

CYCLE TO THE MOON



Tackle Prostate Cancer have launched a fundraiser called Cycle to the Moon, Save a Dad.

It's hoped the initiative will encourage people of all ages to get on their bikes and raise awareness and money for the fight against prostate cancer.

People can join throughout May by cycling miles on the roads or trails, or in the gym. The campaign's target is £250,000, which is £1 for every mile between Earth and the Moon.

Roger Wotton, of Tackle Prostate Cancer, said: "This campaign will hopefully see more men being tested earlier and help accelerate a reduction in mortality figures."

■ Visit cycletothemoon.tackleprostate.org

SHOW US THE WAY

Entries have opened for two races on the Cowal Way on the Cowal Peninsula in Argyll & Bute.

The Cowal Chase is a gravel road cycle event, while the Ultra is for long-distance runners.

Both, organised by No Fuss Events, take place on July 14 on a northern section of the Way.

The Cowal Chase extends to almost 40 miles and the Ultra race is 30 miles. This year there will also be a relay option for the Ultra and an 18-mile trail run.

The events start and finish in Lochgoilhead.

■ See www.nofussevents.co.uk

GEAR OF THE WEEK

A new collection of underwear for runners makes use of high-grade Merino wool.

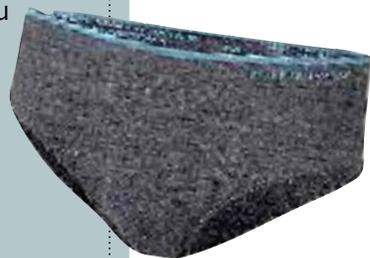
Runderwear, who design and sell pants and bras for runners, have created the Merino Runderwear range.

The fabric for the briefs – for men and women – combine ethically sourced Merino wool with "thermocool" technology.

The result is underwear that keeps you cool when you are hot and warm when you are cold.

The technical fabric is also breathable and moisture-wicking to prevent dampness from sweat. Another great Runderwear feature is a 360-degree seamless construction to prevent rubbing.

■ See www.runderwear.co.uk



Got the Iron will?



ON YOUR MARKS
Youngsters' beaming smiles as they launch this year's events

Have you tried?

What is it?: IRONKIDS is a new event for children that launches in Scotland this summer.

The two-day series includes three running events for kids aged three to 14 in Midlothian, East Lothian and Edinburgh.

Tell me more: IRONKIDS is an extension of the triathlon race brand IRONMAN and IRONMAN 70.3 but for children.

Every year, 50,000 young people take part in IRONKIDS races worldwide. Now IRONKIDS will be staged for the first time in Scotland in June, with 3000 children expected to sign up.

IRONKIDS Scotland will be an addition to IRONMAN 70.3 Edinburgh, a middle-distance triathlon, which was first staged in the capital last year. The events are also a key part of Scotland's Year of Young People 2018 celebrations.

IRONKIDS will comprise three mass-participation running events with courses of between 500m and 2km.

Each will have race distances to suit different age groups and the finish line will be the iconic IRONMAN 70.3 Edinburgh arch.

The first IRONKIDS Scotland event will be staged at Dalkeith Country Park, Midlothian, on Friday, June 29. The next day, there will be two further events at Prestonpans in East Lothian, and at Holyrood Park, Edinburgh.

Paul McGreal, race director for IRONMAN 70.3 Edinburgh, said: "We're delighted to be able to bring IRONKIDS to Scotland alongside the IRONMAN 70.3 Edinburgh."

"It has been an ambition for some time and the incredible support of the Year of Young People and our partners in the local authorities has made it possible. We're looking forward to seeing up to 3000 young people having fun, being active and



GO! It's thought around 3000 kids will line up

demonstrating their skills and abilities."

More about the events: The cost of entry for each event is £4 (plus eight per cent fee processing cost). Race distances are about 500m for P1/2 age groups. These children must run with a parent or guardian. The race extends to 1km for P3 to P6; 1.5km for P7 to S2; and 2km for those in S3 and S4 (up to age 14). Each child will receive an IRONKIDS T-shirt and medal.

The IRONKIDS event at Dalkeith Country Park starts from 4pm on June 29.

On June 30, the IRONKIDS event takes place at Preston Links, High Street, in Prestonpans for 11am. From 3pm, another IRONKIDS is staged at the capital's Holyrood Park, on Queen's Drive, from 3pm.

For registration times, see the IRONMAN Edinburgh 70.3 website.

Councillor Donald Wilson, Edinburgh's Culture and Communities Convener, said: "As a keen marathon runner, I know first-hand the benefits of physical activity. I think this family event is a great idea for encouraging young people to lead a healthy and active lifestyle, and have great fun while they're at it. With races from 500 metres to 2km, it really

does offer something for children of all abilities."

Anything else to know?: IRONKIDS Scotland is also looking for young volunteers to assist with the delivery of the events as part of Year of Young People 2018.

Young people aged eight to 26 can sign up to help with a variety of roles including marshalling, customer services and registration on they day.

There will be opportunities to help with other aspects of the events, such as choosing and running the entertainments and taster sessions, too.

For more information about volunteering for IRONKIDS Scotland – Midlothian, East Lothian and Edinburgh – and to register interest, visit the volunteer section on the IRONKIDS Scotland website.

Paul Bush OBE, VisitScotland's Director of Events, said: "We are delighted to be supporting IRONKIDS Scotland through dedicated Year of Young People funding. I'm sure it will create a wonderful family atmosphere across each of the three locations." ■ Visit eu.ironman.com or search search for IRONKIDS Scotland online.