

# SLOW MARATHON

## Huntly, 17 March 2012

Patron: Haile Gebrselassie



### Information Pack

#### SLOW MARATHON: Idea

Slow Marathon is a project instigated by Ethiopian artist Mihret Kebede who wanted to walk from her home in Addis Ababa to her residency in Huntly. Environmental and political constraints make this plan impossible, therefore she is now looking for 225 people to jointly walk the 5850 miles from Addis to Scotland.

**225 people x 26 miles = 5850 miles**

To bring Mihret back to Ethiopia she is also organising a parallel Slow Marathon event on the 18<sup>th</sup> March in Addis Ababa in collaboration with artist Helen Zeru. People between the two events will be linked through the swapping of their shoe laces.

**Haile Gebrselassie**, multi world record marathon runner is joining this event and has donated his shoe laces. Who will be the lucky partner?

#### SLOW MARATHON: Registration

To register for the Huntly Slow Marathon please sign up on our website: [www.deveron-arts.com](http://www.deveron-arts.com)

- Slow Marathon Fees: £10 and a pair of shoe laces
- Slow Marathon T-Shirt: £10

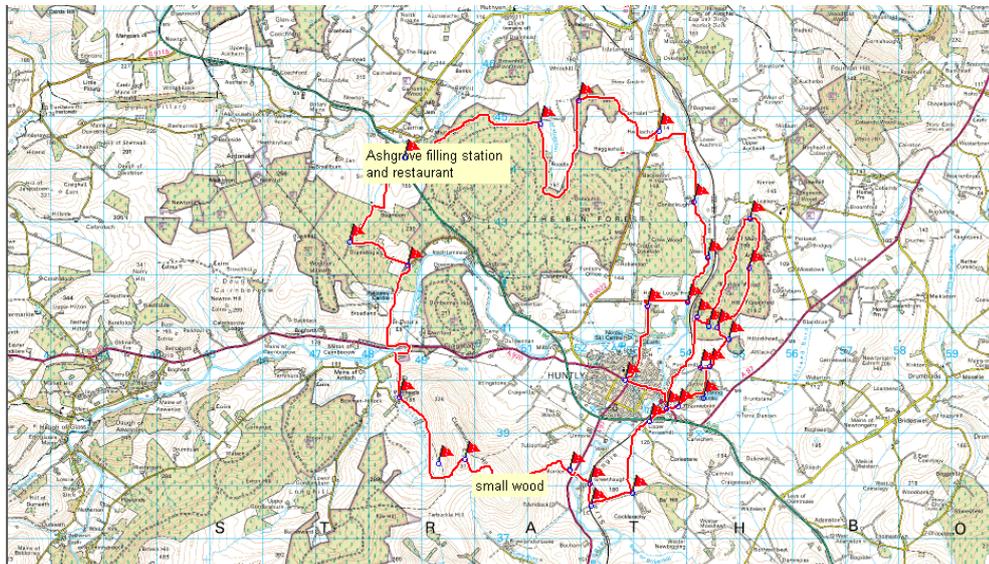
#### SLOW MARATHON: Rules

- **Be fit:** Whether you are fresh of the couch or coming from another sport, walking long distances can be strenuous. It is important to ensure you are fit and able to undertake this marathon. If in doubt consult your doctor!
- **Take your life in your own hands:** People participate in this marathon at their own risk. As one would walk from here to Ethiopia, there are no marshals, no drink stations, no power food, no First Aiders. Just good company and the great outdoors. You need to be prepared and bring what you need (see below). We will provide you with a rough map, tea and cake on your arrival. The rest is up to you.....
- **Take a friend:** two half marathons make a whole. If you think a full marathon is too much, take a friend and organise a relay.
- **No mess:** Leave no trace, only your footsteps. Take all your rubbish back.
- **Respect:** Please be aware of the Scottish Outdoor Access Code. Respect farms and livestock you pass. Sorry, no dogs due to lambing season.

**Remember: You are walking at your own risk!**

## SLOW MARATHON: Route

*The Ba’Hill, the Battlehill, the Clashmach and the Bin.  
They all form a circle and Huntly lies within.’*



Ordnance Survey Map courtesy of Memory Map.

The Slow Marathon will walk this famous Huntly poem:

We will start at the Square, the walk via the Kinnoir woods, the Battlehill and the Ba’hill over the Clashmach. From there via Hillockhead and Drumdelgie to the Ashgrove Filling Station (opportunity to get refreshements). We cross the A96, and walk along the outskirts of the Bin Forest via Haddoch to the Deveron and along the river back to Huntly.

## SLOW MARATHON: Timetable

### Fri 16 March

**7.30 pm** meet Brander Library, The Square, for map, information and registration

### Sat 17 March

7.00am meet: The Square, Huntly

7.30 am Start walking...

from 2 pm Arrivals at Gordon Arms Hotel, The Square, Huntly  
6.00 pm Certificates and Celebrations!

### Sunday 18 March

11.00 am

#### **Walk San Frontières**

A discussion event about walking, access, borders and slow-ness.

Please book your place if you want to take part (limited seating available).  
Venue: Forestry Commission Offices, Portsoy Road, Huntly.

## SLOW MARATHON: Weather

We are hoping for good weather. In the event of bad weather alternative route options may be considered. Please keep an eye on our website and be prepared for the elements.

## **SLOW MARATHON: Walking Essentials**

What you need to bring for your 26 miles marathon walk:

Essential:

- good shoes and socks (we recommend light walking boots or sturdy trainers)
- backpack
- enough drink for the day
- enough food for the day (we recommend some chocolate or other energy food)
- waterproofs, hat, gloves (we are in Scotland!)

Recommended:

- OS map 29
- compass, GPS (for your own safety)
- sun cream (you never know)
- torch (you never know)
- blister plaster (you never know)
- phone (for your own safety or to tell your friends how well you are doing)
- camera (to capture the great Aberdeenshire views)
- walking poles

## **SLOW MARATHON: Get Fit**

It is essential that you feel fit enough to do a walking marathon.

There are plenty of sites with information on how to train. Check for example here:

<http://www.marathonwalking.com/schedule.html>

Or simply keep on logging your miles on our website: [www.deveron-arts.com](http://www.deveron-arts.com)

## **SLOW MARATHON: Explore, Experience and Enjoy Walking**

If you think you might enjoy walking there are many resources available for you on the Internet. Have a look at some of our favourites.

<http://www.walkingand.org>

<http://www.getwalking.org/>

<http://www.walkingworld.com/Walks/Scotland/Northeast%20Scotland/Aberdeenshire.aspx>

<http://www.walkingbritain.com/index.php>

<http://www.outdooraccess-scotland.com/>

<http://www.mapmywalk.com/>

<http://www.trailzilla.com/>

<http://www.hailegebrselassie.net/>

Go on, get out and enjoy yourself.....

## **SLOW MARATHON: Donate for an Ethiopian walker**

**If you like to sponsor an Ethiopian walker, please donate to:**

<http://www.angelsharesscotland.com/projects/24/walk-sans-frontieres>

## **SLOW MARATHON: Information and Updates**

Visit regularly: [www.deveron-arts.com](http://www.deveron-arts.com), or phone us T: 01466 794494