

# FOSM Sponsored 5k Walk – Fact Sheet

## START TIMES

- If the age of your youngest walker is 6 or older, please arrive for 12:45pm for a 1pm start. -  
If the age of your youngest walker is 5 or younger then please arrive for 1.05pm for a  
1.20pm start.

If you are given a wave time different to friends you were hoping to walk with, please  
change to the first wave.

## ENTRY TO SCHOOL

Please enter via the main school entrance (not via the KS1 or KS2 gates). As usual, parking is  
not allowed in the school car park, so please park sensibly or walk to the school - it might be  
a good warm up for the walk!

## WHAT TO BRING

Bring a bottle of water to keep hydrated and any snacks you may require along the way.  
Please also bring a pen/pencil as the map will have some items to tick off as you go. The  
route is on pavements so please wear trainers or whatever you feel comfortable in (wellies  
won't be needed - we hope!)

## 5KM OR 2.5KM

We hope that most will be able to complete the 5km route, however if at the halfway point  
you have some tired legs in your group, you can finish around 2.5KMs. This can be decided  
on the day, the route comes back near the school around the halfway point, so if you feel  
your group (or some of them) need to finish then you can head to the finish line. Marshals  
will guide you on the day if you decide to do the shorter route.

## HOW WILL I KNOW WHERE I'M GOING?

The route will be signed and marshals will be placed on major road crossings. We'll also  
provide maps on the day should you want one, this will also enable the keen map readers to  
tick off the KM signs. You can also find the map on our Facebook page.

## WHAT HAPPENS AT THE START

There will be a quick safety briefing and some pointers to help you navigate around the  
route, followed by a very light warm up before you start the walk.

## WHAT HAPPENS AT THE END

Once you cross the finish line you will be presented with your medal! We'll have tables and  
chairs out for you to relax in and support everyone else crossing the finish line.

## CAN I RUN?

No. This is strictly a walking event and all children must walk with an adult.

