

Dear Walker,

As this is the 3rd of our countdown e-mails that must mean there are only 30 days left until the walk.

Sponsorship

There is still plenty of time to get those all important pledges of sponsorship. We encourage our walkers to use the online sponsorship option provided by the website as much as possible (though you can still find the paper sponsor form on our website if needed).

The minimum amount of sponsorship for walkers over the age of 17 is £80 with a minimum of £40 for under 17s. After the walk, please ensure any sponsorship taken via the paper forms is sent to us in a timely fashion to prevent being barred from future events (and to make sure your charity/good cause benefits as soon as possible).

And please don't forget GiftAid; this increases a donation by 25% at no extra cost to the donor, all that's needed is their name and address (visit <https://www.gov.uk/donating-to-charity/gift-aid> for more information).

NO OTHER SPONSORSHIP METHODS ARE PERMITTED. Please do not give money directly to a charity or via an agency such as JustGiving. These transactions would breach the Terms and Conditions that all walkers agree to. In consequence, the walker and/or team could be banned from the event.

Thank you to our business sponsors

A huge thanks to our sponsors without whom the K2B and C2B walks would not be able to go ahead. As such, the K2B Walk Committee is very grateful for the support provided by all of the companies and organisations featured on our ['Business Sponsors'](#) website page. Our principal, major, and walk title sponsors are BAE Systems, Rolls-Royce, Lockheed Martin, Kier, Heart FM and Wates.



To find out more about the companies sponsoring us, click their logo to visit their website or check our website pages.

Should I bring a jacket?

Absolutely! We cannot emphasise enough, that the weather in May in the Lake District is highly unpredictable. You should be prepared for heavy rain, sun, hail, and anything else in-between. Therefore, we recommend that you bring waterproof clothing. In the past we have had to hand out emergency blankets to those walkers who were not prepared for the weather.

The police and the Highways Authority advise that all participants wear hi-viz (reflective) clothing or arm bands as the majority of the event takes place on public highways which are open to traffic. We recommend that you buy this as soon as possible, and wear it whilst training as well as on the day of the walk.

So that's all for now, good luck with your training, stay safe and we'll see you on the 12th May,

The Keswick 2 Barrow Walk Committee



Keswick to Barrow Walk is a company limited by guarantee registered in England and Wales. Company registration number 11074719. Registered Office: The Tower, Daltongate Business Centre, Ulverston, Cumbria LA12 7AJ. The company is registered with The Charity Commission. Registered Charity Number: 1176475.