

# EXERCISE SPEAR

## RIDE 2010

Exercise Spear Ride 2010 is a two-day DST-sponsored Driver Training Exercise. It will take the form of an off-road motorcycle enduro event and take place over Sat/Sun 6/7 Feb 2010 in the Elmpt area.

The aims of the exercise are to:

Improve cross-country riding techniques throughout the

Military buy helping to improve  
Physical and Mental endurance

Navigation Skills

Self Reliance

Team Building

Equipment Care



Test the endurance of both the rider and machine

Raise awareness of off-road motorcycling and the British Armed Forces Motorcycling Association amongst the service community in BFG

The event is open to all Serving Personnel, from all three services, both Regular and Reserve and serving MOD civil servants.

The field will be split into 3 classes: E1, E2 and E3.

The main Point of Contact is:

Lt Col Martin Bell, Mil 94860 2462 or Mobile 01722137940