

# #1HOUR

# Rush Hour

## TO TRANSFORM TRAUMA

Rush Hour is a 'friendly' competition to see how many designated sites can be visited by individuals or teams in one hour.

For work colleagues, members of a sports club or associations - anyone can take part. It can take place over the course of a lunch hour, before or after work or at weekends - the choice is yours.

### How to play:

- Each competitor pays an entry donation.
- Create a list of landmarks, well-known sites, pubs, churches - the choice is yours.
- Include more sites than would be possible to visit, so giving participants a variety of choice.
- The list of sites is given to competitors an agreed time before the race - or as the race starts. The less time they have to plan their route the more challenging the competition.
- Decide on allowed means of transport for all participants e.g. on foot, bike, public transport
- Participants have to visit as many of the sites as possible, in any order, before returning to the start point within 1 hour.
- Participants have to record each site visit with a selfie. Failure to produce a selfie will result in that particular visit being discounted.
- Participants can all start at the same time or the race can be staggered, with competitors leaving at staggered times.
- The winner is the individual or team that visits the most amount of sites and returns to the finish line within the allotted hour.
- Trophies, medals or certificates are a great idea, as is introducing a fancy dress theme. Sponsorship is an easy way to bump up your fundraising total.

# How to pay your money in:

- Visit our [JustGiving appeal page](#) – and remember to leave a message about your #1Hour!
- Or, [create your own](#) JustGiving page and [link it](#) to our appeal page
- If you're texting to donate: Text **TRMA24 £5** to **70070** (you can also do £3 and £10)

## How your #1Hour could save a life:

By taking part in **#1Hour**, you will be helping to save the lives – and improve recoveries of – people affected by severe traumatic injury.

Catastrophic trauma injuries can happen to anyone, anytime, anywhere:



**Vicky** needed to have her leg amputated after she was trapped on a rollercoaster.



**Campbell** fell 25ft, suffering severe brain injury.



**Martine** was a victim of the 7/7 bombings and lost both of her legs.

For more info on our Transform Trauma appeal, head to [transformtrauma.org.uk](http://transformtrauma.org.uk) or contact [appeals@bartscharity.org.uk](mailto:appeals@bartscharity.org.uk).  
Registered charity no. 212563.