

Your step by step guide to becoming a Hero...



1. SELECT YOUR TEAM

Teams are ideally made up of four people. This can be all guys, all girls or mixed and from any background – your workplace, rugby clubs, army unit or just a groups of friends.

2. SET UP YOUR CHALLENGE

Decide if you're going to run or walk, then decide which distance you're aiming for – 12, 21 or the full 29 miles.

3. REGISTER AND SET UP YOUR WEBSITE

The Hearts & Heroes website allows you to register your team and in just a few clicks you'll also be able to set up your very own fundraising website.

4. GET FUNDRAISING

This is what it's all about. Get sponsored by friends, colleagues and family members or hold a fundraising event. And be creative!

5. GET TRAINING

Our website also has expert training tips to make sure you're in top condition for the challenge ahead and teams will also receive regular email updates with advice on preparation.

6. SUPPORT TEAM

We highly recommend that you have a support team or at least one driver. This is not only great to keep you encouraged along the course and bring you extra supplies but it also makes it a lot easier to get to the start line or back to the start after you reach Melrose. You can also meet your support team along the route so let them be your driving force.

7. GET YOUR BOOTS ON

Pack your bags and head for the start line. The atmosphere on the day is electric and you'll be carried along on a wave of enthusiasm, supported every step of the way by our army of volunteers.

8. CELEBRATE IN STYLE

First stop after picking up your medal should be to the massage tent for some well earned TLC, then its on to the feast, the party and prize giving.

FOLLOW US

Keep up to date with all of the latest news, training advice and fundraising tips on www.heartsandheroes.co.uk or call us on **0131 550 1578.**

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HEARTS & HEROES CHALLENGE 2011

Find the Hero in You

SATURDAY 14TH MAY 2011

REGISTER ONLINE NOW
HEARTSANDHEROES.CO.UK





Do you have the Heart to be a Hero in 2011?

The Hearts & Heroes Challenge is the endurance event with a difference. First, it's the only major challenge event that can be completed in 12 hours, leaving you with plenty of time to enjoy a much needed massage before the feast and the party cap off a memorable day. This event also lets you set your own personal challenge – choose to walk or run 12, 21 or 29 miles. So, if a 12-mile hike pushes your boundaries or you've just run a marathon and are looking for something even tougher, the Hearts & Heroes Challenge is perfect.

Hearts & Heroes follows the stunning Southern Upland Way from St Mary's Loch to Melrose along 29 miles of beautiful Borders countryside. Support is provided right along the course and once you've crossed the finish line you'll be treated to a huge feast followed by a party to celebrate your success.

Whether you walk or run, set a record time or just want to make it to the finish line, you'll be part of something very special. All sorts of teams take part – groups of friends,

work colleagues, rugby clubs, military units, even hen and stag do's! This unique mix of competitors means the atmosphere is different from anything you will have experienced before.

And of course, it's all for two very important causes, Poppyscotland and Hearts & Balls. Teams are encouraged to raise as much as they can to support these charities and once you have registered to take part you will be able to create your own team website to help you spread the word. Hundreds of Armed Forces veterans and injured rugby players have benefited in previous years from this event but sadly many more need your help. So follow your heart and be a hero in 2011.

www.poppyscotland.org.uk
www.heartsandballs.org.uk



The Route



Gentle start along St Mary's Loch



Meet your support team at bronze and silver checkpoints



Nearly there...



START

Water Stop

BRONZE FINISH

Water Stop

SILVER FINISH

Water Stop

Melrose 29 Miles

Traquair 12 Miles

Yair Bridge 21 Miles

FINISH



On course refreshments



Massage, food then time to party



Walkers start at 7am, runners at 9am