



RUN THE SEASONS



Hi

Thank you for entering the 'Run the Seasons' Winter Night Run at Cowdray on Saturday 7th December, we look forward to seeing you.

This year Race HQ will be located at the Castle Ruins as opposed to Farm Shop. The location is second to none and you'll experience all things 'Cowdray'. In addition to bespoke collectors medals and free photographs, our friends at Oatopia and Protein Ball have provided tasty flap jacks and energy supplements. [Gusbourne](#), the award winning vinyard, will be supplying spot prizes and bottles for the winners and the Heritage Café will open for hot soup and a roll.

Skinner's will once again be supplying their popular recovery bars for the canicross runners <https://www.skinner's.co.uk/>

We're pleased to announce [Exposure Lights](#) will be showcasing their amazing lights but please ensure you arrive early as there will be approx 40 headtorches for people to demo on the night, available on a first-come, first-served basis.

The team from [Dynamic Movement Therapy](#) will be on hand to help with any niggles pre or post-race. They are also fully equipped to provide taping and strapping if necessary. If you want to book a specific pre or post slot for a massage on the night, then you can do that [HERE](#):

Race numbers for this event can be collected from the registration gazebo which will be located at the Castle Ruins and Heritage Cafe. Please make sure you give yourself enough time to park and arrive.

We'll be emailing you again next week, but in the meantime all the information and maps you need can be found on the [event page](#) at [Raw Energy Pursuits](#).

Please make sure you read the race info [HERE](#), and make sure you are familiar with the course. The course will be signed on Saturday morning and re-checked prior to the start at 5pm when we'll put out the glow sticks. Marshals will cover all the key locations around the course, but it is still your responsibility to know where you're going. The course is very straightforward and there shouldn't be any navigation problems.

Any last minute updates will be posted online or via [Facebook](#) and [Instagram](#)

We look forward to seeing you on the 7th

Raw Energy & Cowdray Estate6