

We hope you are fully fit and ready for the run next Thursday.

Please have a read through these instructions for the day and if you have any questions please get in touch.

### **Timings**

Brewery opens 5:00pm

Registration will open at 5:30pm to collect your number and will be held inside the brewery (upstairs).

Race briefing will be at 6:15pm and held outside the front of the brewery. The draw will also take place with the winner taking home 6 cans of Farm Yard Brew beers.

Race start will be at 06:30pm This will take place on the road outside the brewery

### **The Race**

The course is set on 2 out and backs along Gulf Lane with the brewery at approx half way. We will have the aid station at the brewery with water and beer available.

We recommend wearing road shoes. Please wear appropriate clothing for the weather conditions on the day. The road is exposed to wind and rain with not much cover.

Please also note that the roads are not closed to traffic. We will have marshals and signage at all road access points warning drivers but please be careful when out on the course.

As the roads are not closed to traffic and for your own safety we strongly advise not wearing headphones during the race.

We will have a lead bike and tail runner for your safety. There will also be a medic onsite.

### **Place**

Farm yard brew company is located near pilling on a farm. There are brown signs from the main road leading you down Gulf lane. A quick search on Google maps before you go would probably help with locating it.

The address is:

Farm Yard Brew co, Gulf Lane, Lancaster

LA2 0ER

There is free parking on site and also toilets inside the brewery.

### **Post Race**

The brewery will be open from 5pm and you will be able to purchase drinks for runners and spectators. There will also a street food vendor onsite for you to purchase food throughout the day. NB the brewery does not allow dogs inside, so if you take one along expect to have your refreshments on the tables outside. Children are welcome inside the brewery.