

GET CAKED!!

Final Information Pack



**5 mile muddy
obstacle challenge**



**Sledmere House,
Driffeld**



**Sunday
13th March**

Don't forget to set up your online fundraising page

www.justgiving.com/campaign/GetCaked2022

Just click **START FUNDRAISING**



£206 could pay for a morning of high quality care on the Wilberforce Inpatient Unit.



£130 could pay for a session with the Family Support Team before and after a loved one dies.



£62 could pay for a complementary therapy session to help a patient relax.

If you need anything before the event just get in touch:



01482 785795



getcaked@dovehouse.org.uk



**dovehouse
hospice**

caring for people with a life limiting illness

Making Get Caked Covid Safe

Many of the COVID restrictions have eased however we still want to ensure that everyone is safe whilst Getting Caked.

Some of the ways we will be keeping everyone safe are shown below but if you have any questions please get in touch.



Please observe social distancing in the start and finish areas, and around the course.



Please consider wearing a mask when in the start and finish areas.



We ask that you bring your own drinks or a reusable water bottle which can be filled at the Start/Finish area and mid way around the course.



We might have to limit the number of people taking on each obstacle at a time. The first obstacles are designed to split you up a bit so please don't rush to keep up with everyone in your time slot, some people may complete the challenge faster.



We are excited to be able to allow spectators again this year. Please note some of the site will not be accessible to the public. The main spectator area is the start / finish line .

Spectators **MUST NOT** climb or access any obstacles.



**If you have any symptoms of Covid 19
YOU MUST NOT ATTEND THE EVENT**



In this pack, you should have...

● **Sponsorship paying in slip**

● **Waiver / Emergency contact sheet**
MUST BE COMPLETED AND HANDED IN AT REGISTRATION

● **IF YOU REGISTERED MORE THAN ONE PERSON – YOU WILL RECEIVE THIS FOR ALL OF YOUR GROUP.**



There will be toilets and basic changing facilities at the Start/ Finish area.



You will pick up your t shirt on the day—look out for the collection point.

Please be aware T-shirts have been ordered to your requested size and cannot be changed on the day.



There will be an area to safely store small items such as car keys but we cannot store bags, phones or spare clothes. Cars will be parked close by on the same field.



Thank you again for choosing to support Dove House Hospice. If you would like any to hand in any sponsor money on the day, please use the enclosed paying in slip: pop it in an envelope with your name on and hand in to the team on the day (at the key storage area).

Good luck with your fundraising and we look forward to seeing you soon.

If you can no longer make the date for any reason please let us know ASAP.



Please only arrive for parking and registration (max) 30 minutes before your allotted start time.

Refreshments

As well as cake on the finish line, you can celebrate getting caked with pizza, burgers or a cup of tea!

The Two Tossers bring the fun to pizza and we are happy to have them attending the event. They specialise in Neapolitan style pizzas and we assure you they will have something mouth-watering for you to sink your teeth into once you've completed the Get Caked course.

Chefs by Trade cook mouth-watering burgers, burritos and gyros – all fresh and homemade.

Bamboo know what they're doing when it comes to coffee. They're bringing all this amazingness to our event on Sunday and we really can't wait! Once you've finished your run treat yourself to a hot cup of coffee – vegan options available too!

We advise you bring cash to be able to enjoy the above yummy food.



Dove House Hospice Limited a company limited by guarantee. Registered office: Dove House Hospice, Chamberlain Road, Hull, HU8 8DH. Registered in England and Wales Company number: 01498747 Registered Charity Number: 509551



caring for people with a life limiting illness