



Back by popular demand ...

MENTAL HILLNESS 2010

Thank you for your interest in the second "Mental Hillness" which will take place on

SATURDAY 10TH APRIL 2010.

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', 'Independent Choices' and 'Grapevine Project'.

The Riders course is 10km long and has been chosen to avoid major roads. It involves over 400 metres of ascent and descent! **Runners** have a slightly shorter route, but it still involves over 400 metres of ascent and descent!

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 Cricket Club where facilities will be available for you (cakes, tea, showers, storage etc.) Your team members can relax here and refuel ready for the next lap! We will announce the results in the 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(s) to allow your number to be taken. Everyone will be given a number to attach to themselves or their bike. Participants must 18 years old or over.

This is an endurance challenge and not a race.

Entry form is attached, please complete it and post it with your entry donation (£10 minimum) to: 'Mental Hillness', c/o Ben Creed, 10 Meadows Road, Hayfield, High Peak, Derbyshire, SK22 2JH

Entries cannot be confirmed until the entry form and donation cheque has been processed. Cheques should be made payable to '**Mental Hillness**'. (Remember you can give more than the £10 minimum if you want!) We will publish all entries on www.hayfieldhub.net.

Please note that places are allocated on a first-come-first-served basis with limited places – so be quick to ensure your entry.

Registration from 6.30am – Mass start at 8.00am – Finish at 8.00pm (laps that are not completed by 8pm will not be counted).

Map/Directions Hayfield Cricket Club is located in the centre of Hayfield Village, and is accessed through The Royal Hotel car park. Post code SK22 2JE. Please click link below for map and directions

http://maps.google.co.uk/maps?f=d&source=s_d&saddr=&daddr=53.379108,-1.94428&hl=en&geocode=&mra=mi&mrs=0&sz=18&sll=53.379111,-1.944328&sspn=0.001834,0.004072&ie=UTF8&t=h&z=18

For other useful links please see www.hayfieldhub.net/links.html

See www.hayfieldhub.net or e-mail mentalhillness@yahoo.co.uk for more details.



Sponsorship Form

SATURDAY 10TH APRIL 2010

Participant's Name: _____

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 'Are you crazy?' or 'Why would you abuse your body like that?' This is an opportunity to raise awareness, money, and support charities that help people who experience suffering caused by real abuse and mental health illnesses. See www.hayfieldhub.net for more details.

All proceeds to 'Mental Health Foundation', 'Independent Choices' and 'Grapevine Project'.

Name	Address (inc. post code)	Amount per lap	Total pledge	Tick to agree to Gift Aid being claimed

Please return this completed form and collected money to:
'Mental Hillness', c/o 10 Meadows Road, Hayfield, High Peak, SK22 2JH.
Cheques should be made payable to 'Mental Hillness'.



ENTRY FORM

SATURDAY 10TH APRIL 2010

Category	Tick	Total Min. Donation
Solo rider		£10
Solo runner		£10
Riding pair		£20
Running pair		£20
Team of 3 riders		£30
Team of 3 runners		£30

All proceeds to 'Mental Health Foundation', 'Independent Choices' and 'Grapevine Project'.

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

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 Hillness', 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 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.

Please see www.hayfieldhub.net for more details.