

Snowdon 500 Challenge Q & A

When is the Snowdon500 challenge taking place?

The Snowdon 500 Challenge for Prostate Cancer is taking place on Saturday 17 May 2008.

Why has this challenge been organised?

To raise awareness of prostate cancer and to raise money for the Prostate Cancer Research Centre, which is carrying out cutting edge research to help find a cure and improve the survival and quality of life of men with prostate cancer.

I'm in. How do I enrol?

You will need to complete a registration form which you can get hold of by downloading the form (attach link) and either phoning the Prostate Cancer Research Centre on: 020 7679 9366 or sending an email to:

info@snowdon500.co.uk

Please note that there is a non-refundable registration fee of £25.

How much money will I have to raise?

Obviously as much as you can but while we're asking participants to aim to raise £250 or more if they can we recognise for some raising that amount may be difficult so for those unable to raise £250 raising what you can will be more than acceptable. Click on the following links to download your [sponsorship form](#) and information containing [fundraising tips.](#)"

How should the funds I raise be paid to the Prostate Cancer Research Centre?

There are three way ways to do this (and you can use one or a combination of them).

- (1) Set up your own page on the Just Giving Web site and select the Prostate Cancer Research Centre as your charity. Your sponsors will then be able to pay on line. (link to Just Giving site)
- (2) Send a cheque for the amount you have raised together with your completed sponsorship forms to:

Snowdon 500

Prostate cancer Research Centre
67 Riding House Street
London
W1W 7EJ

- (3) You can pay the funds you have raised directly to the Prostate Cancer Research Centre on line using the make a donation facility on the Centre's own web site www.prostate-cancer-research.org.uk . Select Snowdon 500 from the drop down menu and follow the prompts to make your payment. Remember you will also need to send your completed sponsorship forms to the Research Centre at the address in 2 above.

What if I am unable to take part on the day but would still like to support the event by making a donation?

You can send a cheque to the Research Centre at the address in (2) above or make a donation on line as in (3) above. Your support is very much appreciated and will help make a vital contribution towards finding a cure for prostate cancer.

Where is the starting point?

The starting point is at Llanberis where walkers will be asked to assemble in the car park next to the Quality Hotel Snowdonia (formerly Royal Victoria Hotel) opposite Llanberis station (for the Snowdon Mountain Railway).

What time should I arrive at the start point?

The first group of ten or so walkers will set off at around 7.30am. Other groups of around ten people (made up of individuals or teams) will set off at 5-10 minute intervals thereafter until everyone has departed. It is hoped that the last set of walkers will have begun their ascent by 2pm.

That's why on the registration form we ask you to tell us your level of fitness and experience of mountain walking. This will enable us to make sure that some of the more experienced walkers are timed to leave later in the day – since they're the most likely to be able to get up and down the quickest.

Your estimated start time will be sent to you once registration forms for all 500 places have been submitted.

What route will we be going up?

After registration and a pre-climb briefing walkers will set off up the mountain along the Llanberis path close to the assembly point.

What route will we be going down?

The route down will be via the spectacular Miners track. This will bring weary walkers out to the Pen Y Pas car park where, after they have 'signed out' they will be able to clamber onto a free shuttle bus back to Llanberis. Once there you will get a certificate to take home and frame as proof that you took part and completed the challenge.

How long will it take?

If you are an experienced walker with good fitness levels the walk should take you about five hours. Less experienced walkers can expect to take a little longer to complete the ascent and descent. Remember the Snowdon 500 Challenge is not a race but a personal or team challenge to raise vital funds for prostate cancer research.

Will there be anyone to help me on route?

Local safety marshals with experience of Snowdon will be deployed along the route up and down to help keep you safe and to make sure that you do not accidentally stray from the designated routes.

What happens when I get to the top?

In view of the large number of people taking part we need to be careful to avoid congestion at the summit, both for safety and environmental reasons. Of course you will get the opportunity to take a rest and enjoy the beautiful views at the top but we would advise you not to linger there too long.

What sort of level of physical fitness will I need?

Those who wish to take part will need to be reasonably fit and healthy. If you could do with a little assistance getting into shape for the day you can follow the simple advice given on this web site by [clicking here](#) (John – link to Fitness and Training)

What do I need to bring with me on the day?

You should bring a good pair of walking boots / shoes, waterproofs and several layers of clothing to allow for different weather conditions. For more advice [click here](#) (*John - link to What to take and wear page*)

Who do I contact for more information?

Email the organiser of the event Matt Rannamets on: info@snowdon500.co.uk

Or telephone Matt' on: (tel. 07769 622674)