TAKE ON THE GURKHAS

TRAILWALKER
4 PEOPLE | 100KM | 30 HOURS

26/27 JULY 2014
NB: All checkpoints provide toilets, hot drinks, water, first aid, support crew parking and lots of smiley Gurkhas and Oxfam volunteers to cheer you on!
THE ULTIMATE TEAM ENDURANCE CHALLENGE

Trailwalker is tough. Really tough. It’ll be one of the hardest things you’ll ever do, but one of the most rewarding too. There’ll be highs and lows, but come the end of the journey your team will have followed in the footsteps of the Gurkhas to achieve something truly incredible.

THE CHALLENGE
Trailwalker is a true test of physical and mental determination. It takes a special kind of person to tackle this 100km challenge. You’ll have 30 hours to walk or run the off-road course on the South Downs Way, which climbs the equivalent ascent of Ben Nevis and Snowdon combined. The route starts at the Queen Elizabeth Country Park and ends at Brighton Racecourse. Along the way you’ll follow grass and flint tracks across the rolling countryside, passing stunning dry valleys, pretty villages and steep scarp slopes.

TRAILWALKER FACTS
> TEAMS OF 4
> 550 TEAMS TAKE PART
> AVERAGE TIME: 27 hours
> FASTEST TIME: 9 hours 50 minutes
> TOTAL ASCENT: 2,500m – the equivalent of Ben Nevis and Snowdon combined
> DISTANCE: 100km – the equivalent of 2.5 marathons, non-stop

ENTER YOUR TEAM NOW
WWW.OXFAM.ORG.UK/TRAILWALKER
OR CALL
0300 200 1244
IN YOUR TEAM

You need to sign up to Trailwalker as a team of four. You don’t have to be super fit to take part, all you need is enthusiasm and motivation to train and fundraise, and we’ll give you a top quality experience from start to finish.

IN YOUR SUPPORT CREW

You will need at least two people – ideally four – to act as your support crew during your challenge. They will drive around the South Downs, meeting you at each checkpoint. They do all the essential stuff like carrying your spare kit, food and drinks, but more importantly they’ll be your emotional support – helping you through the tough bits. Being support crew is like a festival on the move – it’s a lot of fun and there’s a great atmosphere among the teams.

MEDICAL STAFF ON HAND TO HELP

The course will also be manned by professional event staff, qualified first aiders and doctors, as well as trained masseurs who can take care of aches, pains and strains.

SIGNPOSTS TO GUIDE YOUR WAY

There’ll be plenty of signs along the route, with glowsticks guiding you through the night. You’ll also be provided with a detailed map and instructions. Trailwalker isn’t designed to be a test of your navigation skills, but you will need to be comfortable reading a map.

CHECKPOINTS

At regular intervals across the course there are checkpoints where you’ll meet your support crew, get medical support, change your kit and use the toilets. There’ll also be massage facilities at points 5 and 8.

STRENGTH IN NUMBERS

4 IN YOUR TEAM

4 IN YOUR SUPPORT CREW

67 MEDICAL STAFF ON HAND TO HELP

700 SIGNPOSTS TO GUIDE YOUR WAY

9 CHECKPOINTS

500 GURKHAS AND VOLUNTEERS SUPPORTING YOU

The Gurkhas provide the infrastructure behind Trailwalker, giving the event its unique and incredible atmosphere. It’s one of the few times the regiments come together as a whole, and one of the only opportunities for the public to take part in an event alongside this elite section of the British Army. Trailwalker has a very special place in the heart of the Gurkhas, and they’ll be cheering your team on from start to finish.
THE TRAILWALKER STORY

The first Trailwalker took place in 1981 on Hong Kong’s MacLehose Trail. It started life as a military training exercise for the elite Queen’s Gurkha Signals. The exercise tested the Gurkhas’ endurance, teamwork and physical capability.

In 1986 Oxfam got involved, and together with The Gurkha Welfare Trust made the event a worldwide phenomenon. The Queen’s Gurkha Signals Regiment returned to the UK in 1996, and the first Trailwalker UK took place in 1998 on the South Downs Way. It’s the only Trailwalker worldwide that is still supported by the regiment to this day.

Every year Gurkha soldiers compete for the honour of joining their regiment’s Trailwalker team. Only the fittest succeed, and to date the top Gurkha teams have never been beaten.

“The walking man” logo is found along the MacLehose Trail and is still famous for being the iconic symbol of Trailwalker around the world.

“I loved being part of something so big, organised and completely insane! Being alongside the Gurkhas made it feel really special, it was something that was a real privilege to take part in.”

Neil Howlin, ‘Eager Eagles’

Trailwalker UK is one of 16 events across 12 countries worldwide – it really is a global phenomenon.
**TRAINING**

100km is a huge distance to do non-stop, but with the right training and preparation it is achievable for most people.

**IT’S NOT A RACE**

Trailwalker teams vary enormously, from people that have never taken on a physical challenge before to those that are trying to complete the course in a specific time.

Each Trailwalker team will have their own goals – you’ll need to decide your aims as a team and then work towards them. Whatever you decide, it’s about pushing yourself physically and mentally to achieve something astonishing.

**FITNESS**

You don’t need to be super fit to take on Trailwalker, but you do need to have the enthusiasm and motivation to train.

You’ll need to prepare your body and mind for the task ahead. The key is getting out there and walking. The more you can do as a team the better. It’s also important you find a pace you are all comfortable with. We provide lots of advice and guidance in the build up to the challenge, including training guides and preparation sessions.

“It was amazing! I’ve never challenged myself with something like this before – the sense of achievement we had when we finished as a full team was unbeatable. I’d recommend it to anyone!”

Nicola Johnson, ‘Only 99km to go’

“A fantastically organised event, ran with military precision. The enthusiasm and support from the Gurkhas and Oxfam was amazing and made a real difference.”

James Greenland, ‘Des Walkers’

The average finishing time for the 100km challenge in 2013 was 27 hours.

“INSPIRING, EXHILARATING AND UPLIFTING.”

Caroline Carr, ‘If it ain’t raining it ain’t training’
FROM START TO FINISH

From the second you sign up to the moment you make it across the finish line, you’ll be surrounded by people who want to make sure you go the distance. You’ll get everything from medical care and massages, to the all-important world-famous Gurkha curry. No other 100km walk gives you the level of support that you get from Trailwalker.

BEFORE
- Training pack
- Fundraising pack
- Pre-event prep sessions
- Online toolkits
- Access to our Facebook and Twitter communities
- Regular email updates with latest information and top tips
- Expert fundraising advice
- Social media Q & A sessions
- Kit lists
- Dedicated team to answer your queries
- Detailed map and directions

DURING
- A Gurkha cultural show at event registration
- Free camping (Friday evening)
- Medical support at each checkpoint
- Cooked meals (Friday evening, Saturday morning at checkpoint 7)
- Water, tea and coffee at each checkpoint
- Toilets at each checkpoint
- Massage at checkpoints 5, 8 and the finish line
- Fully signed route (night and day)
- Tracking for all teams and team members
- Live event online tracking for friends and family
- Full support crew guide telling your support crew all they need to know
- Hundreds of Oxfam volunteers and Gurkhas cheering you on

AT THE FINISH LINE
- Medal for completing the challenge
- Certificate
- Medical support
- Massage
- Cooked breakfast or Nepalese Gurkha curry
- Hot showers
- Fantastic atmosphere
- Incredible sense of achievement and pride

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LIFT LIVES FOR GOOD

Trailwalker isn’t just about staying hot on the trail of the Gurkhas – it’s a chance to close the gap between the rich and the poor. Raising the minimum sponsorship of £1,500 is a key part of the event – your friends and family will be so impressed with your challenge they will be inspired to give generously. Through Oxfam and The Gurkha Welfare Trust, you’ll be helping to change lives and give hope to people living in poverty.

OXFAM’S WORK

Oxfam lifts lives for good through long-term practical support to communities, emergency relief in disaster situations and long-term campaigning.

Bazile Francil lost hope after her shop and livelihood were destroyed by the Haiti earthquake in 2010. Bazile and her 5 children were destitute, but with the help of an Oxfam grant, she was able to rebuild her shop, and even develop an extension to sell drinks.

“After the quake, I lost hope. I couldn’t send my children to school. But thanks to this project I could buy new stock and enlarge my business.”

THE GURKHA WELFARE TRUST

The Gurkha Welfare Trust provides financial, medical and community aid to alleviate hardship and distress among Gurkha ex-servicemen and their communities in Nepal.

Chandrabahadur is an ex-Gurkha Engineer. Two summers ago, his life was changed forever when a landslide destroyed his house as everyone slept. He lost six members of his family in an instant. Assistant Welfare Officer SSgt Tejman Gurung set off to trek the 15 miles to reach him. SSgt Gurung gave him a blanket and organised a hardship grant meaning that Chandrabahadur was not completely destitute. He helped him to find a piece of land suitable for a new house – away from the disaster area – and by May 2012 Chandrabahadur was able to move in. It cost just over £2,300 to buy the land and build the house: a small price to pay for a brave old veteran like Chandrabahadur.
## RAISE MONEY, CHANGE LIVES

We give you lots of fundraising ideas, guidance and resources in the build up to the event, and you’ll be surprised at just how easy and rewarding the fundraising element can be.

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<tr>
<th>PLEDGE</th>
<th>YOU GET</th>
<th>WHAT YOUR MONEY CAN DO</th>
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<tbody>
<tr>
<td>£1,500</td>
<td>Pre-event prep session, free camping the night before the event and event meals.*</td>
<td>£1,500 could build household latrines for 10 families in a hill village in Nepal, resulting in a dramatic improvement to health and hygiene.</td>
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<tr>
<td>£2,000</td>
<td>All the above and official wicking Trailtrekker t-shirt for four team members*</td>
<td>£2,000 could construct a sand dam in rural Niger that will keep the water in the ground and irrigate the crops.</td>
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<tr>
<td>£3,000</td>
<td>All the above and commemorative photo at the finish, and additional t-shirts for two support crew members.*</td>
<td>£3,000 can get the water flowing again by renovating and restoring a borehole in South Sudan.</td>
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<tr>
<td>£5,000</td>
<td>All the above and a fundraising award and finish line hamper.*</td>
<td>£5,000 could fund a whole year’s residential care for an elderly and frail Gurkha in Nepal</td>
</tr>
<tr>
<td>£10,000</td>
<td>All the above and a behind-the-scenes tour of Oxfam Emergency HQ.*</td>
<td>£10,000 will pay for training sessions to encourage 2,353 girls in Burkina Faso to attend school and – ultimately – go on to better things.</td>
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*In order to receive these rewards, Oxfam must have received 80% of your fundraising pledge by one week before the event.

“It has been truly amazing. I learned a lot about the two charities, met some fantastic people and shared an experience with my friends that we will remember forever.” Harriet Rowling, ‘GimmeShelter’

## OXFAM – TECHNOLOGY CHANGING LIVES

When your survival relies on how much food you can grow, knowing when a storm is brewing is crucial. So alongside tools, seeds and fertiliser, a handful of mobile phones are transforming the fortunes of farmers like Chum Kor (right). In Cambodia, Chum was one of the farmers chosen to use the phone on behalf of her neighbours, and thanks to this tiny bit of technology, all their back-breaking work is reaping results.

As well as weather warnings, the community can get the latest information on market prices – ensuring they can sell before a crop is ruined and giving them more of the vital profit that will buy medicines and send their children to school. Thanks to this technology, the lives of everyone in Chum’s whole village have been transformed.
GET A HEAD START

The earlier you register, the sooner you can start training and fundraising. Early birds also get a discount on the registration fee, so it pays to sign up as soon as you have your team and support crew together.

There is an entry fee and minimum sponsorship for Trailwalker – but remember this is for your whole team.

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<th>Deadline</th>
<th>Date</th>
<th>Team entry fee</th>
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<tr>
<td>Early Bird 1 discount</td>
<td>Until 15 December</td>
<td>£160 per team of 4 or £40 per person</td>
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<tr>
<td>Early Bird 2</td>
<td>Until 16 February</td>
<td>£200 per team of 4 or £50 per person</td>
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<tr>
<td>Standard</td>
<td>Until 30 March</td>
<td>£240 per team of 4 or £60 per person</td>
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WHAT YOU NEED TO ENTER

• Names and email addresses for the four team members and one support crew
• Debit or credit card for your entry fee

ENTER YOUR TEAM NOW AT WWW.OXFAM.ORG.UK/TRAILWALKER

COMPANY TEAMS AND GETTING YOUR WORKPLACE INVOLVED

Trailwalker is a great team-building exercise for your employees. Walking 100km together over open countryside is unbeatable for staff development, strengthening relationships and improving morale and motivation. It’s a chance to show what your organisation is made of. If you think more than 20 people at your workplace are interested in taking part, we can give a presentation at your premises.

CONTACT US FOR MORE INFORMATION ON 0300 200 1244
Can we be a team of two, three or five?
Trailwalker is a team endurance challenge. All Trailwalker teams need to have four walkers. This is also for your own health and safety on the challenge.

What does a team leader do?
The team leader is the person that initially signs up to the event with Oxfam. Your team leader will act as the main point of contact between Oxfam and your team.

I’m not sure I can raise the minimum sponsorship?
Trailwalker will most likely be the hardest challenge you’ll ever take on. You’ll be surprised how much your friends and family will support you. Events are a great way to fundraise – you could put on a pub quiz, cake sale or sweepstake.
Remember the minimum sponsorship is also split between your four team members, so that’s just £375 each. Most teams actually manage to smash their minimum sponsorship and raise more than £2,000 altogether.

What kit will I need?
Good walking boots are the most important item; you need some that are comfortable and well worn in. You’ll also need waterproofs, and suitable clothing for all weather conditions.
Socks, water bottles, layers and some personal medical supplies are also required – all of which can be picked up from any good outdoor store.
Once you’ve signed up, we’ll provide you with a full kit list and give you lots more advice in the build up to the event.

How do I find a team?
Most teams are made up of friends, colleagues or family members. If you’re having difficulty putting together a team, visit our Facebook group ‘Trailwalker UK’ and post about what you’re looking for, eg ‘someone wanting to complete the challenge in the Brighton area’.
Quite a few teams have come together using the Facebook group in the past, and by the end of the challenge they’ve become lifelong friends.

How fit do I need to be?
With the right training and preparation 100km is achievable for most people. Whatever distance you take on you will need to dedicate time to train, especially as a team. Most teams will plan long weekend walks alongside some shorter evening sessions. It’s important that you practise on different terrain too, so you may need to factor in some travel time.

How old do I need to be?
The minimum age for Trailwalker participants is 18 on the day of the event.

We all work full-time.
Will we have time to train?
Most Trailwalkers work full-time and make it over the finish line. Training is often about quality not quantity – you just need to be organised and plan your training walks in advance. The more you can train with your team the better.

IF YOU HAVE ANY OTHER QUESTIONS, WE ARE MORE THAN HAPPY TO HELP. PLEASE GET IN TOUCH ON

📞 0300 200 1244
“The hardest thing I will ever do but by far the most rewarding – a real once in a lifetime experience!”

Sara Boomsma, "Optimus Education"

Enter your team now

www.oxfam.org.uk/trailwalker

or call

0300 200 1244

Join our Facebook group ‘Trailwalker UK’ where participants share advice, tips and experiences.

Follow us on Twitter @TrailwalkerUK to find out the latest news and information.