**Superhero Series Triathlon**

Saturday 17th August, Dorney Lake, Windsor

Frequently Asked Questions

**For all queries and to sign up please contact Clare:**

020 8831 6051 or 020 8831 6411 / c.taylor@richmondaid.org.uk

Q: What is the superhero series?

A: The superhero series are big, televised sports events for disabled people, which raise money for charities all over the country.

The events were started by Sophia Warner, a Paralympic athlete who competed in the 2012 Games. She was the first person with a disability to enter the London Triathlon in 1998. Read more here: <http://superheroseries.co.uk/the-ethos>

Q: When and where will the event take place?

A: The afternoon of Saturday 17th August, at Dorney Lake in Windsor. For full details see this link: <https://goo.gl/maps/11MnmmZvbnq2EvQCA>

Q: Who can take part?

A: Anyone can take part, and each team must include at least one person who considers themselves to have a disability. Anyone over the age of 5 can take part and there is no upper age limit (people in their eighties have done it)!

Q: How did Richmond AID get involved?

A: Richmond AID has joined as a charity friend and has six teams to fill on this big, televised sports event for disabled people.

Q: How do the teams work?

A: Each team is made up of 3 people, and each person in the team takes on one section of the triathlon (ie, one person swims, the next cycles, the third walks/runs/is pushed or towed).

Q: I can’t swim; can I still do the event?

A: Of course! You only need to do one section of the triathlon, so you don’t have to swim if you don’t want to.

Q: I am in a wheelchair; can I still do the event?

A: Absolutely! You can either wheel yourself or be pushed around the course. You don’t need to be an athlete to take part!

Whatever aid you need to help you complete the challenge, you are encouraged to use it! Wheelchairs, walking frames, walking sticks, buggies, pushchairs – all welcome ☺

Q: What do I need to wear?

A: For the swim section, everyone entering the lake must wear a wetsuit and swimming cap. Goggles recommended. Full list of kit for each bit of the challenge is here: <http://superheroseries.co.uk/2019-tri-the-kit>

Q: I haven’t got a bike, or a wetsuit.. is that a problem?

A: No – you can hire one. Let us know about this when you complete your form.

Q: I won’t be able to get around the course without help from someone – is that ok?

A: Yes. You are more than welcome to bring a ‘sidekicks’ – i.e. a buddy who helps you get through the challenge. A person might be pushed in a wheelchair, or towed across the lake, for example. They need to register too – please get them to fill out the form.

Q: Why superhero?

A: Because it’s all about fun, and dressing up is a big part of the event! So get your capes, tights and masks at the ready ☺

Q: I don’t want to take part, but I’d like to help someone get round the course. Is that ok?

A: Absolutely! Please register yourself using the form. Parking and entry is free of charge.

Q: I want to come along and support the teams from the side and cheer them on. Can I do that?

A: For sure! There will be lots of entertainment at the famous venue (Dorney Lake was the site of the rowing competitions during the Summer 2012 Olympic and Paralympic Games). Parking and entry is free of charge and spectators are welcome.

Q: Do I need to fundraise to take part?

A: Yes please. We would like each team member to raise £50 for Richmond AID. When you register, we will send you a link to our online fundraising site. You can also set up your own fundraising page on Just Giving.

We will also send you a good old fashioned sponsorship form to log any cash donations or promised funds.

Q: Is there a deadline for signing up?

A: We’d like to get teams together as soon as we can, so you have the most time to fundraise – and do any training!

Q: Who is organising the event from Richmond AID?

Clare Taylor. Please contact Clare with any queries on c.taylor@richmondaid.org.uk or call 020 8831 6051 or 020 8831 6411.

Q: What does the course map look like?

A: Here’s a link to a drawing of the course: <http://superheroseries.co.uk/2019-tri-course-map-1> There are three challenge distances, each starting at different times. The sprint, the half and the full. We are doing the shortest challenge distance, called the sprint.

Q: How will I get there?

A: Dorney Lake is 3miles away from Windsor and Eton Riverside railway station. Let us know in the form if you will need help getting to the venue.

Here are full details of how to reach the venue: <http://superheroseries.co.uk/2019-tri-the-venue>

Parking and entry is free of charge and spectators are welcome.

Q: Will food and drinks be provided?

A: There will be food and drinks available to buy, however it will be a very busy event so we strongly advise bringing your own packed lunch.

Q: If I can’t reach the fundraising target can I still take part?

A: Of course. Just do your best!

Q: Can I form a team with other people and let you know or do I have to sign up on my own?

Either way is fine! Forming a team is great – just let us know your team name and make sure each member of the team fills out this form so everyone is accounted for. If you don’t have a team don’t worry! We’ll get you into one ☺

Q: What time will the event start and finish, and when do we need to be there?

A: At the moment, event organisers have set the time for our challenge to start at 1.30pm and end at 5pm. We need to be there to register one hour before, so aiming to arrive by 12.30pm. More details here:

<http://superheroseries.co.uk/2019-tri-start-times>

**No doubt there’ll be more questions – so this FAQ list may grow!**