

**Canoe Challenge 2022**

**Participant Registration Form**

**Thank you for your interest in our Canoe Challenge 2022!**

***Have you got what it takes…?***

Now in its 7th year, we have devised this unique canoe challenge to enable us to raise as much money as possible and increase the awareness of our services across Lancashire. We have two routes to choose from a **25-mile** course and a **12-mile** course.

The 25-mile course should take between 6-8 hours to complete and the 12-mile course should take between 4-6 hours. The challenge is done in teams of 2 or more people in open top 2 seater canoes. It is physically and mentally demanding…but hugely satisfying once you have completed it!

We will provide you with a **free practice session** that you ***must be able to attend***, equipment, full support and instructions leading up to and during the event, and all we ask for in return is **raise a minimum of £150 per person** for Age UK Lancashire.

**When and where?**

**Date: Saturday 2nd April 2022**

**Location: Lancaster Canal**

**Start time: 25 Mile course: 8.00am 12 Mile course: 10.30am**

**Starting point – 25 Mile course:**

**Hand & Dagger Pub**, **Treales Road, Salwick, Preston, PR4 0SA**

**Starting point – 12 Mile course:**

**Bridge House Marina, Garstang, PR3 0JJ**

**Finishing point (both courses)**:

**The Water Witch Pub, Canal Tow Path, Aldcliffe Lane, Lancaster, LA1 1SU**

**Age UK Lancashire will provide:**

* Free practice session (Saturday 12th March)
* Canoes
* Lifejackets
* Paddles
* Support crew
* Sponsorship forms and online donation set up support
* A medal on completion

**You are required to:**

* Attend the practice session on Saturday 12th March (or prove competence)
* Raise a minimum of £150 per person for our charity (but more if you can!)
* Prepare for the challenge accordingly
* Ensure you wear and bring correct clothing and refreshments
* Follow our instructions on the day
* Arrange transport to be taken to the starting point
* Arrange transport home from Lancaster

If you would like to discuss this challenge and find out more details, please contact fundriasing@ageuklancs.org.uk and our team are happy to answer any additional questions you may have.

**Confirm your place**

If you feel you have what it takes and are able to raise the minimum £150, then this challenge is perfect for you!

**Spaces are limited and will be allocated on a first come basis. Only teams of 2 or more are accepted. We cannot accept individuals. Participants must be aged 18+ (or 16+ if accompanied by an adult).**

*Please note that whilst Age UK Lancashire has gone to great lengths to ensure safety, support and insurance is provided, you are taking this challenge on at your own risk and must therefore be responsible for your own actions leading up to and during the event. Age UK Lancashire is not liable for any injury or damage to equipment.*

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If you would like to be part of this challenge and agree to all of the above, please fill in your details on the next page, along with which practice session you would like to attend and return to **fundraising@ageuklancs.org.uk** or email if you have any further questions.

**Registration form – Canoe Challenge Saturday 2nd April 2022**

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| **Course Distance****25 or 12 miles** | **Participant Name** | **Age** | **Email** | **Telephone** |
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***You will receive an email confirming your place on the challenge.***

**Practice Session**

**Date:** Saturday 2nd April 2022

**Location:** Plox Brow, Tarleton, PR4 6HB

**Please select which session your team would like to attend:**

**Morning Session:** 10.00am – 11.00am

**Afternoon Session:** 11.30am – 12.30pm

More details on the practice session including parking and suggested kit list will be provided upon completion of the form.

**Please email this completed form to: fundraising@ageuklancs.org.uk**

*Age UK Lancashire is a local charity dedicated to helping all older people living in Lancashire to have valued and fulfilling lives. 100% of the money raised by the charity stays in Lancashire and goes towards our unfunded services and support for people aged over 50 who need it most.*