

# BEER COASTERS PRESENT THE NIGHTRUNNER



**Eight miles of nocturnal fun in Grizzly territory from  
7:00pm on Saturday 13<sup>th</sup> February, 2010.  
Complete with mud, ford and beach (but no bog).**



Held under ARC rules (permit applied for).

Mementoes and spot prizes.

Beer Coasters, part of the Axe Valley Asylum of Running, bring you this new race to experience the joys of multi-terrain running in the dark. We run in this area all year round, come rain or shine, light or dark, and invite you to enjoy it with us in different conditions from the Grizzly or Midsummer Dream. The race will start and finish at Beer Head with social afterwards at the Barrel o' Beer in Beer.

The route will be marked with tape, red lights in places, marshalled and back-marked. The terrain will include the usual Grizzly range of lanes, tracks & paths (some steep, stony and/or narrow), woods, clifftops, beach and The Fountainhead ... but no bog. **You must carry a torch** (headtorch recommended to leave your arms free for balance on the descents), **have previous experience of running off-road at night** by the time you do this event and generally have a sense of adventure.

A map, route notes and other info will be available from our website [www.AxeValleyRunners.org.uk](http://www.AxeValleyRunners.org.uk) or you can contact the Bard of Beer, [Richard.Hale@AxeValleyRunners.org.uk](mailto:Richard.Hale@AxeValleyRunners.org.uk) / 01297 23864.

Entry fee £7, plus £2 extra if unaffiliated to either ARC or EA. **Minimum age 17.** Send the completed entry form with a cheque payable to "Axe Valley Runners" to Welsh Paul, 21 Elizabeth Road, Seaton, Devon EX12 2DS. Enclose an SAE only if you don't have Internet access to download the info and need a hardcopy; collect numbers on the evening so we know who's out there.

## NIGHTRUNNER 2010

Name: ..... Date of birth: .....

Club: ..... Affiliated to ARC or EA? Yes / No

Address: .....

..... Phone: .....

Email: ..... Sex: M / F / Only in the dark

Disclaimer: I hereby declare that I will have experience of off-road running at night, will carry a torch and will run only if physically and medically fit to do so. I will not hold the organisers liable for any loss or injury incurred as a result of my entry into this event.

Signed: ..... Date: .....

# WELCOME TO THE DARK SIDE!