

A man, Richard Parks, is shown from the waist up, kneeling on a snowy mountain peak. He is wearing a bright red jacket, a green beanie with a 'Rab' logo, and sunglasses. He has a wide smile and is looking towards the camera. His jacket is covered in various sponsor patches, including 'www.737challenge.com', 'Cardiff Audi', 'JAGGED GLOBE', and a large '737 CHALLENGE' patch with a Union Jack flag and the website 'www.737challenge.com'. He is also wearing black gloves and orange and black mountaineering boots. The background shows a vast, snowy mountain landscape under a clear blue sky.

CLIMB EVEREST WITH RICH!

RICHARD PARKS'

737

CHALLENGE

CLIMB EVEREST WITH RICH!

RAISE MONEY
WITH OUR
SPONSORSHIP
FORM OR
ONLINE!



CHOOSE **RICHARDPARKS737CHALLENGE**
ON JUST GIVING!

RAISING FUNDS IN AID OF:



In December 2010 former Wales rugby international Richard Parks, embarked on a gripping 7 month expedition to climb the 7 Summits, which are the highest mountain on each of the world's continents, and venture the last degree to The South Pole and Geographic North Pole. All against a 7 month clock! 7 summits, 3 poles, in 7 months. A world first.

"The next stage of my challenge will be to tackle Mount Everest in Asia and I would like YOU to join me!"

"Whilst many people would love to be able to accompany me on this leg of the challenge, it is not always possible. The 737 Challenge team and myself would therefore like to offer you the opportunity to **Climb Everest with Rich!**

"By signing up to 'Climb Everest with Rich' as an individual or as a relay team, you can get a small taste of how far I have to climb whilst getting fit and raising funds for the 737 Challenge which is raising funds in aid of Marie Curie Cancer Care.

"We cannot simulate the effects of altitude, however you can increase the intensity of the challenge by completing in a shorter timescale, using stairs / steps, or increasing the incline or intensity at which you walk the challenge.

"You can make the use of your work space, and climb the stairs during your break or lunch hour. Take part as a group of friends or colleagues, run as a relay event within your school or even challenge the office next door to an "Everest off"!!

"Good luck and thank you so much for your support and don't forget to keep us up to date on your progress."

Richard

Technically Everest is counted from Base Camp, however should you wish to take part from the start, then please choose **option 1**. Alternatively choose **option 2** to start from Base camp.

SUMMIT
8,848m / 29,029ft

BASE CAMP
4,200m / 13,650ft

CAMP 1

CAMP 2

FEELING
FIT?

OPTION 1

Climb from starting point to Base Camp, and on to the summit

From starting point to Summit is 8,848 metres or 29,029ft.

Approximately **50,000** steps (based on a 7" step)

OPTION 2

Climb from Base Camp to the Summit

From base camp to summit is 4,200 metres or 13,650ft

Approximately **26,500** steps (based on a 7" step)

LET'S
GO!

Equivalent to lapping
a football pitch
50 TIMES!

FAST FACTS

- 1** Everest is 5 and a half miles above sea level and equivalent to the size of almost **20 Empire State Buildings**.
- 2** It's original European name of Peak XV was renamed to Everest after Sir George Everest, a British surveyor-general of India from 1830-1843.
- 3** It's local, Tibetan name of "Chomolungma" means "mother goddess".
- 4** The 'death zone' above 7,900m / 25,917ft, is the point at which there isn't enough oxygen in the air to sustain human life. Richard and Steve will be using supplementary oxygen as do the vast majority of climbers.
- 5** Conditions are so difficult in the death zone that some of the corpses of climbers that sadly lost their lives on Everest have been left where they fell and are visible from the climbing route.



CLIMBING EVEREST

Run, walk, step, cycle,
swim, row!
There's loads of ways
to climb Everest!

EVEREST

Mount Everest – the highest mountain on earth at 8,848m / 29,029ft

Mount Everest is the highest mountain in Asia

It is located in the Himalayas on the Nepal (Sagarmatha Zone) – China (Tibet) border.

CLIMBING EVEREST

You can climb Everest by;

Running, walking, step machine, cross training, rowing, swimming, climbing stairs, any physical activity that involves covering some metres!

STEPS TO CLIMB EVEREST WITH RICH

50,000 steps are the Equivalent of;

Miles and KM

For women (based on a 2"2' stride length)
= 19 miles (30.57km)

For men (based on a 2"5' stride length)
= 25 miles (40.23km)

RAISING FUNDS IN AID OF:



ALTITUDE

Whether you are at sea level or high on a mountain, the atmosphere holds the same level of oxygen: 21% but as people climb higher, they experience less atmospheric (barometric) pressure and the oxygen molecules are farther apart, making it harder to breathe.

At sea level our blood is 98% saturated with oxygen and this decreases to 89% at 3000m and reaches as low as 40% on the summit of Everest.

At the summit of Mount Everest at 8,848 metres, there will be approximately 33% of the oxygen that is available at sea level. That's like climbing up stairs and only getting 1 out of every 3 breathes!

We don't recommend you to simulate this as acclimatisation is a steady planned process but if you want to be like Rich and feel the effects of altitude you could do the following whilst you train;

- Increase the intensity at which you work
- If on running or step machine increase the incline

Let us know how you adapted your climb by sending us in your pictures and stories of how you climbed Everest.

Remember our medical points on page 4 – don't push yourself beyond your fitness limits, climbing Everest is not a race, it's getting to the summit in your own time which is the goal, and have some fun along the way too!

MARIE CURIE

RAISING FUNDS IN AID OF:



The 737 Challenge is justly proud to be raising funds in aid of Marie Curie Cancer Care.

As a celebration of the amazing work undertaken by all Marie Curie nurses and the by the Marie Curie Charity organisation, Richard was joined by Janet Suart, a Marie Curie nurse on the climb to the summit of Kilimanjaro in Africa.

Many of us in life are faced with having to make new beginnings, to challenge ourselves, and to confront our deepest fears in order to grow and develop as human beings.

In conceiving, putting in to place and attempting this challenge, Richard has confronted head on his fears and the uncertainty that were facing him.

In the current economic climate and in the challenges of today's society, many will identify with the relevance of Richard's journey, so if you would like to make a difference to the lives of people with Cancer and other terminal illnesses, Climb Everest with Rich and be inspired!



Get on your bike!



Do it at home!

Do it at the gym!

Do it in relay!

CHECK WITH YOUR DOCTOR BEFORE PARTICIPATING

- Always warm up before exercising, especially before a long run
- Make sure you're wearing suitable clothing
- Make sure you're well hydrated and have water and snacks to hand
- If you have a medical condition or if you're in any doubt about your health, make sure you consult your doctor before you carry out this activity
- Never run when you have an illness or infection and once recovered build up your training gradually
- Do not run on an injury, even if it is healing, without consulting a doctor
- Don't push yourself beyond your fitness limits. Stop stepping or running if you feel ill
- If you injure yourself whilst running do not try to continue. Seek medical advice.

DID YOU DO IT? SHARE IT WITH US!

Send us your pictures, videos and stories to fundraising@737challenge.com or post them on Facebook or Twitter – just tag 737Challenge!

Make a donation today at www.justgiving.com/richardparks737challenge

twitter

facebook

Relay can be done in teams of 2 or 4

RELAY RECORD SHEET EXAMPLE

TEAM NAME: CHALLENGERS

NAME	STAGE 1 DISTANCE COMPLETED	STAGE 2 DISTANCE COMPLETED	STAGE 3 DISTANCE COMPLETED	STAGE 4 DISTANCE COMPLETED
GRAHAM PARKS	3,000 STEPS			
DAI PARKS		3,000 STEPS		
ANDREW PARKS			3,000 STEPS	
GEMMA PARKS				3,000 STEPS

RELAY RECORD SHEET

TEAM NAME:

NAME	STAGE 1 DISTANCE COMPLETED	STAGE 2 DISTANCE COMPLETED	STAGE 3 DISTANCE COMPLETED	STAGE 4 DISTANCE COMPLETED
1				
2				
3				
4				

RELAY RECORD SHEET

TEAM NAME:

NAME	STAGE 1 DISTANCE COMPLETED	STAGE 2 DISTANCE COMPLETED	STAGE 3 DISTANCE COMPLETED	STAGE 4 DISTANCE COMPLETED
1				
2				
3				
4				

