

STEPS 4 STEPHEN

Roads for Rimmer

Saturday March 25th, 2023



Fundraising in support
of the Darby Rimmer
MND Foundation

EST. 2007
Redwood
events

MAIN EVENT
SPONSOR

tbc

 **DARBY
RIMMER**
MND FOUNDATION

The Motivation



To Liverpool FC

To the AXA Training Centre

Supporting the Darby Rimmer MND Foundation

To Aintree Racecourse

To Marine FC





Introduction

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'Steps4Stephen' has become a brand for fundraising walks for the Darby Rimmer MND Foundation. Many events were planned around the country when the Covid Pandemic hit. Now its time for us to get walking again. In the last year, the Foundation has lost one of its co-founders, Chris Rimmer. So we will be remembering him as we walk around Merseyside in March, 2023. As such, this Steps4Stephen event will be called 'Roads For Rimmer'.

The last big walk for the Foundation in 2019 was over two days. The Steps for Stephen is much simpler. A similar event to this in July 2022 was a great success. We invite people to join this event in teams of 3-6 people and walk together along a route that visits a number of sports arenas on Merseyside. Having shared the plans of this event on social media, we are encouraged that its likely that a large number of teams are likely to join the event. We are hoping that many personalities from the football world will come and show their support. Chris Kirkland, former Liverpool goalkeeper, is the first to sign up. Lets show Stephen Darby and all those who have Motor Neurone Disease that they will Never Walk Alone;

Mike Wilson
Redwood Events



Steps for Stephen





The Darby Rimmer MND Foundation

Former Liverpool, Bradford City and Bolton Wanderers footballer Stephen Darby and close friend and British Forces Veteran Chris Rimmer have partnered together to launch the Darby Rimmer MND Foundation.

Stephen and Chris both have Motor Neurone Disease and have created a Foundation to create awareness of MND, to fund and assist research into the illness with the quest of finding a cure for the illness, to raise funds and offer grants to those with MND, as well as creating a network to help provide information and emotional support network for those diagnosed with the disease.

Click to read
Stephen's Story

Click to read
Chris's Story

www.darbyrimmermnd.co.uk



Steps for Stephen





What is Motor Neurone Disease

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Motor Neurone Disease (MND) is a neurological condition which affects the nerves in the brain and spinal cord. In some countries it's known as ALS. MND affects a person's arms and legs resulting in the need of a wheelchair whilst losing the ability to do basic things like wash, feed and dress yourself. It affects your ability to swallow food and drink which leads to the need of a percutaneous endoscopic gastrostom (PEG) feeding tube, to maintain nutritional intake as swallowing becomes impossible. Your voice is compromised and people are unable to talk meaning communicating is difficult. Breathing muscles are also affected, which leaves you relying on a ventilator to breathe. All these symptoms occur whilst your mind is unaffected.

The average life expectancy is just 2-5 years from the onset of symptoms. A third of people diagnosed will die within a year and half within 2 years. It's a 1/300 lifetime risk in the UK of being diagnosed with MND. That's 3 children in each and every school today.

There is no known cause of MND and there is no cure or effective treatment, it's always fatal. MND is NOT a rare disease as often described and doesn't only affect people aged 50+. There is a serious lack of awareness and more importantly funding. There is a lot of research going on and signs of promising treatments in the future.





In Memory of our Courageous Friend

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This event is very much motivated by Stephen Darby's love of Chris and his desire to celebrate his life and his friendship one year after his passing. These are Chris's words on his great friend.

"On Monday 18th April, our Co-Founder sadly passed away after a brave battle with Motor Neurone Disease. Everyone was truly heartbroken. Chris was a fighter and a special man. He was and is an inspiration for so many. He was passionate about trying to help others affected by MND.

Since Chris was diagnosed in 2015, he made it his focus to do everything he could to have a positive impact on MND. He helped create the Facebook group, MND Warriors. The group brought people together who were diagnosed with MND, family members of someone with MND or a carer of someone with MND. It created a support network for those battling the disease.



Steps for Stephen



Chris did all he could to raise awareness of MND, inspiring so many people. He gave strength to others who were diagnosed. He led the way in how to fight and battle MND. His motto was to “adapt and overcome.” Every hurdle and obstacle that the disease threw at Chris, he approached it head on and took the fight to MND. He was there in times of need for so many at their darkest and toughest times. Chris’s legacy lives on and he will forever be in our hearts. We will now do everything we can to continue his amazing work.

Next spring, on March 25, close to the first anniversary of his passing, we are inviting people to come together to remember Chris as we stage the Roads For Rimmer fundraising walk in his memory. Chris was a huge Liverpool supporter and so this 20 mile team walk starts and ends at his beloved Anfield. More information on the event and how to register your team can be found on the Redwood Events website.

Chris will be forever in our thoughts so lets get as many teams registered as possible and do him proud.

#RestEasyChris”

In Memory of our Courageous Friend



The Event



To Everton FC

To Aintree Racecourse

Supporting the
Darby Rimmer MND Foundation

To the AXA Training Centre

To Marine FC

To Liverpool FC





Plan of the Event

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This event is team event with teams of walkers taking on a circular route starting and finishing at Anfield. The route of a little over 20 miles has been broken down into six stages, most of which end at a Merseyside sporting arena.

Stage	From	To	Miles	Minutes	Tot Miles	Start Time	End Time
1	Liverpool	Everton	0.66	11.9	0.66	10.00	10.12
2	Everton	Marine FC	5.07	91.3	5.73	10.22	11.53
3	Marine FC	Aintree Racecourse	4.68	84.2	10.41	12.03	13.27
4	Aintree Racecourse	AXA Training Centre	4.63	83.3	15.04	13.50	15.13
5	AXA Training Centre	McDonalds East Lancs	3.50	63.0	18.54	15.23	16.26
6	McDonalds East Lancs	Liverpool	2.92	52.6	21.46	16.36	17.29

Teams will be set off at 20 second intervals at the start to prevent excessive crowding on pavements. As stage ends, one person from each team will need to check in with the marshals.

There is no demand for all members of the team to walk every one of the seven stages. This allows for people of differing walking abilities to take part. If a team chooses to walk the route in some sort of rotating stage rota, they will need to provide their own support vehicle.





Joining the Walk

There are two ways to join the event

WALKERS

Fundamentally the vast majority of the participants in the Steps for Stephen will be the walkers. People will enter in teams of up to five people. The team will stay together through the walk.

Not all team members need to complete each stage. If some walkers don't feel that they can complete the full 21 miles, teams can share out the stages. As long as the team has its own support vehicle to transfer the non-walkers around, and someone from the team is completing each stage, the team is completing the course.

MARSHALS

We will need three pairs of marshals to cover rotating stage ends. Their role will be to check in each team at the end of each stage. This allows us to make sure that everyone is safely progressing around the course.

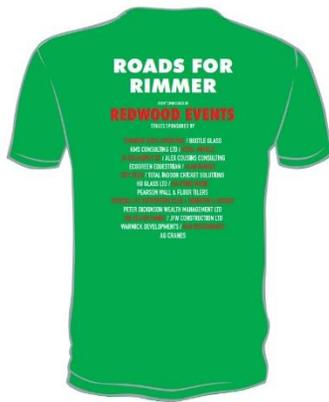
REGISTRATION FEE

Everyone taking part as a walker or marshal will be asked to pay a registration fee of £10. This is largely to cover the cost of the event t-shirt. Any extra money raised will go to the Foundation..





Sponsors names in this artwork to demonstrate how they will look once recruited



T-shirts and Hoodies

T-shirts and hoodies for the event have been designed by White Lodge Group, regular suppliers to Redwood Events.

The walkers and marshals will wear t-shirts with red and white print, the Darby Rimmer brand colours. T-shirts will be available in navy or green, colours chosen for their military alignment in memory of Chris Rimmer. All walkers and marshals will register to take part and the registration fee of £10 will include a t-shirt.

All participants will also be able to buy an event hoodie. This will cost a further approx. £15. These will be available in green and navy.





Fundraising

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Our fundraising effort will take many forms

Personal Fundraising

Each team will have an online fundraising page as part of an overall event page. We ask that each team tries to arrange a minimum of £100 per person in the team.

Stage Sponsors

We are looking to get a sponsor for each mile of the journey. More information on this can be found on the next page

Signed Sports Merchandise

We will raffle or auction various items of signed sports memorabilia. This will include the shirts worn by Joe Gomez, Curtis Jones and Ryan Kent (pictured above) in the Bradford City v Liverpool pre-season match in 2019, signed by the players after the game. This event was a significant fundraiser for the Darby Rimmer MND Foundation.





Our Sponsors

Events like this need willing and generous backers to make sure that we have the funding to make the event possible. We are looking to recruit a main sponsor, who, for a donation of £500, will cover the miscellaneous costs of the event (fuel, Banner, water etc. and to offset the cost if t-shirts for those taking part).

In addition, we will recruit 21 ‘Stage Sponsors’, companies who will donate £100 in support of the event. All this money will go directly to the Foundation.

All sponsors names will be on the event t-shirts with the main sponsor with pride of place. All logos will appear on the event banner.

Main Sponsor			
Stage	From	To	Stage Sponsor
1	Liverpool	Everton	
2	Everton	Derby Park	
3	Derby Park	Orrell	
4	Orrell	Seaforth	
5	Seaforth	Waterloo	
6	Waterloo	Marine	
7	Marine	Rimrose Valley	
8	Rimrose Valley	Ford	
9	Ford	Netherton	
10	Netherton	Aintree Racecourse	
11	Aintree Racecourse	Seeds Lane Park	
12	Seeds Lane Park	Fazackerley	
13	Fazackerley	M57	
14	M57	Kirkby	
15	Kirkby	AXA Training Centre	
16	AXA Training Centre	Southdene	
17	Southdene	Gillmoss	
18	Gillmoss	McDonalds East Lancs	
19	McDonalds East Lancs	Norris Green	
20	Norris Green	Clubmoor	
21	Clubmoor	Liverpool	





Collecting for Foodbanks

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It's well documented that both Liverpool and Everton fans have been very supportive of the initiatives to stock foodbanks in Merseyside. As part of our event, we want to provide our support. This would be another example of how the Football Family comes together for each other.

Supporting the Foodbanks while staging an event like this is a very simple way to make a huge difference in our community. We will ask all those taking part to bring a small bag of donations for the foodbank to be handed over before the walk. This simple gesture can make a massive difference to so many.

Hunger really doesn't wear club colours.





Marching on together, you'll never walk alone

Supporting great causes and making lasting memories



How to Follow the Event 15

Throughout the event, from preparation to closure, there will be a number of ways to follow the event.

- Through the Redwood Events website at www.redwoodevents.co.uk
- On Twitter under the accounts of **@DarbyRimmerMND** & **@Redsmail** and under the hashtag **#Steps4Stephen**
- We will use this Facebook Group to share the latest updates on the event [here](#).



The Route



To Liverpool FC

To Aintree Racecourse

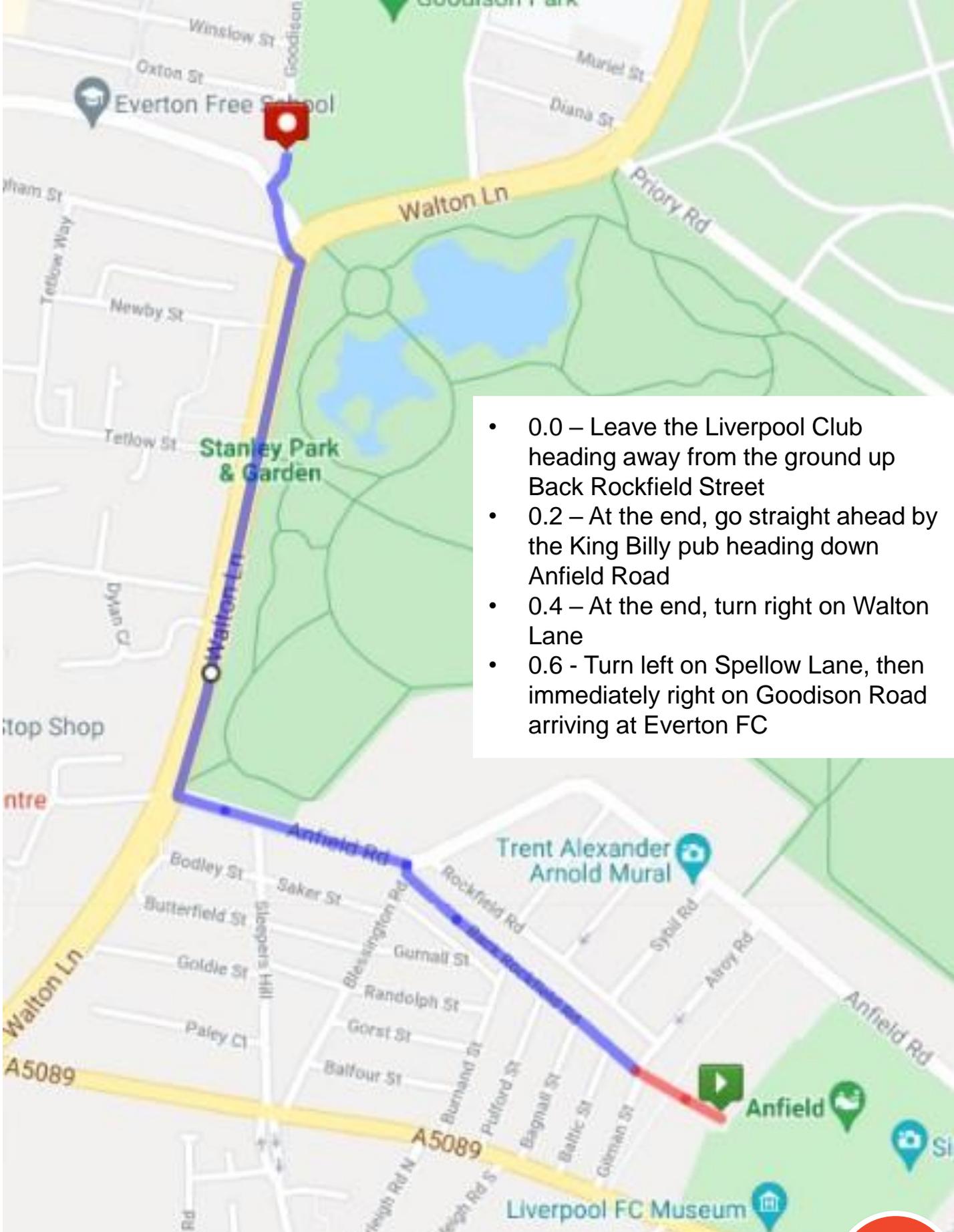
Supporting
Fans Supporting Foodbanks

To the AXA Training Centre

To Everton FC

To Marine FC

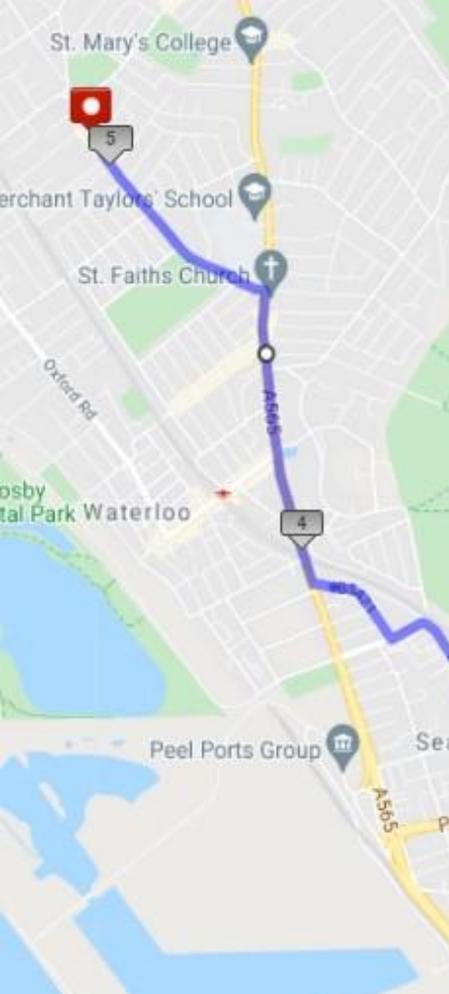




- 0.0 – Leave the Liverpool Club heading away from the ground up Back Rockfield Street
- 0.2 – At the end, go straight ahead by the King Billy pub heading down Anfield Road
- 0.4 – At the end, turn right on Walton Lane
- 0.6 - Turn left on Spellow Lane, then immediately right on Goodison Road arriving at Everton FC

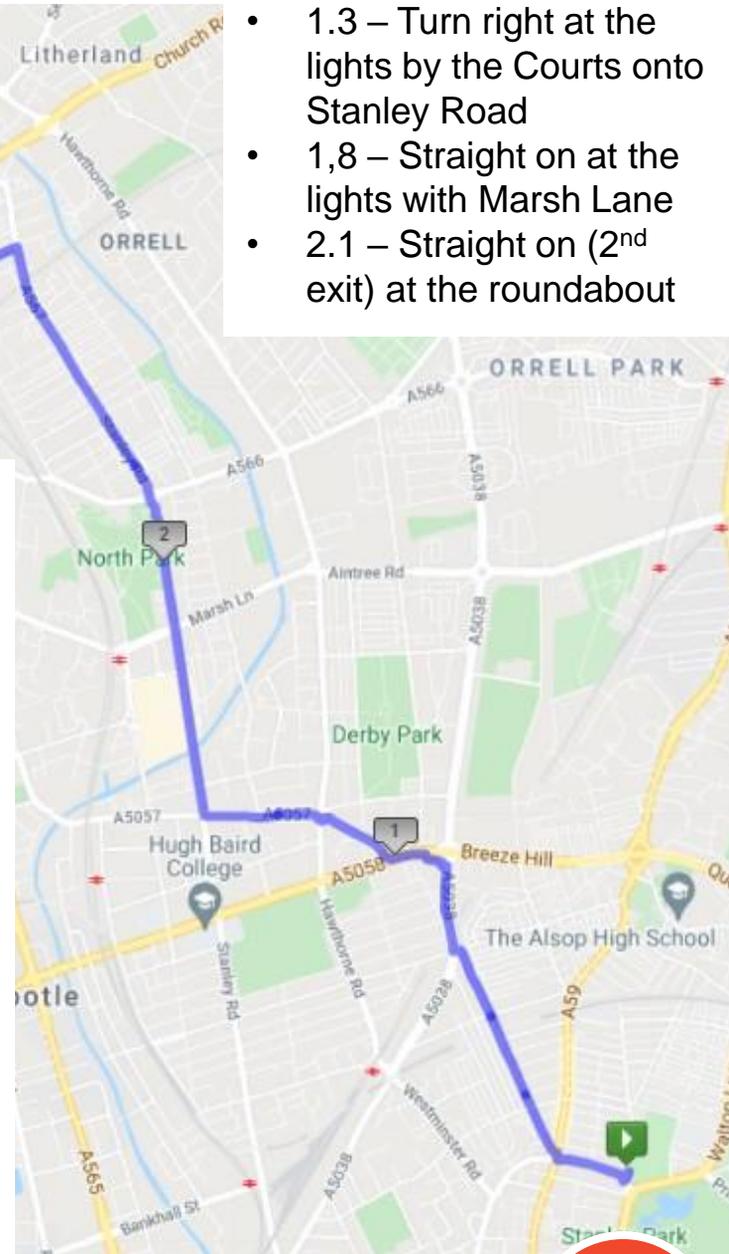
Stage 1 – Liverpool to Everton

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- 0.0 – Leave Everton FC and turn right down Spellow Lane
- 0.2 – At the lights by the Royal Oak, turn right on Walton Road, then immediately left on Carisbrooke Road
- 0.7 – At the end, turn right on Southport Road
- 0.9 – At the lights, turn left on Breeze Hill then veer right, signposted to Bootle, onto Breeze Hill (use the pedestrian crossing)
- 1.1 – At the roundabout, take the 2nd exit onto Merton Road

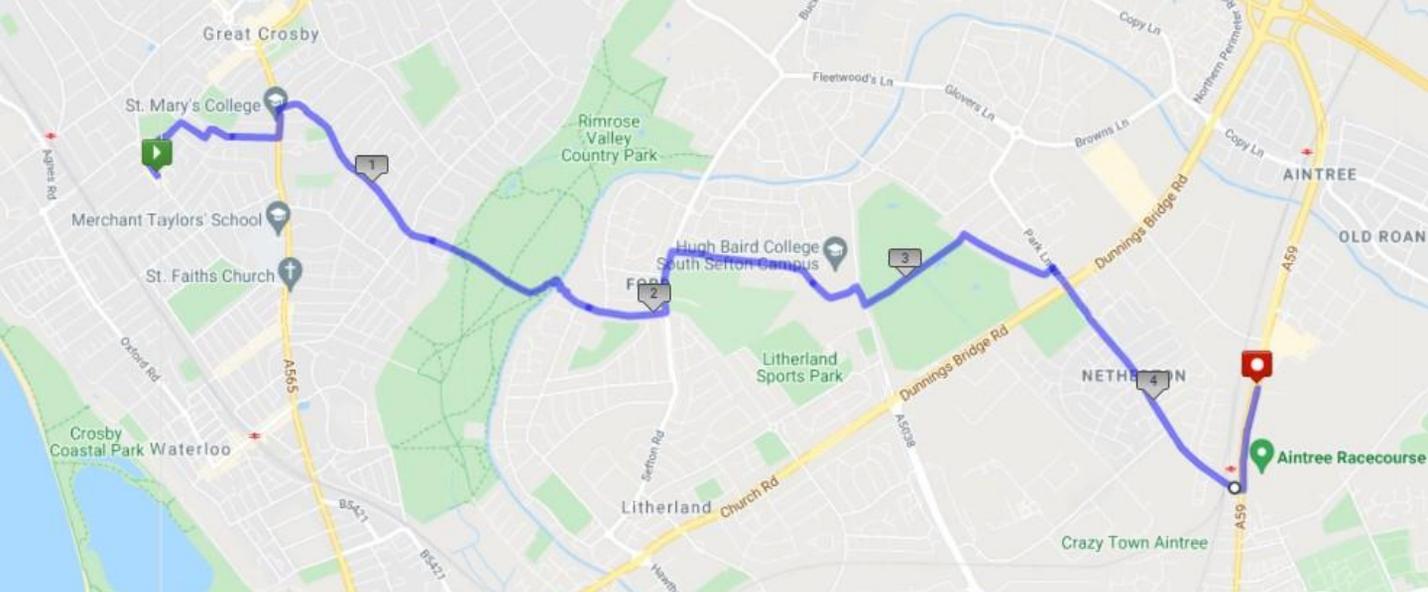
- 2.8 – Turn left on Palmerston Drive
- 2.9 – Take the 3rd right on Croxteth Ave
- 3.0 – Take 2nd exit at roundabout crossing to the right pavement on Princess Way
- 3.1 – Turn right on Sandy Road
- 3.3 – Turn right (3rd exit) at the roundabout onto Sandy Road
- 3.6 – Follow the road round to the left the turn right on Sandringham Road
- 3.9 – At the end, turn right on Crosby Road North
- 4.5 – At the lights turn left on College Road
- 5.1 – Arrive at Marine FC



- 1.3 – Turn right at the lights by the Courts onto Stanley Road
- 1.8 – Straight on at the lights with Marsh Lane
- 2.1 – Straight on (2nd exit) at the roundabout

Stage 2 – Everton to Marine

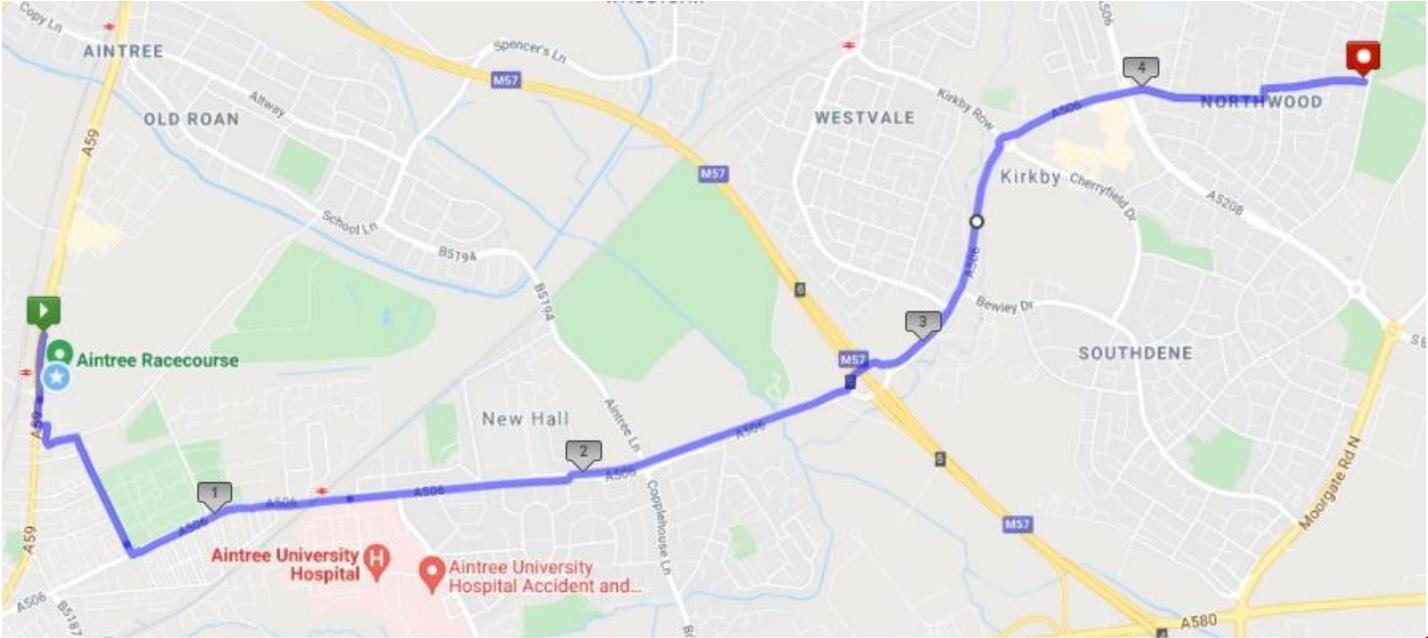




Stage 3 – Marine to Aintree Racecourse

- 0.0 – Turn left out of the stadium on College Road and take the first right on Carnegie Avenue (no entry for vehicles)
- 0.1 – At the end, turn right on Coronation Road
- 0.2 – At the end of the park, turn right on Regent Road
- 0.3 – At the end, turn left Kimberley Drive and follow the road round to the right.
- 0.5 – At the end, turn left on Liverpool Road
- 0.6 – Take the second right on Endbutt Lane and follow the road round to the right
- 1.1 – Straight on at the lights with Brownmoor Lane onto Derwent Road
- 1.3 - Enter the park and follow the path straight ahead
- 1.6 – As you approach the river, veer left on the bank
- 1.7 – Cross the bridge over the water leaving the bridge heading away from the river on Kirkstone Road West
- 2.0 – At the end, turn left on Gorsey Lane
- 2.2 – After the cemetery, turn right on Sterrix Lane
- 2.8 – At the roundabout, turn right (2nd exit) onto Boundary Road and turn left on the footpath across the field
- 3.2 – Leave the footpath between the houses and turn right on Ashborne Avenue
- 3.4 – At the end, turn right on Park Lane West
- 3.5 – Cross over the lights with Dunning's Bridge Road
- 4.3 – At the end, turn left on Ormskirk Road
- 4.5 –At the lights, turn into Aintree Racecourse on Grand National Road





Stage 4 – Aintree Racecourse to the AXA Training Centre

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- 0.0 – Head back down Ormskirk Road towards Liverpool
- 0.4 – Turn left on Melling Avenue, the last turning before the railway
- 0.5 – At the end, turn right on Greenwich Road passing under the railway
- 0.8 – At the end, at the lights, turn left on Longmoor Lane
- 1.3 – Pass Fazackerley Station
- 2.2 - Cross over the lights by Aldi and switch to the right hand pavement (better footpaths near the roundabout)
- 2.8 – Straight on (2nd exit) at the roundabout over the M57
- 3.6 – Straight on (2nd exit) at the roundabout with Cherryfield Drive
- 4.0 – Straight on at the lights with County Road by McDonalds
- 4.4 – Turn left by the parade of shops and immediately right on Quarryside Drive passing the Peacock pub
- 4.6 – Arrive at the AXA Training Centre



Steps for Stephen



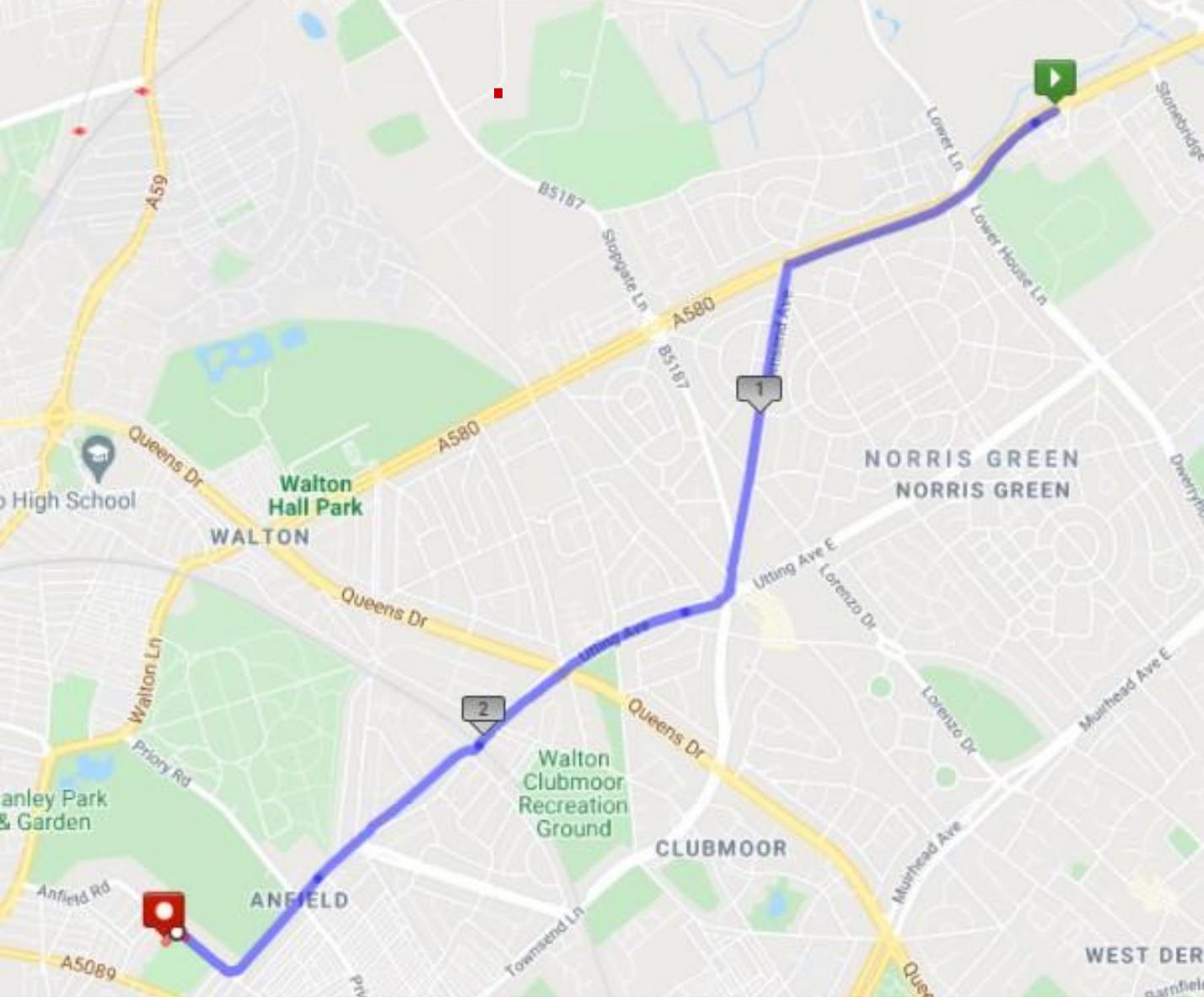


Stage 5 – The AXA Training Centre To McDonalds, East Lincs

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- 0.0 – Head south on Simonswood Lane keeping the Training Centre on your right
- 0.5 – Straight on at the lights with County Road on Park Brow Drive
- 0.9 – At the end, turn right on Broad Lane and then take the next left on Medbourne Crescent
- 1.1 – At the end, turn left on Gaywood Avenue
- 1.3 – Turn right on Peatwood Avenue
- 1.4 – At the end, turn left on Bewley Drive
- 1.5 – At the end, turn right on Moorgate Road North
- 1.8 – At the lights, turn right on the East Lincs Road
- 2.0 – Pass under the M57
- 2.5 – Straight on at the lights by Home Bargains
- 3.5 – Arrive at McDonalds





Stage 6 – McDonalds, East Lincs to Liverpool

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- 0.0 – Continue along the East Lincs Road towards Liverpool
- 0.3 – Cross over the lights with Lower House lane by the cemetery
- 0.8 – At the lights, turn left on Townsend Avenue
- 1.5 – Bear right at the first roundabout passing under the railway and then bear right again (2nd exit) and the next roundabout onto Utting Avenue
- 1.8 – Cross straight over Queen’s Drive staying on Utting Avenue
- 2.0 – Pass under the railway
- 2.6 – Cross the lights with Priory Road
- 2.8 – Turn right on the path across the top of Stanley Park just before the Arcles Pub (avoids the building works on Anfield Road)
- 2.9 – Turn left out of the park and arrive at 97 Avenue

