



We're looking forward to welcoming you to Dodd Wood on Saturday am. This is the first event in our Double Header to mark the end of our 3rd season and we are left wondering where the time has gone!

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 Saturday morning.

### **Parking**

Parking is in the main carpark at Dodd Wood 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 8am. 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 just in front of the toilet block. 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 Dodd Wood which is next to registration.

## 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.

## 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.

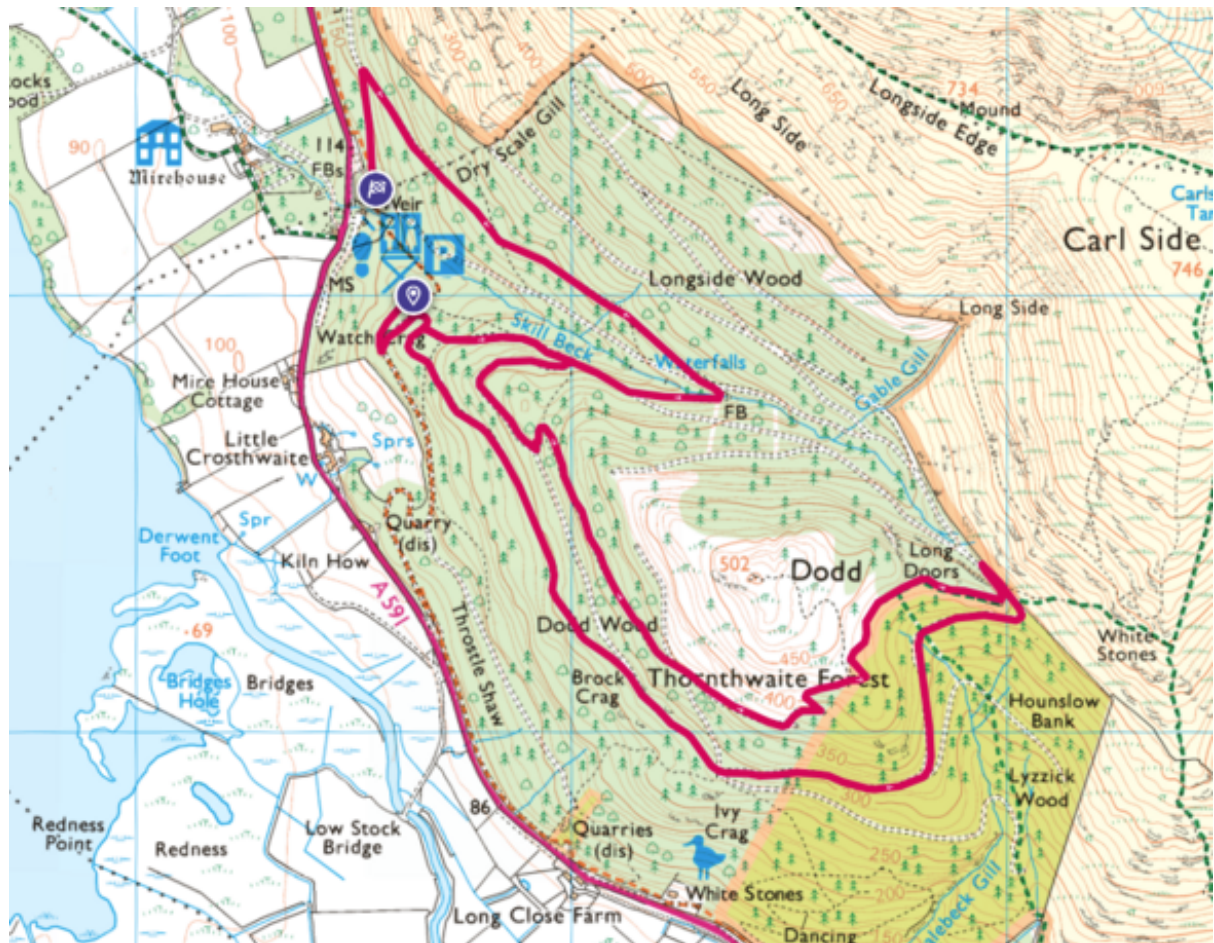
## Race Start

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. This is just to avoid congestion on the narrower parts of the course.

**We are on a new route at Dodd and the start is now a short (5 min) walk uphill. Please make sure you have registered and collected a dibber before going to the start!** (for those who have run this route with us before we now start where we used to finish.)

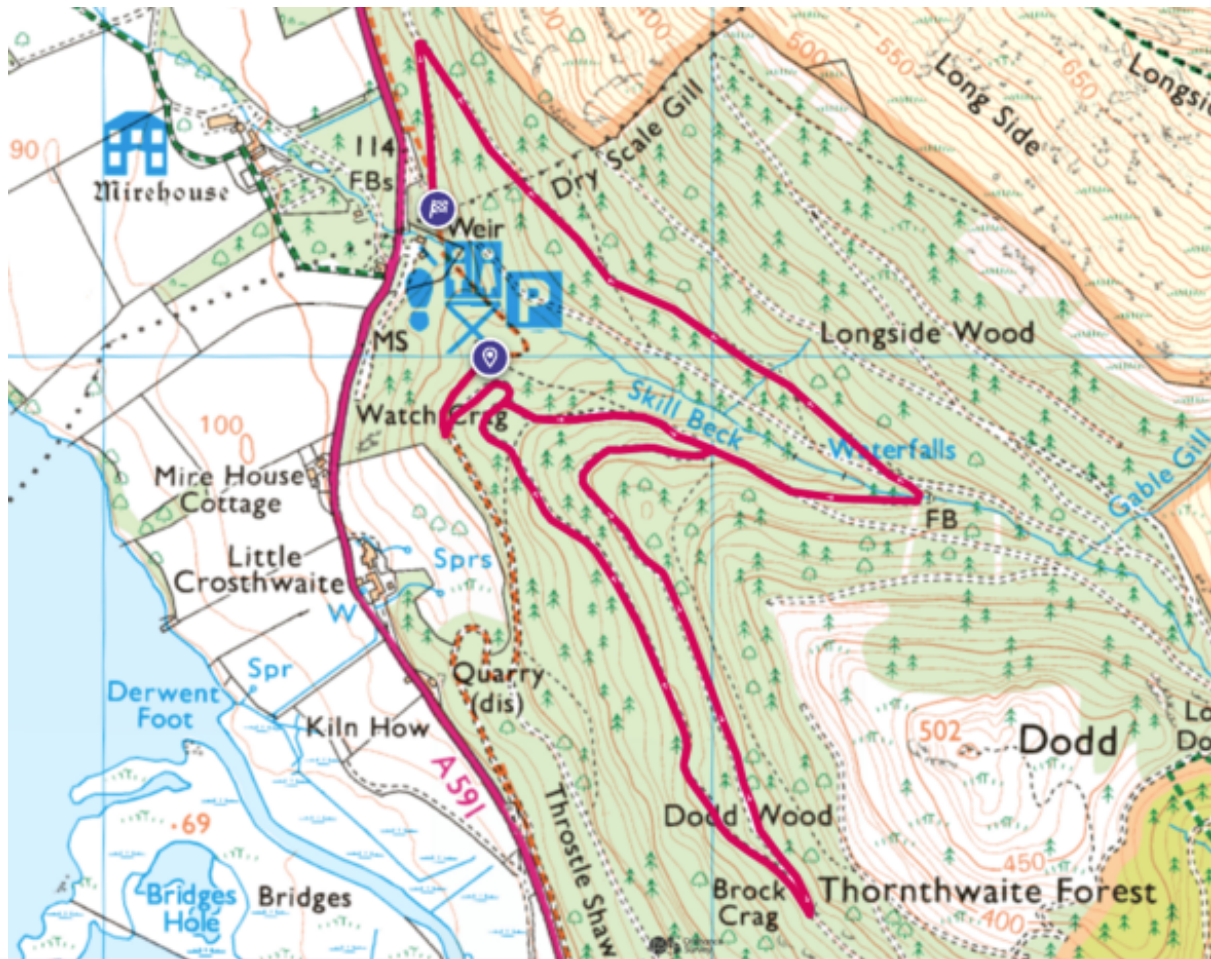
## New Routes

8K option



5k Option





Both routes repeat one short section. Please listen carefully to marshals in those locations.

### 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 5K or 8K 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 and enjoy the run down - it's fabulous and has the best views across the Northern Fells and Bassenthwaite Lake.

### Water

The Lake District has been unseasonably dry! There is water available in the forest but you do need to allow your dogs access to it, once they find it ... the abundant water supplies we

are all used to are simply not there at the moment. If you want water for yourself, please bring it with you and carry it from the start.

### **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, in all sizes from 1 to 8. We lend these out on a first come, first served basis. 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, particularly on the couple of short sections that are steeper and narrower. Allow faster runners to pass on your right.

### **Running with two Dogs**

Please be aware that there is a short section on the longer route which is narrower if you are running with two dogs.

### **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. **Some of our new route has a steeper descent towards the finish, where you need to watch your footing over some tree roots too.**

### **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 Saturday 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**

The forecast for Saturday am at the moment is 14 degrees with low humidity, sunny with less than 5% chance of rain. The temperature is not predicted to be above 17 degrees all day, so enjoy the sunshine! The end of the course at Dodd is very close to water so we would encourage you to make sure your dogs makes use of it as soon as they finish.

### **Dodd Wood**

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.

### **Cafe**

There is an independent cafe at Dodd Wood. They are open from 10am for a selection of cakes, simple snacks, hot drinks etc. It is well worth a visit, and I can recommend the carrot cake!

### **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 Saturday.

Safe travels,

Debs & The Lakeland Paws team

