Glemsford Trail 'Race' in conjunction with FOGS

Friday 9th June: register and start any time <u>between 3.15 and 4.45</u> (no mass start)
Two distances to choose from: approx 1.5 and 3 miles
Adults £2, Child £1
All children to be accompanied by an adult (up to three or four children suggested per adult)

Follow written instructions to a route of trails, footpaths and lanes close to the village; start and arrive back at school.
Run, walk or a mixture of both; dogs welcome.
If it's particularly wet, we'll postpone.

How it works:

1. No registration in advance required. Turn up any time - either straight after school or go home and come back again (up to 4.45). Accompany your own child(ren) or permit another adult to do so on your behalf.
2. Register your names, select your distance and pay your money to support FOGS; receive a clear wallet with instructions (some in abbreviated shorthand with a key; eg FPS=Footpath Sign, TL=Turn Left).
3. The time and (instruction sheet) number will be recorded when you're ready to go.

4. Enjoy your run/walk! Be careful not to automatically follow others you see as they may be on a different route or at a different stage - or they may have gone wrong!
5. Take care where there are road crossings or other potential hazards. Educate your children as to the Countryside Code as you go (ie. following clear paths, closing gates, retaining litter).
6. Arrive back at school and call out your number. We will work out your time elapsed.

7. Enjoy a drink, provided by FOGS!

Results, for those who are interested and/or racing, will be published soon after. There may even be a prize or two if we have enough participants and raise enough money!

Kind regards
Mr Beazeley

Learning together to create a better future