



Dear XXXXXX

### *Hey Mad Dog*

Well we are getting close to the big day when we release the hounds!

The Kennel is frantic!

There are some VERY IMPORTANT points below, please take a minute to read them, your experience will be better if you do!

Firstly remember there are 143 volunteers out there giving up their day for you, be nice to them and give them a little woof on the day!

### **ARRIVE EARLY**

**I cannot stress this enough**, we will not and cannot hold the race start for anybody. You need to leave lots of time for collecting your shirt, toilets & merchandise if you want. Why leave home later when you can be at the event earlier?

### **DEFERS**

It is now 31<sup>st</sup> Jan **we cannot accept any more changes or defers**, sorry.

If you have not received your number you should have let us know by now.

### **TEE SHIRTS**

Are requested subject to availability, not orders! Ladies you need to know which desk to go to, 8=XS, 10=S, 12=M, 14= L & 16 = XL the stalls will only be signed S,M,L etc

### **PENS**

You can move backward as many pens as you want if you feel the need to do so, you cannot move forward. Marshals will be taking down numbers on the day of anybody who moves

forward, you really don't want that.

### **PUPS**

The demand for the crazy pups race this year has been like never before. We only have 30 places left and when they are gone they are gone. We are not being mean, our capacity is 200 max and we only have 30 running numbers left ! Sorry!! Go to the GYM (not sports hall) on the day if you want to enter.

If you have already entered your child your number has been posted out.

### **LITTER**

**JUST DON'T!** That applies to on the course or at the start area. If you want this event to continue, put your litter in the bin.

### **MASSAGE**

There are Massages available in the sports hall, first come first served.

### **NATIONAL RUNNING AWARDS**

[Please vote for us at the National Running awards THANKS !](#)

<https://therunningawards.com/vote/228/230#vote>

### **QUESTIONS?**

Visit our FAQ page <http://www.maddog10k.co.uk/questions.htm>

### **PREVIOUS EMAILS**

[All pre race emails are here](#)

### **SPECTATORS**

[Your guide to the day can be found here](#)

[http://www.maddog10k.co.uk/index\\_htm\\_files/SPECTATOR%20GUIDE%20MD.pdf](http://www.maddog10k.co.uk/index_htm_files/SPECTATOR%20GUIDE%20MD.pdf)

Enjoy your day Mad Dogs! Run Well and may the paws be with you!!

Adrian

General Mad Dog's Body