

## Glasgow City Mission's Big Arran Challenge

Saturday 17 September 2022



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

By taking part, you'll be helping to tackle homelessness and poverty in Glasgow. Glasgow City Mission has been providing Christian Care since 1826 to those on the margins of our society. Today, we welcome approximately 200 men and women each weekday to our building in the heart of Glasgow for lunch, dinner and practical, immediate support. We provide a safe, warm space to build relationships, understand what's brought the person to us and how we can help them move forward.

To that end, we provide advocacy for those who are looking for permanent accommodation, battling addiction or dealing with mental health issues. Our Urban Café hosts daytime clubs and activities that seek to build self-esteem, confidence and practical life skills. From our art and music studios, to cookery and computing classes, to helping people access college placements or employment, we seek to provide holistic, professional care for those most in need. You can find out more by visiting our website and following us on social media.

We receive very little Government funding for what we do. Instead, we are reliant on fantastic people like you, local businesses, churches, schools and charitable trusts to sustain and grow our work.

The money you raise will help us to:

- reconnect with people on the brink of collapse; to show them there is hope for their future
- provide for immediate needs such as food, shelter and advice
- assist in overcoming addictions and help to access specialist support such as housing and living with mental health issues
- work with clients to access training or 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?

**Keeping it simple yet challenging!**

**Cycle the island or walk Goatfell or do both (A considerable achievement and one to boast of for years to come!)**

**Tell all your family and friends you are raising money for people challenged by life itself.**

## **Option 1: A vigorous climb**

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

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

## **Option 2: 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 approx

## **Option 3: Glasgow City Mission Duathlon**

Climb Goatfell, the Island's highest peak at 2,866 feet, then cycle 57 miles around the Island. All in one day! Have you got what it takes?

Start time: 8.30am  
Duration: 10 hours approx

## **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
- Fundraising toolkit, T shirt and top tips to engage your friends & family

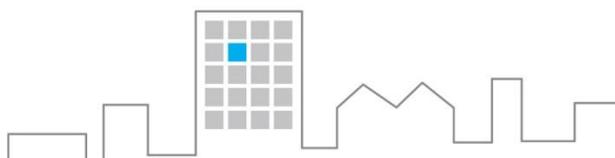
## **Sponsorship and registration fee**

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

Name: Glasgow City Mission  
Sort code: 80-54-01  
Account Number: 00401079  
Reference: BIGARRAN

If you are unable to make payment by bank transfer, please send a cheque to:

Jack Geddes  
Glasgow City Mission  
20 Crimea Street  
Glasgow  
G2 8PW



Scottish Charity SC001499



In return for our support package, we also ask that you pledge to raise a minimum sponsorship of £100. We've found that when people start spreading the word, they quickly exceed this target.

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

## Practicalities

### Ferry times

By participating in the Big Arran Challenge, we will arrange one return foot passenger ticket to be uplifted at Ardrossan ferry terminal for Saturday departure – our team of volunteers will be stationed inside the terminal building.

If you wish to take your car across, you should arrange for this yourself and at your own expense. Please be aware however 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. Pedal cycles are carried for free.

If you are participating in the Glasgow City Mission Arran Duathlon, we're recommending 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 which departs Brodick at 7.20pm.

A later ferry leaves Ardrossan at 9.45am which may be more suitable to those undertaking the cycle or walk only challenges.

Return ferries depart from Brodick at 11.05am, 12.30pm, 1.55pm, 3.15pm, 4.40pm, 6pm, 7.20pm. Return tickets are valid for 1 month so why not make a weekend of things?

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 [Arran: Ardrossan - Brodick | CalMac Ferries](#)

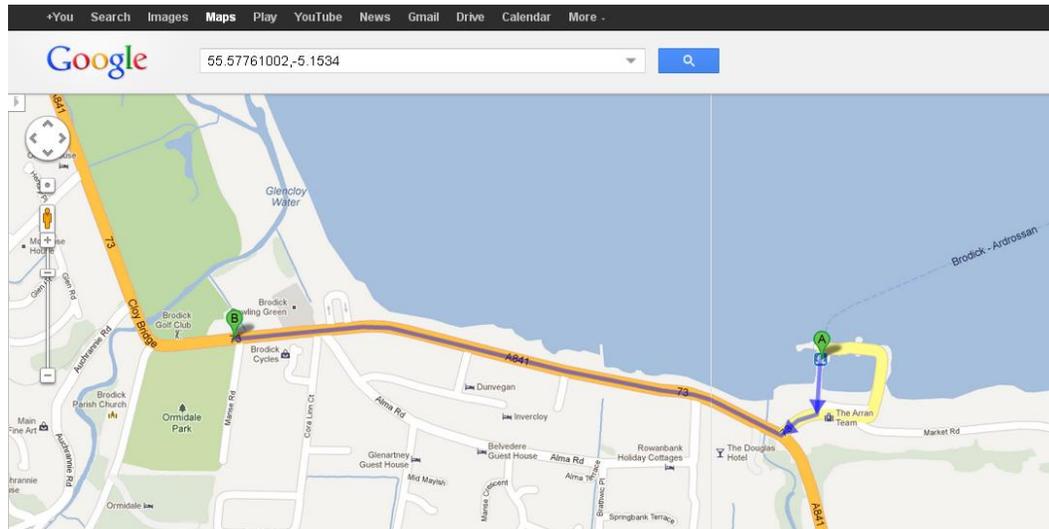
In the unlikely event of ferries being cancelled, e.g. due to bad weather, we will postpone the event to a MAY 2023.

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

## Big Arran Challenge Base Camp

Situated at the Ormidale Sports Centre, Shore Road, Brodick, a short ten minute walk from the Ferry terminal. We'll have food, showers, toilets and storage facilities available for your use here.

All events will start and finish here.



## Bike support vehicle

If you are participating in the Glasgow City Mission Duathlon or Cycle challenge and you experience difficulties with your bike and are unable to complete the course, or require first aid, we will have a bike support vehicle available. We will endeavour to repair your bike where possible and administer first aid. 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 map. Watering stations and toilet facilities will be available at Whiting Bay, Blackwaterfoot and Lochranza. There is a good number of up and downhill stretches.

Round the island route map (57 miles)



## 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 1½ mile walk from the Ormidale Sports Centre to the start of the Goatfell climb. There is an additional 'check-in' marquee at the foot of the climb (Arran Brewery car park – new for 2022!) A minibus will be available for the return walk back, if required, from the car park.

You should wear sturdy walking boots and be prepared for Scottish inclement weather. Layers of clothes are good. Temperatures and conditions can change dramatically towards the summit even when conditions at base camp are good. Please ensure you carry sufficient drinking water, a map, compass and torch. Mobile reception can be patchy but possible for most of the walking route. We will have spotters on parts of the Goatfell route and there will be a number of direction signs.

More information on Goatfell can be found in a helpful leaflet from the National Trust for Scotland: [Goatfell | National Trust for Scotland \(nts.org.uk\)](https://www.nts.org.uk)

## 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.

## Brodick village centre

Brodick has a range of small stores, 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. Lots of information can be found at [www.visitarran.com](http://www.visitarran.com).

## Next steps

1. Confirm your participation by completing our online form on our events webpage: <https://www.glasgowcitymission.com/event/big-arran-challenge-2022/>.
2. A non-refundable deposit of £35.00 is required – see above for details. In addition, you are pledging to raise the minimum sponsorship of £100.
3. Take two minutes to setup an online sponsor page at [www.justgiving.com/glasgowcitymission](http://www.justgiving.com/glasgowcitymission). This is the most effective way to generate sponsor money. It's simple to setup but if you'd like a hand or are 'not a computer person', Glasgow City Mission can do this for you - just ask.
4. Send everyone you know the link to your online sponsor page (if you use Facebook/Twitter etc, use these too for maximum awareness; include the link in your email auto signatures etc)
5. Print off paper sponsor forms too for those who wish to do give in this way – see your Fundraising Toolkit that we'll send you.
6. Complete the disclaimer form and bring with you on the day
7. Meet at Ardrossan Ferry Terminal where you'll be issued with your ticket and sign in details. The Duathlon begins at the Ormidale Sports Centre, Shore Street, Brodick at 8.30am and cycle-only and climb-only challenges at 8.30am and 11.15am.

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

Thank you for helping tackle homelessness and poverty in Glasgow.



Jack Geddes  
Marketing and Fundraising Manager  
[jack@glasgowcitymission.com](mailto:jack@glasgowcitymission.com) / 07714 983075

## Glasgow City Mission Big Arran Challenge 17 September 2022

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, complete the declaration and bring with you on 17 September:

### 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:**

**Signed:**

**If under 18, parent/guardian's name:**

**Signature:**

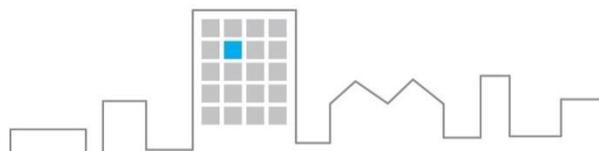
We'll keep in touch with you to show how your fundraising is making a big difference to lives of those who use Glasgow City Mission's services. We will never pass your details to a 3<sup>rd</sup> party. If you'd rather not receive our occasional mailings, please tick here. [  ] If you would prefer we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

### Emergency Contact Details

**Name:**

**Relationship:**

**Telephone:**



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