

BEN NEVIS CHALLENGE

13 JUNE 2020

PARTICIPANT PACK



Before registering, please read through this pack to ensure this event is for you and agree to our terms and conditions. Once happy you can participate, and agree to our terms and conditions, please sign and date the form at the end.

All adventure activities carry an element of risk and by choosing to do an activity you (or your parent/carer) accept this risk. You may get wet and cold, you may slip, trip and stumble, or fall over. Minor cuts and bruises are not uncommon, sprains and twists occur occasionally and there is the chance of more serious injury. You will also be out in the Scottish weather, which is often changeable even in the height of summer.

Participants should have an appropriate level of fitness and be suitably experienced. Young people under the age of 18 should have guardian's permission to participate. We recommend that young people should be 14 and above to participate. Please ensure any medical condition is noted on the booking form so we can pass on to your guide. If in doubt, please check with your doctor. You will be encouraged to participate fully in the walk. You will be expected to comply stringently with our safety guidelines and procedures.

The walk up Ben Nevis will be led by competent staff from Abacus Mountain Guides, whose staff are approved by national governing bodies and the Adventure Activities Licensing Authority.

All the guides are covered by Public Liability Insurance and Professional Indemnity Insurance. This does not include personal accident or belongings insurance.

Registration will be 8am on 13th June, and it is thought the climb will take around 8—10 hours.

Participant Details



Title First Name Surname

Address

.....Post Code

Home Tel No Mobile

Email Date of Birth

Company Name (if applicable)

T-shirt Size ☐ S ☐ ☐ M ☐ L ☐ XL XXL

If walking as part of a team please give names of the other members

Where did you hear about Blythswood's Ben Nevis Challenge

Medical Conditions (e.g. asthma, epilepsy, diabetes, allergies and recent injuries)

Emergency Contact Name

Relationship Tel No

Entry Fee and Fundraising Pledge

I would like to apply to take part in the Ben Nevis Challenge 2020 for Blythswood Care. I enclose £35 per person, registration fee to cover costs and understand this is non-refundable. I confirm I will aim to raise £200 which will support the work of Blythswood Care in transforming lives ☐

I am also aware that I am responsible for arranging my own transport and accommodation, if needed. ☐

Signed Date

Guardian's signature (if under 18) Date



Fundraising

Blythwood Care works both here in the UK and abroad, helping people affected by poverty, rejection and isolation. We could not do the work we do without fundraised income. By taking part in this event, you are supporting someone who is vulnerable, and may even feel rejected by society.

We are asking all our Ben Nevis participants to aim to raise £200 which will go directly to where the need is greater amongst our projects.

There are a number of ways in which you can fundraise for us.

- Set up a Virgin Money Giving page. Search for Blythwood Care under charities and follow the quick and easy steps to create your page, then send out to your contacts. This is by far the easiest method of fundraising
- Contact the Fundraising Team to request paper sponsorship forms
- Organise your own event in aid of Blythwood Care, for the Ben Nevis Challenge. Visit our website and check out our Fundraising Toolkit
- Set up a set amount each month, through our Regular giving programme
- Pay a one-off donation of £200

Our Fundraising Team are on hand to help with any questions, so please do call them if you need any further support.

Elma MacKay
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Ben Nevis Training Plan

Disclaimer

This advice, found on Abacus Mountain Guides', website or any of its social media channels are for information, and entertainment, purposes only, and are not a recommended endorsement of a specific exercise programme or exercise advice by Abacus Mountain Guides.

If you engage in this exercise or exercise programme, you agree that you do so at your own risk. You are voluntarily participating in these activities, assume all of the risk of injury to yourself, and agree to release and discharge Abacus Mountain Guides from any and all claims or causes of action, known or unknown, including those arising out of Abacus Mountain Guides' negligence and/or any of its social media channels. Before beginning these or any other exercise programmes you should consult with a doctor.

You should not rely on any information on this website and/or any of Abacus Mountain Guides social media channels to replace consultations with a qualified healthcare professional to meet your individual medical needs.

Tips for Training

Your Health and Wellbeing

Please check with your doctor before embarking on any training plan. Your health and wellbeing are important!

Make sure you listen to your body

If you feel unwell or exhausted, it's not only pointless pushing on with your training but it can actually be detrimental to your health. It is better to take time off and fully recover (from training in sickness) than it is to persevere.

Rest = improvement

Your body will adapt to training but only if you rest and recover. Eating well will help significantly. Without rest, your body can not recover and adapt. It's the adaptation process that builds improvement.

Choosing your terrain

The more you can match training terrain to the mountains the better so doing as much of your training off road as possible.

Look after your feet!

The more you invest into your footwear (trying out lots of different brands and models, buying the best you can afford, looking after them by cleaning them), the more they will look after your feet!



Keeping it fun

There will be days when you don't feel like training but the more you train, the fitter you will get and the easier you will find the climb. Whilst you are taking part to raise much needed income to see lives transformed, the first three letters of fundraising are FUN and we want you to enjoy the climb, have fun, and to make new friendships along the way! And it's for that reason that you need to keep your training fun too! Take your music, take some treats, take a friend, take whatever you need to make your training as fun as possible.

Safety first!

Make sure you carry a suitable first aid kit, make sure you know where you are going and how to get back, make sure someone responsible knows your plan (where you are going and when you will be back) and that they know what to do if you don't, make sure you take a fully charged mobile phone so if the worst happens, you can call for help (remember that not everywhere has reception though so plan accordingly).

Testing your kit

By using your climbing kit during your training, you will be able to work out which bits of kit work and which bit of kit need changing. It's predominantly about personal choice. The more comfortable you can be, the more you will enjoy it.

Your feet are going to swell!

Your feet will swell up to around half a size bigger as the day draws on so make sure you factor this in when buying footwear.

Train with your rucksack

As with kit, make sure you test out your rucksack when training. This will help you refine all the adjustable elements of the bag plus also help your body adapt to carrying loads.

Test out your food and drink

You will be burning a lot of calories on the walk so having food and drinks that you enjoy are key. Test all these out during your training. If you don't like them when you are training, you are not going to like them on Ben Nevis! Each participant will receive a small bag with a complimentary bottle of water and chocolate bar. These are tokens of our thanks you for joining with us on this challenge, please ensure you have enough food and drink for the whole day.

Get a training partner

Having a training partner can make training sessions fly by, whilst also helping with motivation. We all have days when we don't fancy training but the chances are that if you don't fancy it, they will and they will talk you into it and vice versa.

Before and after training sessions

Warming up*

You should always warm up before each training session for at least 10 minutes. A good warm-up will prepare your body for training, enhance your performance and help reduce the chances of injury. Light running or cycling are ideal to get the heart rate up followed by a sequence of light limbering (getting each of your limbs and joints mobile through gentle rotations).

Cooling down*

It's key that you cool down after training and for at least 10 minutes as per your warm up. A good cool down will help aid recovery and help reduce post-session muscle soreness.

Stretching*

Being flexible is important so spend time after you cool down stretching the main muscle groups that you have used. Stretching can help reduce the risk of injury.

Education

Blythswood Care are committed to long term care projects, helping disadvantaged children and young people to fulfil their potential through education.

Rosalina is 8 years old. She lives in the poorest area of Jimbolia, Romania. The family of 9 live in a tiny council house with just two rooms and no internal bathroom or kitchen. The house is really rundown.

Rosalina is top of her class at school. We see her potential. But without the support of our after school project, Talita Kum, she could end up like her older sisters – run away from home or get married at 14.



Community

We provide practical help for people in their community to give them opportunities to provide for themselves, Susie volunteers at one of the foodbanks we run in the UK. She recently changed from being a volunteer to being a client. Instead of helping others, she was the one needing help. Her car broke down – she had a large and unexpected bill to pay. She couldn't buy food and pay her car bill. She was identified as someone in crisis and given a foodbank voucher. Our Foodbank helped Susie put food on the table.

Gospel

Antona is 75, and lives in Bulgaria. She's a widow. Antona got a shoebox from our Shoe Box Appeal. This included the storybook about Jesus' birth.

Hungry to find out more, Antona went to church – for the first time.

Antona is almost lame. She struggles to walk. Someone from church gives Antona a lift. Now she is coming to church, there's no stopping her!



Your Fundraising will help see lives transformed
Thank you from people like Rosalina, Susie and Antona

12 week Training Plan



Week 1	
Day	Training
Monday	30 minutes easy walking
Tuesday	Rest
Wednesday	60 minutes working out the major muscle groups (legs, back, shoulders, abs and arms). Make sure you use weights that you can safely handle. Please get advice from a qualified fitness professional
Thursday	Rest
Friday	45 minutes easy walking
Saturday	Rest
Sunday	60 minutes easy walking

Week 2	
Day	Training
Monday	Rest
Tuesday	60 minutes steady walking
Wednesday	Rest
Thursday	45 minutes steady walking
Friday	Rest
Saturday	Rest
Sunday	1½ hours easy walking

Week 3	
Day	Training
Monday	Rest
Tuesday	60 minutes steady walking
Wednesday	60 minutes working out the major muscle groups (legs, back, shoulders, abs and arms). Make sure you use weights that you can safely handle. Please get advice from a qualified fitness professional
Thursday	Rest
Friday	60 minutes steady walking
Saturday	Rest
Sunday	2 hours easy walking, stopping to rest as required

Week 4	
Day	Training
Monday	30 minutes easy walking
Tuesday	Rest
Wednesday	60 minutes working out the major muscle groups (legs, back, shoulders, abs and arms). Make sure you use weights that you can safely handle. Please get advice from a qualified fitness professional
Thursday	Rest
Friday	20 - 30 minutes steady walking
Saturday	Rest
Sunday	2½ hours steady walking



Week 5	
Day	Training
Monday	Rest
Tuesday	Rest
Wednesday	30 minutes easy walking
Thursday	Rest
Friday	60 minutes steady walking
Saturday	Rest
Sunday	2½ hours steady walking

Week 6	
Day	Training
Monday	Rest
Tuesday	30 minutes steady walking
Wednesday	60 minutes working out the major muscle groups (legs, back, shoulders, abs and arms). Make sure you use weights that you can safely handle. Please get advice from a qualified fitness professional
Thursday	Rest
Friday	1 - 1½ hours steady walking
Saturday	Rest
Sunday	3½ hours easy walking, stopping to rest as required

Week 7	
Day	Training
Monday	Rest
Tuesday	40 minutes easy walking
Wednesday	60 minutes working out the major muscle groups (legs, back, shoulders, abs and arms). Make sure you use weights that you can safely handle. Please get advice from a qualified fitness professional
Thursday	Rest
Friday	1¼ - 1½ hours steady walking
Saturday	Rest
Sunday	4½ hours easy walking

Week 8	
Day	Training
Monday	Rest
Tuesday	45 minutes easy walking
Wednesday	60 minutes working out the major muscle groups (legs, back, shoulders, abs and arms). Make sure you use weights that you can safely handle. Please get advice from a qualified fitness professional
Thursday	60 minutes steady walking
Friday	Rest
Saturday	4 hours easy walking
Sunday	3 hours easy walking



Week 9	
Day	Training
Monday	Rest
Tuesday	Rest
Wednesday	45 minutes easy walking
Thursday	Rest
Friday	60 minutes steady walking
Saturday	Rest
Sunday	4½ hours easy walking

Week 10	
Day	Training
Monday	Rest
Tuesday	1½ hours easy walking
Wednesday	60 minutes working out the major muscle groups (legs, back, shoulders, abs and arms). Make sure you use weights that you can safely handle. Please get advice from a qualified fitness professional
Thursday	Rest
Friday	Rest
Saturday	6 hours easy walking, stopping to rest as required
Sunday	4 hours easy walking, stopping to rest as required

Week 11	
Day	Training
Monday	Rest
Tuesday	Rest
Wednesday	30-40 minutes easy walking
Thursday	60 minutes working out the major muscle groups (legs, back, shoulders, abs and arms). Make sure you use weights that you can safely handle. Please get advice from a qualified fitness professional
Friday	60 minutes steady walking
Saturday	Rest
Sunday	4-5 hours easy walking, stopping to rest as required

Week 12	
Day	Training
Monday	Rest
Tuesday	30 minutes easy walking
Wednesday	Rest
Thursday	60 minutes easy walking
Friday	Rest

You have completed the Ben Nevis training plan, now you are ready for your walk!