

POW! This is happening...

KAPOW! Saturday 8th September 2018, Parc Bryn Bach. Tredegar. NP22 3AY.

Dear Superhero

Thank you for entering the Hospice of the Valley's KAPOW Superhero Challenge and supporting the charity, it really means a lot to everyone here at the Hospice.

Hopefully by now you have fine-tuned your powers, dusted down your outfit, checked your tights for ladders, raised some money along the way and are raring to go for KAPOW.

Below you will find your final joining instructions and attached to this email a Disclaimer and GDPR Form which we require you to print off, complete and bring along on the day – a form needs to be completed for every superhero. The Terms and Conditions you agreed to on sign up have also been attached as a polite refresher. If you are having trouble downloading from this email, please visit the links provided;

Ts and Cs: - <http://hospiceofthevalleys.org.uk/wp-content/uploads/2018/05/kapow-tcs.pdf>

GDPR and Disclaimer: - <http://hospiceofthevalleys.org.uk/wp-content/uploads/2018/09/KAPOW-On-the-Day-Disclaimer-and-GDPR-Form.pdf>

Hospice of the Valleys website:- www.hospiceofthevalleys.org.uk/events/kapow

Timetable

When you arrive on the morning of the event, for those not flying in, you will be directed to onsite parking for your batmobile. Over flow parking is available at the adjacent industrial site, for those Superheroes who like to arrive just in time. Please note, parking on the bridge outside of the park is not allowed – you will be considered the villain!

Registration will be open on the day from 8.30am and will be located in the car park by the Visitors Centre. Upon registration you will receive your wrist band which must have the details filled in and worn on your wrist at all times. Failure to wear your wrist band will result in you not being able to take part in the event.

Please bring any sponsorship money along with any corresponding sponsor forms with you on the day. This can be paid in at registration. If you still have outstanding sponsorship, not to worry you can pay in after the event by means of popping the money and forms into the Hospice of the Valleys office or contacting the office for details if you wish to pay in on-line or at the bank. We kindly request that all sponsorship money to be paid in by **Friday 12th October 2018**. So you still have time to tell others how well you done on the day!

When you have registered why not scope out other activities that are taking place at the event; need to fix your face, then no worries we have face painter and glitter tattooist on site. Little ones can warm up their powers on the bouncy castle, whilst others can practice their target shooting with the Brian Moore rugby game. And we all love the fair. All we ask is that you are in the starting area for **10.20am**, where you will participate in a warm up and important safety instructions. The event will begin at 10:30am.

Changing

There are changing facilities and showers at the visitor centre but no lockers. We are pleased to offer the option of a 'bag drop off' point. This will be sign posted on the day, located in one of the classrooms at Parc Bryn Bach. Please note, any items and valuables will be left at superheroes own risk and would recommend you only bring what you need. There will be a donation bucket at the bag drop off point, if you have a spare few pennies on you prior to your mission.

Along the course

The route will have directional markers and no fury friends, even if they are wearing a cape are allowed on the course. A route map has been included to help familiarise yourself, and marshals will be present along the way. Please follow directions from the course marshals and staff, who will be stationed at frequent points. They are there to guide, provide information, support and keep you safe, and maybe leak a little laughter.

There will be a water station located in the model air field and at the finish line – it is hopeful for a dry day but in the event of extremely hot temperatures, greater fluid intake will be required. Please use litter bins to dispose of any rubbish.

First aid provision is available from St John Ambulance on the day – please tell one of the marshals if you need any help or your powers are depleting, they will contact a member of St John Ambulance. It is recommended if you require medication such as an inhaler to take this with you during the event.

The course is traffic-free and on the flat around the lake, and undulating around the model air field and grass areas.

Take your time around the course, it's not a race. Enjoy the obstacles, encourage fellow heroes and don't forget to smile for the cameras 😊



At the finish line

As you cross the finish line don't forget to pick up your well-deserved medal. Water and a snack will also be available for re-charge. In the finish area there will be opportunities to have your photos taken against the KAPOW photo board and toy box – it's all about making great memories, so if you have spectators with you make sure they find you at the end. A finishers photo is a must; well it's not every day you get to dress up in tights or a florescent tutu.

Afterwards

Cheer and encourage other fellow superheroes, share your enjoyment of the course with spectators and visit the fun activities taking place in the car parks. Refreshments can be purchased at the visitor centre.

General

Hospice, Extreme Adventure and Parc Bryn Bach staff will be available on the day and identifiable by their T-shirts/badges. Please contact them immediately if you have any queries or problems.

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Patron: Rt Hon. The Lord Kinnock

Whilst fancy dress is highly encouraged, please wear appropriate footwear and clothing to take part in this event, that may get dirty or wet. The organisers take no responsibility for injuries caused by participants wearing unsuitable footwear or clothing. Please no pins as we do not wish you or the obstacle to go pop and headphones are not permitted during the event. We request that participants report any injury sustained to the staff on the day. In no circumstances shall the organisers be liable for any loss or damage caused to the participants' personal belongings or for any special indirect or consequential damage of any nature whatsoever.

Photographs and videos will be taken during the event and as such any digital imagery taken by Hospice of the Valleys remains the property of Hospice of the Valleys and may be used by us or our associated sponsors for promotional and marketing purposes – so if you do see the official photographer, feel free to give them a smile, thumbs up or a wave - capes and poses at the ready!

There is no age restriction for the event however all superheroes under 17 must be accompanied around the course by an adult. There is a height restriction of 1.2m to take part, please make sure you check this prior, Captain Hospice will be on hand to help us check.

Courteous behaviour is expected during the event and it is requested that if any participant has any problems to speak to event officials who would be happy to help. We're on the good guys side!

Our particular thanks go out to our dedicated volunteers helping out on the day, our corporate sponsors and all the businesses, organisations and individuals who have supported us with this event, and to you for taking part.

All money raised through sponsorship and on the day will go towards supporting the Hospice of the Valleys to continue to provide the hospice's specialist palliative care service free of charge to patients, their carers and families living with life limiting illnesses in Blaenau Gwent and will be very much appreciated.

If you have any questions in advance of the event, please contact Amanda Chard on 01495 717277 or email fundraising@hospiceofthevalleys.com.

Power to you and we look forward to seeing you on what is promising to be a super fantastic day.

Kind regards

Amanda

Amanda Chard

Events Fundraising Manager