

EMAIL SENT 5th Jan 2018

Dear Runner,

The Kennel is getting VERY busy! Wendy has had her tick bath and is good to go!

This is the first of a few emails prior to race day, please make sure you read them, they will make your race day experience much better

The running numbers will be posted out in late January, they should arrive with you about 7 – 10 days before the race (It is a huge job posting them out and Wendy's little paws can only go so fast)

On that point, if you have moved house since you entered please can you let us know, trying to guess who has moved house and who hasn't is a difficult little game!

We can't make any more changes now, sorry, this also applies to things like tee shirt sizes. REMEMBER a Tee Shirt request is a "Request" not an order! Tee Shirts & Vests are always subject to availability. You can change your unused Tee Shirt for a different size later on race day if you need to.

Defers due to injury are still possible.

NOW !Is the time to be thinking about your fancy dress outfits, There are prizes for 1st, 2nd & 3rd (£300 to the winner WOOFING HECK!)

If you are in need of training inspiration check out the "Runyourpb" training plan on the web site. <http://www.maddog10k.co.uk/training%20plan.htm>

Regular emails to follow from now until race day, but if you have any questions please check our questions page <http://www.maddog10k.co.uk/questions.htm>

WOOF WOOF

Adrian

General Mad Dog's Body

PSIf you have pictures of your Mad Dog shirtsend them in £100 vouchers to the winner <http://www.maddog10k.co.uk/competitions.htm>