



PROSTATE
CANCER UK

MARCH
FOR MEN

Walker Guide

Thank you so much for signing up to take part in March for Men on Sunday 23 July. We can't wait to welcome you to London's beautiful Battersea Park and walk together side by side, united to beat prostate cancer.

1 in 8 men will get prostate cancer in the UK. That's thousands of dads, grandads, partners, brothers, uncles, sons and mates.

By taking part in March for Men you can help fund lifesaving research into better tests and treatments to beat prostate cancer and help the next generation of men.

We couldn't do this without you.

This is your handy guide to March for Men, so you know exactly what to expect on the day and together we can make it a day to remember!



Key information



**Battersea Park, London
Sunday 23 July**

Meeting point

When you arrive at Battersea Park head to the March for Men event village. There will be lots of signs and staff to direct you to the area.

You don't need to sign in on arrival, unless you are bringing someone with you who hasn't signed up yet or you need to swap your t-shirt for a different size. If this is the case, please head to the registration gazebo which will be clearly sign posted.

Timings

11am – Event village opens, enjoy some live music and soak up the event atmosphere.

12pm – The walk will begin after a short warm up, let's get ready to march!

After your walk – Collect your medal and feel free to hang around to explore our event village and enjoy a delicious refreshment with friends and family.

Getting to Battersea Park

We recommend using public transport to get to the event as there are lots of train and bus options nearby.

Public Transport

Please make sure to **plan your journey** in advance and check ahead of time for any possible delays or changes that will affect your route.

Trains

The closest train stations to the park are Queenstown Road Train Station and Battersea Park Train Station. Both are approximately a 10-minute walk to the Rosary Gate entrance.

Tubes

The closest tube station to the park is Battersea Park Station which is an approximate 10-minute walk to the Rosary Gate entrance. Sloane Square Tube Station is a 20-minute walk.

Buses

Bus routes that pass near Battersea Park include: 137, 156, 344, 436, 44.

For all bus routes and times please **check online**.

Parking

There are three pay and display car parks within Battersea Park. Spaces are limited and on a first come, first served basis and unfortunately, we can't reserve any spaces. Please be aware that the machines don't give change.

- Chelsea Gate
- Rosery Gate
- Albert Bridge Gate – closest to the event village (5 minute walk)

Each car park has disabled parking access and we'll have signs directing you to the event village from each car park.



Facilities at the event village

- Toilets (including disabled toilets)
- First aid
- Merchandise
- Food stands to purchase refreshments
- Dogs are welcome

Our friendly March for Men team will be on hand ready to help with anything you need on the day.

What to wear and bring with you

- Wear your March for Men t-shirt with pride
- Comfy shoes to walk in
- Suncream, hat and a raincoat – keep an eye on the weather forecast!
- Bring a water bottle – you can refill at our water stations
- Portable charger (there's no charging points)
- If you need to swap your t-shirt size, you can either **email us beforehand** or do this in person on the day.

Please note there's no bag storage available at the event.



What you can expect at the event

You'll be joining hundreds of walkers taking on March for Men, united as one community coming together to help save men's lives. Soak up the atmosphere, enjoy some live music and share stories and experiences with others affected by prostate cancer.

They'll be lots of stands for you to explore in the event village, you can meet our specialist nurses, ask our researchers a question, or treat yourself to some merch. Our shop will be selling Prostate Cancer UK branded gear, including our popular hoodies, dog bandanas and Man of Men pin badges.

Plus, we have a scavenger hunt to keep the kids entertained, guest speakers and a fun warm up to get you ready to walk!

Route

On the day you can choose to take part in a 2, 5 or 10km walk, whatever suits you and your loved ones.

The route will be within Battersea Park and fully accessible on tarmacked paths, suitable for all walking abilities, pushchairs and wheelchairs. The route will also be signed and marshalled throughout the event.

Food and refreshments

There will be lots of delicious food stands to buy refreshments from, with plenty of vegan and gluten free options. You're also welcome to bring your own picnic along, but please make sure you take all your rubbish with you when you leave the park.

We're trying to reduce our carbon footprint and limit plastic waste, so we won't be providing bottled water for everyone. It'd be great if you can bring your own bottles from home, which you'll be able to refill at the event.

Fundraise

Keep sharing your JustGiving page with friends and family before the event and let them know why you're taking part in March for Men. JustGiving pages with personal stories often raise 65% more money.

Every pound you raise will help fund vital research into better tests and treatments to save men's lives. Together, we can beat prostate cancer.

Photos

We'll be taking lots of photos and videos on the day. By signing up to March for Men, you consented to this but if you'd rather not be in photo or video content then please **contact us** or speak to a member of staff when you arrive.

After the event, we'll drop you an email with all the pics of special moments from throughout the day.

Join our March for Men Facebook community

Our Facebook group is a wonderfully welcoming place where you can connect with others affected by prostate cancer, share your reasons for doing March for Men and post photos from the day. Plus, we'll share any final event information there before the big day.

Frequently asked questions

Is there a cut-off time to complete the walk in?

The walk will begin at 12pm, after a short warm up at our event village. You will have until 3pm to complete your walk and return to the event village.

What happens if can't finish the walk?

If you no longer feel up to doing the distance you originally signed up for, you can always decide on the day to walk the 2k or 5k route instead. If you pick up an injury or aren't well enough to complete the route, we'll have marshals and first aid available around the route and at the event village. Our team of friendly volunteers will also be on hand to help you.

Are the routes accessible for wheelchairs and pushchairs?

Yes – each route will be on tarmacked pavement within Battersea Park. You can take part in whichever distance you are comfortable with.

Will I get a map of the route?

The route will be fully signposted with clear signs and event marshals to help make sure no one gets lost, so you won't need a map on the day.

Can I run the route instead?

Unfortunately running is not advised. March for Men is a walking event only. We encourage all attendees to be respectful and mindful of their fellow participants, in order for everyone to have an enjoyable walk.

Can I bring friends and family on the day?

Absolutely! March for Men is a lovely day for everyone to attend, whether they're taking part or just there to support you. There will be plenty of things to do at the event village if your friends and family don't want to take part – information stands, music, food and drink and plenty of seats.

If they decide they'd like to take part as well they can also register on the day or sign up online beforehand.

I wasn't bringing my child but now they want to join in too, what do I do?

Please **contact us** with your details and we can add a child to your registration.

If you decide on the day that you'd like to register your child, please head to the registration desk and we can add them on before the walk.

Can I bring my dog?

Absolutely - dogs are welcome but must be kept on a lead at all times during the event. Please make sure to pick up after your dog too, there will be bins available in the park.

What happens if the weather is bad?

We ask that you dress appropriately for the weather forecast on the day. In the event of extreme weather, the Prostate Cancer UK team will assess the safety of the event and communicate any updates with you.



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What do I do if I'm running late on the day?

Our event village will be open from 11am with the walk starting from 12pm. Please try to arrive at the park ahead of time, however if you are running late, once you arrive at the event village please speak to a member of staff who will advise you on timings and if you can still take part in the distance you have chosen or if you will have to move to a shorter distance.

Is there a contact number on the day?

Closer to the day we will update you with an emergency contact number if you need any assistance out on the route.

What should I do if I can no longer attend the event?

We're sorry to hear you won't be joining us on the day. Please **email** the team and we'll be happy to help.

I can't make this event anymore; is there another way I can take part?

If you can't join us at the March for Men event in London, you can organise your own March for Men walk in your local area anytime in July. Please visit our **webpage** to find out more about organising your own March for Men.

THANK YOU

We're so grateful to have your support. You're helping change the future for men affected by prostate cancer.

LET'S DO THIS!

