

The Snowdon Push

ESSENTIAL INFORMATION

SATURDAY | 22 JUNE | 2019



back up
transforming lives after spinal cord injury

www.backuptrust.org.uk

The Snowdon Push is Back Up's ultimate fundraising challenge. For the past eleven years, hundreds of supporters have come together to take on the highest mountain in England and Wales – Mount Snowdon – which stands at over 3,500 feet high. In teams of 10 to 16, including one member who uses a wheelchair, you all work together to reach the top of Mount Snowdon.

This means walking, climbing, pushing, pulling and wheeling to the summit and back down again, covering about 9 miles of mixed terrain – all to raise money for Back Up's vital work.



What an amazing experience! Even tougher than expected but even more rewarding as a result. I loved getting to know Ollie and working as a team to get him all the way to the top, I will never forget it. I can't wait to get more involved in Back Up in the future!



Snowdon Push 2017 participant



One of the most rewarding experiences I have ever participated in – a great sense of group comradery and Steph was hugely inspirational with her constant positive attitude despite a very bumpy journey up Snowdonia!



Snowdon Push 2017 participant

Teams will start at intervals along a planned route and it's likely to take around three to eight hours for teams to complete the round trip. The route will be well supervised with professional mountain leaders from Up4it Outdoors operating checkpoints along the way and at the summit. The Push is open to all abilities and, while it's a timed race, just taking part is a huge achievement. So whether you want to break the records, or just want to make it to the summit, we have a space for you.

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Essential Information

Date: Saturday, 22 June, 2019

Team numbers: 10 to 16 people (including one member who uses a wheelchair)

Minimum Sponsorship: £2,000 per team

Registration deadline: Monday, 18 February, 2019

OPTION 1
PARTICIPANT - CAMPING
£65 PER PERSON

- Two nights camping at Treborth Leisure campsite
- Support and safety on the mountain
- Food and entertainment on Saturday night at the post-push party
- Snowdon Push 2019 t-shirt
- Medals and trophies for the winners at the post-push party
- Post-event certificates

OPTION 3
SUPPORTER - CAMPING
£38 PER PERSON

- 2 nights camping at Treborth Leisure campsite
- Food and entertainment on Saturday night at the post-push party

OPTION 2
PARTICIPANT - NOT CAMPING
£40 PER PERSON

- Support and safety on the mountain
- Food and entertainment on Saturday night at the post-push party
- Snowdon Push 2019 t-shirt
- Medals and trophies for the winners at the post-push party
- Post-event certificates

OPTION 4
SUPPORTER - NOT CAMPING
£13 PER PERSON

- Food and entertainment on Saturday night at the post-push party
-

Everyone will need to pay a registration fee before the event. This secures your entry into the event.

There are two ways to pay your fees:

- Check out our Snowdon Push webpage at www.backuptrust.org.uk/get-involved/challenge-yourself/snowdon-push and follow the link to your required registration fee.
- Call the Back Up office on 020 8875 1805 and ask to pay by credit card.

IF YOU WOULD LIKE TO GET INVOLVED OR WANT ANY MORE INFORMATION, PLEASE CONTACT

Alexandra at alexandra@backuptrust.org.uk or on 02088756774



Testimonial

In 2017, we raised over £90,000 – the most in the event's history. We spoke to Daniel, who took part with the NatWest Marketeers this year about how he found the challenge.

I was apprehensive at first about signing up. I was worried about being the one in the wheelchair and relying so much on people I didn't know. But after speaking it through with the community team, I had a better idea of what to expect and felt more comfortable.

Daniel signed up to the challenge, and was happy to discover that he would be joining an experienced team. "They were all lovely and told me all about when they had done it before," he adds.

Daniel started to feel excited for the challenge to come and put in a lot of training to make sure he was fully prepared. When the day arrived, he felt fully included from the beginning.



Halfway up the mountain, it dawned on Daniel just how far he had come in the 15 months since a spinal bleed during surgery left him permanently paralysed from the waist down.

"We all stopped for a minute for a break and I looked up. There was a lake just to the right of me and it was a perfect view. My arms were aching like crazy, but I remember just thinking I'm in a wheelchair and I'm climbing the biggest mountain in England and Wales. I'd never felt this strong or this powerful."

Daniel and his team were thrilled to win the fastest team award. But for Daniel, his proudest moment was realising that a life with a spinal cord injury could still be full of excitement and opportunities. "I have such a huge sense of pride and achievement and will hold on to that experience forever."

I never once felt like they were just getting me to the top of the mountain – we were all getting there as a team. That was one of my favourite things about it.

In addition, wheelchair users must have

- Full Waterproofs (tops and trousers)
- Puncture repair kit (and pump!)
- Footwear which is warm and waterproof
- Foot straps
- Toolkit
- 'Off-road'/solid tyres are recommended, it takes a long time to repair a puncture!
- Spare inner tubes

Teams must have

- Ropes for pulling the chair
- First Aid Kit
- Mobile phones and portable charger



Our safety policy

Anyone who does not have the correct kit will not be allowed to take part. This may result in your team's fundraising having to be refunded to your sponsors.

Back Up & Up4it Outdoors reserve the right to stop any person inadequately equipped from participating in this event on the day.

Please be prepared for all weather conditions and bring appropriate clothing for mountain walking including waterproof jackets and trousers.

Please see our Guide to Adapting a Snowdon Push Chair for information about how you can adapt a wheelchair for the challenge. This can be found on our website here: <https://www.backuptrust.org.uk/wp-content/uploads/Guide-to-adapting-a-Snowdon-Push-Chair.pdf>. If you would like a hard copy, please let us know.

Safety Information

Mount Snowdon is over 3,500 ft high. Weather can be unpredictable and the terrain is very challenging in places.

Please read this information carefully.

TRAINING

- We recommend that you increase your fitness prior to The Push by regularly exercising
- Do get used to your hiking boots if you aren't already.
- Practice over some rough ground with the whole team to prepare if you can.

MEDICAL CONDITIONS OR ILLNESSES

- Please disclose any pre-existing medical conditions or recent illnesses on the liability forms and the Snowdon Push registration form. Please ensure that you flag this up when returning them to the Back Up Team (Alex). If you experience an illness or accident after you have signed these forms you must report it to the Back Up Team (Alex) as soon as possible
- If you fail to disclose any medical conditions, Up4ItOutdoors and Back Up cannot be held responsible for any injuries or illness you experience on the day as a result

TERRAIN AND MOUNTAIN MANNERS

- Please be thoughtful of other people using the mountain
- Never compromise your own safety or the safety of a passer-by or your team
- If another Back Up team wishes to overtake you, you must move aside and allow them enough space to pass safely before continuing
- If team members compromise anyone's safety we will add penalties to their time
- The terrain of The Push is varied and includes grass, rock, shingles, tarmac, small boulders and steps and is often rocky and uneven. If the weather is wet, the route will become muddy and slippery
- There are some steep drops along the route and in these areas, we advise you to slow down and take care





All Members of Your Team Must Stay Together at All Times

WEATHER

- The temperature falls as you climb higher – please ensure that you are dressed appropriately
- The weather can change from sunshine and clear views to driving rain and low visibility in a matter of moments
- Advice on fell conditions will be sought on the day from local experts
- There is a lower level contingency route

FOOD & DRINK

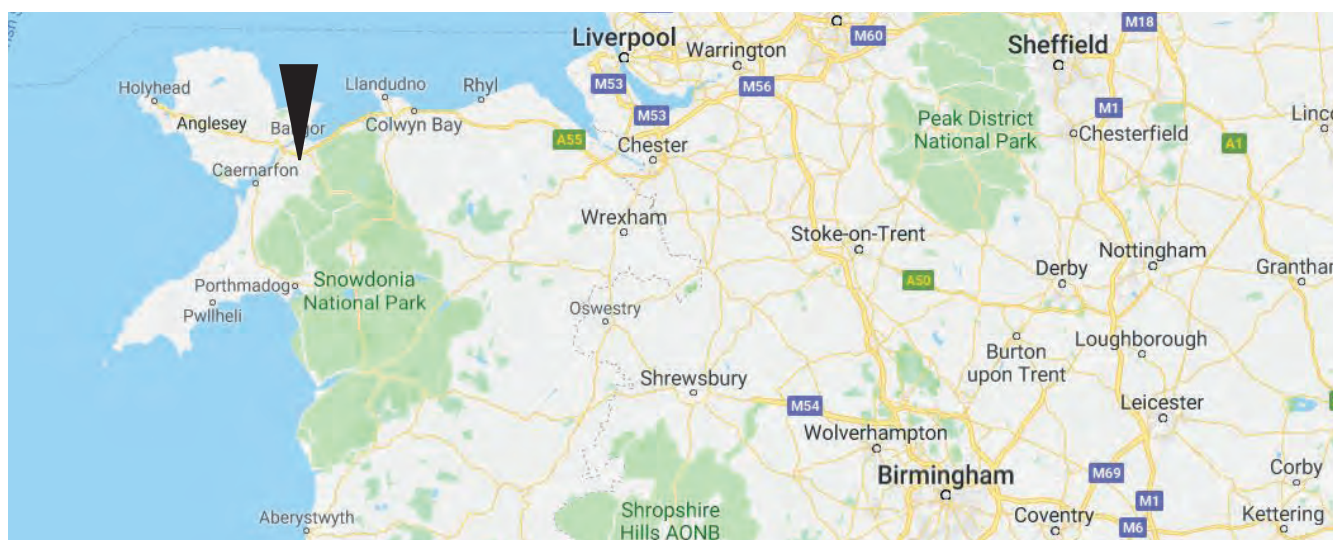
- Please ensure you bring your own food to eat on Friday night, Saturday morning and Sunday morning as well as food & plenty of water to take up the mountain.

Accommodation

WE HAVE RESERVED A CAMPSITE AT TREBORTH LEISURE

Address

Treborth Leisure | The Old Barn | Treborth Hall Farm | Bangor | Gwynedd | LL57 2RX



- The Post Push party will be held in a marquee at this campsite
- There will be accessible toilets
- The campsite is in a field with no tarmac roads. Terrain can be bumpy and uneven – you may want to bring a free wheel or off roads tyres if you have them.
- There are no accessible showers at the campsite. Therefore, we have arranged for the use of an accessible shower for the Saturday after the Push at a local gym.

This is for the use of wheelchair users only so instructions and directions will be given to them separately.

- Directions to Treborth Leisure:
- Leave the A55 at junction 9 & take the A487 to Bangor/Caernarfon
- At the roundabout take the 1st exit on A487 heading to Bangor. Go through one roundabout, then turn left and then turn right

Timings for the Weekend



Friday 21 June - Arrival

BETWEEN 4PM AND 8.30PM - ARRIVE AT CAMPSITE

- Arrive at Treborth Leisure campsite
The Old Barn, Treborth Hall Farm,
Bangor, Gwynedd, LL57 2RX
- More information about Treborth
Leisure campsite can be found
online <http://www.treborthleisure.co.uk/>
- The traffic can be extremely heavy
so it is advisable to leave in the
afternoon if possible.
- 9.00pm – Safety briefing and team
registration
- In the marquee at Treborth Leisure
campsite
- This briefing must be attended by at
least one team member
- Teams will be informed of their start
time



Saturday 22 June – The Push

7.00AM – 10AM: START

- The first team will register at 7am to start at 7.15am
- Teams will be started at 15 minute intervals - teams will be informed of their start time at the safety briefing
- You will not be able to start until your kit has been checked & liability forms have been signed



6.30PM - FINISH

- Last team returns (we hope!)
- 7.30pm to Midnight – Post Push party!
- This will be taking place at Treborth Leisure campsite
- 8pm: Food – this will include a vegetarian option (if you have any other dietary requirements please state this on the team registration form)
- 9:30pm: Prize Ceremony (prizes include 'Top individual fundraiser', 'Top fundraising team', 'Fastest team' and 'Spirit of the Push'), raffle and DJ
- All food and entertainment included in your registration fee
- Please remember to bring cash as there will be a cash-only bar in the marquee

Sunday 23 June – Everyone goes home

Sponsorship

Back Up is a leading UK charity that inspires people affected by spinal cord injury to get the most out of life. Each year, we reach over 800 people with our award-winning services that are designed and delivered by people with a spinal cord injury – placing those we support at the heart of everything we do.

We offer wheelchair skills training, an accredited mentoring service, telephone support, life skills and activity courses, and support returning to work or school. All our services give people the skills, confidence and independence to get back up to living life to the full.

As a charity that receives no government funding, Back Up relies entirely on the efforts and generosity of our supporters to survive and continue our work.

THIS IS HOW YOU MAKE AN ENORMOUS DIFFERENCE TO BACK UP!

With your fundraising support, Back Up can continue to deliver services that build confidence and independence as well as offer a supportive network



Snowdon Push | 2017

How much do you need to raise and how?

- Minimum of £2,000 in sponsorship per team (excluding Gift Aid)
- All teams must have an online fundraising page. The Back Up team will inform team captains how to set this up
- Each team must have raised £2,000 before The Push (excluding Gift Aid)
- We will support you with paper sponsorship forms, posters and anything else you may require to help with your fundraising
- We can also support you with advice and information on getting your company to match whatever amount your team raises



Top Tips Checklist

- It gets very cold at night when camping so please bear this in mind when packing sleeping gear. Items such as hot water bottles, hand and feet warmers, and thermal nightwear will all help you to keep warm.
- We suggest you eat a good, carbohydrate-rich, meal on Friday evening on the way
- It is not a good idea to drink alcohol on Friday as it will dehydrate you on the following day
- A good breakfast in the morning is also essential - pack this in advance as you will have no time on Saturday morning!
- Please remember to have enough food & water for the climb

THIS IS YOUR CHANCE TO CHANGE SOMEONE'S LIFE.
Start FUNdraising today!

Snowdon Push 2019

Application Form

I'M IN! – WHAT DO I DO NOW?

1. Complete the registration form online <https://www.backuptrust.org.uk/bookings/snowdon-push> either as an individual or with details of team members
2. Set up your online fundraising page, Alex will send you a link to where your team captain can set this up.
3. Pay your registration fee online (deadline Friday 17 May 2019)

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Alexandra at alexandra@backuptrust.org.uk or on 02088756774

