



MENTAL HILLNESS

SATURDAY 5TH SEPTEMBER 2009

Thank you for your interest in the first "Mental Hillness".

Mental Hillness is an endurance mountain bike ride and fell run, where cyclists and runners will be challenged to complete a particularly challenging and hilly off-road circuit as many times as possible in 12 hours for charity.

Many non-runners and non-cyclists have often questioned the motives and 'soundness of mind' of people competing in similar endurance challenges. They have asked questions such as 'Are you crazy?' or 'Why would you abuse your body like that?' This is an opportunity to raise awareness, and money, to support charities that help people who experience suffering caused by real abuse and mental health illnesses. All proceeds to 'Mental Health Foundation' and 'Independent Choices'.

Riders: A 10km course will be announced on the day. It has been chosen to avoid major roads and involves over 400 metres of ascent and descent!

Runners: A shorter route is planned for runners; we want to create approximately the same lap-times if possible, but it will still be challenging though!

Both runners and riders will need to check in your lap times at a checkpoint and at the start/finish of each lap. The start/finish will be at the Hayfield scout hut where facilities will be available for you [cakes, tea, showers, storage etc.] Your team members can relax here and replenish for the next lap! We will announce the winners at the post ride party in Hayfield Cricket Club after the event has finished, where drinks, refreshments and pasta will be available.

The route will not be marshalled and it is up to each participant to navigate their way round the easy to follow route which will be well way marked. You must stop at checkpoint to allow your number to be taken. Everyone will be given a number to attach to themselves or their bike. Participants must 18 years or over.

This is an endurance challenge and not a race.

Entry

Attached is an entry form, please complete it and post it with your donation to either:

Richard Stott, 12 Highgate Road, Hayfield, High Peak, Derbyshire, SK22 2JL
Ben Creed, 10 Meadows Road, Hayfield, High Peak, Derbyshire, SK22 2JH

Entries cannot be confirmed until the entry form and donation cheque have been processed. Cheques should be made payable to '**Mental Hillness**'. [Remember you can give more than the £5 minimum if you want!] We will publish all entries on www.hayfieldhub.net on a forum thread.

Please note that places are allocated on a first-come-first-served basis with limit places. Entries close on Wednesday 2nd September.

Register from 6.30am – Mass start at 8.00am – Finish at 8.00pm

Map/Directions to Hayfield Scout Hut, Swallow House Lane, Hayfield, High Peak, SK22 [Grid ref. SK 034 871]

http://maps.google.co.uk/maps?f=d&source=s_d&saddr=&daddr=Swallow+House+Ln&hl=en&geocode=FaiKLqMdEUHi_w&gl=uk&mra=mr&sl=53.382586,-1.950202&sspn=0.008998,0.019205&ie=UTF8&ll=53.381575,-1.947863&spn=0.008998,0.019205&t=h&z=16

Useful Links

www.hayfieldhub.net, <http://www.ukcampsite.co.uk/sites/reviews.asp?revid=2944>,
<http://www.hayfield.uk.net/Bscouts.html>, <http://www.hayfield.uk.net/>

E-mail mentalhillness@yahoo.co.uk or admin@hayfieldhub.net for more details.



MENTAL HILLINESS ENTRY FORM

SATURDAY 5TH SEPTEMBER 2009

Category	Tick	Total Min. Donation
Solo rider		£5
Solo runner		£5
Riding pair		£10
Running pair		£10
Team of 4 riders		£20
Team of 4 runners		£20

	Captain	Second Athlete	Third Athlete	Fourth Athlete
Name				
Address				
Postcode				
E-mail				
Age (on day)				
Emergency contact tel. number on day				

All proceeds to 'Mental Health Foundation' and 'Independent Choices'. E-mail mentalhilliness@yahoo.co.uk or admin@hayfieldhub.net for more details.

Conditions / Disclaimer

We, the above signed, agree that Mountain Biking and Fell Running can be potentially dangerous and do so at our own risk. We declare that we understand that the risks involved in participating in 'Mental Hilliness', which is strenuous and involves riding/running long off-road climbs and descents when tired, and assume sole responsibility for ourselves and equipment. The organisers cannot be held liable for any mishap, injury, loss or damage. We declare our competency and equipment is appropriate. We agree that helmets will be worn at all times, if and when riding, and adequate clothing will be carried. We will obey the rules of the Highway Code and Rights of Way Act, and will respect the countryside and others.

