

Glasgow City Mission's Big Arran Challenge

Saturday 11 May 2019



Thank you for taking on this exciting challenge. Whether you choose to cycle, climb, or take on one of our duathlon events, we're confident you'll have a great day.

About us

By taking part you will be helping to tackle homelessness and poverty right here in Glasgow. We have been providing Christian Care since 1826 to those on the margins of our society. Today, we welcome more than 100 men and women each day to our modern, purpose-built premises in the heart of Glasgow for good food and practical support. We provide a safe and welcoming space where we can build relationships, understand what's brought the person to us, and help them move forward.

We run clubs and activities that seek to build confidence and help our guests discover and develop their skills. From our art and music studios, to computing classes, to helping people access college placements or employment, we provide holistic, professional care for those most in need. You can find out more by visiting our website and following us on social media.

The difference you will make

We do not receive any Government funding for what we do. Instead, we are reliant on fantastic people like you, and on local businesses, churches, schools and charitable trusts to sustain and grow our work.

The money you raise will help us to:

- connect with people who have hit rock bottom to show them there is hope,
- provide for immediate needs such as food, shelter and advice,
- assist in overcoming addictions and help to access specialist support such as housing and mental health support,
- work with clients to access training and employment opportunities.

Thank you for giving up your time and energies for what I hope you agree is a hugely worthwhile cause.

What challenge will you take part in?

Option 1: A vigorous climb

Just 134 feet shy of a Munro at 2,866, feet Goatfell is one of Scotland's most popular peaks with stunning views across the island and across to Ben Lomond, Jura and the coast of Ireland.

Start: 8.30am or 11.15am
Duration: 4-6 hours

Option 2: North Island Loop

Explore the northern half of Arran's stunning scenery by bike on this 42 mile cycle challenge.

Start: 8.30am or 11.15am
Duration: 3-5 hours

Option 3: Full loop round the island cycle challenge

Take in 57 miles of breath-taking scenery on your saddle in this island-lapping cycle challenge.

Start: 8.30am or 11.15am
Duration: 3-6 hours **Option 4: Figure of 8 island cycle challenge**

For experienced cyclists looking for a tougher challenge, criss-cross the island and its notorious String Road on this 75 mile route.

Start time: 8.30am or 11.15am
Duration: 4-8 hours

Option 5: Glasgow City Mission Duathlon

Climb Goatfell then cycle 57 miles around the Island. All in one day! Have you got what it takes?

Start time: 8.30am
Duration: 10 hours **Option 6: Glasgow City Mission Monster Duathlon**

Climb Goatfell then cycle 75 miles across the island in a figure of 8. All in one day! You'll need to be seriously fit to pull this off in time to make the last ferry home.

Start time: 8.30am
Duration: 10 hours

Sponsorship and registration fee

A non-refundable deposit of £35 is required to secure your booking.

In return for our support package, we also ask that you pledge to raise a minimum sponsorship of £100 for the Duathlon and Monster Duathlon, or £75 for the cycle-only or climb-only events. We've found that when people start spreading the word, they quickly exceed these targets.

A [JustGiving](#) online sponsor page takes minutes to setup and is a simple and effective way to raise sponsor money from your friends, family and work colleagues.

In addition, our Fundraising toolkit is packed with ideas on how to boost your fundraising efforts.

Glasgow City Mission will provide:

- Return foot-passenger ferry ticket from Ardrossan to Arran,
- Refreshments and showers at our Challenge Base – the Ormidale Sports Centre, Brodick,
- Support vehicle for cyclists,
- Sponsor forms, T shirt and toolkit containing top tips to engage your friends and family.

Practicalities

Ferry times

Each participant will receive one return foot passenger ferry ticket – to be collected at the Ardrossan ferry terminal before departure – our volunteers will be stationed inside the terminal building. Pedal cycles are carried for free.

If you wish to take your car across, you should arrange this yourself and at your own expense. Please be aware however that cars are **not** required for the challenge and due to earlier (30min) ferry check-in times, may actually impede your ability to finish the challenge on time.

If you're doing the Duathlon, we recommend you take the 7am ferry from Ardrossan to begin the challenge at 8.30am. That will ensure enough time to complete the two events and be able to board the last ferry home from Brodick at 7.20pm. A later ferry leaves Ardrossan at 9.45am.

Return ferries depart from Brodick at 11.05am, 12.30pm, 1.55pm, 3.15pm, 4.40pm, 6pm, 7.20pm.

Check-in closes 10 minutes before sailing for foot passengers and 30 minutes for vehicles. Please be aware, it is your responsibility to ensure you complete your event in time to make the last ferry home (7.20pm). Glasgow City Mission cannot be held responsible if you miss your ferry.

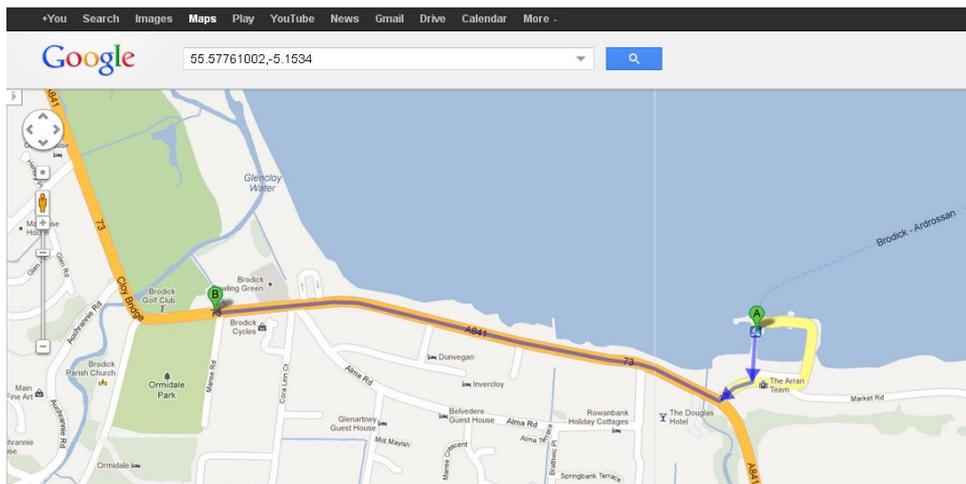
Full ferry information available at <https://www.calmac.co.uk/ardrossan-brodick-arran-ferry-summer-timetable>

In the unlikely event of ferries being cancelled we will postpone the event.

On disembarking the ferry, make your way to our Big Arran Challenge Base Camp at the Orimdale sports centre.

Base Camp

This is situated at the Orimdale Sports Centre, Shore Road, Brodick , a ten minute walk from the Ferry terminal. We'll have food, showers, toilets and storage facilities available for your use here. Remember to bring a towel.



All events will start and finish here. You must register here before starting the challenge. We will also give a short event briefing and will have t-shirts and bike signage for collection.

Bike support

We will have a bike support vehicle available for cyclists in case you experience difficulties or are unable to complete the course. If necessary, we will transport you and your bike back to base camp.

Cycling around Arran

Cyclists will follow the main A841 route around the island in a clockwise direction – see maps overleaf. Watering stations and toilet facilities will be available at Whiting Bay, Blackwaterfoot and Lochranza. There a good number of up and downhill stretches. Wearing a cycle helmet is mandatory.

Climbing Goatfell

We will adopt the most popular walking route to and from Goatfell summit. This should take between four and six hours dependant on fitness levels. There is a 1 ½ mile walk from the Ormidale Sports Centre to the start of the Goatfell climb. One of our volunteers will be situated at the foot of Goatfell, by the Arran brewery.

You should wear sturdy walking boots and be prepared for cold and wet weather. Layers of clothes are good. Temperatures and conditions can change dramatically towards the summit even in the spring and when conditions at base camp are good. Please ensure you carry sufficient drinking water, a map, compass and torch.

More information on Goatfell can be found in this National Trust leaflet:

www.nts.org.uk/Downloads/Properties/Goatfell%20Leaflet.pdf

Precautions

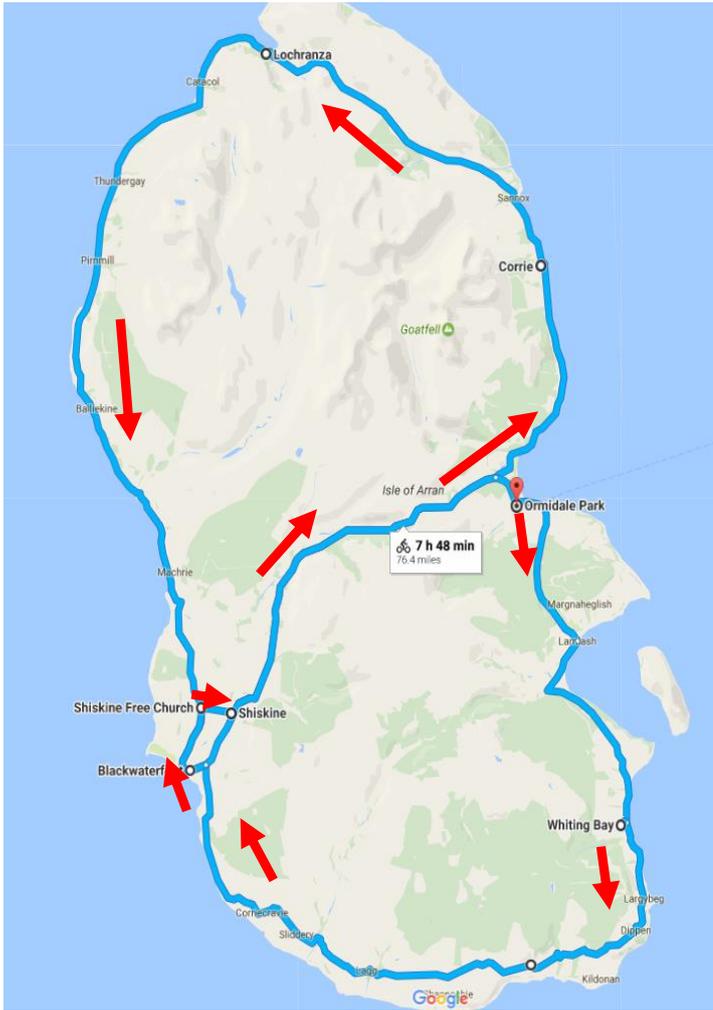
The Big Arran Challenge is not a competitive race but rather a charity fitness challenge. You may wish to undertake a 'personal best' time but must adhere to the rules of the road and safe hillwalking practices. Challengers participate in the knowledge that all events require a comparable level of fitness and good health.

You must be 18 or over, or 16 – 17 with parental permission. Please note we reserve the right to refuse your participation in the event if you do not have the appropriate clothing and gear for the challenge you have chosen.

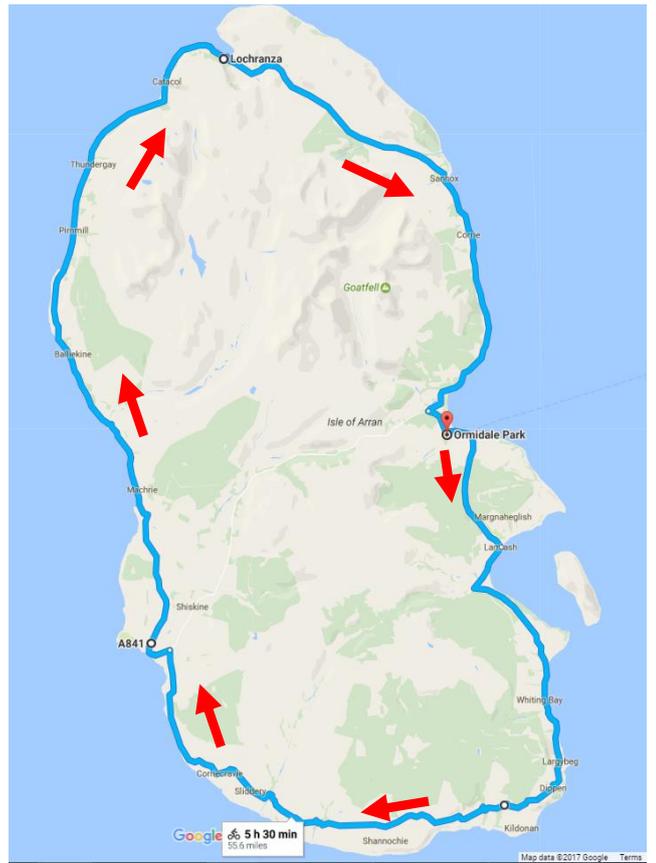
Brodick village centre

Brodick has a range of coffee shops and tourist attractions – perfect for any supporters you may be bringing with you and want to enjoy a day out whilst you're touring the island. Information can be found at www.visitarran.com.

Figure of 8 route map (76 miles)



Round the island route map (56 miles)



North Island route map



Next steps

1. Confirm your participation by booking online: www.eventbrite.co.uk/e/glasgow-city-mission-big-arran-challenge-2018-registration-41520441759. Alternatively, you can email info@glasgowcitymission.com or telephone our office on 0141 221 2630 to discuss your challenge.

A non-refundable deposit of £35.00 is required. In addition, you are pledging to raise the minimum sponsorship of £75 for the cycle or hike events, or £100 for the duathlons.

2. Take 2 minutes to set up an online sponsor page at www.justgiving.com/glasgowcitymission. This is the most effective way to generate sponsor money, and the money comes directly to our bank account. It's simple to set up but if you'd like us to help you with this just ask.
3. Send the link to your online sponsor page everyone you know, and if you are on social media publicise it here too.
4. Print off paper sponsor forms – there will be one in the toolkit we will send you once you register.
5. Complete the below disclaimer form and bring this with you on the day.
6. Meet at Ardrossan Ferry Terminal where you'll be issued with your ticket and sign in details.

If you have any questions ahead of the big day, please do not hesitate to contact us.

Thank you for generating sponsor money from your friends, family and colleagues to tackle homelessness and poverty in Glasgow.



Joy Andrew
Marketing and Fundraising Officer
joy@glasgowcitymission.com
0141 221 2630

Glasgow City Mission Big Arran Challenge

11 May 2019

Thank you for volunteering to take part in our Big Arran Challenge to raise funds for those most in need within the City of Glasgow. Please read and complete the declaration below.

Declaration

- I am taking part in this event as a volunteer and am under no pressure to participate.
- I understand that the Big Arran Challenge requires a comparable level of fitness and that if I am in any doubt about my health, or have a medical condition that could be affected by participation in this event particularly a heart condition, I should obtain my doctor's approval before participating in this event.
- I am over 16 years of age.
- I am not under the influence of drink or illegal drugs.
- I acknowledge that I participate in this event at my own risk.
- I understand that Glasgow City Mission may take a photograph or video clip of me taking part in this event and I permit Glasgow City Mission to use these to promote the work of Glasgow City Mission.
- I agree to abide by the rules of the road when cycling and safe hillwalking practices
- Cycling on public roads and hillwalking are activities which present risks of danger, personal injury or death. Participants should be aware of and accept these risks and be responsible for their own actions.

Name:

Address:

Mobile number you're using today in case we need to reach you:

Email:

DOB:

Date:

Signature:

If under 18, parent/guardian's name:

Signature:

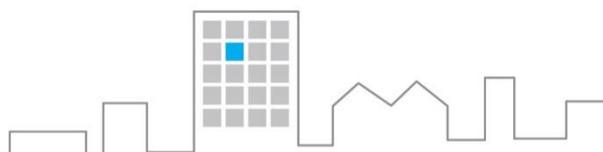
We'll keep in touch with you to show how your fundraising is making a big difference to lives of those who use Glasgow City Mission's services. We will never pass your details to a 3rd party. If you'd rather not receive our occasional mailings, please tick here. []

Emergency Contact Details

Name:

Relationship:

Telephone:



Scottish Charity SC001499