

We're looking forward to welcoming you to our last event of this season at Whinlatter Forest on Sunday am. We can't quite believe our 3rd season will be at an end but it will be and we're looking forward to giving out our series prizes and hosting our raffle on Sunday morning too. (All prizes are provided by Non Stop Dog Wear)

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.

### **Getting to the event**

Please note that the Fred Whitton Cycle event is on on Sunday. This will impact your travel time to the event and will cause hold ups along the A66 and other major and minor roads in Cumbria. Please, please, please allow extra time for your journey to the forest.

### **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 at the finish point.

### **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.

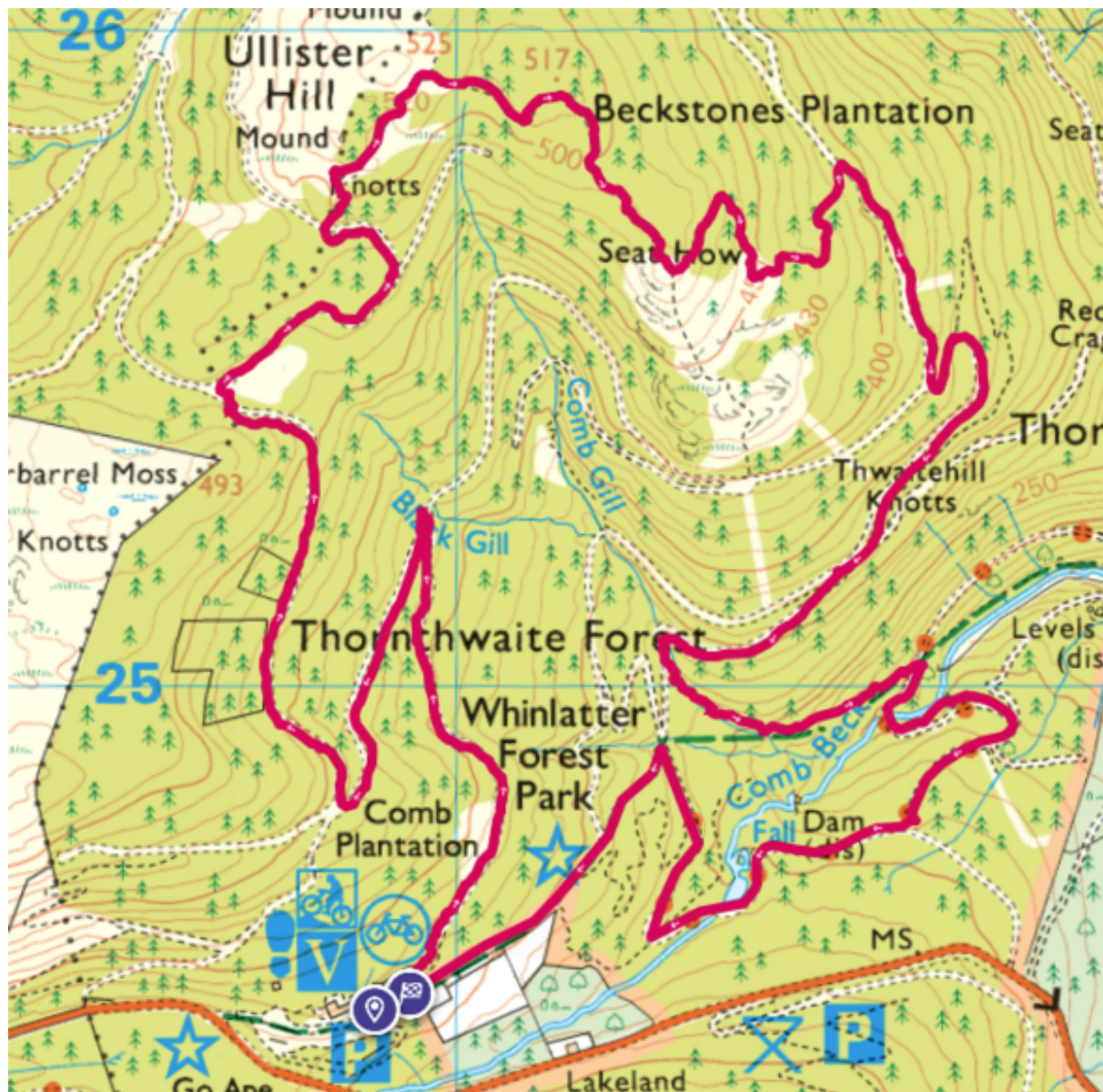
## Race Start

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.

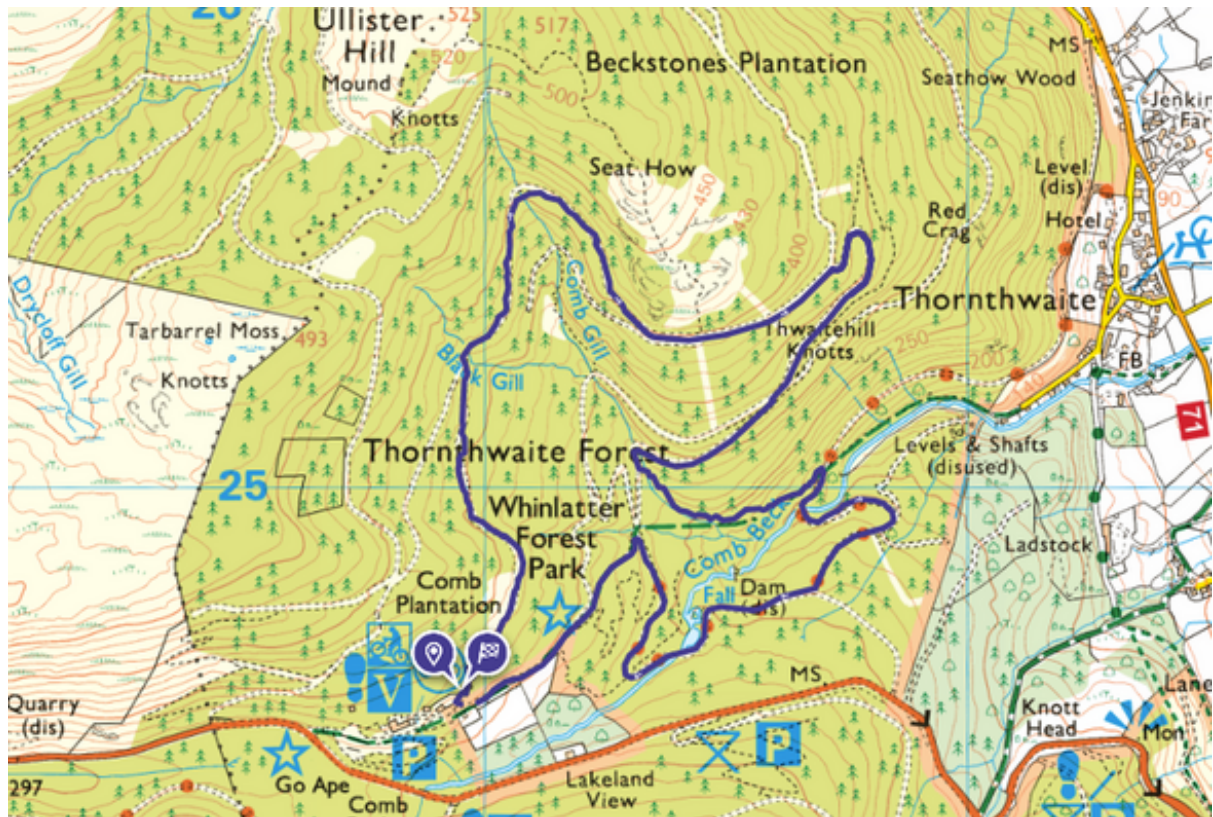
## Routes

We are on our original route at Whinlatter, with both our 5K and 8K options available. However, as the forest is very dry at the moment, we have decided to shorten both routes so that they finish next to a good water source where the dogs can instantly cool off. We'll be stopping at the pool at the bottom of Comb Beck that is marked on the maps below.

### 8K option



### 5k 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 8k or 5K 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. There is water available for your dog on the course, but please do give them access to it when you come across it, as the abundance of water that we are used to is simply not there. We will be finishing next to the Comb Beck Dam so dogs can have instant access to water. Please carry any water that you need for yourself 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 harness sizes from 1 to 8. 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.

### **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**

Fingers crossed and all that .... at the moment it is looking good. Temperatures of around 14 to 15 degrees, sunny, less than 5% chance of rain, low humidity and light winds. We are not worried about the temperature, the reason to amend the course is due to availability of water.

### **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.

### **Series Awards: Trophies and Prizes**

We will be giving out our series awards and prizes on Sunday am and hosting our Non Stop Dog Wear raffle. Tickets for the raffle will be £5 per strip ... please do bring some change with you! The prizes are well worth having! We will be based back near Cyclewise to award the prizes and will start as close to 11am as possible. Please do stay, join in the raffle and support those who have won.

### **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