

SLOW MARATHON

Walking without Walls

Huntly, 20 April 2018

Information Pack

Slow Marathon - co-concepted with Ethiopian artist [Mihret Kebede](#) in 2012 - is our annual walking event. Celebrating the human pace, it is both an endurance event as well as a poetic act that brings together friendship, physical activity and an appreciation of our varied landscape.

Slow Marathon 2018 sees a collaborative Slow Marathon between artists May Murad from Gaza and Rachel Ashton from Huntly. Inspired by the botanical collections of pacifist Rosa Luxemburg, the artists are mapping out their routes by drawing inspiration from the wild plants they find in their respective places. Through the [Walking Without Walls](#) partnership Rachel and May will be discovering how we can collaborate artistically and socially despite restrictive political situations.

The 2018 route will start near Dufftown and lead back to Huntly past the river Isla.

Fri 20 April, 7pm: Gordon Arms Hotel, The Square, Huntly: registration and explanation of route
Sat 21 April, 6.45am: meet Huntly Square; bus to start of route
Sun 22 April, 11am: Pathmaker's Gathering

Total 26 miles or 42 km.

You will be given the route map and description at the registration event the evening before the walk. **Sorry, but we are not able to hand out the route details beforehand or in the morning of the marathon.**

SLOW MARATHON: Rules

- **Registration:** Registration will take place the night before the walk on **Friday 20 April**, 7pm at the Gordon Arms Hotel. It is compulsory to attend to receive a briefing on the route and your safety on the day. It will not be possible to register on Saturday morning. On Saturday morning your name will be ticked off the list of registered participants prior to starting the walk. You must deregister at the end of the walk either in person at the end of the walk, or by phone to 01466 794494 if you do not make it to the end, this is so that we know that everyone is back safely!
- **Be fit:** Whether you are fresh off 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. Deveron Projects runs a number of training sessions in the lead up to the event.
- **Be well prepared:** good preparation for all Scottish weathers is essential; see list below. Check our website for advice on equipment. Bring your own drinks and food.
- **Take your legs and life in your own hands:** People participate in this marathon at their own risk. There will be no marshals, no drink stations, no power food, no First Aiders, just good company, the great outdoors and a collective and personal challenge! You need to be prepared and bring what you need (see below). We will provide you with a route map to kick off, and tea and cake on your arrival. The rest is up to you.....
- **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, leave gates as you find them. Sorry no dogs due to lambing season.
- **Start/Departure:** Departure by bus is from Huntly Square at 7am. Please arrive at 6.45am to ensure a prompt departure. For logistical and safety reasons it will not be possible to join the group at any other point or time.

SLOW MARATHON: Walking Essentials

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

Essential:

- good foot wear and socks (we recommend light walking boots or sturdy trainers); make sure they are well walked in. Blisters are the worst enemy of the walker!
- Day backpack
- enough drink/water for the day
- some food for the day (we recommend some chocolate or other energy food)
- waterproofs, hat, gloves (we are in Scotland!)
- walking trousers; no jeans please!

Recommended:

- OS map (however, you will be given a route map)
- compass, GPS (for your own safety)
- sun cream (you never know)
- torch (just in case)
- 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)
- gaiters (mud en route)
- walking poles

SLOW MARATHON: Timetable

Friday 20 April 2018

7 pm Registration, map and detailed information on the route
Venue: Gordon Arms Hotel, The Square

Saturday 21 April 2018

6.45 am Meet: The Square, Huntly

7 am Bus Leaves the Square

7.30 am Start walking...

from 5pm Arrivals at Brander Building, Huntly
Cakes, Footbaths, Stretching, Certificates and Celebrations!

from 8pm Dinner at Café India: booking required: 01466 792667

Sun 22 April 2018

11 am Pathmaker's Gathering. Details can be found on our [website](#).

SLOW MARATHON: Registration/Cancellation

To register for the Huntly Slow Marathon 2018 please sign up via our [eventbrite](#) site.

- Early bird ticket (first 50 tickets till 15 Feb) £25
- Student ticket £15
- Full price ticket £35

The fee covers administration costs, bus to start of the route, map, tea and cakes at the end. Please inform us if you decide not to come. Sorry we cannot reimburse the booking fee.

Maximum 100 walkers for the Slow Marathon; so book early!

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: Get Fit

It is important that you feel fit enough to do a walking marathon. Deveron Projects organises a series of training walks throughout the winter.

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

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

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.

www.walking-institute.com

<http://www.getwalking.org>

[http://www.walkingworld.com/Walks/Scotland/Northeast Scotland/Aberdeenshire.aspx](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>

Go on, get out and enjoy yourself...

SLOW MARATHON: Travel and Accommodation in Huntly

See our [handy guide](#) for booking your stay.

SLOW MARATHON: FAQs

Do I have to come on the Friday night 7pm for registration?

Yes, please. You must register on Friday night, when we will tell you about the route, all safety measurements and hand out the maps. It is not possible to register on Saturday morning or before Friday night.

Are there ID requirements or an age limit to enter the event?

Please enter your age in the form. If you are under 18 you must be accompanied by an adult.

What are my transport/parking options getting to the event?

There are bus and train connections from Aberdeen and Inverness to Huntly. [See here.](#)

What should I bring to the event? What happens if I am injured or tired and can not finish the full stretch of the 26 mile route?

Please make sure you bring all the things listed in the information pack. If you feel you have to finish earlier, you can call a taxi to pick you up. In the case of an accident you need to call emergency services. However, you must call our office to make sure that we de-register you.

Where can I contact the organiser with any questions? How can I update my registration details?

Keep an eye on our [facebook](#) and [website](#) for updates. If you have a question or want to update your details, give us a ring on: 01466 794494.

Can I start from another place, or be picked up on another point on the route? Sorry for safety reasons we can only accept walkers who join the walk in Huntly Square at 6.45am on the Saturday 15 April after they have registered on the 20th April.

What is the refund policy?

Sorry we have kept the fee as low as we can. Hence we cannot accommodate refunds.

SLOW MARATHON: Information and Updates

Visit regularly: www.deveron-projects.com, follow us on Facebook: [townisthevenue](#) and [walkinginstitute](#) or phone: 01466 794494

Remember: You are walking at your own risk!

