

LONDON MARATHON WALK

FREQUENTLY ASKED QUESTIONS

Where do we meet?

Marathon Walkers: Kings House Sports Grounds, Riverside Drive, Chiswick, W4 2SP

Registration Time: 7.00am, Saturday 23rd September

Half Marathon Walkers: St Pancras Church, 2005 Euston Road, London, NW1 2BA

Registration Time: 10.30am, Saturday 23rd September

The Half Marathon Walk starts at the Marathon Walk's half-way checkpoint. Detailed maps will be provided at registration, and rolling starts will be arranged as groups are ready.

As it is quite an early start, many of you may wish to travel to London the night before. We regret we are unable to arrange accommodation for this.



Will there be any food?

There will be **breakfast baps** and **hot drinks available from 7.00am** for the Marathon walkers. These can be obtained **free** with a voucher obtained on registration. Hot drinks will be available for the Half Marathon walkers at registration, where you will also be given your lunch to take with you.

There are checkpoints along the route which will provide food and drinks. We ask you to make sure you let the crew know when you arrive at each checkpoint so we can make sure everyone is accounted for.

Checkpoints for the Marathon Walk are at:

- **6.5 miles** – snacks, top-up water, fruit etc.
- **13 miles** – lunch and hot drinks
- **19.5 miles** – snacks, top-up water, fruit etc.

Checkpoint for the Half Marathon Walk is at:

- **6.5 miles** – snacks, top up water, fruit etc.

Please let us know well in advance if you are vegetarian or have any other dietary requirements.

If you know there are plenty of foods you cannot eat, you may wish to bring extra snacks from home so you can top up your energy supply. If in doubt, please do check.



Travel and Transport

You will need to make your own way to the start venue. We recommend using public transport. There is limited parking at both registration points, though you may be able to find free on-street parking in the side streets. The closest train stations for the **Marathon Walk start** are:

- **Barnes Bridge** (Overground Train line)
- **Chiswick** (Overground Train line)

Half Marathon start:

- **King's Cross St. Pancras Underground Station** (Circle, Hammersmith & City, Metropolitan, Northern, Piccadilly and Victoria lines)

What about toilets?

Toilet facilities will be available at both the Marathon and Half Marathon start and finish points and we have arranged for facilities to be available at each of the checkpoints en-route.

How much do I need to drink?

You should aim to drink 1-2 litres of water throughout the challenge, so please ensure you are used to walking with this amount of weight on you. 1 litre of water weighs around 1kg. There will be plenty of water provided for you throughout the day, so ensure you stay well hydrated.



When will I be invoiced?

If you are on the **full payment option** we will be invoicing you on **12th August 2017** for the final amount, which is then due for payment no later than **26th August 2017**.

If you have chosen the fundraising option, please ensure you pass the minimum fundraising target to your charity by **12th August 2017**, as this is when we will be invoicing them for your trip cost

If you have chosen the fundraising option and feel that you will struggle to reach your target, please let your Challenge Co-ordinator know as soon as possible so that we can discuss alternative options with you.

We also have a passenger portal which will enable you to see any outstanding information we need, the countdown to your challenge departure, see your outstanding balance, make payments and update your contact details. You can access this via the following link - [Passenger Portal Log in](#)

What do I need to bring?

Be prepared for any weather! This is a tough one-day event, and you will need appropriate, good quality footwear and clothing to cope with the weather conditions and distance. The route will be entirely on tarmac so please wear footwear you'll be comfortable in, and have trained in. If you are wearing trainers make sure they aren't too old.

Average summer temperatures for London range from 9-24°C. The weather in September should be warm during the day but it can be very changeable so please remember your waterproofs!

You won't need much money whilst on the challenge, but we recommend you bring enough for any extra food, drinks, souvenirs or personal items, or any transport / parking costs.



How fit do I need to be?

This event is designed to be tough but achievable for most people provided they train far enough in advance to gain the fitness and experience required – and have a healthy dose of determination. We will have supplied you with a thorough training guide when you registered, so do follow this in preparation for the event.

You can go at your own pace, but if we are concerned about you being able to complete the trek we may recommend that you stop early. We ask that if you do stop between checkpoints that you let a member of the crew know. You will be responsible for getting yourself back home as we are unable to provide pick-ups.

What if I have any issues during the Challenge?

Your Discover Adventure crew will be driving the support vehicles, setting up stops, making sure you have enough water and solving any problems which may occur en-route. Our leaders are very experienced. If you have any issues during the challenge, please raise it with a crew member and give them the opportunity to explain or rectify things while they are able.

There is an emergency number if you get into difficulties on the day; this will be supplied at registration.

Do I need travel insurance?

Many people assume that travel insurance is an unnecessary expense for a holiday in the UK.

As a British citizen you won't need insurance for medical treatment in the UK, however it can cover you if you fall ill before the date of departure and have to cancel. Without insurance you could lose your registration fee, or full trip cost. With insurance you will also be able to claim if, for example, your camera was stolen.

Download the app and start chatting!

We use the VAMOOS travel app that can be downloaded from the App store to your smartphone. The app can be used offline, and allows you to access all of your challenge documents from your phone. Just download the app and enter your unique code at the prompt **DAL-1709460**.

You can also chat to your fellow challengers and exchange fundraising and training tips via the Facebook group; [Discover Adventure London Marathon Walk – Sept 2017](#).



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