

Ming the Merciless Madness Endurance

Sat. June 6th 2009 – Huntly, Aberdeenshire

This **Open Event** comprises a **FUN ENDURANCE RUN** and **CYCLE**.

In addition there will be a **CEILIDH** at Gartly Hall, Huntly in the evening.

We welcome you to the Endurance or to the Ceilidh, and hope you can manage both.

Endurance - there are 2 courses. No prizes, a Fun Event.

The **long course** is a run of approx 14 miles followed by a bike ride of about 30 miles. The run provides impressive views over the Clashindarroch Forest and the Strathbogie countryside, notably on descent from Muckle Black Hill.

The cycle involves a fairly remote & demanding push up towards the Cabrach on the southern side of Tap O' Noth.

The **short course** is a run of 7 miles followed by a bike ride of 17 miles.

Runners will enjoy the scenic Coynachie Glen and then a rural cycle circuit within Strathbogie.

On both courses the run is on quiet unclassified roads and forest trails which include some hard climbs. The bike route is best suited to road bikes (or mountain bikes with smooth tyres) and is on relatively quiet main & minor roads.

NO ENTRY FEE to the Endurance Events. **DONATIONS** are invited and funds will go to the [British Nordic Development Squad](#).

This Squad is a group of talented cross-country skiers, under 18, from across the UK, who are already representing GB in their age groups, but lack sports body funding for the necessary international training & competition. Your support is greatly appreciated.

If you'd like to learn more about the BNDS or how you may take up the sport yourself please contact us.

The event will start & finish at **Gartly Hall**, on the A97 about 2 miles west of Huntly.

Long Course start at 11.00 a.m.; Short Course start at 12.30 p.m.

Park bikes at Gartly Hall and register at least half an hour before your start time.

Please Note that this is an Endurance Event. Participants must be 14yrs or over; under 18yrs requires parent /guardians signature. Helmets are mandatory whilst riding.

By taking part the participant acknowledges that they do so at their own risk and that the organisers have no responsibility to personal loss or injury. Insurance is entirely at participants own discretion.

Tea & light refreshments provided at end of event at Gartly Hall.

Showers and changing facilities available at **Huntly Nordic & Outdoor Centre**.

Young families and accompanied youngsters under 14 are welcome to walk or ride the short course 7mile run route and be part of the event.

EVENING CEILIDH –Music, Stovies, BYOB - Gartly Hall - 7.30pm; tickets £10 adults, £5 children (under 12)

For further information contact

Rick Newman 01466 720319 richardnewman@hawkenviro.co.uk

Ming the Merciless rules!

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REGISTRATION FORM

Long Course ___ Short Course ___ Tickets for Ceilidh ___
(Please tick as appropriate)

Name.....

Address.....

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Tel No.....

Email.....

Event Donation.....£

Ceilidh Tickets – £10 adults, £5 under 12yrs.....

(Please let us know if you wish to attend Ceilidh)

I have read the disclaimer set out by the organisers and am bound by this.

SIGNED.....

PARENT / GUARDIAN TO SIGN FOR 14 – 18 YEAR OLDS

Please return FORM to:

Rick Newman, Burncruinach, Huntly, AB54 4SA

All cheques payable to "British Nordic Development Squad"

For further information contact

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