

Cystic Fibrosis why I take Great Strides

Great Strides™ 65 North Yorkshire

FAQs	
Question	Answer
What is Great Strides™ 65 North Yorkshire?	It is a supported, team endurance walk in aid of the Cystic Fibrosis Trust, and one of the Trust's most successful fundraising events!
How far is the walk?	Approximately 65km or 41.5miles.
When is it?	Saturday 16 June 2018.
Where is it?	The event will start and finish in North Yorkshire. The scenic route follows well-defined pathways and different terrain, taking in the incredible scenery of this area of outstanding natural beauty.
What time will it start?	At 6am. All teams should aim to complete the route within 17 hours of starting.
Is the route signposted?	Although it is not practical to signpost the whole route, we will endeavour to place signage at key stages of the route. You will however have to be able to read a map and use a compass.
Does everyone have to walk the full distance?	There are two entry options: <ul style="list-style-type: none"> ■ The Classic: everyone walks the full distance. ■ The Relay: a minimum of three walkers must be walking at any time. Walkers can be swapped in and out at the various checkpoints on the route
How big should the teams be?	For the Classic, teams should comprise between four and six walkers. For the Relay, teams should comprise six walkers. For safety reasons, no team will be allowed to start or continue the walk with fewer than three walkers (although we will combine teams where possible).
Who can enter?	Anyone who is fit enough to undertake the challenge. If you are in any doubt whether you should undertake this event, please consult your medical practitioner. Every team must contain at least one adult to start and continue the walk.
What support does each team require?	Each team must have its own support vehicle, with suitably qualified driver. We will not be able to accept entry until the full details of support driver have been confirmed. The support vehicle will meet the team at various designated checkpoints on the route and will be fully responsible for navigation to the checkpoints and to provide water, food and changes of socks and other clothing/needs of your team. It will be vital that your support driver has enough space for your team in their vehicle.
Is there a minimum fundraising pledge?	There is a minimum fundraising target of £1,000. Our experience over the first four years of running this event is that teams do not have any difficulty meeting this target, as long as they remember to fundraise in good time!

<p>Does it cost anything to enter?</p>	<p>We do charge an entry fee: this is to help offset the costs of the event.</p> <p>Until 31 January 2018, an ‘early bird’ rate of £60 per team will apply. From 1 February 2018, the entry fee will be £75 per team.</p> <p>The entry fee covers the first six walkers in a team. There will be a £10 charge for each extra walker (after the first six) to help offset the additional cost involved.</p>
<p>How do I find out more about the event?</p>	<p>Contact the Events Team at the Cystic Fibrosis Trust on events@cysticfibrosis.org.uk or 020 3795 2176. An information pack will be provided to all teams once they have entered. The topics covered by the information pack include:</p> <ul style="list-style-type: none"> ■ Training tips. ■ Details of the route. ■ Options for accommodation in the local area. ■ A basic map-reading “refresher”. ■ Fundraising tips. ■ Equipment.
<p>How do I enter?</p>	<p>You can enter by downloading an entry form via cysticfibrosis.org.uk/gs65 and emailing it to events@cysticfibrosis.org.uk or you can post it to Great Strides™ 65 North Yorkshire, Cystic Fibrosis Trust, 2nd Floor, One Aldgate, London EC3N 1RE.</p>
<p>What if I would like to enter but cannot get a full team together?</p>	<p>Let the Events Team know and we will do our best to put you in touch with like-minded “striders” to make up a team.</p>
<p>What does the Cystic Fibrosis Trust do?</p>	<p>The Cystic Fibrosis Trust is the only UK-wide charity making a daily difference to the lives of people with cystic fibrosis, and those who care for them.</p>
<p>What is cystic fibrosis?</p>	<p>Cystic fibrosis is a life-shortening genetic condition that slowly destroys the lungs and digestive system. There are more than 10,800 people with cystic fibrosis in the UK; about half will live to celebrate their 40th birthday. Each week, five babies are born with cystic fibrosis in the UK, and three people with the condition die.</p>
<p>Why should I worry about cystic fibrosis?</p>	<p>Approximately 2.5 million people in the UK carry the defective gene which causes cystic fibrosis, most without knowing it. If two carriers of the gene have a baby, there is a one in four chance they will be born with cystic fibrosis, and a two in four chance they will be a carrier.</p> <p>You may not have cystic fibrosis, but there is no guarantee that your children or grand-children, nephews and or nieces will not be affected by it. This is your opportunity to help them by ensuring that the Cystic Fibrosis Trust can fund the vital research work which will benefit not just those alive today, but also future generations. Together we can beat cystic fibrosis for good.</p>