



Registered charity No. 254402

Participant FAQs

We've put together a list of questions that you might have regarding Night Strider. If your question isn't answered below, you can email our team at nightstrider@hospicesheffield.co.uk and we'll get back to you.

Fundraising and Finance

How do I fundraise?	The easiest way to fundraise is by setting up a JustGiving page and asking your friends and family to sponsor you. It's a big challenge so make sure they understand what you are undertaking and get behind you. You can find lots of fundraising tips on our website www.stlukeshospice.org/events
How do I set up a JustGiving page?	Visit www.justgiving.co.uk and follow their step by step guide, or visit www.stlukeshospice.org.uk/events/fundraising for tips on setting up your JustGiving account.
How much of my fundraising will go towards patient care?	Every penny of the money you raise will go towards supporting St Luke's patients. Your registration fee will cover the cost of the event, so the more you raise the more you will help us to continue our care for our patients and their families.
Is there a sponsorship form available?	The best and easiest way to collect sponsorship from your supporters is with a JustGiving page, however you can also download a sponsorship form from our website: www.stlukeshospice.org.uk/events/fundraising . If you're collecting cash from your sponsors please post your funds to us as a cheque, or make a payment online or over the phone. Please do not post cash.
What is the fundraising target?	There is no minimum fundraising target, but we suggest you set yourself a goal of £150. Just as you are undertaking a big challenge, our patients face their own personal challenges every day. We need to raise £7.2 million this year just to carry on providing our services. By taking part in this event we are confident you will find people willing to support you, and we'll be on hand to help with your fundraising.
What are the best ways to raise money?	There'll be lots of fundraising tips available on our website and we'll also send you ideas on how to maximise your fundraising in the lead up to the walk.



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Registration

How can I register?	Visit www.nightstrider.co.uk to register online or if you're unable to access the internet or have trouble registering online, please call us on 0114 2357554 and we can register you over the phone.
How can a register a team?	If you'd like to register a team you can do this online at www.nightstrider.co.uk . However, first you'll need to pick a team name! If you'd like to register a team of ten or more, please complete registration for the first ten team members and then revisit the registration page to add more to your team. Simply ensure that the team name is kept the same for all members' registrations. Please call 0114 235 7554 if you need assistance.
How many people will be taking part?	The event will see over a thousand Night Striders lighting up the autumn night sky.
Is there a limit to group size?	The bigger the better! The bigger the team, the more chance of a shout-out on the night and the more vital funds you can raise for our care.
What happens once I've registered?	Firstly, you'll receive a confirmation email with more details about the event. You'll also get a thank you for registering pack through the post followed by further email updates from us, full of fundraising ideas, a training plan and further event information.
When will I receive my participant pack?	A participant pack including your T-shirt, front and back signs and event information will be sent to you closer to the event. You'll receive your pack no later than five days before the event, though we'll be sending the majority of packs out in mid September. If you register after Friday 28th September, you will need to collect your pack on the night from the main event area in Tudor Square.
What's the latest date I can register?	The sooner you register the more time you'll have for training and fundraising. Registration will close at Midnight on Sunday 30th September.
How much is registration and what does it cover?	<p>It takes a lot to organize an incredible night time walking event. Your registration fee enables us make the event as exciting as it can be; to staff the event so that it runs smoothly; and to make sure it's as safe as possible with stewards and first aid response.</p> <p>Not only that, but you'll also receive: fundraising support and training tips to help you in the run up to the night; refreshments around the route; a 2018 Night Strider T-shirt; walker numbers and back signs for messages; along with a medal for finishing.</p> <p>Unfortunately, your registration fee alone won't help us keep St Luke's running. That's where your fundraising comes in!</p>
What are the maximum and minimum ages to take part?	<p>There is no maximum age for participants, however, we must ask that you ensure you are fit and healthy enough to complete the walk at any age. Unfortunately we cannot allow anyone under the age of 10 to take part in the event, even with a parent. This is due to safety restrictions and the time of the walk.</p> <p>Walkers under the age of 18 must walk with a parent or guardian.</p>



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Can I drink alcohol on the route?	During this event participants will be restricted by Sheffield City Council's Designated Public Place Orders, which restrict the consumption of alcohol on public highways. We urge participants to put safety first and not risk injury through intoxication.
Can spectators watch the walk?	The start point of the race will be Tudor Square, families can see you off from here. The event will be on an open route and spectators can cheer participants from any location. Please be mindful that this is a night-time event and demonstrate appropriate respect for all residents on the route.
Can wheelchair users take part in Night Strider?	Wheelchair users are encouraged to take part in Night Strider, however due to the nature of the route and distance we recommend bringing someone along with you to provide assistance as necessary along the route. We also recommend the 10k route, although there are no restrictions! If you are a wheelchair user and would like to discuss the event in more detail, please call 0114 235 7554.
Do I need a torch?	The route will be well-lit throughout, but feel free to bring a torch, wear bright colours, neon face paint, glow in the dark accessories and light up the night! The brighter, the better!
How fit do I need to be?	It's not an easy challenge, but as long as you have a basic level of fitness you should be able to complete the routes. We do recommend that you spend some time training before the event. We'll be producing a training plan to help you complete the route in faster times, or increase your distance if you would like to go further. We have fully qualified First Aiders to help you with any unforeseen difficulties, but if you have pre-existing medical conditions or are worried about your fitness we strongly recommend that you seek medical advice before registering.
How long will it take me?	We estimate that 10k participants will take 2-3 hours and those taking part in the half marathon 3-7 hours. The event will officially close down at 3.30am but we anticipate you will be finished well before then.
How can I get there and where can I park?	There are a number of secure car parks in easy walking distance of the start and finish in Tudor Square. Make sure you plan in advance - especially as you'll be travelling at night. Please be aware that not all car parks are 24hr.
I'm walking in memory - will I be able to display my loved one's name on the night?	With your participant pack you will receive a blank back sign for you to write your own personal message.



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<p>Is it safe to be walking through Sheffield on a Saturday night?</p>	<p>Every opportunity has been taken in the planning of the route to make every aspect as safe as possible. The route takes every precaution to avoid areas where the public might be drinking alcohol and it remains in well-lit areas of Sheffield throughout the walk. Stewards, Marshals and First Aiders will be on hand throughout the event and the route will be well signposted. Each participant will be provided with a route map featuring an incident number to call during the event should you require assistance. While every step has been taken to secure the safety of all participants, by taking part in Night Strider you agree to do so at your own risk.</p>
<p>What is the route for the 10k/half marathon?</p>	<p>Both the 10k and half marathon routes will set off with an incredible, family friendly, fun atmosphere in Tudor Square with entertainment, music and a warm up to get ourselves ready to Stride out.. The atmosphere will be incredible. We'll set off in style, taking to the city's streets together, first filling St Paul's square, then the Moor. Then we'll walk to Endcliffe park and take in the night's sky and event atmosphere with a quick toilet and refreshment break at one of our Pit Stops, before the routes break away.</p> <p>10K - From here the 10k walkers will head down Rustlings Road, turn at the end of Endcliffe park and soldier up to Broomhill for a view of the city lights and then head to Crookes Valley Park. From here it's all downhill to the city where you'll finish the route with a celebration in Tudor square.</p> <p>Half Marathon - After Endcliffe park, the half marathon walkers will take on the hill of all hills to High Storrs, viewing Sheffield from the top of the city, before heading down to Millhouses park. After taking a break on Abbeydale Road they'll then enjoy the leafy streets and quiet of Nether Edge and Sharrow, before returning to Endcliffe park to re-join the 10k route (as outlined above) to finish the walk and join in with the celebrations in Tudor Square.</p>
<p>Has Night Strider changed since last year?</p>	<p>Night Strider has been hugely successful over the last three years and we're determined to make sure 2018 is too. We've listened to comments from last year's participants about what they enjoyed and there was a <u>lot</u> of positive feedback which is great. This year, you may notice some minor changes to the main event area, but the route will remain the same for the 10k and Half Marathon. We won't say any more as we'd like to keep some things secret!</p>



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What should I wear? Can I dress up?	We encourage you to dress up as much as you like! Dress up with your team, or on your own, wear neon, glow in the dark, bright colours and reflective clothing. Please remember that this is an outdoor event, so we strongly advise dressing appropriately for the weather on the evening. We'll be sending a full guide on what to wear and how to make yourself stand out closer to the night.
Will there be entertainment or a warm-up at the start?	We'll have a staged area in Tudor Square for the start and finish, with music, commentary and a warm up as well as lots more activities.
Will there be refreshments and toilets?	Refreshments and toilets will be available at marked pit stops along the route, but we also strongly advise that all participants-bring a bottle of water with them for the walk. Toilets will also be available at Tudor Square.
Will we be able to buy items on the night to help us stand out and show our support for St Luke's?	Yes! This year we will have a retail shop with a range of dazzling light up items to help you light up the city. You can take a sneak peak at our glow products here .
Can I run the route?	Running is not permitted for health and safety reasons. Night Strider is a walking event. Participants who are deemed to be running will be disqualified and will not be eligible for refreshments, course support or a finishing medal.
Can I change my choice of route?	Once you are registered, you can change your distance choice up to Saturday 24th September. This will help us to effectively plan and deliver the event. Email nightstrider@hospicesheffield.co.uk if you wish to change the distance of your walk or call 01142 357554
Can I bring my dog?	Absolutely, however dogs must be kept on leads and under control at all times. We reserve the right to ask any participant to remove their dog from the event if we feel they pose a threat to others taking part in the walk.
How can I get in touch if I have any more questions?	If you have any further questions, please email us at nightstrider@hospicesheffield.co.uk