



RUN THE SEASONS



Hi

Happy New Year! It's not long now before Saturday's 'Run the Seasons' Winter Night Trail Run. **Don't forget your headtorch!**

At the moment, the weather forecast for Saturday looks like it'll be dry and fairly chilly at 6-8 degrees. There are a couple of weather fronts blowing through later in the week which we'll keep an eye on & monitor the course. The venue itself is currently firm, but there will be a few muddy sections on the course. The vast majority though will be fine. If for any reason we have to change the course, we have a number of contingencies we can put in place.

Please allow plenty of time to arrive as the roads and parking may be busy. We're finalising parking at a nearby college which will make things much easier; we'll keep you updated this week. If we can't get in the college, then most parking areas are between an 8 - 15min walk away. We've put together some suggested areas to park [HERE](#). **Please don't leave it to the last minute to arrive.**

- **RACE NUMBERS:** Collected from the registration gazebo between 3:30-4:45pm
- **START:** Races will start from 17:15hrs (5:15pm) and will be in a couple of waves.
- **FOOD & DRINK:** Cowdray's Heritage Café will be open all day.
- **TOILETS:** Unlike a typical morning run, there's unlikely to be so much of a rush to use the loos which are located close to Race HQ, there are also toilets in the café.
- **AFTER RACE:** Make sure you help yourself to Sussex's best flapjack provided by Oatopia and Protein Balls. The café will be serving hot soup & rolls and there Gusbourne's sparkling wines will be on sale too. [Skinners](#) will once again be supplying their popular recovery bars for the Canicross runners
- **TIMING:** We will be using our Android timing system hosted by Results Base – there are **NO CHIPS**.
- **RESULTS:** Live results will be available at the finish on your smartphone/android/iPhone device via www.resultsbase.net/mobile/ or via www.resultsbase.net. Please let us know if you have any timing queries.
- **IMPORTANT:** Please make sure you read the [race details and check out the maps](#)
- **WATER:** **Please bring your own water.** There will be a water station at the 'Course Split' location close to the finish for the 10km runners and dog bowls for the canicross.
- **PHOTOS & MEDALS:** Don't forget your race entry fee includes free unlimited image downloads and a finishers medal.

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.

[Dynamic Movement Therapy](#) have provided some useful [tips and stretches](#) ahead of the race

We look forward to seeing you on Saturday.

Cowdray Estate and Raw Running
www.rawrunning.co.uk