

Entry Form Widehorizons Wildlife Walk 2011

Widehorizons Wildlife Walk has been designed to incorporate three routes, each involving a different level of challenge. Consider you, and your families, fitness when choosing which route to choose

If you are affected by any condition that is likely to be exacerbated by exercise, for example heart disease, asthma, obstructive airways disease or similar ailment, please contact Widehorizons before completing this form. Information will be treated in the strictest confidence and will not necessarily adversely affect your taking part in the challenge.

If any participant is in any doubt as to their physical condition and their ability to participate in this event, they should seek advice from their medical practitioner prior to taking part.

Please advise Widehorizons of any medication you are taking in the space provided on this form.

I have noted the advice given with regard to participation in the Widehorizons Wildlife Walk and confirm that I consider myself to be reasonably fit and healthy and physically able to participate in the route that I have chosen. I am/will be over 18 years by the date of the event.

I have informed Widehorizons of any medication that I am currently taking and of any allergies I may have. In the event of an accident or illness whilst on the walk, I hereby give permission for Widehorizons staff to initiate medical treatment and to inform my next of kin/emergency contact (as detailed below) if appropriate.

I acknowledge that participants in the Widehorizons Wildlife Walk do so entirely at their own risk and are expected to take the necessary precautions appropriate to the conditions. I also acknowledge that the Widehorizons shall not be liable for death or bodily injury sustained by any participants other than in respect of death or bodily injury caused by their negligence or the negligence of their employees or servants.

Please sign on the following page...

Widehorizons Wildlife Walk 2011 Entry Form

Full name: _____ DOB: _____
Team name: _____ Gender: Male Female
Home address: _____ Mobile: _____
Home postcode: _____ Email: _____

In the event of an emergency, please contact:

Full name: _____ Relationship: _____
Address: _____ Work telephone: _____
Postcode: _____ Home telephone: _____
Emergency Contact: _____ Mobile: _____

I will walk: 3 miles (Bear Hunt) 5 miles (Bear Hunt) 10 miles (Challenge)

Are you walking as a family? Yes
(Please complete an individual form for each walker and return all forms together in one envelope.)

Are you walking as a group? Yes
(Please complete an individual form for each walker and return all forms together in one envelope.)

I have the following conditions / allergies

I am taking the following medication

Would your participation story be of interest to readers of local newspapers? Yes
(Please attached a brief outline of your story)

From time to time Widehorizons would like to keep you informed about news and developments at our centres, please tick below if you would like to receive this information. We will not share your details with any third party.

Yes, I would like to receive Widehorizons news and information.

This form must be completed and signed by all participants and returned to Widehorizons Head Office before 10.30 on the 3rd July. This information is confidential and will not be used for any purpose other than that stated. We will dispose of this information when it is no longer necessary.

Signed: _____ Date: _____

Print name: _____

Please return this form to Zoë Strong, Widehorizons Head Office, 77 Bexley Road, Eltham. SE9 2PE

General Information about the Wildhorizons Wildlife Walk 2011

Event Details:

All walkers will start their route at 11am on the 3rd July from the Environmental Curriculum centre gates. Walkers will choose between completing the 3 mile Bear Hunt, 5 mile Bear Hunt or the 10 mile Challenge. All walkers will be e-mailed a map of their chosen route, route cards and wildlife activities by the 22nd June. This information will also be available on the day of the walk, however please note that to save costs, all information will be printed in black and white.

Whilst Widehorizons have made every effort to ensure that an appropriate number of marshals are present and that the route information provided is easy to follow, we cannot be held responsible for participants getting lost on route. For this reason it is important that there is one person over 18 in each walking group.

Walking Routes:

10 mile Challenge- Not for the Faint Hearted!
Explore some of the most beautiful green spaces in South East London, whilst learning about the wildlife they support.

3 and 5 mile Bear Hunt- For Bears of all ages
Discover forests, meadows, a swamp and for the 5 mile walkers a castle and cave on your hunt for honey.

Registration:

You can register in the following ways:

As spaces are filling up fast- please register ASAP to avoid disappointment!

- 1) You can e-mail zoe.strong@widehorizons.org.uk requesting an entry form. This will need to be printed out and posted to Zoë Strong, Wildhorizons Head Office, 77 Bexley Road, Eltham. SE9 2PE before the 21st June 2011.
- 2) You can register on the day of the walk between 9.30am and 10.30am without sponsorship at a cost of £10 for adult and £5 for children/concessions

Participants should bring the following items:

- Rucksack to carry everything.
- Snacks, water for all routes- ensure that you also have a picnic lunch if you plan to walk the 5 mile Bear Hunt or the 10 mile Challenge
- Waterproof jacket
- Any medication required throughout the day.
- Wear appropriate footwear e.g. walking boots or sturdy trainers (do not wear jeans), t-shirt, jumper, warm layers which can be worn or taken off as necessary.
- sun hat, sun cream and sun glasses are recommended

Sponsorship:

- Paper sponsor forms will be received when you register for the event
- Alternatively you can follow the [How to get sponsored for on-line](#) guidelines and use Virgin money giving to gain sponsorship
- Prizes will be given to the two individuals who have raised the most money
- If you do not wish to get sponsored, please pay and register for the walk on the day (see registration section)

How to fundraise online for the Widehorizons Wildlife Walk



- 1) Go onto Virgin Money Giving and either search for Widehorizons Outdoor Education Trust or type in the link below:

<http://uk.virginmoneygiving.com/charity-web/charity/finalCharityHomepage.action?charityId=1003565>
- 2) At the bottom of the page click on START FUNDRAISING
- 3) Then go to Organised event
- 4) Type in [Widehorizons Wildlife Walk](#)
- 5) Click on NEXT
- 6) For [How long after the event would you like to collect sponsorship](#) choose 1 month
- 7) If this is the first time you have used Virgin Giving you will then be asked to register
- 8) Once you have entered your details you can then set up your own page
- 9) You can promote your page through adding a link to it on your Facebook wall or e-mailing the link to friends and family
- 10) Thank you so much for your support and good luck with your fundraising

If you require any further information about Virgin Money Giving or in setting up your own page, please send me an e-mail: zoe.strong@widehorizons.org.uk.