

**GALLOWAY MOUNTAIN RESCUE TEAM
CAIRNSMORE CHARITY CHALLENGE 2010**

WALKER INFORMATION

- **Date of walk is Sunday April 18th**
- **Start time will be staggered – further information to follow**
- **Parking may be limited so please share transport where possible**
- **Please register 15 minutes before allocated start time**
- **Remember to bring food and drink**
- **Wear suitable footwear, clothing and have a waterproof**
- **GMRT reserve the right to refuse entry to the Charity Challenge if they believe the person to be unfit or ill-equipped for the conditions**
- **Under 16s must be accompanied by a responsible adult, maximum adult : child ratio is 1 adult : 4 children**
- **Walkers must follow directions of MRT members**
- **You should allow a minimum of 4 hours to complete the walk**
- **Any dogs must be kept on a lead at all times**
- **Please return entry forms as soon as possible as places are limited and will be allocated on a first come, first served basis**
- **Only walkers who have pre-registered before the day of the race will be eligible to take part**
- **The Charity Challenge is not a race. Racing by Teams or individuals will not be permitted**
- **For further information, call Tom: 07711 901 089 or Sue: 07999 865 938**