



Monadhliath “Heartbeat” Challenge

All funds to help coronary health in the Highlands & Islands

Saturday 4th September 2010

Where?

Clava. East of Inverness. Follow the B9006 past Culloden battle field and at the Culloden Moor Inn turn right (sign posted to the Clava Standing Stones). You will find us at the bottom of the hill in the field under the viaduct. (G.R. NH 762 446)

When?

Registration opens at 8.30am on race day.
There are 2 start times:

Option 1	Walk 12 miles / Bike 10 miles:	10am START
Option 2	Run 12 miles / Bike 10 miles:	12pm START

Your Bike

Please deliver your bike to the change over point at Moy Hall on Friday 3rd September between 1700 - 2030 or on Saturday 4th September between 0830 - 0930. Directions to Moy Hall - Follow the old A9 south from Inverness, pass Mealmore Nursing Home for about 2 miles, go under a railway bridge, and about half a mile further on you will see our sign on the left (painted RED) pointing up the drive to the changeover field. (G.R. NH 769354)

Helmets must be worn for the bike stage of the event.

What You Will Need / Details

If walking or running, then please make sure that you have adequate clothing to keep warm in the hills. The majority of the hill route is exposed to all the elements the Scottish weather decides to provide (and this can change very quickly).

Water and snacks will be available at stations on the route, but participants should come prepared with their own drinks and high energy foods.

There will be medical care in attendance all day. If you need assistance please inform a race marshal. Your number will be recorded at each water station. The organisers recommend that you carry personal medical supplies such as plasters / blister kits with you.

For the bike stage, puncture repair kits will be carried by Marshalls, however the likelihood of conveniently suffering a puncture at a Marshall point is slim! The organisers recommend that you carry their own puncture repair kits and pump during the bike stage. For your own safety and enjoyment, please make sure your tyres are pumped up to the recommended pressure and any necessary repairs have been carried out up before dropping off your bike at Moy!

You will be able to leave bags / clothing etc from the walk / run stage at Moy Hall changeover field. These will be shuttled to the finish point for you. Please make sure you identify bags left at Moy Hall with your race number (these can be collected when you drop off your bike).

A BBQ and hot drinks are available to participants on completion. There is ample car parking space at the start.

Please stay within the marked route. The hill track and moor will be marked with arrows/red flags and the bike route with arrows. For your own safety, please obey all directions from event marshals. As the route crosses moorland, please inspect your feet and legs for ticks and remove immediately any found. Have fun and enjoy your day.

Many thanks for helping this very worthwhile cause.

Heartbeat Challenge
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www.heartbeatchallenge.co.uk