



Dear Adrian

Hey Mad Dog!!

Please read this email carefully there is some important information.

Only 14 more naps until race day!

The kennel is crazy right now we can't find Wendy, we think she is underneath all the running numbers somewhere!

CHANGES

It is now too late to make any changes to entries. (especially Gender!)

Numbers are going out this week.

COACHES

If you are travelling with your pack on the day and you are coming in a coach please could you email me to let me know and we will advise you where the coach should park.

info@maddog10k.co.uk

RAMADA HOTEL

(A very decent Kennel)

The Ramada hotel is probably the best located hotel in relation to the parking and the course route. They are also right opposite the Victoria Pub !

They are able to offer a Bed & Breakfast rate of £80 for 1 person or £90 for 2 people (in the

same room) to stay over in one of their standard rooms either the night before or the night of the race day (late checkouts can also be prearranged for anyone wanted to come back after the race and freshen up.

They provide a great base for runners. You can get up in the morning and have a hearty breakfast loading up on the carbs including Porridge, Cereals or Full English for the stronger stomachs before walking/running or utilising the public transport down to the start leaving your cars in the complimentary car park. <http://www.maddog10k.co.uk/ramada.htm>

You need to mention you are with the Mad Dog event when booking

RAMADA marine Lake, Promenade, Southport PR9 0DZ. T: 01704
516220 www.ramadaplazasouthport.co.uk

POST RACE MEET UP @ VICTORIA PUB

The best Scooby Snacks in town!

Again this year the post race meeting will be at the Victoria Pub which is actually opposite the Ramada Hotel on the promenade. If you are wearing your new mad dog shirt then you will get a free starter when you order a main course and a free half of beer, small wine, or soft drink. You are strongly advised to book in, as places will be limited, last year this was **very** popular.

Details here <http://www.maddog10k.co.uk/victoria.htm>

APP

The race app is now live for Android and any day now for the iPhone. Check it out lots of new features.

PLAN AHEAD

Please don't forget to plan your journey now, arrive early, full details of race day will be in your pack with your number.

FANCY DRESS

Please don't forget the big cash prizes on offer for Fancy Dress runners and also the prizes for the best mad dog shirt picture (please send them in)

PUPS

There are still some places for the Crazy Pups, but we are close to selling out. Entry is possible online, and it is cheaper in advance. Once we are full we will close to entries.

Online entries close next weekend (£8.50 in advance, £9.50 on the day)

Entry on the day is subject to availability and not guaranteed

<http://www.maddog10k.co.uk/pups%20entry.htm>

MERCHANDISE

There will be Mad Dog merchandise on sale on the day, details below.....

REMEMBER everything you pay for or buy on race day is **CASH ONLY** we do not accept cards or cheques.

http://www.maddog10k.co.uk/index_hm_files/Mad%20Dog%20Merchandise.pdf

GENERAL

I have seen some stuff on Facebook etc about swopping numbers and trading places. DON'T .. We operate a banned list for future events, you really don't want to be on it!! The person who transfers gets banned not the person who runs! 12 people were refused entry this year. Nobody likes a bad dog!

Further emails are to follow before race day, if you have any questions please try our frequently asked questions page first <http://www.maddog10k.co.uk/questions.htm>

All previous pre race emails can be found here
<http://www.maddog10k.co.uk/sent%20emails.htm>

Woof! Woof!!

Adrian

General Mad Dog's Body

www.maddog10k.co.uk