



## Guy's Urban Challenge FAQ's

### When is it?

Saturday 30<sup>th</sup> September 2017

### Where is it?

Guy's Hospital, Great Maze Pond, London SE1 9RT

### How do I get there?

Guy's Hospital is easily accessible by public transport

- **Underground:** London Bridge (Northern and Jubilee Line- 5 mins walk) and Monument (District and Circle Line- 15 mins walk)
- **Train:** London Bridge is the nearest railway station (5 mins walk). For more information visit the [National Rail](#) website or call 08457484950.
- **Bus:** The 17, 21, 35, 40, 43, 47, 48, 133, 141, 149, 343, 381, 521, 701, RV1, C10 buses stop at London Bridge, London Bridge station or near Guy's hospital.

Call Transport for London on 0843 222 1234 (24 hours) or visit the [Transport for London website](#) for up further details on public transport options.

- **Car parking:** Guy's Hospital is located in the Congestion Charging zone and parking is very limited. For more information, see [parking at Guy's and St Thomas'](#). We recommend using public transport to travel to the event.

Details on where to go when you arrive will be included in your event information pack which will be sent to you close to the event.

### What exactly is Guy's Urban Challenge?

It's a 2.5km run, a 15km spin on a static bike and a climb 648 steps (29 floors) to the top of Guy's Tower. No mean feat!

### Where is the run?

The run is around the hospital grounds. It is not a closed route (the hospital is still open!), though we do have event marshals to guide you.

### Where is the spin?

The spin takes place on state-of-the-art static Wattbikes, which will in a covered area close to the hospital. They were created in collaboration with British Cycling and are used by Olympic Gold Medallists. Visit [www.wattbike.com](http://www.wattbike.com) for detailed information on the bikes themselves.



### **Where is the climb?**

The climb is to the top of Guy's Tower, which is the world's tallest hospital building.

### **Can I walk it?**

Of course. This event is for everyone, whether you want to sprint, jog or walk to the finish.

### **Do I have to do all three elements?**

It's up to you. You can take on all three if you would like, or you can take on Guy's Urban Challenge as part of a relay team. Also, if you fancy taking on the climb by itself, you can sign up for our standalone stair climb.

### **How old do I have to be to take part?**

All entrants taking on the full run, spin and climb must be age 16 and over.

We do allow those aged 8 and over to accompany a parent/guardian for the walk/run and climb elements for a £10 registration fee. We cannot allow children to take on the spin due to health and safety risks. A parent/guardian must present and also taking part alongside the child. A child registration can be added onto the adult's registration at the end of our registration form.

Those aged under 18 on event day will need to have a parent/guardian present who will need to fill in a parental indemnity waiver. This will be emailed to the email address provided in the registration before the event and will need to be signed and sent back before the event.

### **How much does it cost?**

It costs £30 to register for a regular entry. We offer a £5 discount for Guy's, St Thomas' and Evelina hospital staff members as well as King's College London staff members and students.

### **Do I have to fundraise?**

Yes. You'll need to commit to raising at least £200 per person in sponsorship. Relay teams of 3 will need to commit to raising £500 per team.

Your hard earned funds will go directly to supporting the vital work of Guy's, St Thomas' and Evelina Children's Hospitals.

### **What can I raise money for?**



You can raise money for the overall hospital funds which will go wherever the need is greatest within Guy's, St Thomas' or Evelina Children's Hospital. Alternatively, you can choose to raise money for a specific fund within the hospitals. You can specify this on the registration form.

### **How long will it take?**

That depends on you! The fastest participants can take a little as 37 minutes, while others can take up to 2 hours. An average time is about an hour. While it's nice to keep track of finish time, Guy's Urban Challenge is certainly not a race! Completing the challenge is the goal regardless of time.

### **Can I enter a team?**

Yes! You can take on the challenge as part of a relay team or just alongside a group of friends/family/colleagues. Entering as a team is an exciting way of taking part. Why not get some friendly competition going?

### **Can teams start at the same time?**

Yes, although wave sizes will be capped. If some of your team cannot enter your wave because it is full, get in touch and we will try to help.

### **What happens at the top of the tower?**

You'll be greeted with a huge cheer and a medal when you reach the top of the tower! From there, you can savour a glass of bubbly and some well-earned hot food.

Then best of all, you can enjoy some spectacular views of the Capital from the top of the tower.

When you're ready to go you can pick up your belongings which will have been delivered to the top for you and (thankfully!) take the lift back down.

### **Will there be changing facilities?**

There are no specific changing facilities, though there are toilets you're welcome to change in. There are no shower facilities available.

### **Will there be refreshments?**

Water is available at the registration desk. Refreshments will be available throughout the day at the top of the tower.

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

Yes, all participants receive a medal when they reach the top!



### **Can I order a t-shirt/running vest?**

You can order both on the registration form. If you order a running vest this will be posted to you. If you order a t-shirt, you can pick this up from the registration desk on the day.

### **Is there any medical back up?**

We will have a number of first aid staff on duty. It is very important that fill in your medical information including an emergency contact in the space provided on the back of your runner number.

**If your question hasn't been answered, please contact the team on 0207 848 4701 or email [info@supportgstt.org.uk](mailto:info@supportgstt.org.uk).**