

THE 7th GREAT GRIZEDALE FOREST TRAIL RACE

SUNDAY 29TH MARCH 2009 - 1.00PM

www.grizedale10.co.uk

SUPPORTING THE



www.tht.org.uk

The most scenic traffic free 10 mile (approx.) forest trail race in the country

Sponsored by Lakes Runner - www.lakesrunner.com

Superb undulating course, run on traffic free, wide, well surfaced (not tarmac) man-made forest trails with fantastic views (normal road shoes are adequate).

RACE HEADQUARTERS AND START at - MOOR TOP, Grizedale Forest, Satterthwaite, Nr Hawkeshead, Cumbria.
Race numbers will be given out at registration on the day, so please arrive in good time before race start.

Car parking will be on designated forest tracks close to race H.Q. Please follow sign posts & marshal's instructions for parking.

Light refreshments (hot drink & a piece of cake voucher for Wilf's) for all runners at race H.Q. after running.
Wilf's will be at the race and open for the purchase of hot drinks and food.

Prizes will be awarded to:

1st three men, 1st three ladies, 1st vet 40 M & F, 1st vet 50 M & F, 1st vet 60 M & F, 1st vet 70 M & F
Commemorative award for all finishers



ENTRY FORM

Please enter me in the "THE 6th GREAT GRIZEDALE FOREST TRAIL RACE". I will be medically fit to compete in this event.

I understand the distance is approximately 10 miles and run on forest trails with an uneven surface.

The route is not accessible to competitor's motor vehicles.

Name _____

Address _____

Club _____ Unattached

Date of Birth: _____ Age on race day: _____

E-Mail _____ Telephone: _____

Male / Female Vet 40 Vet 50 Vet 60 Vet 70 (delete as applicable)

I am competing in this event at my own risk and will not hold the organizers or their helpers in any way responsible for any mishap or injury I might suffer in this race. I fully understand the potential hazards of this type of event.

Signed _____

Entry fee £ 9.00 or £11.00 for unattached runners (entry includes a forest permit fee).

Please make cheques payable to *Helen Ferguson*

Please mark envelopes "Grizedale Forest Race" and post to: Britta Sendlhofer, Delph Cottage, Poole Bank, Nr Whitherslack, Grange over Sands, Cumbria LA11 6SB. Email enquiries: info@grizedale10.co.uk

Race numbers will be given out at registration on the day. This means you will not receive your number or confirmation in the post, but a list of confirmed entries will be posted on the event website and updated on a regular basis! Please arrive in good time before race start to allow time to register and collect your race number.

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