

# MARATHON WALK LONDON

## FREQUENTLY ASKED QUESTIONS

### How fit do I need to be?

This trip is a **huge endurance test** and it is therefore essential that you put in the training for this challenge. You're looking to complete the challenge in no more than 12 hours, which is no mean feat. This is not something you should consider without being **totally committed** to a great deal of training. Our challenges attract people of all levels of experience and fitness, all ages and backgrounds. We expect all participants to train hard in advance to achieve this challenge.

At the point of deciding to take part you may not be very fit, but as long as you have given yourself enough time to train, and have the right attitude, you can do this! It **takes time** to build up your body to the level needed to complete a trek of this nature; do not underestimate it. We want you to succeed in your challenge, and will support you as much as we can, but **commit to your training now** so you can complete the event safely and enjoyably. It goes without saying that you need to be mentally prepared too – self-belief and determination goes a long way!

Keep in mind that this is a long and tough one-day walk and many people will find elements of the trip difficult at times, whether it is the physical trekking, changing weather, or something else. It is great if you can work as a team and help each other out during any difficulties. **This challenge offers a great sense of achievement and camaraderie!**

### What will the challenge be like?

We trek on tarmac paths and pavements around the city and its parks. Groups will set off at staggered intervals and you can go at your own pace. The walk should take approximately **8-9 hours** for fit and strong walkers; others should allow longer. It may take some walkers **up to 12 hours**. This is not a competitive event! You can go at your own pace, but if we are concerned about you being able to finish the distance safely, we will recommend you **stop early**. There will be full support throughout the challenge with marshals and check-points along the route. This trek is achievable provided you train well in advance.

### How much will I need to train?

Training prior to the event is pivotal, as you will need to build up your **endurance fitness** and make sure that you are confident walking long distances over a period of time. You will be provided with a Marathon Walk Training Guide in good time before the challenge. Everyone has a different level of fitness at the start: you may not need to build up as gradually as our schedule, or you may need longer. Read it through as soon as you get it, do some **honest self-assessment**, and start earlier if you have the time. The most important thing is to **commit** and **make the time** to train – it's so easy to make excuses and put it off, which only wastes valuable time.

### Where do we meet?

Registration will be at our event hub, from 6.30am for full marathon-distance walkers, and from 10.30am for half-distance walkers. You will be provided with the **address and details in good time** before the challenge. To get there on time you may wish to travel to London the day before.

You will be given a **full briefing** about the event at registration, led by your Discover Adventure crew, and you will set off between 7-7.30am for full marathon and 11-11.30am for half marathon. If you have any difficulties getting there on the day, we will provide contact details nearer the time.



### Will I get a registration pack?

You will receive a registration pack **on the day** of the event, which you will be able to pick up when you arrive. This will contain your race number, chip and map/information booklet. Please note that this will not be sent to you prior to the event.



## What are the travel arrangements?

You need to make your own way to and from the hub, where the Marathon Trek starts and finishes. The half-distance option usually uses the same hub. These details will be confirmed in due course. Our hubs vary depending on our route, but expect to get yourself to central London. **Parking is extremely limited in the area and we don't recommend driving!** Public transport options are good, however, so you shouldn't encounter issues.

## What about travelling home after the challenge?

You will be tired when you have completed this challenge! Please be aware of this when you are planning your return travel home. You will find public transport easier than driving.

## Who accompanies us on the trek from Discover Adventure?

Your trip will be led by **experienced Discover Adventure crew**. Our crew are selected for their experience, knowledge, friendliness and approachability, sense of humour and ability to safely and effectively deal with any situation that arises. They will be stationed around the course at various check points as well as roaming throughout the group. If you have any queries, be sure to flag them down and they'll be very willing to assist where possible. They are also all first aid trained.

## Will there be medical back-up with us?

Yes. Our **medics** walk at the back of the group as well as being stationed at the check points. They are there to provide first aid and to promote general good welfare throughout the challenge. They are equipped with a substantial medical kit that will cover the most common complaints but can also advise if they feel further/on-going treatment is required. When at the back of the group they are also experts at **encouraging you** when things get tough.

## What will the weather be like?

You need to ensure that you are prepared for any weather – come rain or shine! It could be clear, raining, windy, warm or cold – or a mixture of all of them. Average summer temperatures for London range from 9 - 24°C.

## What type of shoes should I wear?

A good pair of **good quality**, supportive walking shoes/trainers or walking boots to cope with the distance. They should be well worn in; we recommend you wear the pair you have been training in. The concrete pavement and roads will be tough underfoot so make sure your feet are as comfortable as possible. Cushioning is important!

## What about other clothing and kit?

This event requires appropriate, good quality clothing. You will enjoy the walk more if your equipment keeps you warm/cool as appropriate, and comfortable. Make sure that you have plenty of layers to wear – you will want to add and remove layers frequently – as well as spares in case you get wet and cold. The paths are very even so walking poles are not particularly necessary, but if you are planning to use them (with rubber tips), get used to using them during training. You will need to carry a day-sack with layers, waterproofs, small first aid kit, snacks and anything else you need. A day-sack with **adjustable, padded shoulder-straps and hip belt** is recommended. If in doubt please refer to your kit list. If you are still to buy some kit don't forget that Cotswold Outdoor, Snow and Rock, Cycle Surgery and Runners Need offer all Discover Adventure participants **15% off** any purchases you make with them. Please ask us for the code if you do not have this already.

You may wish to bring some money with you to buy refreshments at the finish line. If for any unforeseen circumstances, you have to change your plans, eg transport, you must ensure that you have enough funds to cover any resultant costs. Some of these may be recoverable through your travel insurance, depending on your cover and the circumstances.

## Can I run?

No unfortunately not. The challenge is designed and supported as a walk; timings and check points are set accordingly, and are not suitable for runners.



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## How will I find my way? What if I get lost?

The route is **fully waymarked** with orange arrows and you will be issued with a map booklet in your registration pack on the day of the event. We will also provide you with details to log on to our Google Maps app so that you can track the route on your phone if you would prefer to do so.

## There are two distance options, can I change my distance?

You will be able to change distance but you must let the Discover Adventure office know **at least four weeks in advance**, to ensure that you are given the correct registration pack and to settle any difference in costs. On the day, it is not a problem if you are signed up for the full distance but decide to stop at the half-way mark – or any point on the route if you decide you cannot finish – but it is **vital** that you ensure a member of the crew is made aware so they know not to expect you at the next checkpoint.

## Do I need to finish by a certain time?

We want everyone to finish the challenge but we also need to ensure that the route is safe. Although we have no official cut-off time, we would like to see that everyone has reached the finish line around **sunset (19:00)**. The route was not created to be completed in the dark, so we would ask that if anyone has not finished at this time, to call the leader (number provided on the day) to inform him or her of your whereabouts.

Everyone is capable of being able to complete the full route in the time allowed, but you do need to **pace yourself** and not spend too much time at the check-points and lunch stop. Slow and steady wins the race!

## Why is the trek timed if we can't run and it's not a race?

Timing chips will be stuck to the back of your event number and they allow us to monitor who has passed which check point, primarily as a safety mechanism. Your number **MUST** be attached either to the front of your outer top layer (t-shirt, jumper or jacket) or to the outside of your rucksack. If it's not clearly visible the timing devices, stationed at Start/Finish and at the check points, will not register your time. Before the challenge you will be given details of the website you can visit to see your results.

## Is any food provided?

You will be provided with plenty of food throughout the day to keep your energy levels up. Full-distance walkers will be given a voucher for a breakfast bap and hot drink at registration. Hot drinks will be available for Half Marathon walkers at registration, where you will also be given your lunch to take with you. For the full marathon walkers, a cold lunch and hot drinks will be provided at the mid-point stop. There will also be snacks at the water stops during the day.

You may wish to bring **extra snacks** to keep you going, though don't weigh yourself down too much. We recommend a combination of slow and fast release snacks such as cereal bars, flapjacks, salted nuts, chocolate bars such as Mars or Snickers, and a packet of sweets. If you want to use special energy drinks then please bring them with you, but experiment with them when training as they can cause stomach upsets. Bringing a combination of treats will keep you interested in snacking as **consistent energy levels** are important.



Being vegetarian or having other dietary requirements is not usually a problem provided you let us know **well in advance**. 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. Always ask for our advice.

## How much do I need to drink?

**Hydration** is critical to your success but also your enjoyment of this challenge. You should aim to drink 2-4 litres of water throughout the challenge. 1 litre of water weighs around 1kg and it's good to carry a couple of litres when you're **training** so you're used to carrying the weight. There will be plenty of water provided for you throughout the day, so ensure you stay well hydrated. To help us maintain our sustainable values and reduce plastic waste, **please ensure you bring your own water bottle with you** to refill at the check points.



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## 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.

You may be getting used to being out trekking for periods of time and noticed that toilet facilities are not always in the most convenient places. This is also true of the challenge itself. If you cannot spot a public toilet, you may sometimes need to quickly stop and ask at a local café but we recommend buying something small to keep the owner happy!

It's important to use the **antiseptic hand sanitiser** provided at each of the check points for use after the toilet and before eating to minimise the spread of germs. Also, avoid sharing water bottles and sharing each other's food or sweets as this spreads germs very easily, even if you are being careful.

## What if I have any issues during the challenge?

Our crew are very experienced and work very hard to ensure your challenge runs as smoothly and enjoyably as possible, and we're sure that you'll have a wonderful time. If you do have any concerns or problems during the day **please talk to the crew and give them the opportunity to explain or rectify things while they are able**. They are all very approachable!

## What if I/someone on my team needs to retire?

This is not an issue - just let a member of the Discover Adventure crew know that you wish to cease participation in the challenge and then you will be free to go; there's plenty of public transport across London. There is no need to return to the hub (unless you've left kit there) if it's more convenient for you not to, although you're obviously very welcome to if you want to support team mates finishing.

## What will happen in the case of an emergency on this challenge?

The crew will have mobile phones/radios, an extensive medical kit and other safety apparatus where necessary. If you are feeling unwell on this challenge, tell a crew member and listen to their advice as your health and safety is our top priority.

## Will there be Wi-Fi, phone reception and charging points?

The phone reception should be good but it is unlikely that there will be Wi-Fi at any of the water stops and there won't be access to power for charging devices.



## What if I don't reach my fundraising target?

If you are not able to reach your fundraising target by the deadline, you will need to contact Discover Adventure to discuss your options.

## Can I cancel/defer my place?

You are able to cancel, however you will forfeit your registration fee. If you are on the Fundraising Option and cancel you must let your charity know, so that you can decide what to do with any funds that have been raised.

Places can be transferred for a small fee to the following year. Please contact Discover Adventure for details if required.

## Can I give my place to someone else?

Name changes are permitted, however you must let the office know no later than four weeks prior to the event. There is a £10 admin fee to complete this process.

## How old do I need to be?

The minimum age for this event is 14. Anyone under the age of 18 must be accompanied by an adult.



## Can I bring my dog?

Unfortunately we do not allow dogs on this challenge.

## Can my friends and family come to support me?

Of course, the more the merrier! They'll not only help to build an atmosphere around the event but they'll also be able to come and find you around the course and spur you on to the finish. The event hub and all check points are accessible and obviously they can choose any of the iconic locations along the route, so it can make a great day out for them as well! We will share the route map a few weeks before the start date, so they can plan where to cheer you on.

## Do I need travel insurance?

Many people assume that travel insurance is an unnecessary expense for a trip in the UK. Of course, as a British citizen you won't need insurance for medical treatment because you can rely on the NHS. However, travel insurance is about more than just medical cover, as it can protect you from a multitude of unfortunate circumstances. If you would like to look in to this and you are a UK resident, you can purchase insurance through our website with Insure2Travel if you wish to via [this link](#); otherwise you are able to source your own preferred cover with a company of your choosing.



## Passenger Portal

We have a **Passenger Portal** which will give you more details of the challenge itself. It also enables 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](#).

## Download the challenge app!



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 (**please ask for your specific code if you do not have it**).

