



MK Can Quest Information

Timings

11:45am Staggered start times	Arrival You will be allocated a Start Point and given a staggered time slot prior to the event. Please make your way to the registration desk on arrival. Please arrive promptly and ready to go, there will be coffee vans around the site and opportunities for drinks/snacks around route so remember to bring cash. Toilets will be sited at the MK Rose and The Pavilion car park. There is no parking at the site, please see parking options (see below)	
12:00 – 15:30pm	Challenge takes place • You will have a 3.5 hour completion deadline from when you start. • At each of the 8 Challenge points there will be either a physical or mental challenge managed by MK Food Bank volunteers, you will have 10 minutes to complete each challenge. • Whilst on route you will be able to spot food cans to tick off on your activity sheet as well as hidden tasks for extra points! • Best outfits on the day also get extra points!	

	• Can Quest finishes by 15:30pm please hand in your activity sheet to members of our team at the MK Rose area so we can add up your score points.	
16:00 – 17:30pm	Midsummer Tap – Celebration event! • Teams to make their way to Midsummer Tap, 1 Savoy Crescent, Milton Keynes MK9 3PU • Refreshments provided (drink and snack included in ticket price) • Prize-giving and networking opportunities until 17:30pm with fellow Can Questers!	

Terms and Conditions

What to bring on the day

- ✓ **Waterproof, warm clothing.** This Challenge will be held in October in the UK so please dress for cold and potentially some rain. We will only cancel the event if extremely bad weather is likely – mere showers will not put us off! Remember you can wear branded clothing with your logo.
- ✓ **Sensible, closed shoes.** See above! Parts of the course might be slippery or wet, so plan accordingly.
- ✓ **Promotional flags or banners.** If you want to carry your logo or promotional materials with you for selfies, please do, but remember you'll need to carry it around the 7.6km route.
- ✓ **Refreshments.** There will be some food and drink options throughout the park but bring anything with you that you want before then. Please make sure you take all your rubbish with you.

Your team

- Each team must consist of 4 people, maximum of 4 teams per organisation.
- All volunteers should be aged 18 or over.

- Participants take part entirely at their own risk and should only enter if they are fit and well, and capable of long walks and physical challenges. There will be periods of waiting and no seating.
- First aiders will be available at the Rose.

Your branding

- You may wear branded clothing and/or bring promotional flags with you.

Extreme Weather

- This is an outdoors event with no indoor plan B. If it is showery or damp we will go ahead. Please prepare and dress accordingly.
- We will only cancel if extreme weather is likely, or if advised to do so by local authorities. We regret that in the event of a cancellation due to circumstances outside our control, **no refunds will be offered.**

Photography, videography and social media

- You may take and share your own photos and videos but no private drones please, plus share videos/photos from the Mk Can event from last year!
- We encourage live social media activity from all participants throughout, using the hashtag **#mkcanquest**
- Tag us on socials with **@mkfoodbank**

The course

- A map of the course is here (below). It is made up of paths, grassy and bark areas and redways. The majority of the course will be open to the public throughout the Challenge so please be aware of bikes, scooters and persons running/walking.
- There are 4 starting points as indicated on the map, we will let you know 2 weeks prior to event where to begin. If any of your team have accessibility issues, please let us know and we will endeavour to allocate a section close the car park by The Pavilion. Toilets are stationed at the MK Rose and The Pavilion car park and water will be available at the Challenge points.
- The Challenge will take the form of a treasure hunt around the 7.6km course. There will be 8 physical and mental challenges to complete along the way.

Getting here and back

- You will need to get your team to your starting point. We will allocate you a time to arrive and ask that you give yourselves plenty of time to get there – please car share if possible.
- We cannot provide any parking on site so please view parking options below.

Health and Safety

- The Challenges may involve running, lifting, racing and using some sport equipment, please wear appropriate clothing and footwear, and please do not compete if injured or ill.
- Please take all rubbish home with you.

Parking Options

- John Lewis Multi Storey.
- Canal side parking (near The Pavilion).
- CMK.
- We will advise of parking for people/teams with disability issues.
- Please do not park on grass verges or yellow lines, we are not liable for fines/actions.

Map of route:

