



It's not long now until you'll be joining over 1,000 others in a sea of yellow and your best neon lights, lighting up the Sheffield night sky in support of St Luke's!

This is your Night Strider pack containing all the information you need for the night and your all-important Night Strider t-shirt. Wear it with pride. Soon you'll be a Night Strider finisher with a medal round your neck and your arms in the air. However, first you've got to complete the challenge and you'll find all the details here:

#### Event details:

- Date: Saturday 6 October 2018
- Location: Tudor Square, Sheffield City Centre
- Arrival time: 6.00pm onwards
- Walk start time: 7.00pm

#### What's included in this pack:

- Your Night Strider t-shirt
- Your unique walker number
- A dedication back sign for you to write your own message or reason for striding
- Route map

#### On the night:

- Plan how you'll get to and from the event.
  - There are a number of car parks in the city centre – check if they have 24hr access for when you've finished walking.
    - Walking the 10k route could take anywhere between 1 hour 30 minutes and 3 hours 30 minutes,
    - Walking the 1/2 marathon between 3 and 6 hours
- Make sure you arrive in time for the warm up activity at 6:30pm
- Please take and share photos on social media using the hashtag **#stridingtogether**
- The route will be marshalled and signposted with pit stops enroute, at Endcliffe Park and Millhouses Pub, where you'll find toilets and refreshments at each.



### What to bring:

- Your walker number, which should be securely attached to your front and clearly visible below the Night Strider Logo on your t-shirt (*please remember to complete all the medical emergency details on the back and bring along safety pins to securely fasten it on the night*)
- Your route map (*spare copies will be available on the night*)
- A fully charged mobile phone to share your Strider selfies!
- A bottle of water - there will be refreshments on the route and at the finish line, but taking your own will help keep you hydrated
- Bright, waterproof clothing
- Lights, glow sticks, neon face paint and anything else bright will help us to light up the Sheffield night sky!
- There'll be a St Luke's stall in Tudor Square where you can buy flashing/light up items, see our website for a sneak peek.
- There will also be neon and glitter face paint available on the night.

There's still time to set up a JustGiving page at [www.justgiving.com/stlukeshospicesheffield](http://www.justgiving.com/stlukeshospicesheffield) to collect your sponsorship. It'll save you time, it's easy to share on social media and for your sponsors to Gift Aid their donations. Get into the Night Strider spirit and get a picture of you in your t-shirt to use on your JustGiving page and social media using **#stridingtogether**.

If you have any friends and family coming along to cheer for you on the night, they could support St Luke's at the same time by volunteering to help at the event. We have loads of fun and exciting volunteering roles available such as, helping on cheer stations or marshalling - there's something for everyone to enjoy! You can find out more at [www.nightstrider.co.uk](http://www.nightstrider.co.uk) under volunteering.

Good luck with the rest of your fundraising and training - we can't wait to see you on the night!

All the best from Team Night Strider!

[nightstrider@hospicesheffield.co.uk](mailto:nightstrider@hospicesheffield.co.uk)

### Thank you to this year's sponsors:

