

THE CAIRNGORM CHARMER

EVENT INFORMATION

1. The event is open to teams of two who can be male/female/mixed categories. Minimum entry age is 17 years old. The team entry fee is £20 which must be submitted with the team entry form (see above). **There are no entries on the day.**
2. There is a team entry limit of 150 teams. Entries will close when this figure is reached or 1 week before the event. In an effort to reduce event paperwork and carbon footprint, **entries will only be acknowledged and team numbers given via email and also shown on the event website.** Event information will all be available via the event website or if necessary by contacting the event organisers via email. Team changes may be permitted by contacting the event organisers. **On no account** will individuals be allowed to take part.
3. Proceeds from all event **entry fees** will be divided between Chest, Heart & Stroke Scotland and Aviemore Community School fundraising group. Participants are encouraged to seek **sponsorship** for their challenge and can download the appropriate sponsor form (Chest, Heart & Stroke Scotland or Aviemore Community School fundraising group) following the instructions on each sponsor form for paying in.
4. The event is a two lap challenge. Each lap consists of a 4 mile trail run, followed by a 4 mile mountain bike followed by a 4 mile trail run. Each member of the team completes one lap each with the second team member setting off when the first team member finishes. The results will be based on the total time for the team to complete the two laps ie the finish time of the second team member. Transition between run/bike/run and each lap will be continuous i.e. the clock keeps going!
5. To prevent initial bunching and crowding and to avoid damage to the trails, there will be a staggered start from 11am with 4-6 competitors setting off at 1 minute intervals.
6. Event HQ, Car Parking, Start, Finish, Registration and Prize Presentation will all be at CairnGorm Mountain. The run/bike/run transition will be adjacent to the Hayfield Car park at Glenmore. Please car share wherever possible when arriving at the event.
7. Registration will be at CairnGorm Mountain and signposted and will be open from 9.00am until 9.25am on event day. Teams will receive their event numbers and safety pins; both team members must register together. **On no account** will individuals be allowed to take part.
8. Café, toilets and changing facilities will be available at CairnGorm Mountain; unfortunately there are no shower facilities but a massage service will be on hand to soothe tired legs! There are toilet facilities at the Hayfield transition area.
9. There will be a short competitors brief during Registration at 10.30am and the race will start at 11am. The prize presentation will take place at approximately 3.00pm
10. Mountain bikes, bike helmets and any other bike kit (please put in a bag) should be checked in with the transition team at the Glenmore Hayfield area on the way up to registration – please leave plenty of time to do this. Bikes, helmets and bagged bike kit should be clearly marked with your team number (given with entry acknowledgement and on the website) using a secure waterproof sticky or tie-on label or similar. Bikes and kit will be racked in numerical order and runners directed to their bike by marshals. Teams can opt to use one bike and helmet between them or can use individual bikes and helmets – **please make sure all bikes and bike kit are clearly marked with your team number.** On completion of the event, bikes and kit can be collected by competitors coming back from the prize presentation. Event marshals will be in attendance at all times for bike security.
11. The event will be well marshaled, well signed and have adequate plans and communication systems in place to cover medical and other emergency situations.
12. Every competitor will receive an event memento and goody bag and there will be a sizable prize list.
13. Spectators, supporters, family and friends are all welcome and encouraged.
14. The Event Organisers reserve the right to alter or amend the rules and route as circumstances dictate and their decision on any event related matter is final.
15. It's really all about taking part, having a go, rising to the challenge, not worrying how long it takes, doesn't matter if you have to walk or push your bike a bit Just come and enjoy!