Ordinary people who step up can make a big difference.
WHAT IS THE STEP UP TREK?

70 TEAMS WILL RACE TO CONQUER THE HIGHEST PEAK OF EACH COUNTY IN NORTHERN IRELAND DURING A NON-STOP WEEKEND OF NAVIGATION AND TREKKING.

EACH TEAM NEEDS TO CHECK IN AT EACH OF THE 5 SUMMITS AND RETURN TO THE FINISH LINE WITHIN A MAXIMUM OF 40 HOURS.

TEAMS ARE RESPONSIBLE FOR PLANNING WHICH ORDER THEY TACKLE THE MOUNTAINS AND THEY WILL BE PROFESSIONALLY TRACKED AND TIMED TO ENSURE THEY FOLLOW ALL EVENT RULES!

How is this event unique?
Your team can consist of 4 or 5 people and you have the flexibility to plan and tailor your event weekend strategy according to the ability and strengths of your individual members. Not every team member needs to climb the mountains but at least 2 of you will need to check in at each summit. Each team must also include a minimum of one driver or navigator. There is a role for everyone to play!

STEP UP AND TREK YOUR WAY.

What does the Team Captain do?
Your Team Captain is most importantly your team administrator. They’ll need to be a good communicator and ensure that the rest of your team members receive the event information and updates that NICHS sends you. The Team Captain should also lead on motivating your team to reach your fundraising and training targets.

Do we need to have a Support Crew?
A minimum of 2 members of each team are required to summit each mountain so your team has the option of recruiting members who might focus entirely on support crew activities, but still be with you every part of the adventure! Or you might prefer to take turns walking. Either way, mapping out your team’s trek strategy thoroughly will pay an integral role in your overall success. You’ll need to think about your preferred driving routes, sleeping arrangements (if any!) and plan meals and refreshments for your team, along with any changes of clothes and equipment. It will be these fine details that will make the weekend memorable and give you all the encouragement you need to get to the finishing line!

What happens at the start of the event?
At the registration point you will be given your dibber (to check in at each mountain base and peak), your GPS tracker, your vehicle pack and you will attend a detailed event briefing. Teams will then start start early on Saturday morning under the arch en masse and race off on their adventure!

Do we need to navigate around the route?
The five peaks will be fully way-marked, but basic map reading skills will be essential for driving between checkpoints. A suggested route will be made available prior to the event.

How much training do we have to do?
For those team members taking on the mountains, training little but often is best as pushing your team beyond its capability too quickly may lead to injuries. The Step Up Trek offers you and your friends the opportunity to get out into the great outdoors and focus on your personal fitness. Thorough training will help you build the stamina necessary for the challenge ahead – it will also enable you to test how often you need to eat and rest along the route and what clothes/footwear you would prefer to use over the event weekend.

What should we wear during the event?
You’ll need to wear practical and comfortable clothing suitable for unpredictable weather conditions. We will provide a full kit list prior to the event.

Do we sleep during the event?
Depending on your Trek weekend strategy, there should be plenty of time to catch some shut eye. It is entirely up to your team to decide whether to take time to sleep and actually book into accommodation. However, the clock does not stop so it is advised to keep most breaks to a minimum. It is also a risk that if you sleep you may wake up very stiff and lose motivation!

What happens at the end of the event?
When you reach the finish line you will be warmly welcomed and presented with your well earned Step Up Trek medal! Its then time to celebrate with your friends! Food and refreshments will also be available.

How much does it cost to register?
Each team must pay an event entry fee of £400. An early bird fee of £200 is available for a limited period! Each team also has a minimum sponsorship target of £600. NICHS will provide you with a fundraising guide and materials, along with a personal contact for any support or advice needed!

Are there any additional costs?
There will be light refreshments including fruit, sandwiches and water. Your team must cover the costs of your fuel plus any additional meals and supplies. If you decide to book accommodation, you will also need to cover this yourself.

What does my registration fee cover?
The registration fee paid by each team goes towards the cost of running the event such as maps, checkpoints, safety equipment, food, timing chips and professional staff. This means that more of the sponsorship your team raises will go directly towards NICHS’s work here in Northern Ireland.

THE MOUNTAINS

<table>
<thead>
<tr>
<th>Peak</th>
<th>Distance</th>
<th>Difficulty</th>
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<tbody>
<tr>
<td>Cuilcagh</td>
<td>13.1km</td>
<td>Medium</td>
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<tr>
<td>Sawel</td>
<td>11.1km</td>
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<td>Medium</td>
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<tr>
<td>Slieve Donard</td>
<td>9.3km</td>
<td>Hard</td>
</tr>
<tr>
<td>Slieve Gullion</td>
<td>10.1km</td>
<td>Medium</td>
</tr>
</tbody>
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THE FACEBOOK PAGE
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HOW DO WE SIGN UP?

1. GET YOUR TEAM MEMBERS TOGETHER, AGREE ON YOUR TEAM CAPTAIN AND HAVE YOUR TEAM ENTRY FEE AT THE READY.

2. GO TO NICHSH.ORG.UK/STEPUPRTREK AND SELECT REGISTER NOW!

3. FILL OUT YOUR TEAM CAPTAIN AND TEAM MEMBERS’ CONTACT DETAILS AND PAY YOUR EVENT ENTRY FEE.

4. YOUR TEAM IS NOW REGISTERED AND YOUR EVENT PACK WILL BE SENT TO YOUR TEAM CAPTAIN VERY SHORTLY.

5. START PLANNING YOUR STEP UP TREK WEEKEND!

EVERY GREAT ADVENTURE BEGINS WITH A FIRST STEP...

For more information, please contact the Events Team on:
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