

# FIREWALK GLASGOW

## Frequently Asked Questions



### Where is the event taking place?

GHK Rugby Club  
The Pavilion  
Old Anniesland  
Crow Road  
Glasgow  
G13 1PL



### How much does it cost?

It costs **£20** to secure your place on the Firewalk

### How much do I need to raise?

We ask that you commit to raising a minimum of **£110** in fundraising. This could help five people with breast cancer get the vital answers they need right now by calling our free Helpline. We'll help you reach that in no time!

### What happens on the night?

<b>18.00pm</b>	<b>Registration</b>
<b>18.30pm</b>	<b>Training begins</b>
<b>20.00pm</b>	<b>The fire is lit</b>
<b>20.30pm</b>	<b>Firewalk</b>

Once you have registered, you will undergo a training session in a private room away from family and friends. Everyone must take part in this training. The training is based around proven motivational and psychological methods and is designed to prepare you for your challenge.

### I'm bringing friends/family to watch, is that ok?

Of course! Friends and family are encouraged to come along and support you and the other walkers at this exciting event. Whilst they can't watch your training session, we have a separate room for them to enjoy some light refreshments during this time. Friends and family will then be able to cheer you on as you step out onto the coals.

### Are there age limits?

The minimum age is 16 years of age.

### Does it hurt?

Everyone's firewalking experience is unique. Blaze will explain the science behind firewalking during your training and they'll dispel some common firewalking myths. The hardest thing to overcome is the fear of taking the first step.

### **What does it feel like?**

Karen from Blaze says, "Opinions vary. A number of people don't remember having any physical sensation at all about the experience. Some say it was cold, some say it was warm. Our favourite was that it felt 'fluffy'"

### **Is it real fire?**

Yes its real fire, constructed from wood burning at a mean temperature of 1236°F! To put it into perspective: paper combusts at 451°F, aluminium melts at 1100°F!

### **Do I have to run?**

Not at all, running pushes your feet deeper into the embers. A quick walking pace is sufficient. You'll be shown the correct pace in the training.

### **What happens if it rains?**

Provisions are made for all types of weather conditions and as long as the wood is kept dry prior to lighting, the event will go ahead.

### **Do I actually walk on a flaming fire?**

No, you walk on the fire bed itself. By the time you complete the training seminar the fire will have burnt down to embers. If there are any flames they will be down the sides of the fire lane.

### **What happens if I should stop halfway through?**

Don't worry, you won't! There will be someone walking beside you to support you all the way.

### **What's the best thing to wear on the night?**

There are no special requirements regarding clothing. Casual clothing is best; all you need to do is roll up the bottom of your trousers so they don't get dirty. Tights and stockings must be removed before the walk itself.

Your feet are going to be sooty afterwards; this is the best time to wear those odd socks we all have lingering in our sock drawer.

Wear light coloured clothing as this shows up better in photographs and videos.

### **I have a medical condition; will I be able to firewalk?**

If you're concerned about your ability to participate please check with your GP

### **Can I have an alcoholic drink before the walk?**

Unfortunately we cannot permit those under the influence of alcohol or controlled substances to do the Firewalk for safety reasons.