

THE 10th GREAT GRIZEDALE FOREST TRAIL RACE

SUNDAY 25TH MARCH 2012 - 1.00PM

www.grizedale10.co.uk

SUPPORTING THE



bendrigg trust

www.bendrigg.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 in dry weather).

RACE HEADQUARTERS AND START 2012 will see the race start return to the Grizedale Visitor Centre, taking advantage of the great new facilities available for runners and spectators.

There is a great adventure playground for the little ones, a lovely cafe, mountain bike hire, Go Ape and many more things to keep supporters entertained.

Registration will be in the back rooms of the Yan or the old classroom. Please follow signs and marshal's instructions on the day.

Race numbers will be given out at registration on the day. This means you will not receive your number or confirmation, but a list of confirmed entries will be posted on the race website and updated on a regular basis!

CAR PARKING If dry, car parking will be in Ting field (a charge of £1 or £2 will apply!), close to race registration.

If wet, parking will be along the forest road from Bogle Crag Car Park (free) - please allow plenty of time for parking in case of wet weather as the later cars will have a 10-15 min walk to registration.

Please follow sign posts & marshal's instructions for parking.

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 mug for all finishers, Refreshments available
Vouchers for tea and cake at the cafe available for runners at registration for £2.



ENTRY FORM

Please enter me in the "THE 10th 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 £ 10 or £12 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, 1 Kirkfield, Ableside, Cumbria LA22 9HA. Email enquiries: info@grizedale10.co.uk

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