

11th Junior Hardrock Challenge – Saturday 7th October 2017

The Event

2 Mini versions of the Dalbeattie Hardrock Challenge for age groups 8 – 11 years old and 12 – 15 years old. For the younger group there is a run of 1km on a forest road and a cycle ride of 3km, taking in some of the skills tracks, a short section of the “North Shore” (boards) and a mixture of a road and an easy single-track. The older group will run 3km run and cycle 8km mainly using the first and last sections of the 7stanes Red Route. Start and finish will be at the Richorn Trailhead with the younger group starting at 11.00 hours, the older ones at 12.00.

It is not possible to cater for all individual ages in the two groups given the huge variations in development and ability but the feeling is that these routes should meet the objectives of the day, which is to give the youngsters enjoyment and an introduction and feel for the senior event.

Notes for Parents and Responsible Adults.

In setting the route we have tried to strike a balance between interest, challenge and safety but inevitably there is an injury risk, particularly on some of the single track sections which are lined with stones on each side. This increases the need for concentration. Please emphasize this point to the children and help to minimise the risk of injury. There will be a number of marshals at various points on the routes. It would also be helpful if the children were familiar with the new tracks before the event.

Bikes MUST be in good order and helmets are compulsory. Ensure that helmets are the correct size and are fitted properly. If necessary ask for assistance.

Note that photographers will be present. If anyone has a problem with this and did not say so on the entry form, please inform the people on the registration desk on the day.

Although there will be winners as in the main event, it should stressed that participation, enjoyment and safety are the key components in development and experience. As parents or responsible adults, we ask that this be explained to entrants to help the spirit of the Junior Hardrock. Note that all finishers will receive a medal for participating in the event.

Additional facilities/attractions

Toilets	Catering Van serving tea/coffee, hot food, snacks etc.	Live commentary from MAC the Voice.
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How to get there

ALL car parking and access to the Start/Finish area is via the field used in previous years for Spectator parking. The entrance, which will be clearly signed and marshalled, is less than one mile south of Dalbeattie on the Solway Coast Road, the A710 across the road from Little Richorn Farm.

There is NO access to the Richorn Trailhead. This is reserved for the actual Start/Finish area and vehicles supporting the event such as First Aid and Rescue.

Enjoy your day