

Dear All,

Since sending out the first “Invitational” email just a few weeks back, we’ve had a great response from everyone, either expressing a willingness to take on the main challenge or, equally as important, offering logistical support throughout the event. For all your positive feedback and support so far we are truly thankful.

Before we start getting into the finer points of the entry forms, we’d just like to make you aware that a new page has been added to the event website called “Updates” (www.accelerace.co.uk/tonyschallengeupdates). You can find it in the navigational links within the Challenge area of the Accelerace website. Onto that page we will be uploading all the communication and emails that we send you. So if at any stage you accidentally delete an email, or can’t remember what we might have said right back at the start, you will be able to find it there. You can see already that the previous email can be viewed as a PDF file now.

Ok, so now we need to start filling out the “Who’s Coming?” page on the website, and for that we need you all to have a look at the entry form which is attached to this email. Mostly the form is pretty self explanatory so, fingers crossed, you shouldn’t have any problems. If you do have a question please don’t hesitate to get in touch with either Ross or Chris. Also, importantly, if you change your main email address please let us know since that will be our main channel of communication.

We have attached with this email two different formats for the entry form – Word and PDF – so you can either print it off, fill it out and send it back, or type your details in and email it. Once you have filled in the entry form, you will need to make your payment to take part.

There are two ways that you can do this:

1. Email your completed form back to us and make a bank transfer to **Accelerace Ltd:**

Sort Code – 40 20 30

Account Number - 12174316

Reference the payment “**Tony’s Challenge**”

2. Send your completed form back to us with a cheque made payable to **Accelerace Ltd:**

Accelerace Event Management

23 City Plaza,

97-113 Curtain Road,

London

EC2A 3BS

If you are at all confused by this please get in touch.

Photo:

Everyone will have a mini-profile on the website and for this please send us a nice photo so that you can be included in the “Who’s Coming?” section. Ideally this is best to be emailed across, but if you only have a hard copy please send it by post so that we can scan it and add you to the site. Your photo will be safely returned.

Kit:

We are working on a thorough kit list, to be updated on the website shortly, however, Christmas is fast approaching so here are a few compulsory items which you may want to ask for:

(Click on the items to link straight to the online store Cotswold Outdoor)

[A Head Torch](#) - Scafell Pike will be climbed in the dark and for safety everyone will be required to have both a headtorch and glow stick;

[Walking Socks](#) – You'll need at least two pairs, especially if it is raining on the first mountain;

[A Warm Hat](#) – A fleece lined beanie which completely covers the earlobes;

[Gloves](#) – Expect snow at the top of Ben Nevis at least;

[A Whistle](#) – Another compulsory safety item;

[A Rucksack](#) – You'll have a small amount to carry, so a 25litre daypack should be plenty.

The main kit list will have details on the types of footwear and outerwear (especially waterproofs). Remember that you don't need to spend a fortune here so feel free to run an item of kit by us before you head to the checkout.

Facebook and Twitter:

For those of you who use Facebook and Twitter we have set up a couple of special things. Firstly, Accelerace has a Twitter account, which you can follow by going to www.twitter.com/accelerace. It will be one of the ways that we will be providing instant updates to family and friends throughout the Challenge. Secondly, we have set up a private Facebook group for those taking part. You can only access the page by invitation from either Ross or David. If you are a Facebook user please make us aware so that we can invite you to join. This will be a great place for people to openly discuss, in a forum style, any Challenge preparation, training concerns or fundraising tips with each other. We'll also be posting news and photos in here too, so do keep track.

Training:

Our first piece of training advice is now on the website. It has kindly been put together by Jamie Kirkaldy (who is a personal trainer and will be completing the challenge alongside you). It is a very useful tool and worth adhering too. Everyone is undoubtedly busy at this time of year and motivationally winter is the hardest time to get out and exercise. However, we can all spare 30 minutes to an hour a few times a week so make sure that you are constructive with your training and remember why we are doing this. We want everyone to summit all three peaks, so the sooner you can get into the routine of exercising regularly, the better. If you have any training related questions please send them through. Both Jamie and Ross (who last year wrote a training guide for 5,000 first time runners in the London Marathon) will be able to help.

Important: Please make us aware of any illnesses or injuries (previous or current) that may impair your ability to take part. For example, if you have a dodgy knee or regularly use an inhaler please let us know before you step onto the mountains in April. There will be first aid trained people in the team, but in the case of an emergency, the more information we are aware of, the better. We also strongly recommend having a chat with your doctor before starting any training, especially if you have suffered an injury or illness, or have not exercised for a long time.

This email will be uploaded to the website straight away, so if you need to view it again, there will be a link online. Just to reiterate, that if anything in this email confuses you or raises any questions, please drop us a note.

Train safely and remember to keep track of the website and Facebook for updates.

Ross and the Accelerace Team



www.justgiving.com/tonyschallenge/