```
sander file
initial minimisation script at 0k
&cntrl
           # initiate minimisation
 imin=1.
               # read coordinates with no velocities
 ntx=1.
          # don't restart the simulation
 irest=0.
 maxcvc=10000. # 10000 minimisation steps
 ncvc=5000.
               # 5000 steps of steepest gradient
 ntpr=10.
               # print to mdout every 10 steps
 ntwx=0.
               # don't print trajectory file
          # non-bonded cut off of 8 A
 cut=8.0,
```