



# Aberfoyle Trail Race 2017

Sat 18<sup>th</sup> Feb

## Event Information Pack

### Parking

Parking for this event is at David Marshall Lodge Forest Visitor Centre. There is a small parking charge applied by the forestry commission at this location.

- The lodge is situated on the A821 – known as The Duke's Pass north of Aberfoyle. The car park is at grid reference NN 520 014.

FK8 3SX is the nearest postcode

### Registration and Briefing/ Event Timings

Registration will take place at the following times in the following locations. Please make sure you register within these time slots.

**Please allow for extra travel time to suit road conditions etc. as registration will close on time.**

Time	Event	Location	Notes
08.45--09.45	Registration for all runners	David Marshal Lodge	
10.00	Race Briefing	Outside the Lodge	<b>Please leave dogs in car during the briefing.</b>
10.30	2km Race starts (Canicross runners first)	Start and finish line is below David M Lodge at Little Fawn Falls waterfall.	5km and 7km runners are welcome to run the 2km race as a warm up. If you choose to do this we ask that you stop running short of the finish line to make it easier for timing.
11.15	5km and 7km start		Canicross runners will leave first at 10s intervals

## Age Categories and Prices

Online entries close at 5pm the Thursday before the event

Event	Age Category	Ages	Online Price	On the day Price (Subject to Availability)
2km	Pre Junior	5 and under (runners must be accompanied by an adult)	£6	£8
	Junior	6 – 11years		
	Senior*	12+ years	£12	£16
5km	Junior	12-15 years	£12	£16
	Seniors	16 - 40		
	Vet	41-59		
	Supervet	60+		
7km	Senior	16 - 40		
	Vet	41-59		
	Supervet	60+		

\*Only the Junior categories in the 2km race are eligible for medals. The senior 2km entry is a challenge run/ fun run.

## Terrain/ Equipment

The race consists of forest track and pathway with a very small section of open hillside on the 7km route. There are **steep sections of ascent and descent** on all routes and all routes are hilly.

There may be snow and ice on the route and in this situation **running crampons are advisable**.

Sections of this route are exposed to the elements and a minimum of upper body cover is essential for all runners. This must be shown at registration.

## Dogs

Please note that the race is open to canicross (running with a dog) and therefore there will be dogs around on the day.

## Canicross contestants

- Please note that dogs must be kept on leads/ bungees at all times during the race and around the event HQ.
- Participating dogs must wear a canicross harness. **Dogs cannot enter on a lead and collar.**

- Dog owners are responsible for the welfare of their dogs and for clearing up after their dogs.
- Any canicross entrant seen mistreating their dog in any way will be disqualified from the event.
- Participating dogs should be willing participants and must be **a minimum of 12 months old.**
- Canicrossers are allowed to run with 1 dog per runner.
- If there is any information we need to know about your dog before the race please contact Skidaddle at least a week before the event (for example ... my dog Rover needs to start behind dog called Jack or he won't start as he will sit on the start line and wait for Jack, or... my dog does not get on with A.N other dog, please don't start them close together. )

### Water

There will be water provided at the end of the race for runners and for dogs. There will also be a water station for both humans and canines at the high point on the 7km route. If you require extra water please make arrangements to carry this yourself.

### Junior contestants

Please note that all contestants under the age of 18 must have signed permission from a responsible adult who is present on the day of the event. All contestants under the age of 6 must have an adult accompanying them on the route.

### Refreshments

The café at the David Marshall Lodge will be open for hot drinks in the morning and for lunches later on.

### Prize giving

Prize giving will be held by the finish line at approximately 12.45pm

### Toilet facilities

Toilet facilities will be available at David Marshall Lodge.

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**We look forward to seeing you on the day**