

# BEER COASTERS PRESENT THE NIGHT RUNNER



7 miles of nocturnal fun in Grizzly territory  
from 7:10pm on Saturday 24<sup>th</sup> March, 2012.  
Complete with mud and beach (but no bog).

Held under [ARC](#) rules (permit applied for).

Sponsored by the [Anchor Inn](#), Beer (01297 20386).

Memento and spot prizes.



Beer Coasters, part of the Axe Valley Asylum of Running, once again invite you to experience the joys of multi-terrain racing in the dark. We run in this area all year round, come rain or shine, light or dark, and want to give you the opportunity as well! Start and finish in Beer Head car park. Social afterwards in The Anchor; food available to pre-order for £5 with other menu choices on the night. Memento and spot prizes but no trophies.

The route will be marked with tape & red lights, marshalled and back-marked. New traffic-free route with tracks & paths (some steep, stony, slippery and/or narrow), open common, woods, clifftops, beach and ford crossing. **You must carry a torch** (headtorch recommended), **have previous experience of running off-road at night** by the time you do this event (see the Nightrunner page of our website for some suitable opportunities) and have a sense of adventure.

A map, route notes and other info will be available from our website [www.AxeValleyRunners.org.uk](http://www.AxeValleyRunners.org.uk) or you can contact the Bard of Beer, [Richard.Hale@AxeValleyRunners.org.uk](mailto:Richard.Hale@AxeValleyRunners.org.uk) / 01297 23864.

Entry fee £7, plus £2 extra if not affiliated to ARC or EA. **Minimum age 17**. Completed entry form with a cheque payable to "Axe Valley Runners" to Richard Hale, 47 Park Road, Beer, Seaton, Devon EX12 3HL. Entry confirmed by email or SAE. Collect numbers on the night so we know who's out there. Postal entries close 20th March. Entries on the night £2 extra if limit of 200 not reached (120 last year).

## NIGHTRUNNER 2012

PLEASE PRINT CLEARLY, especially email address!

Name: \_\_\_\_\_ Date of birth: \_\_\_\_\_

Club: \_\_\_\_\_ Affiliated to ARC or EA? Yes / No

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_ Sex: M / F / Only in the dark

Pre-order food? vegetarian balti / chicken and mushroom pasta / chilli rice (Add £5 to your cheque)

Disclaimer: I will abide by the rules of the event, will have some experience of off-road running at night by the time of the race, will carry a working torch and will run only if physically and medically fit to do so. I will not hold the organisers liable for any loss or injury incurred as a result of my entry.

Signed: \_\_\_\_\_ Date: \_\_\_\_\_

# WELCOME TO THE DARK SIDE!

