

# Ming the Merciless Madness Endurance

**Sat. May 15<sup>th</sup> 2010 – 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 - 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.*

**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, aged 12-22, from across the UK, some of whom represented GB at the **Winter Olympics** this year, others have skied at World Cup level, and the younger skiers are already representing GB in their own age groups.*

*Minimal sports body funding is provided for international training & competition and your support makes a huge difference.*

*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.*

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 Sat. 15<sup>th</sup> May 2010 – 7.30pm Gartly Hall**

– Music, Stovies, BYOB; tickets £12.50 adults, £7.50 (under12)

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

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***Ming the Merciless rules!***

**MING THE MERCILESS MADNESS ENDURANCE EVENT**

**REGISTRATION FORM – Sat. May 15<sup>th</sup> 2010**

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

**Name**.....

**Address**.....

.....

.....

**Tel No**.....

**Email**.....

**Event Donation**.....£

**Ceilidh Tickets – £12.50 adults, £7.50 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"