

Cairngorm
Hill
Adventure
Relay
Mega
Exciting
Race

THE CAIRNGORM CHARMER



11am Sat Oct 10th 2009

A 'simply spiffing' 12 mile adventure relay event based at stunning CairnGorm Mountain passing through beautiful Glenmore Forest, along the tumbling Allt Mor trail and around serene Loch Morlich.

The event is a 2 lap relay for teams of two (male/female/mixed/categories) who in turn each complete a lap consisting of a
4m Run + 4m Mountain Bike + 4m Run
(with a really 'charming' finish!)

Come and
be a right
'Charmer'

Are you a
couple of
'Charmers'?

In aid of
Chest Heart & Stroke Scotland
& Aviemore Community School

Entry Fee £20 per Team -Cairngorm Charmer Memento to all Competitors
Goody Bag - Idyllic Route - Superb Organisation
Fantastic Finish Line Welcome - Post Event Prize Presentation
and Lots More Going On too...
A 'Charming' Day Out Guaranteed!



For an entry form and info go to:

www.thecharmer.org

or email paul.corrigan@chss.org.uk



The Cairngorm Charmer:



*"It takes two...me and you
Don't matter how quick...
...Just come and do"*



