



We're looking forward to welcoming you to Whinlatter Forest on Sunday am.

I always try to keep this email as brief as possible whilst giving you all the information that you need, so please do read to the end.

Marshals

All of our marshals are volunteers, please thank them on your way around, we simply couldn't do this without them. We're always looking for others who may wish to get involved too, so if that's you, please chat to Debs or Scott on Sunday morning.

Parking

Parking is in the main carpark at Whinlatter's Visitor's Centre. There are cameras on entry and you pay on exit at the machines in the carpark before you leave. The carpark will be open from 7:45am. As vehicles can be moving in the carpark at all time, please keep your dogs on lead in the carpark area.

Registration

Please leave your dogs in the car for registration. (Their harnesses will be checked at the start of the race.) We'll be based in a blue camper van close to Cyclewise in the carpark. You should be able to see a couple of feather flags to help guide you to the correct place. Registration will be open between 8:00am and 8:45am. It's a quick process and should only take a few minutes. Please don't all arrive at once!

Toilets

There is a toilet block at Whinlatter which is behind the main visitors centre building.

Dibber

You will be lent a dibber at registration which we use for our timing system. Please keep this safe. Any lost dibbers need to be replaced at a charge of £30. You'll have a choice between carrying the dibber on a neck lanyard or on your thumb. Just let Scott know at registration which you'd prefer. Please make sure you head back to registration to download your data and hand your dibber back in at the end of the event. That's our final safety check that everyone is off the course. The van will have moved and will be located just at the entrance to the carpark of Whinlatter at the end of the event.

Race Briefing

We'll do a short race briefing at 8:50am, please do attend. Please leave your dogs in your car for this, as being heard over 75+ barking dogs may be a challenge too far! The briefing will be no longer than 5 minutes. It will take place near Cyclewise and the registration van.

Race Start

You can start any time between 9am and 9:15am. We'd ask faster runners to start closer to 9am and those who expect to take a little longer closer to 9:10am.

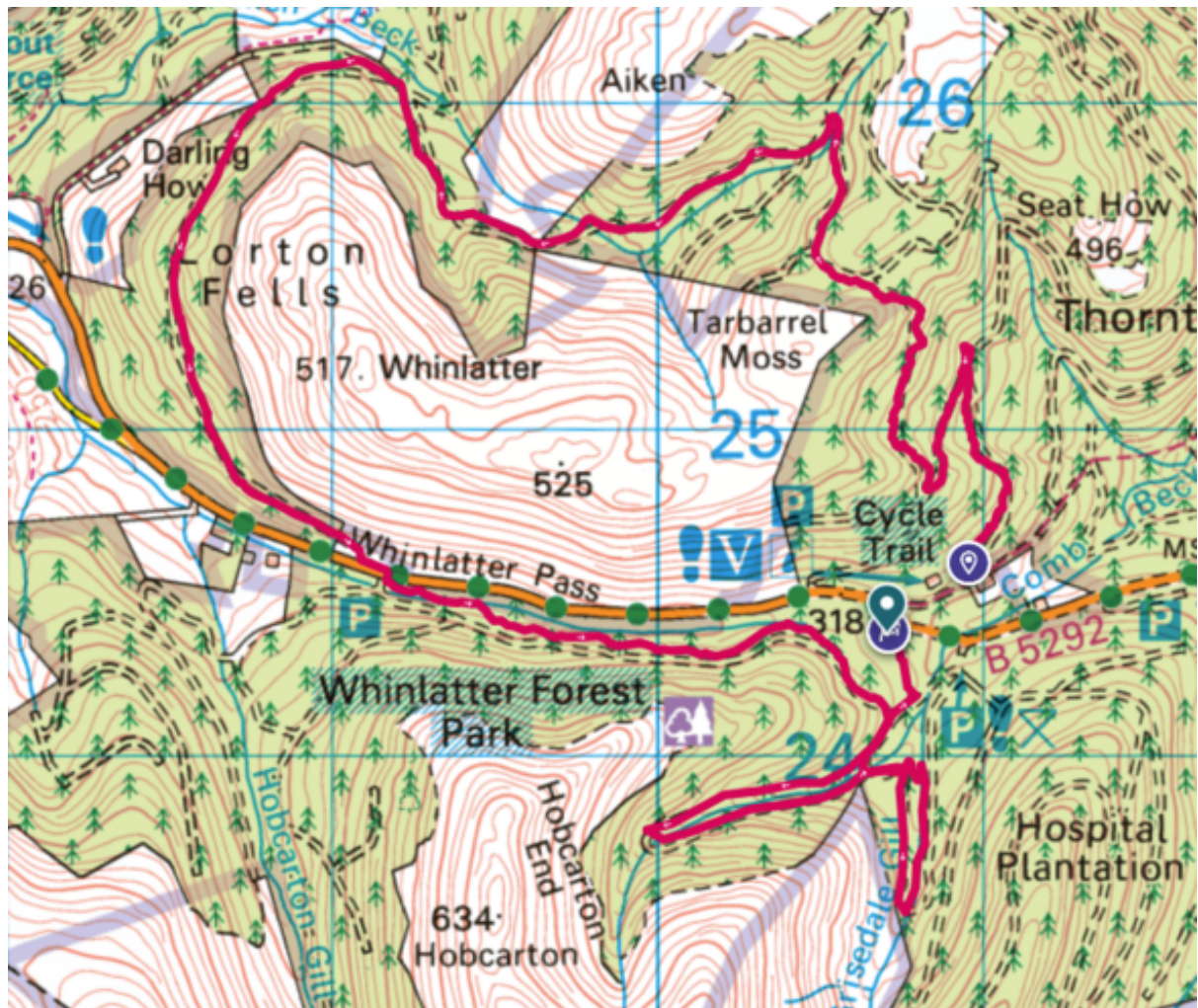
Routes

We are on a new route at Whinlatter. The 9k and the 12k are identical until very close to the end where the longer route continues over two extra loops that the shorter option doesn't do. There is a short section on the longer route where you'll be running in both directions, but the path is wide and allows plenty of space for this (and it avoids us having to return through the small carpark.)

9K option



12k Option



Course Marking

The course is fully marked but our signs are small and you need to look out for them. If you are heading in the wrong direction you should see a 'wrong way' sign. If you do, turn around. All junctions will have clear signing or a marshal or both! Please do not run through any junction without really looking out for the signage or take any little snickets through the forest.

Route choice

You will already have selected to either opt for the 9K or 12K route. You are free to change your mind any time up to the morning of the event, or even on the event itself. If you do do that, please simply let registration know. If you do the longer option, please make sure you dib at the top of the extra loop otherwise you'll have been judged to run the short route.

Water

The forest has been unseasonably dry recently so water is a little more scarce than usual. Water is available every couple of kms on the course for your dog, but please carry anything you need for yourself.

Hazards

Both routes have a very short road section that is part of the course. This will be marshalled but our marshals are unable to stop the traffic. Please make sure that you are listening to marshals instructions - they will stop you and your dog rather than anything on the road. Please be extremely careful on this section.

Compulsory kit

The only kit that we will check is that your dog is running on a harness and that you have a minimum of 3 poo bags with you. Please note that dogs are not allowed to run on a collar and lead. They must have a harness. We highly recommend you run with a waist harness too but we do not insist on this. This link takes you to our minimum recommended [kit](#) but we would encourage you to carry anything extra that you feel you may need and your mobile phone.

Tester Kit

We do now have tester kit for Non Stop dog wear. We have had a couple of requests to try these this weekend already, so sizes 5 and 6 may not be available, but if you are wanting to try a harness for yourself or your dog, please do arrive at registration in plenty of time for us to sort you out. Before 8:20am would be ideal.

Emergency numbers

Our event emergency number is 07966 058088. Please add to your phones prior to arrival. Our nearest out of hours emergency vet is Millcroft in Cockermouth. Their number is 01900 826666.

Forest Etiquette

There will be other users of the forest about as well as your fellow canicrossers. Please be respectful and give way when necessary, allow faster runners to pass on your right.

Running with two Dogs

You are welcome to run with two dogs on this course.

Safety & Dogs

Just a reminder that your dogs are your responsibility at all times. They must remain on their lead and harness around all parts of the event (unless it is unsafe to do so) and our insurance does not cover any injuries caused or incurred by them. Please also only move at a pace at which you are comfortable and run at a reasonable pace for yourself (not your dog!) We are a mountain event - come expecting to walk some of the route both on the ascent and descent.

Nervous dogs

If you know that your dog is nervous and would like to start at either the front or more towards the back, please have a chat with Debs on Sunday morning and their needs will be accommodated. Please do use a basket muzzle if needed and use a yellow warning on your dog's line or harness if you are concerned that they will need extra space on the trails and you need others to be aware. On the vast majority of the route there is plenty of space to pass safely.

Forecast

I'm desperately hoping that the forecast doesn't change for Sunday as it currently looks amazing. Less than 5% chance of rain, very light winds, sunshine and a temperature of around 8 degrees. If we get that, you'll have a fantastic time in the forest on Sunday. Fingers crossed and all that

Whinlatter Forest

All Lakeland Paws events are currently held on Forestry England land. This means that a minimum of 15% of all your entry fees goes directly to the forest management and supports their work in maintaining these beautiful places and increasing their bio-diversity.

Medals

Those of you who have ordered medals are also supporting the work of a social enterprise company in Scotland called "The Workshop Aberfeldy." All of their wood is sustainably sourced but they also offer a second chance to youngsters to turn their lives around and set off on a better path. We believe in the work that they are doing on a daily basis, and your medals are just a tiny way of showing that. Thanks to those who have purchased them. They have also designed a specific Lakeland Paws medal holder. I'll have that with me on Sunday, so if anyone wishes to place an order for one, you can.

Cafe

There is a cafe Ambio at Whinlatter forest. It is well worth a visit and is a great place to recover.

Post event

I will send a link for the results before Sunday and this will enable you to see the results as soon as the event is complete, (as long as you have enough data). We hope to get our photographs from the event onto our facebook feed some time on Monday. Please be patient with us though, everyone is a volunteer.

I think that's it. Thanks again for signing up. Any questions, please just shout, but looking forward to seeing you all on Sunday.

Safe travels,

Debs & The Lakeland Paws team