

# The Bridgeathon – 09th September 2023

We hope you are all fit & ready for Saturday's event. Please have a read of the instructions for the day, if you require any further details, please get in touch.

## **Race Location:-**

Guys Thatched Hamlet, St. Michael's road, Bilsborrow, Preston, Lancashire, PR3 0RS

## **Race Registration:-**

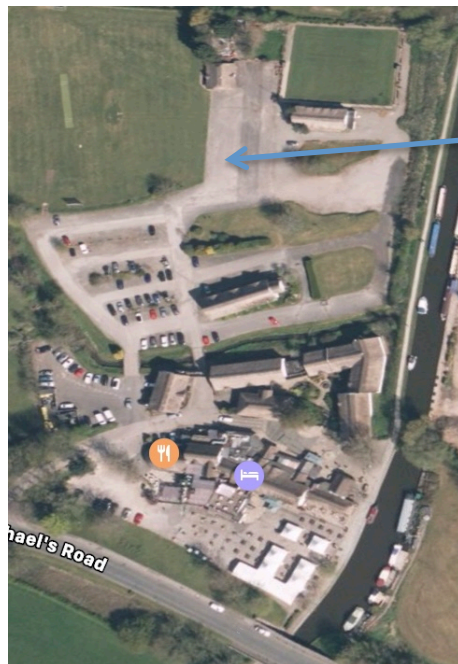
Registration opens @ 8:30am

Race briefing @ 9:15am

Race start @ 9:30am

## **Parking:-**

There is plenty of parking in the pub car park and it is free. Please park towards the back of the car park near the cricket pitch. See map below. Registration will be at the side of the canal at the front of the pub.



Please park in this area.

## **Aid station:-**

We will have aid stations at approx. every 3 miles. There will be lots of goodies to keep you going. We will have available sweets, chocolate bars, Crisps, Cheese, Water melon, water, cordial, coke. There will be cups available but to help reduce the amount of waste we generate from our runs, please bring along a cup or bottle for us to refill for you. Also as the weather is

expected to be warm on the day it may be a good idea to wear a race vest or camelbak to help carry your drinks.

### **Litter:-**

Please don't litter the course. We will have rubbish bins at the aid station or please carry to the next aid station.

### **Dogs:-**

Unfortunately due to permit conditions and insurance coverage, we cannot allow dogs (or other pets) to run with you.

### **Toilets:-**

There will be toilets available at the start / finish area inside the pub. Please do not enter the restaurant to use the toilets as these are for hotel guests only.

### **Numbers:-**

These will be allocated at registration. Nothing will be posted out prior to the day.

### **Road or Trail Shoes:-**

The first half is on pretty good paths and a section of tarmac path through Garstang. Having also ran the course recently both sections of the path are in good condition and I was in road shoes. Personally I would choose Road but the choice is yours.

### **Baggage:-**

We will have an area at the start/finish for you to leave your bags. Please note these are left at your own risk.

Hopefully everything is covered here, but please get in touch if you require any further details. See you on Saturday for a great day of running.

Michael