call first aiders to come to you. More information, including a contact telephone number for the event organisers, will be provided in your walker brief should you need it.

## **27. What happens if I can no longer take part?**

If you're now unable to take part, please let us know as soon as possible. We're unfortunately unable to refund your registration fee or transfer your place to another walker. All walkers must register independently.

## **28. How much of the registration fee goes towards funding research into brain tumours?**

It does cost money to put on these events, however we are extremely efficient, not paying for any unnecessary frills. We are proud that as a charity over 80% of our income goes straight towards our charitable objectives.

## **29. What do I need to bring?**

- Warm layers to wear during the walk
- Torch

- Waterproofs in case it rains
- Water and snacks for the walk
- Sunscreen and hat if the sun is shining
- Rucksack
- Your event information, including registration details and t-shirt
- Mobile in case of emergency

### **30. How are you mitigating against COVID-19?**

The Twilight Walk will sit in line with any Government Guidelines regarding COVID-19. Hand sanitiser and face masks will be available at the event for anyone who may want them. Walkers have also been advised not to attend if they have COVID-19 or symptoms in order to protect others, especially those who may be immuno-compromised.

### **31. Can I still come if I have COVID-19?**

If you test positive for COVID-19 or experience symptoms of COVID-19 we ask that you do not attend The Twilight Walk in order to protect others at the event, especially those that may be immuno-compromised.

### **32. Why isn't there a TTW in Windsor / Warwick / Edinburgh this year?**

Unfortunately we are unable to organise Twilight Walks in Windsor/ Warwick / Edinburgh this year due to our capacity as we are emerging from the pandemic. Whilst we are sad to not host TTW in our usual locations, we are excited to be planning the first ever Twilight Walk London!

### **33. Is there parking at the venue?**

Unfortunately there is no parking at the venue. We recommend you use public transport to get to the London Twilight Walk. St Marys is close Paddington station as well as Edgware Road and Baker Street tube stations.

### **34. Is the venue inside the congestion charge zone?**

St. Marys is inside the congestion charge zone, ULEZ charge zone and LEZ zone.

Congestion charge = £15 if you pay in advance or on the same day, or £17.50 by midnight of the third day after travel.

ULEZ = If your car meets the ULEZ standards you do not need to pay the charge, The daily charge is £12.50 for cars, smaller vans, motorbikes and smaller vehicles.

LEZ = If your car meets the LEZ standards you do not need to pay the charge. The daily charge depends on the type of vehicle you are driving (vans or specialist diesel vehicles, HGVs, lorries, vans and specialist heavy vehicles, buses, minibuses and coaches)

More information about congestion charges can be found on the tfl website.

### **35. Where is the nearest tube station?**

St. Marys is close to Edgware Road, Baker Street underground stations as well as Paddington. It is a short walk to the venue from each of these stations.

### **36. Do I get a t-shirt?**

If you opted to have a t-shirt when signing up to The Twilight Walk, this will be sent to you in the post shortly after signing up. We will have a shop at The Twilight Walk venue if you wish to purchase any merchandise on the day.

### **37. Do I get a medal?**

Yes! If you are taking part in the Twilight Walk London you will receive a medal once you finish your walk.

If you are taking part in the virtual Twilight Walk, those that raise more than £100 will also receive a medal.

### **38. What time does it start?**

Registration opens from 3pm with a warm up at 4pm. The walk will start at 4:30pm.

**39. Can I see the route/ can friends and family spectate?**

We will not be sharing the route in advance of the event as this is subject to change last minute. We will be able to share the route on special requests, for example for accessibility reasons.