



HANDBOOK

Dungannon-Armagh

May
Sunday 26th

www.bigfootwalk.com

This is Bigfoot

You're never too old too young too big too small too tall too thin too slim too plump too fast too slow too fit too unfit too busy too lazy too heavy too low too high too exhausted too happy too sad...



Use Bigfoot
to raise money for
your charity/group
you can even split the
distance with
a friend!

You're a walker. You love walking. Walking's your thing.

You're not interested in running a marathon. You've tried running but it's not your thing. You like getting out for a few hours a week, stretching your legs & getting your pulse going.

Just because you're a walker, doesn't mean you can't rise to a challenge, take yourself and your fitness to a new level. The "Bigfoot" is an exciting new walking event for anyone who has ever thought, "I can rise to a challenge. I want an event that inspires and rewards. I deserve a t-shirt too!"

For too long the walker has been the poor cousin in the sporting calendar. Your friends may have run a marathon, but have they ever walked a Bigfoot?

BIGFOOT IS THE WALKER'S MARATHON!

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What's Bigfoot?

Bigfoot *n.* is a linear walking challenge of 15–20 miles between 2 distinct landmarks.

Every other sport has their high-profile challenges yet the walker always seems to be tagged on to the end of a marathon, always an after thought and always second fiddle to the runners.

Walkers deserve the same level of event in terms of challenge, profile and organisation that runners, cyclists, swimmers and every other sports man and woman expect. Now there is a new walking challenge, exclusively for walkers – Bigfoot. In 2010 the first Bigfoot Walk from Armagh to Dungannon attracted almost 400 walkers. For 75% this was the longest distance they'd ever walked. It was the largest walking event in Ireland.

Accessibility

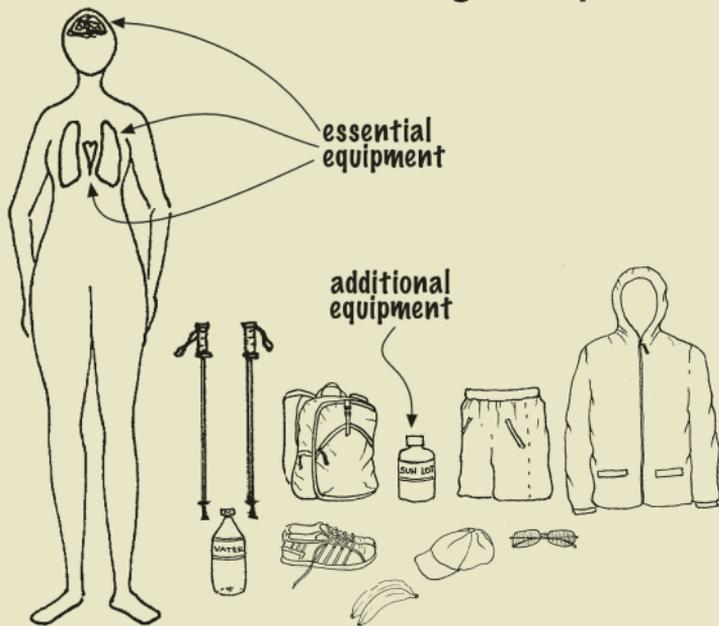
Bigfoot is open to walkers of all abilities & wheelchair users.

Terrain: Occasional very steep sloping gradients & uneven surfaces in the first half. Main roads with footpaths, minor roads with no footpaths, country lanes, forest paths and

river bank trails. Very challenging for some walkers with ambulant disabilities and wheelchair users (without assistant support). Support vehicles, including wheelchair accessible vans, will assist anyone along the route who feel they wish to retire from the event. **Alternative routes:** including distances/starting positions, can be signposted and will be available on request.

Equipment

You can walk Bigfoot in whatever you choose but a few basics might help.



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Shoes – Best foot forward

The most important item is shoes. You don't have to rush out and buy the latest hi-tech design but a good pair of walking specific shoes/trainers are advised. There are many specifically designed for walking as support and comfort are the main priority. Get a properly fitted pair at the start of your training program, stick with them and they'll be like carpet slippers by the time you walk the Bigfoot. A well broken in shoe will prevent blisters and foot, leg and back pain.

Layers, Weatherproofing & leg-wear

The ideal walking garb is *several thin layers* and a light rain/windcheater which you can tie around your waist or deposit into your rucksack as you warm up and cool down. It's also advisable to wear *fabrics which 'wick'* (takes moisture away from the body) and provides protection from the inevitable autumnal gusts and breezes. A word of warning for the casual dresser *never wear denim* if it rains and gets wet it will stay wet and weigh a ton. Loose, light walking trousers or shorts will be so much more comfortable.

Sticks & poles

Walking sticks or trekking poles are a good enhancement for any walker as they can provide balance and stability and give a certain rhythm while walking. Poles are great on long distance walks, taking up to 40% of the weight off

your knees and transferring it onto the upper body whilst giving you more stability and a defence against curious dogs. They're not a necessity but we recommend them for Bigfoot.

Water & Food

You could have a pair of gold trainers hand-stitched by Santa's elves but if you don't drink enough water they're as good as useless. We'll be supplying you with water but you should always carry enough to get you to the next stop. You should be drinking water little and often, a sip or two every 15 minutes will prevent you from dehydrating, even when it's cool or raining. The same goes for food. Nibble an energy bar every hour to keep your fuel levels right.

Miscellaneous

A hat, sunglasses, sunblock and mobile phone can be carried in your pocket or small rucksack.

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Training

In this section we want to remove all obstacles that may prevent you from completing the challenge. It's never too late to put your best foot forward, so pull on your walking shoes and get ready to burn 20,000 calories in 10 weeks!

People say "I'm too old to exercise, I've left it too late" but sentiments like these couldn't be further from the truth. Walking has no upper age limit. *There's no "right shape" or "right weight"*, it's something we all do every day without even thinking about it. It's not difficult.

The key to success is in how you approach it. The first thing you should do before you start any exercise regime is to consult you doctor, just in-case you have some underlying problems that might need attention. This done you should take your time, build your self up gradually, and *set yourself sensible targets*.

As with any large challenge it's easier if you *break it up into stages*. We've included a rock-solid, 10-week training plan to guarantee you're in prime fitness for the event.

This is a tough event. *It's no walk in the park.* It will sap your energy and *you'll need to be in peak condition* to finish. Even someone in good physical condition will find it a huge challenge. Walking uses a different set of muscles. Swimming, running and cycling will only help to a point, the best way to train for this event is to WALK!

Variety is the thing to keep your interest up. Rather than plod around the same route, mix it up, get out and see different parts of the country. We've listed routes you mightn't have tried before and some further afield if you fancy something completely new.

Why eat into your whole day when you can fit most of these distances into your lunch hour. A 3-mile walk can be completed in 1 hour without much trouble. *Walk to work one day and home the next and that's your training complete for the first few weeks.*

Training is easier in a group, get a few friends and organise yourselves. Occasionally you'll need a bit of coaxing and someone to nag you to keep at it.

We have listed some circular routes so you can park the car, walk a big distance and then return. The more you walk the faster you get. Toward the end of your training you will be easily covering 4 miles per hour. *Try and walk in all weather.* It will prepare you for all types of weather conditions. You might be surprised, a rainy day is often easier to walk in than a sunny day!

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Training Plan

Here's the 100% sure-fire way to train for the Bigfoot. Follow the weekly chart, chalk up the miles, chuck out the fat and walk your way to success!

WEEK	WEEKDAYS
1	two 1-mile walks *
2	three 1-mile walks *
3	two 2-mile walks *
4	two 3-mile walks *
5	two 4-mile walks *
6	three 3-mile walks *
7	three 4-mile walks *
8	two 5-mile walks *
9	three 5-mile walks *
10	two 6-mile walks *
11	two 2-mile walks *

total in 11 weeks

Check off the distance each week. Note down what worked and what didn't. If one week went well then copy what you did. It might be getting to bed early, trying a new diet, taking an energy drink or walking in a group.

WEEKEND	TOTAL	NOTES
–	2	
–	3	
–	4	
5-mile walk *	11	
5-mile walk *	13	
6-mile walk *	15	
8-mile walk *	20	
10-mile walk *	20	
12-mile walk *	27	
15-mile walk *	27	
BIGFOOT (18)	22	
164		

N.B. We strongly advise you consult your doctor before starting a new training regime.
This chart can also be downloaded from www.bigfootwalk.com

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Walking Routes

There are tons of signed & mapped walking routes right on your doorstep, each one varying in length and difficulty.

Armagh Area

* 1–2 mile circular walks

The Mall – Armagh's walking centre (1-2 miles).

Address House – Ladies Mile (1 miles).

Highway to Health Armagh – Route B (2.7 miles).

Loughgall Country Park - Orchard Walk (2 miles).

Gosford Forest Park - Castle Walk (2 miles)

* 3–4 mile circular walks

Highway to Health Armagh – Route A (3.4 miles).

Loughgall Country Park – Bridle Path (4 miles).

The Argory – Limetree Walk (3 miles).

Gosford Forest Park – Crunaght Trail (4 miles).

* 5–7 mile circular walks

Highway to Health – Route B

The Argory – Mixed routes (5 miles).

Gosford Forest Park – Crunaght Trail (4 miles).

* 8–15 mile circular walks

Poet's Trail – Ballykeel Loop , Maghery (8 miles).

Slieve Gullion (9.5 miles).

Wetlands Way - Maghery (12 miles).

Dungannon Area

* 1–2 mile circular walks

Dungannon Park - Dungannon's walking centre (1–2 miles).

Highway to Health Dungannon – Route A (2 miles).

Peatlands Park – short walks (1–2 miles).

* 3–4 mile circular walks

Peatlands Park – Woodland Walk (3 miles).

Windmill Wood & Dungannon Park (3 miles).

Parkanaur Forest Park – mixed routes (3 miles).

* 5–7 mile walks

Peatlands Park – Peatlands Walk (5.5 miles).

Coalisland Canal Walk (5 linear miles).

Carleton Trail, Clogher Valley - black (6 miles).

* 8–15 mile circular walks

Creggandevsky Archaeological Trail, Carrickmore (9 miles)

Walking events & festivals

For information on all these walks (and more)

plus walking festivals in your

area visit: **WalkNI.com**

WalkNI.com

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How to enter

Here's what you get:

Shuttle bus from Navan Fort/Moy to start. Entry to the event. Kickstart Café. Water. Hi vis jacket. Map. Lunch in Benburb. First Aid. Road Marshals. Marked and mapped route. Water/Snack & WC stops. Back up vehicles. Medal at finish. Finish Line Festival. Sports therapists. Shuttle bus back to Moy/Dungannon.

Cost £25

If you sign up early, we'll knock 20% off!

We need to know numbers in advance, so if you help us out, we'll knock 20% off the price. If we receive your entry by 1st Sept. we'll knock £5 off the price!

Entries after 1st May = £25.00

Fill in the form opposite or register at:

www.bigfootwalk.com

£20
**on-line/
by post**



Bigfoot

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Event entry form 2013

Registration will start at Hill of the O'Neill (Castlehill, Dungannon) on Sunday 26th May at 9.00am. The walk begins at 9.30am. A shuttle bus will leave Navan Fort at 08.00am for walkers leaving from Armagh area (parking available at Navan Fort), calling at the Autcion Rooms, Moy. Shuttle buses will leave finish, taking walkers back to Dungannon again calling at the Moy.

Disclaimer: I understand that **I enter the event at my own risk**, that no person(s) or organisation(s) will be held responsible for any accident, injury or loss to myself, prior to, during or after the event. I confirm that I have **no medical conditions** which would endanger myself or others taking part. I understand that the organisers reserve the right to alter arrangements and conditions should circumstances require.

Name :

Address:

.....

Postcode:

Tel:

Shuttle bus? at start | at finish Vegetarian?

E-mail address:

Signature (parental):

*Cheques only, made payable to **The Upbeat Agency** (your name & address on reverse) £25 Per Individual Entry, £20 before 1st May. **Post to:** The Upbeat Agency, 1 Maghera Business Centre, Dungannon Rd, Maghera, BT71 6PA*