

# THE MOMENTUM LONDON STAND UP PADDLEBOARDING (SUP) MARATHON 2013



**SATURDAY 22<sup>ND</sup> JUNE 2013**

## **Join Momentum's pioneering new event on the River Thames!**

The Momentum London SUP Marathon 2013 is the first of its kind; a long distance (approximately 26 mile) mass paddle to be held on the Thames from Shepperton to Putney on Saturday 22 June 2013. The course combines tidal and non-tidal sections of the river passing through 3 locks and under 14 bridges and taking in picturesque sights such as Hampton Court, Syon House, Kew Gardens, Ham House and Richmond Hill.

## **What is SUP?**

Stand Up Paddleboarding, or 'SUP' as it has become known, has been evolving rapidly for a few years and is now the fastest growing water sport worldwide. All it takes is a board (similar to a surfboard but more stable) and a paddle. These can be hired from the event organiser, Active360. To SUP, you simply stand on the board and paddle! It's easy to learn the basics of SUP and most people can stand and paddle straight within 30 minutes of starting.

Paddleboarding is recognised as a great way to stay in shape; it gives a total body workout and strengthens all of your core muscles. Training for this event should therefore consist of a rigorous program of varied exercise and time spent on the board learning technique and safety.

Any profits and all funds raised through this event will be directed to:  
St Mark's Hospital Foundation, registered UK charity number: 1140930



BEATING BOWEL DISEASE.  
SAVING LIVES.

**MOMENTUM**  
Curing Bowel Cancer



**LONDON**  
PADDLEBOARDING  
WWW.ACTIVE360.CO.UK

# BE AMONG THE FIRST TO TAKE UP THE COOLEST NEW CHALLENGE THIS CITY HAS TO OFFER!



## THE MOMENTUM LONDON SUP MARATHON 2013

### To sign up to the Momentum London SUP Marathon 2013

Contact [sophia@momentumforlife.org.uk](mailto:sophia@momentumforlife.org.uk) to request a registration form. Your place will only be secure once you have returned your completed form and paid the entry fees. Please register quickly to avoid disappointment as this event has already attracted a high level of interest and we have limited capacity. If you wish to try out SUP before committing to the marathon, come to one of our 90-minute 'taster' sessions (see below) in February. If you sign up to one of these sessions we will reserve your place until 1 March, at which point your event entry fees must be paid or your place will be released.

### **Important!: Mandatory SUP Training**

Our event safety standards require that all participants must have completed a minimum of 3 hours of coached training on the Thames prior to completing the Momentum London SUP Marathon, although some participants may require longer to feel comfortable enough to tackle a 26 mile challenge. People who have registered, but have not completed the minimum training prior to 15<sup>th</sup> June will not be allowed to participate in the event and will not be eligible for a refund of their entry fees. (Any profits from the event will be donated to St Mark's Hospital Foundation.)

There will be plenty of opportunities to join in Active360 training sessions throughout the Spring and also to hire boards. All participants will get free Active360 SUP Club membership worth £30. This will enable you to hire equipment for just £10 for up to 2 hours.

Please see [www.momentumforlife.org.uk/SUP.html](http://www.momentumforlife.org.uk/SUP.html) for the training schedule, costs and booking details. If you have already trained in SUP, please contact Paul Hyman at Active360 to discuss your experience. Places may be available for experienced paddleboarders to act as event marshals. Please contact Paul Hyman if you are interested.

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## SHEPPERTON TO PUTNEY

### Entry fees

Entry fees are £175 per person, or £150 if you are providing your own equipment (this must include paddleboard, paddle and buoyancy aid). Any profits from the event will go to support bowel cancer research at St Mark's Hospital. Fees include entry into the Momentum London SUP Marathon, loan of paddleboards, paddles and buoyancy aids at the event (for full paying participants), qualified instructors & full marshalling, safety boats, first aid assistance, Environment Agency fees, Port of London Authority fees, transport of equipment, snacks and energy drinks, safety briefing breakfast, lunch, and Hawaiian themed party in the evening in Putney (drinks not included). Mandatory pre-event training is not included in the entry fee.

### Fundraising & Sponsorship

All fundraising, sponsorship and any profits generated from the event will be channeled via Momentum to the St. Mark's Hospital Foundation and from there into Momentum sponsored projects. We fully recognise that some people are more able than others to raise sponsorship for all sorts of reasons. We will help you to set up a Momentum charity giving page and provide you lots of encouragement to raise funds for this important cause, but we will never pressure you.

We respectfully ask that all money raised goes to support Momentum's work with St Mark's Hospital Foundation. If you wish to raise funds for an alternative bowel cancer cause, please call us to discuss further.

This event offers a unique brand exposure opportunity to potential sponsors. Please contact [sophia@momentumforlife.org.uk](mailto:sophia@momentumforlife.org.uk) to request details of the sponsorship packages available.

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## About Momentum

Momentum is a rapidly expanding 'family' of fundraisers who have decided to take action against the second biggest cancer killer in the Western world: bowel cancer. Momentum runs a series of 'challenges' each year that provide a focus for the fundraising. Many of the participants in Momentum events have had friends and family suffer from bowel cancer and have deep connections to the cause. Presenter Chris Evans is Momentum's patron.

We are currently funding a research project called FLEX at St Mark's Hospital in Harrow – a world leading centre for research and treatment of bowel disorders. For more information on Momentum visit our website: [www.momentumforlife.org.uk](http://www.momentumforlife.org.uk).

## About Active360

Active360 is London's first ASI (Academy of Surf Instructors) accredited SUP school, and is dedicated to developing the sport of SUP in London. Active360 will be responsible for all on-water elements of the Momentum London SUP Marathon and will be providing equipment and mandatory pre-event training to all participants. For more information on Active360 visit: [www.active360.co.uk](http://www.active360.co.uk)

## Contacts

If you have any questions, please look under the heading 'FAQs' on [www.momentumforlife.org.uk/SUP.html](http://www.momentumforlife.org.uk/SUP.html), before contacting us.

For any further questions, please contact:

**Momentum:** Sophia Hodges: [sophia@momentumforlife.org.uk](mailto:sophia@momentumforlife.org.uk)

**Active360:** Paul Hyman: [paul@active360.co.uk](mailto:paul@active360.co.uk), 07885 860806

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