

# GUY'S URBAN CHALLENGE 2019 FAQ'S



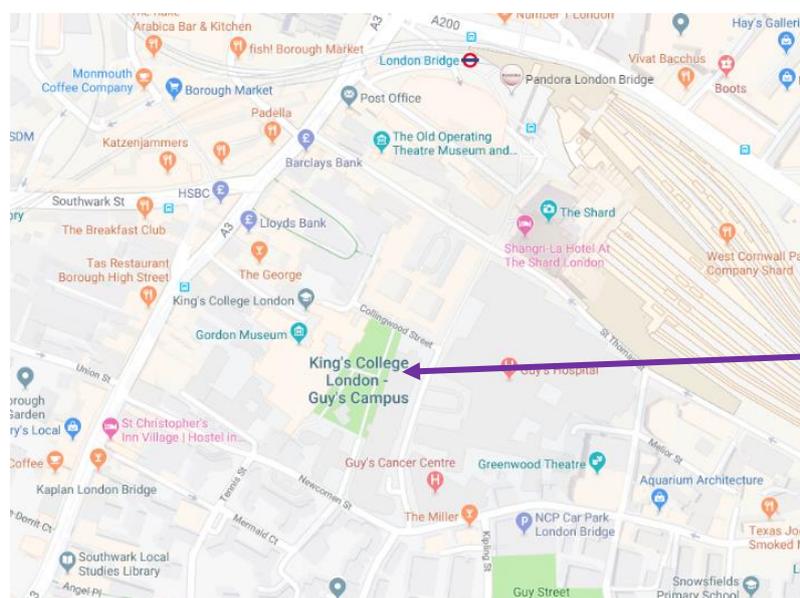
## GUY'S URBAN CHALLENGE

### When is it?

Saturday 28 September 2019

### 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. We recommend public transport as [parking](#) is limited and the event is within the congestion zone.

- **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 0845 7484950.
- **Bus:** 17, 21, 35, 40, 43, 47, 48, 133, 141, 149, 343, 381, 521, 701, RV1, C10 all 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.

Details on where to go when you arrive will be included in the event information pack which is sent via email closer to the event.





# GUY'S URBAN CHALLENGE

## What exactly is Guy's Urban Challenge?

Guy's Urban Challenge is the ultimate city triathlon. We have triathlons for all ages and abilities, including:

**Classic Triathlon:** a 2.4km run around Guy's Hospital Campus, a 15km spin on a high-tech wattbike and a 29-floor climb to the top of Guy's Tower.

**Ultra Triathlon:** a 5km run around Guy's Hospital Campus and the local area, an 18km spin on a high-tech wattbike and a 29-floor climb to the top of Guy's Tower.

**Relay:** each of you can take on one element of the Classic Triathlon as part of a team.

**Stair Climb:** take on the 29-floor Stair Climb to the top of Guy's Tower.

**Junior Triathlon:** for ages 8-15, a 1km run, a choice of 25 burpees, star jumps or hula hoops, followed by the 29-floor stair climb.

## Where is the run?

The Classic Triathlon 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.

The Ultra Triathlon run is around the hospital grounds and in the local residential area. It is not a closed route, but there will be event marshals and signage.

## Where is the spin?

The spin takes place on state-of-the-art static wattbikes, which will be in a covered area close to the hospital. They were created in collaboration with British Cycling and are used by Olympic Gold Medallists. Visit <http://www.wattbike.com> for details.

## Where is the climb?

The climb is to the top of Guy's Tower, which is Europe's tallest hospital building. Entry to the Stair Climb is via the main entrance of Guy's Hospital and the climb takes place on the staircase in between lifts A and B.

## Can I walk it?

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

## Do I have to do all three elements?

It's up to you. You can take on all or you can take on the 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.





# GUY'S URBAN CHALLENGE

## 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 do not accept responsibility for any child that is joining the Classic Triathlon and they must be supervised by a parent or guardian at all times.

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.

We also have the Junior Triathlon which is for ages 8-15. The route for the Junior Triathlon will be heavily marshalled, but all junior participants must be met by a parent or guardian at the finish line, on the 29<sup>th</sup> floor of Guy's Tower. Any child not collected by a parent or guardian at the finish line will be accompanied back to the start site by a route marshal. On the race numbers for the Junior Triathlon, there is a detachable baggage label. Parents/guardians will need to hold on to this baggage label and present it when collecting their children.

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 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?

Early bird entry is available until 31<sup>st</sup> May. After that date, full price entry is in place. KCL/GSTT staff get 20% discount by using a discount code when registering. This code will be shared with staff. If you're a staff member and do not know the discount code, get in touch and this can be provided for you.

Prices are as follows:

<i>Early bird Classic</i>	£	35.00
<i>Early bird Ultra</i>	£	38.00
<i>Full price Classic</i>	£	42.00
<i>Full price Ultra</i>	£	45.00
<i>Kid's race</i>	£	7.00
<i>Early bird Relay</i>	£	20.00
<i>Full price Relay</i>	£	25.00
<i>Climb only</i>	£	20.00

Please note that if you would like to accompany your child at the Junior Triathlon, registration is £15 and the fundraising target is £200. Please get in touch to organise this by popping an email to [info@supportgstt.org.uk](mailto:info@supportgstt.org.uk) or by calling 0207 848 4701.





# GUY'S URBAN CHALLENGE

## What time does the Junior Triathlon start?

The Junior Triathlon starts at 10:15AM.

## What time does the Ultra Triathlon start?

The Ultra Triathlon starts at 09:30AM.

## What time does the Classic Triathlon start?

The first wave of the Classic Triathlon starts at 10:45AM. Each wave is 45 minutes apart and the last wave starts at 1pm.

## Do I have to fundraise?

Yes please! 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. There isn't a fundraising target for the Junior Triathlon, those that are taking on this challenge are asked to fundraise what they can.

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

## What can I raise money for?

You can raise money the overall hospital funds which will go wherever the need is greatest within Guy's, St Thomas' or Evelina Children's Hospital.

If you have a specific ward or fund that you would like your fundraising to go towards, please get in touch by email [info@supportgstt.org.uk](mailto:info@supportgstt.org.uk) or call 0207 848 4701 and we can do our best to make this happen.

## How long will it take?

That depends on you! The fastest participants can take a little as 47 minutes, while others can take up to 2 hours. An average time for the Classic Triathlon 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!

## 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.





# GUY'S URBAN CHALLENGE

## What happens at the top of the tower?

You'll be greeted with a huge cheer, a medal and a goody bag when you reach the top of the tower. From there, you can savour a glass of bubbly and some well-earned hot food at our post-race party, which has spectacular views of London's skyline. Alternatively, you can re-join the all-day-festival at the start site. It is free to attend, so you can bring your family and friends along to enjoy some food, drink, entertainment and activities. The post-race party has a limited capacity so might get busy at peak times.

When you're ready to go you can pick up your belongings which will have been delivered to the top for you and 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?

Free water is available at the registration desk. A nourishing hot meal and glass of bubbly will be available for free at the post-race party and there will be refreshment stalls available at the start site.

## Do I get a medal?

Yes, all participants (including Juniors) receive a medal when they reach the top!

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

By taking part in Guy's Urban Challenge, you'll receive a FREE Guy's Urban Challenge technical t-shirt that you can collect at registration to wear on the day. If you would like hospital specific clothing, get in touch and we can arrange this for you prior to the event.

## Is there any medical back up?

Event medical personnel will be present throughout the event. 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. We will have first aid on site throughout the duration of the event that will be on hand.

**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).**

