

STARLIGHT STRUT

FAQS

REGISTRATION

Is there a minimum age to enter the event?

There is no minimum age, but children under the age of 16 must be accompanied by a responsible adult over the age of 21 and remain in their care at all times.

Who can attend the walk?

Everyone! People of all genders and all communities are invited to join the Starlight Strut. Remember your loved ones on this special night.

Can I register on the day?

Yes, registration on the day is £20 and opens at 6pm. Please allow plenty of time to sign up and collect your t-shirt, if there are any available, before the walk. It will be busy! Registering online ahead of the day is cheaper and guarantees you a t-shirt.

Is the event wheelchair-friendly?

The walk is on public footpaths and should be accessible to wheelchairs. Please contact us if you have any questions about this - events@treetopshospice.org.uk

What if I need to withdraw or swap my place?

Unfortunately we cannot offer refunds on registrations. You can transfer your registration to another supporter up until 30 April 2020, however we cannot guarantee a t-shirt for them. The Starlight Strut is our biggest event and is costly to organise. If you don't use your place, your registration fee will be treated as a donation to the hospice.

When will I get a walker number?

There are no walker numbers this year.

Do I have to fundraise to take part?

What if I can't raise the minimum amount?

Treetops Hospice Care is a charity that provides tens of thousands of hours of hospice and bereavement care totally free of charge every year. We are 70% funded by our supporters. That's over £3 million per year we need to raise to keep delivering our services. The Starlight Strut is a sponsored walk so we ask that when you join, you aim to raise £75 or more in sponsorship.

We'll provide support to help you fundraise if you need it. If you aim to raise the minimum amount but don't quite make the target, you are still welcome to join the walk. You won't be penalised in any way or asked to make up the minimum amount. All we ask is that you do your best to raise as much for your local hospice as possible!

This is what your sponsorship could buy:

- £10 - a child's bereavement box
- £25 - a complementary therapy session
- £54 - a counselling session
- £87 - a bathing / spa session
- £301 - a overnight hospice at home nursing shift

Are there t-shirts?

Yes, t-shirts will be included in the cost of your registration. T-shirts will be posted out between 1 March and 30 April 2020. If you register after 30 April you will only be able to collect your t-shirt on the night from intu Derby at registration.

ON THE NIGHT

What is the distance of the event?

The event is a 5km and 10km route around the streets of Derby. 5k is 3.1 miles and usually takes about 45-60 minutes.

Where do I start and finish?

The route starts and finishes at intu Derby.

Event day schedule

6pm Event registration opens and entertainment starts

8.45pm Warm Up

9pm Official Walk Start

There will be entertainment on the route to keep you in good spirits.

Is there car parking?

Car parking is available at the intu Centre and various other car parks close by. Further information can be found here: <https://intu.co.uk/derby/centre-information/parking>

Walk or run?

The Starlight Strut is a walking event. Remember to stay within your ability and have fun! It's not a race and the main objective is to have a great time while raising as much money as possible to support your local hospice.

Will there be refreshments available?

There will be refreshments available to purchase at intu Derby. Why not come for food and drink prior to the walk?

Water

Please bring your own water or soft drinks with you. There will be a limited amount of bottled water available on the night as we are trying to cut down on single use plastic.

What do I need to wear?

The route is on solid paths but good comfortable footwear is recommended ie. trainers, running shoes, or walking boots.

Please come prepared for the possibility of rain, and of course wear your Starlight Strut t-shirt and any other finery you want to! The theme is 'Light up the Night' so feel free to embellish yourselves to your heart's content!

Can supporters come?

This is a free spectator event and you are welcome to bring your supporters to the starting point at intu Derby or meet them as they cheer you on along the route!

Will there be toilets and changing facilities?

There are no changing facilities, however there are toilets located around intu Derby. There are no toilets on the route but the route will pass the intu Derby at the 5km point. You will pass plenty of bars and restaurants along the route, who all know that the Starlight Strut is passing through.

Are dogs allowed?

Unfortunately we cannot accommodate dogs in intu Derby, except for registered assistance dogs. Therefore dogs are not allowed on the Starlight Strut.

HEALTH AND SAFETY

Safety along the route

Most of the route is along paved public footpaths but there are some road crossings. Please cross the roads in the designated areas, where there are marshals to ensure it is safe. There are no road closures for this event. Please refrain from wearing headphones along the route for your safety.

What if I can't complete the whole distance or get injured en route?

First Aiders will be along the route to help deal with minor aches and pains. If you are seriously injured please call 999 for an ambulance.

Should you need to withdraw from the event, please let a course marshal know you will not be finishing so we know you are not missing in action.

Finishing

When you cross the finish line, you will receive your well-deserved finisher's medal. **Please check back in** at the finisher's desk inside intu Derby so we know that you have returned safely. We will call those who have not signed back in or let us know that they have left the walk, to ensure they are safe, even if it is 1am. Your safety is our priority, so please stay in contact with us and check back in at the end of your walk.

MEDIA AND SPONSORSHIP

My company want to sponsor the event - who do I contact?

That's great! We'd love to discuss how you can support Treetops and the Starlight Strut.

Please contact our Corporate Partnership Fundraiser, Laura McWha, on lmcwha@treetopshospice.co.uk for more information.

I'm with the media - do I need a pass?

Yes. Please contact our Marketing Team on marketing@treetopshospice.org.uk for further details and to make arrangements to attend.

**THANK YOU FOR
SUPPORTING**



TREETOPS
HOSPICE CARE
where every day counts

Can't find what you're looking for? Contact the Fundraising Team on events@treetopshospice.org.uk or 0115 949 1264

SPREAD THE WORD: STARLIGHTSTRUT.COM