



CHALLENGER PACK

A pack with everything you need to know to ensure you have an awesome experience like no other!

So, grab a cuppa and enjoy!!



Venue

The event will take place at **Guy's Hospital - Guy's Hospital, Great Maze Pond, London, SE1 9RT**

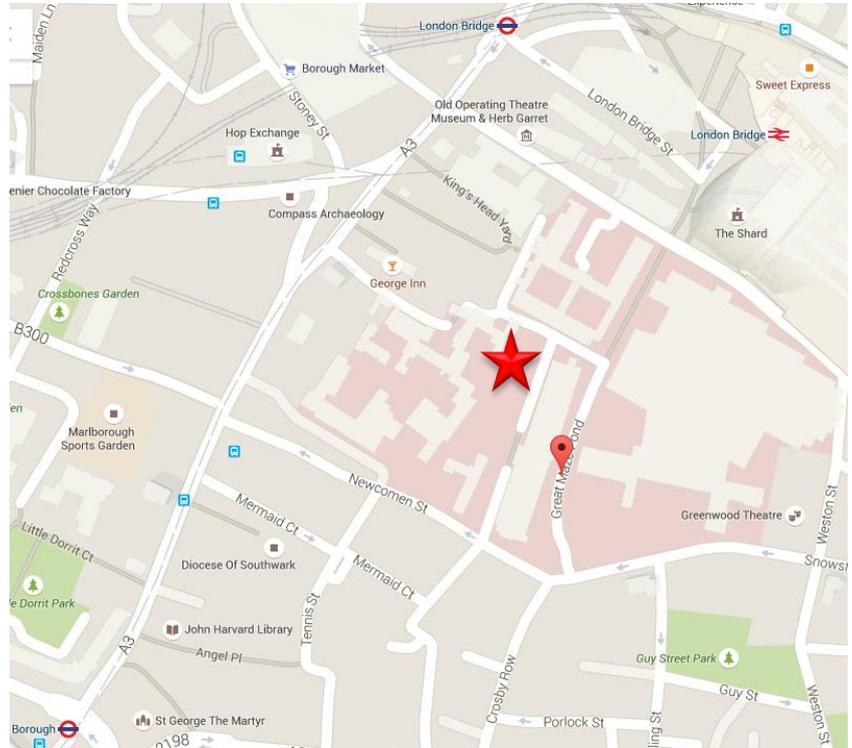
Getting there

The hospital is located in walking distance from **London Bridge station**,

- Jubilee Line
- Northern Line
- Overground rail services

It is also served by several bus routes. To plan your journey, please visit the [Transport for London website](#).

On arrival please go to the registration desk, which is marked on the map by the star. There will also be lots of signage on the day to help you find your way.



Parking

There are no parking facilities at the Hospital and as the hospital is in the **Congestion Charging zone**, it is highly advisable public transport is used. There is however an NCP car park at the junction of Snowsfield and Kipling Streets, about a two minute walk from the hospital. Charges are displayed at the entrance.

Key Locations

Registration & Start Line

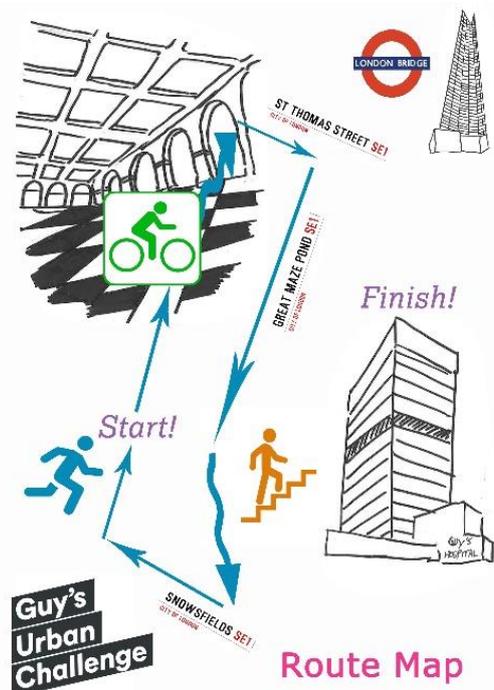
The start line is on the Memorial park/West side of **New Hunt's House**. Best access is through the Consultant's Car Park on St Thomas Street and the colonnade (Map on the next page). There will be signage to direct you towards the start line.

Cycle

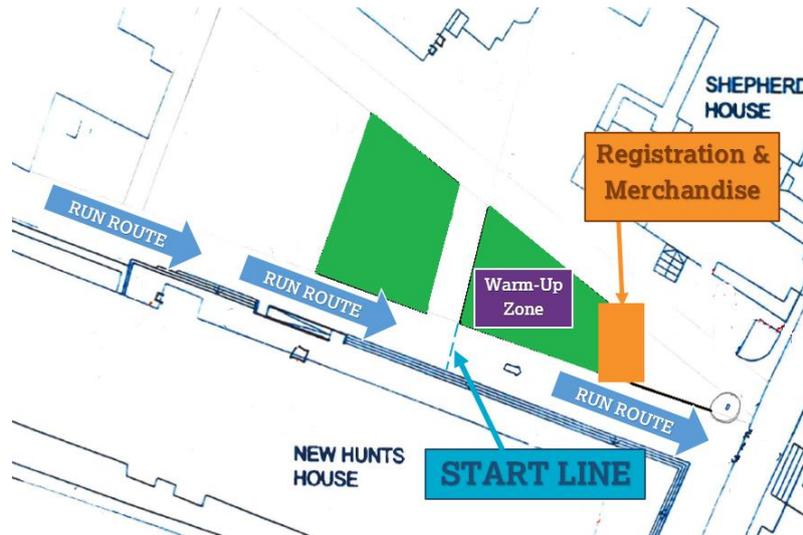
Colonnade through the Consultant's car park.

Finish Line

Robens Suite (29th floor of Guy's Tower) **using lift A**.



Registration



Where

Registration will take place in the gazebo in the quad/memorial by New Hunt's House. There will be signage and volunteers on the day if you need help.

When

Please arrive **no more than one hour before** your allocated start time. For **relay teams**, all team members must be present to register. Arriving early will allow you to familiarise yourself with the route, get changed and be ready for briefing and warm up.

What

At the registration desk you will be able to collect your **race bib and number** (make sure you remember to bring enough safety pins with you to attach your number to your vest). **Please note** that any late arrivals may not be accommodated with another wave time as the event is very full so ensure you arrive in plenty of time! We will also give you your timing chip and finish times will be available at the post-race party!

Changing Facilities

Please arrive ready for the challenge. If you do need to change on arrival, you will be able to use any of the public toilets within the Tower Building at Guy's Hospital.

Participant Bag Drop

There will be an allocated area at the registration desk for you to leave any baggage and personal belongings. If you would like us to look after your bag, please take a numbered ticket. Your bag will then be taken upstairs to the finish area on the 29th floor where you will be required to hand in your ticket to receive your bag.

Donation Station



Any offline sponsorship donations (cash and cheques) can be handed in on the day at the registration desk. If you also have collection tins and buckets you no longer require and would like to return, please feel free to do so at the registration desk.

No Fundraising, No Race!

Please note that many people have donated their time, money, goodies and effort to make Guy's Urban Challenge happen for a second time. As such, anyone from whom we have had less than half of the sponsorship target or no fundraising by event day will be withdrawn from the race. If you're having trouble reaching your target please contact us on info@supportgstt.org.uk.

Race Marshals

Staff and volunteers will be on hand at the registration area to deal with any questions you may have. There will also be race marshals along the route wearing **fluorescent bibs** to help with any queries.

First Aid

We will have first aiders there on the day. If you require first aid at any point please alert a race marshal and they will radio for assistance. At registration, we will ask you to fill out a form on the back of your race number which will ask for your **name**, **medical conditions** and **medication** or **allergies**.

Merchandise

If you have already purchased a souvenir T-shirt, you will be able to collect this in our merchandise tent next to the registration desk. We will also be selling souvenir Guy's Urban Challenge T-shirts on the day so don't worry if you haven't yet purchased one!

Charity branded T-shirts, running vests, hoodies, pin badges, and cycle jerseys will also be on sale.



Guy's Urban Challenge – Race details

All participants must receive a short race briefing **10 minutes prior to your wave start time**. This will be held in the **warm-up zone** and **all urban challengers must attend**.

The RUN – 2.4km

The run route is **four laps of a 600m rectangular course** commencing in the quad near the registration desk.

The route will take you north, through the right hand side of the colonnade, and turn right on St Thomas' Street. You'll come down the length of Great Maze Pond, past Guy's Hospital and the Cancer Centre where you will turn right on Snowfields.

The run course is completed with a right turn, back up towards the quad. There is a quiet road crossing on the route and although we have marshals there to stop the traffic, **it is your responsibility to cross the roads safely**.

Once you've finished your fourth lap, you'll continue to the colonnade and jump onto a Wattbike for your 15km static cycle.

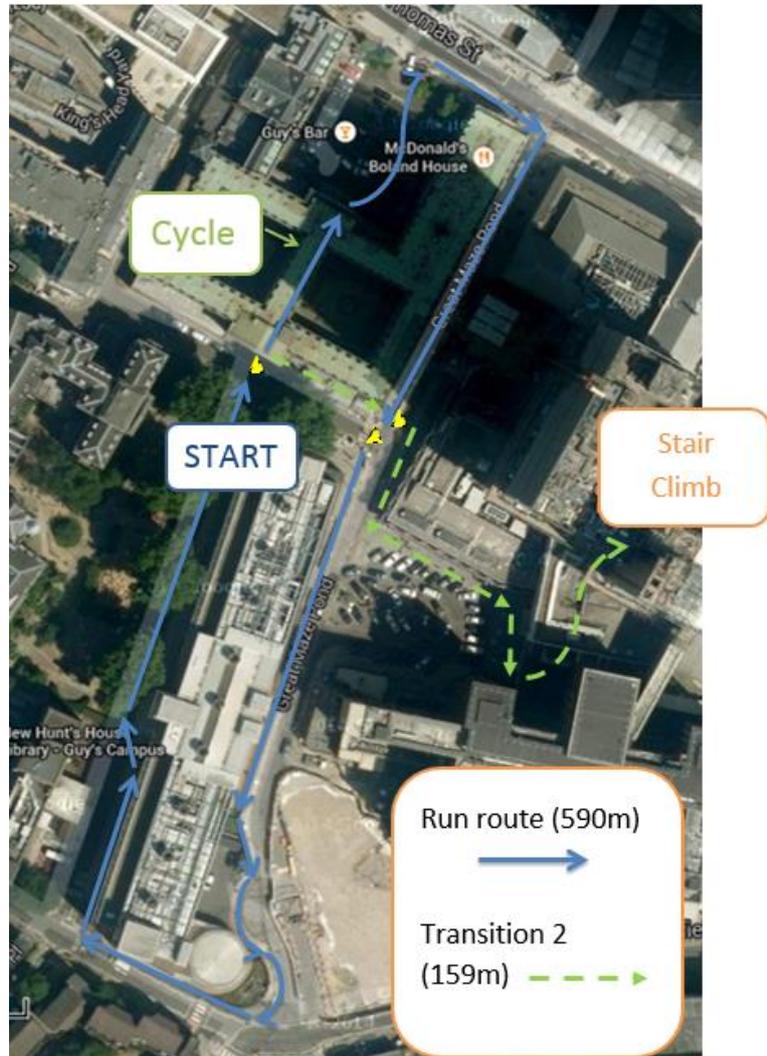
Relay team members

If you're participating as a relay, this is where you will pass the metaphorical baton on to your teammate!

Re-hydration Station!

At the entrance to the cycle we will have a re-hydration station where you can leave your water bottle to pick up when you get to the cycle!

Please note, water bottles are left at the owner's risk.



The SPIN – 15km

Once you've completed the run, you will jump onto a state-of-the-art Wattbike.

These Wattbike's were created in collaboration with **British Cycling** and are used by **Olympic Gold Medallists**. Visit www.wattbike.com for detailed information on the bikes themselves.



Stewards will be on hand to help you find your bike and **adjust your seat height** but please make your way to the **furthest available bike**. Every bike will have a countdown of 15km representing the distance you have left to travel. There is a dial on the left hand side of the bike to adjust the resistance, feel free to adjust the resistance as you see fit. Don't worry, there will be volunteers there to help!

Upon completing your cycle, travel back down the colonnade towards **Memorial Park** for the transition to the stairs. If you are part of a **relay team** you will meet your team mate here where they will begin to tackle the last leg – the world's tallest hospital building!!

The CLIMB – 648 STEPS

From the colonnade, follow the green dashed line on the map on **Page 5**, towards Guy's Hospital reception. Again there will be marshals on the route but **please take care when crossing as you are responsible for your own safety**. Once you've crossed Great Maze Pond and have walked past the car park on your right, you'll enter the building through the left hand doors into the reception area.

Please note that Guy's is a working hospital so all urban challengers must **slow down** and **walk** during this part of the route to avoid collisions with patients or staff members.

Bear left past the reception and then turn left towards **stair case A**. This is where your **648 step stair climb** begins!

We have marshals all the way up Guy's Tower but again **please be mindful of pedestrian traffic**. If you're taking your time up the stairs, please stick to the **left hand side** to allow faster climbers past on the right. There are some **low ceilings** on your journey up the stairs so please be vigilant. We will have marshals and signage on the route to highlight these areas.

Once you've reached the 29th floor, **turn right, walk past the lifts** and **turn left** through to the **finish line** to receive your finisher's medal, goodie bag and to soak up the views!

Race Timing

You will be able to view your times at the post-race reception and we will also send them out in an email the **Monday following** the event.

Finish Area

You will finish your race on the 29th floor of Guy's Tower and go straight into the post-race reception in the Robens Suite where you will be able to:

- Receive your unique finisher medal
- Pick up your free goody bag
- Enjoy complimentary drinks and food
- Have your photo taken with your family and friends
- Enjoy the amazing views of London!



Post-race follow up

On the Monday following the event you will receive an email with a link to the photos on Facebook, as well as a total of how much has been raised through Guy's Urban Challenge.

TOP TIP! Please remember that the five days before the event and the few days after the event are a great time to push for donations!

Social Media



We will be tweeting and posting from our official Twitter and Facebook accounts, please do post your own messages or retweet ours using **@SupportGSTT** or **@SupportEvelina** and the official event hashtag **#GuysUrbanChallenge**



The Monday following the event we will be posting race photos on our Facebook page – feel free to tag yourself into any of the photos!

Follow us on Facebook at www.facebook.com/supportgstt or www.facebook.com/SupportEvelina.

Participant's snacks and drinks



In your goodie bag, you will be provided with a High 5 taster pack with five ZERO tabs, one sports drink mix and one energy gel inside. Just drop the tablets/mix into water to make a refreshing zero calorie electrolyte drink.

Refreshments

Refreshments will be provided at the start and finish line for all challengers.

Water station

There will be water at the start and finish line as well as an additional area at the cycle where all participants will be able to keep their water bottle there for when they get to the spin. We advise all participants to take what they will require during the race with them.

Photography & Filming

We will have photographers and videographers taking photos throughout the day. If you do not wish for your photograph to be taken please inform us at registration.

FAQ's... and no, we haven't included the really silly ones you've asked like 'Can my dog do the urban challenge with me?'

Will there be music during the event?

YES, of course! For you to energetically get through the 2.4km, we're definitely going to have music for all of you to run to! There will also be music for you to spin along with in the colonnade. However, as the stair climb takes place in a fully operational hospital, there will be limited music on the stairwell but we will have friendly and supportive volunteers cheering you on throughout your climb. *You are welcome to use headphones should you wish.*

Sent in song requests

For all of you who sent in your song request for this year's **Urban Challenge playlist**, the DJ will be spinning your track so make sure you listen up for your personal shout out.

My friend wants to cheer me on, where can they do this from?

Spectators are more than welcome to find various locations around the run route and the static cycle to cheer on their friends, however there is limited space to view the climb. Please ask at registration for a suitable place for the stair climb. Friends and family can take **Lift A** to meet you at the finish line in the Roben's suite on the 29th floor.

Is there an extreme weather contingency / cancellation plan?

The event is unlikely to be called off due to extreme weather. The bike area and stair climb are taking part in covered areas and the run route will be safe to use if wet. If the event managers deem the course to be too dangerous, wave times may be delayed to accommodate everyone with a weather delay.

If the event is cancelled for any reason, will another Urban Challenge be taking place at a later date? We will not be able to schedule another Urban Challenge until next year.

Will participants get a refund on their registration fee if the event is cancelled or they are unable to take part?

We have already incurred costs in organising the event so all registration fees are non-refundable.

Are there toilet facilities?

Yes, there are various toilet facilities on the ground floor of Guy's Hospital Building.

What happens if I don't raise the full £200?

We expect everyone to make every effort to fundraise the full £200. We would hope that all participants bear in mind that we are a small hospital charity and are putting on this fundraising event (which has costs involved for us) to raise as much as possible for Guy's, St Thomas' and Evelina London. *As such, if we have not received any fundraising by event day, we have to reserve the right to withdraw participants from the race.*

How long do I have to get my sponsorship in?

You have one month after the event to raise the remaining of your sponsorship target. Please ensure that all sponsorship is paid in by **Friday 29th October**.

How do I pay in my sponsorship?

1. Collect up all the money you have raised, and pay it into your bank. You can then pay this amount onto your online fundraising page if you have one, although please be aware that we will not be able to claim gift aid if you make the payment onto your own page.
2. Collect up all the money you have raised, and pay it into your bank. You can then send a cheque made payable to “Guy's and St Thomas' Hospital Charity” along with any sponsorship forms you have completed to

Mehreen Syed
Fundraising Team
2nd Floor, Virginia Woolf Building
22 Kingsway
London WC2B 6LE

Please include a cover note to say that it is sponsorship for Guy's Urban Challenge.

3. Collect up all the money you have raised, and pay it into your bank. You can then call 020 7848 4701 and pay the total amount over the phone. You can then send us any completed sponsorship forms via post or email so that we are able to claim the gift aid.

Now all you have to do is get out there and

RUN, SPIN, CLIMB!!!

GOOD LUCK & ENJOY!

THANK YOU TO **ALL** OUR SPONSORS
AND SUPPORTERS!

London Bridge Hospital

part of **HCA**Healthcare uk



Guy's and St Thomas' 
NHS Foundation Trust

