

Frequently Asked Questions:

1. Do I have to run? No, you can run or walk, but not cycle.
2. How long is it? 2K or 5K – you can choose.
3. Has the route been measured accurately? Yes, the routes have been measured, with a trundle wheel, to within 1.5m
4. Will I get a time? No, we are not recording official times, but you are welcome to time yourself.
5. Are there prizes? Yes, there are prizes for the first finished in each of our age categories (M and F).
6. Are there toilets? Yes, we have toilet facilities for participants and spectators.
7. Can I bring my dog? No, sorry you cannot bring your dog with you.
8. Can I walk it with a buggy/ pushchair? No, the route is not suitable for wheeled access, but spectators can bring them. The routes are suitable for children or babies in carriers.
9. What should I wear? The terrain is mostly woodland trails, packed gravel and grass. Wear footwear that you don't mind getting a bit dirty. Weather depending, choose comfortable clothes to walk or run in and be prepared for rain or cooler conditions (it is Scotland after all!).
10. Do I need cash on the day? Your entry fee covers refreshments for each participant but it is a fundraiser, so please be willing to bring along family and friends to spectate and let them know that they can buy refreshments to help the cause.
11. Am I too old or young to take part? No! We welcome all age groups but please bear in mind that children must be supervised at all times.