

# ***THE CAIRNGORM CHARMER***

## **EVENT SAFETY & ENVIRONMENTAL NOTES**

<b>1.</b>	Please make sure you are ' <i>fit and healthy enough</i> ' to take part - you <b>must not</b> take part if you are injured or feel unwell – it's just not worth it!
<b>2.</b>	Make sure you fully understand the event information and rules, the route and these safety and environmental notes. Please re-read them before event day!
<b>3.</b>	Make sure you have the right kit for the event and are comfortable with your personal kit - don't wear new or borrowed kit! Make sure you are prepared for changeable weather on the day. Bring some light waterproof/windproof clothing as a minimum and have plenty of spare warm kit to put on before and after the event. The run section is on good forest tracks so ordinary running shoes/trainers are all that is needed
<b>4.</b>	Make sure your bike is well maintained, safe and up to the event. The mountain bike section is on excellent forest tracks and there are no difficult or technical sections on the route. Even though the bike section is only 4 miles long you should still consider carrying a puncture repair kit and suitable bike repair tools and spares and know how to use them
<b>5.</b>	All competitors <b>must</b> wear an approved cycle helmet at all times on the bike section
<b>6.</b>	There will be water stations at the Start/Finish and Transition point and you are free to carry your own water/fluid as required
<b>7.</b>	You <b>must</b> co-operate with all Event Officials and Marshals who are looking after yours and others safety. Marshals will control the two public road crossings, the start, the finish, the transition and will be stationed on certain parts of the route
<b>8</b>	You <b>must</b> wear and clearly display your event competitor number at all times when running and biking. Safety pins will be provided
<b>9.</b>	It really doesn't matter at all how long you take to get round the course but: <b>MOST IMPORTANT:</b> Any competitor withdrawing or retiring after the Start must inform the nearest event official or the finish line team either in person or via an event marshal who will have radio contact to Event HQ. If you are injured or need help in anyway - you must inform the nearest marshal
<b>10.</b>	You <b>must</b> respect the event environmental policy: stay on the recognized and route signed tracks and do not run or bike off the tracks; take all litter home with you or even better use the relevant recycling bins that will be provided; please recycle your event number and anything else you are just about to throw away; wherever possible please share cars to and from the event; respect the environment; respect other users in the area; only use the proper toilet facilities; reduce, reuse, recycle, respect  <p style="text-align: center;"><b><i>Come and be a 'Cairngorm Charmer'!</i></b></p>