

---

# Ming the Merciless

## Summer Madness Endurance Event

**Sat. June 1<sup>st</sup> 2013 – Huntly, Aberdeenshire**

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

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

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

**Endurance - 2 courses** available, no prizes. *Great tea & light refreshments!*

The **long course** is a **14 mile run** followed by a **30 mile bike ride**.

*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 **7 mile run** followed by a **17 mile bike ride**.

*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.*

**Combinations** of the courses are also **welcome**, *single stages or relays, or just walking*

**NO ENTRY FEE** to the Endurance Events. **DONATIONS** are invited and funds will go to the [British Nordic Development Squad](http://www.bnds.org.uk). [www.bnds.org.uk](http://www.bnds.org.uk)

*The Development Squad is a group of talented cross-country skiers, aged 12-25, from across the UK, many of whom are or have been coached in Aberdeenshire. Fitness training is an essential element for these skiers competing at all levels. Some will represent their club or race at national level, others will race internationally. The squad has skiers who represent GB at World Championships and Olympics.*

*Your support of the Squad makes a huge difference to funding skiers from the youngest ages up.*

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

Event will start & finish at **Gartly Hall, Bridgend, AB54 4PX**, (A97 2 miles south 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 should 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.*

Showers and changing facilities available at **Huntly Nordic & Outdoor Centre, AB54 4SH**

**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 Dance Sat. 1<sup>st</sup> June 2013 – 7.30pm Gartly Hall**

– Dance Music, Raffle, BYO Refreshments & Snacks; tickets £5 adults, £4 under12

For further information contact: Rick Newman, 01466 720319, 077881 44554 [richardnewman@clara.co.uk](mailto:richardnewman@clara.co.uk)



*Ming the Merciless, ruler of the universe, here and now offers Flash Gordon a kingdom of Mongo, to rule over as his own*

-----

**MING THE MERCILESS SUMMER MADNESS ENDURANCE EVENT**

**REGISTRATION FORM – Sat. June 1<sup>st</sup> 2013**

Long Course \_\_\_ Short Course \_\_\_ Tickets for Ceilidh \_\_\_

(Please tick as appropriate)

**Name.....Club.....**

**Address.....**

.....

.....

**Tel No.....Mobile.....**

**Email.....**

**Event Donation.....£**

**Ceilidh Dance Tickets – £5 adults, £4 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, Aberdeenshire, AB54 4SA**

All cheques payable to "British Nordic Development Squad"

For further information contact: Rick Newman, 01466 720319, 077881 44554 [richardnewman@clara.co.uk](mailto:richardnewman@clara.co.uk)