

scope

About cerebral palsy.
For disabled people achieving equality.

Event Fundraising

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Colorado

Ski and Board Challenge

26 January – 3 February 2007

Dear Skier/Boarder

Congratulations on taking the first step to securing your place on The Colorado Challenge for 2007. This fantastic event will give you the chance to ski six entire resorts over six days practically non-stop with your own personal guide. This is no ski holiday, but a chance to push yourself to the limit whilst enjoying the stunning terrain of the Rocky Mountains combined with a large dose of camaraderie and team spirit.

Scope enjoys the support of the big guns in the ski world. Scope's Ski & Board Events President is former Olympic skier Martin Bell who has taken part in many of the challenges. Scope's official marketing partner is The Ski Club of Great Britain, and Ellis Brigham Mountain Sports works with Scope to ensure all participants are properly kitted out for the slopes - offering a discount at their stores for challengers!

Inside this pack you should find answers to most of your questions, but please do not hesitate to call us on the numbers below if you would like to discuss things further before signing up.

Although The Colorado Challenge is a tough event, it is well within the range of competent red-run skiers and boarders who are fit and have trained prior to taking part. It is not a race so you will not be in competition with other participants, but you will be expected to push yourself to complete the challenge and to keep going when your muscles are complaining!

If you want to take part in this fantastic ski and board challenge, then send back your entry form as soon as possible, since places are strictly limited. We look forward to receiving your application over the next few days.

Best wishes

Lucy Dawes 020 7619 7288
Senior Event Fundraiser

Joanne Badger 020 7619 7272
Event Administrator

Scope is a registered charity no. 208231

Scope is registered under the Data Protection Act 1998. The details you have given us will be held by Scope and will be used to update you about our work, other fundraising appeals and our trading activities (by post, phone or email) unless you request otherwise by contacting Event Fundraising, Scope, 6 Market Road, London N7 9PW. We will not pass your details to other organisations.

questions

your questions answered

What's the average age?

There will be people of all ages from 18-60 but the majority will be between 30 and 55.

How good do I need to be?

You need to be a competent red-run skier, or have at least 8 weeks snowboarding experience. You must be able to link parallel turns and ski/board comfortably and confidently on this level of run for six consecutive days, no matter what the conditions or the weather. You will need to train for this event, since the challenge will undoubtedly push you harder than you would push yourself.

Will I be able to keep up?

Yes. You will ski/board in groups of 10 with one ski guide and a backstop. You will be put into a group that suits your ability and speed. If you want to change groups and go faster or slower you can. We will do our best to ensure you are happy within your group. If you want to ski/board with your friends then that is fine, but we would ask that you all ski/board at a level which suits the slowest or least experienced member of your group. Remember that this is not a race and you will not be timed in any way, but you will be skiing/boarding almost non-stop for six whole days.

How much training will I need?

We will be sending you a training schedule in late summer, which will give you guidelines to prepare for the challenge ahead. The fitter you are, the more you will enjoy it and the less injury-prone you will be. As long as you undertake a regular training programme prior to the event, you should be fine.

What's provided?

Flights, accommodation, most meals, ski/boot/board hire, ski passes and guides are all provided. You will need to pay for your own insurance and bring your own spending money.

Can I bring my own equipment?

Yes, ski/board carriage is free on BA to Denver. If you should choose to hire equipment then this will be done when we arrive in Vail.

What is the terrain like?

We will be using blue, red and black (where appropriate) runs throughout the six days. The resorts we visit offer a superb combination of varying terrain from tree-lined snaking trails to wide-open runs and from the mountain tops to the valleys below. The skiing will mainly be on-piste but will all be within ski area boundaries.

What do we do in the evenings?

The coach will transport you back to the hotel each evening where you can relax in the sauna, hot tub or heated pool and soothe any aching limbs before dinner. Some evenings we will all eat together in the resort, and on other nights you will be free to dine with your friends and team-mates wherever you choose.

What will the weather be like?

January in Colorado is usually a beautiful time of year with cold overnight temperatures to keep the snow and sunshine during the daytime. If we experience adverse weather conditions (eg high winds), we will adapt the route as best we can to ensure your safety and to make the event as enjoyable as possible.

What sort of back-up is there?

Each group will be led by an experienced guide with excellent knowledge of the area. There will also be a backstop who will ensure that no one is left behind. At the bottom of each run, the guide will check that everyone is accounted for. Should you become separated from the group you will be provided with a list of contact numbers so you can call one of the organisers and rejoin your team. All the guides are first-aid trained and experienced in dealing with ski injuries. If you should need hospital treatment there is an excellent hospital in Vail, but each ski resort has its own medical clinic.

Will I be insured?

You must take out your own personal travel insurance covering health, accidents and loss, before departure. We will ask you to send us details of your policy for our files. If you should choose to insure yourself with our tour operator, their policy will be included in the sponsor pack.

Where will we stay?

We will all be staying at the same two hotels. For the first three nights we will be at the Evergreen Lodge in Vail and for the last four nights at The Village at Breckenridge. The accommodation is mainly twin rooms and both hotels are centrally situated so it is only a short walk to the restaurants and bars in the evening. You can view both hotels on the Internet: evergreenvail.com and www.breckresorts.com (click on The Village at Breckenridge)

Can I stay on?

Yes. We will put you in touch with our tour operator, Ski Independence. To extend the length of your stay you must get in touch with them by 31 October 2006. Please note that places may be limited so extensions are done on a first come, first served basis. There will be a surcharge for the flight, as you will no longer come under the discounted group booking.

Can I upgrade my flight to World Traveller Plus or Club World?

Yes you can for a small supplement. You will need to contact Ski Independence direct on 0845 310 3030 to book your upgrade.

How do I go about raising the £2,500 sponsorship?

Once you have signed up for the trip we will send you a comprehensive sponsor pack to make your fundraising as easy as possible, and we will be with you every step of the way. You will need to start planning your fundraising as soon as possible and here are some helpful tips to get you started.

- Always ask for payment up front. Chasing sponsorship can be time-consuming and often difficult to collect.
- Make the most of Gift Aid – Scope can now claim 28% extra on all donations from UK taxpayers.
- Put a large donation on the top line of your sponsor form to encourage others to follow suit!
- Have a look on the justgiving.com website at www.justgiving.com, where you can create your own sponsorship page to email to all your friends and family who can then donate online.
- Fundraise around what you enjoy doing in your spare time – if you go down the gym regularly then think of a fundraising event you can hold there, or if you have a good local pub, consider holding a quiz or race night there.
- Think of as many different ideas as possible and then if some of your ideas don't work, you'll have plenty more to fall back on.
- Check with your company whether they have a matched-giving policy – and if they don't, find out if they would be willing to sponsor you.
- Make sure you tell everyone you know about what you are doing and try to get some coverage in your local paper or radio.

Here are just a few ideas to get you up to £1,250:

Ask ten work colleagues for £15	£150
Ask ten friends for a £20 donation	£200
Gift Aid on the above (Scope claims the tax back from the Inland Revenue)	£100
Car boot sale	£100
Non school uniform day at local school	£200
Raffle/sweepstake at local pub	£100
Ask 10 business suppliers/clients for £30	£300
Collection at supermarket	£100

Can I raise more?

Yes! Fundraisers who raise £3,500 or over will have the option of having their entry fee refunded.

YOUR PACKAGE INCLUDES

- ▶ Return flights from London Heathrow – Denver
- ▶ All transport to and between resorts
- ▶ 7 nights hotel accommodation
- ▶ Breakfast and lunch each day
- ▶ Dinner on 5 nights out of 7
- ▶ Fully qualified guides
- ▶ Ski/board/boot hire (if required) and ski passes

EXTRAS YOU WILL NEED TO PROVIDE

- ▶ Registration fee of £175 optionally refunded if sponsorship of £3,500 or more is received
- ▶ Personal travel insurance
- ▶ Gratuities for guides (approx \$20-25) and coach drivers (approx \$5)
- ▶ Personal expenses

How much of the money actually goes to Scope?

With an event like this, there are costs of travel, accommodation, equipment etc. Some of the non-travel costs will be met from your registration fee and the remainder – around £1,100 – will come from your sponsorship. This means £1,400 of your sponsorship will come directly to Scope. If you feel unhappy that part of the money raised is used to meet costs, you may like to think about paying a part or all of the costs yourself. Please make sure that your sponsors are aware that part of their sponsorship may be used to meet costs.

What happens if I can't raise the money?

The full £2,500 must be paid to Scope by 24 November 2006. At this time all tour and travel costs will be paid to the tour operator. If you cannot raise the full £2,500 you could make up the balance yourself, in order to keep your place on the event. If you do have to cancel, we can refund your sponsor money directly to your donors if required. Please do phone us for advice and ideas if you are experiencing difficulties.

Tell me more about Scope

Scope is the UK's leading disability charity whose focus is people with cerebral palsy. Cerebral palsy is a physical condition that affects movement. It occurs when part of the brain fails to develop, either before or during birth, or in early childhood. Cerebral palsy affects more than 1,500 babies born in the UK each year and there is no cure. Scope services have been set up to support disabled people, and thousands of people use our services every year. For more information visit www.scope.org.uk

