



Trail Run | Pre-Event Information

We are thrilled that you have signed up for what is looking to be an action packed weekend in The Muckle Toon!

Please read the following Information carefully before attending on the 16th June 2018.

Directions

If coming via A7 North you will approach Langholm over a traffic lighted road bridge. Continue for a ¼ mile before turning right into Langholm Rugby Football Club.

If coming via A7 South you will approach Langholm over a traffic lighted road bridge. Continue through Langholm high street and as you exit the town you will see Langholm Rugby Football Club on your left hand side.

Continue for 500 yards before turning left into the event village. Please take care on entering Basecamp as pedestrians and participants will be in the vicinity.

MTAF Basecamp

On entering Basecamp, you will be directed to the car park. Please drive carefully and obey the 10mph speed limit. Car Parking within Basecamp – FREE all day.

Camping opens from 3pm on Friday 16th June

The Run

Both the 10k and Half Marathon races start together at 1:00pm from Basecamp. Registration open from 11:00am.

The Start

At the beginning of the race, competitors will be escorted through the town by event staff before turning left onto the famously challenging Kirk Wynd. Please note- runners should follow

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marshals and signage, allowing you to navigate safely and smoothly as the routes divide. Half Marathon runners will be following PINK signage and 10k runner will be following BLUE signage. The Half Marathon route continues up the Kirk Wynd towards the summit of Whita Hill while the 10K route veers to the right half way up the Kirk Wynd. The pipe band will be playing in this area and so marshals voices may be difficult to hear. PLEASE pay close attention to THE ROUTE SPLIT signs on the kirk wynd and follow the appropriate route.

The Route

Both routes cover a variety of rough terrain, steps, bridges and road crossings. Please ensure you wear appropriate running/trail shoes.

Trail running requires concentration and awareness and we advise you take the utmost care when negotiating roads, traffic, rough terrain and narrow footbridges.

There will be three drink stations on both the Half Marathon and 10k routes and we advise you take some supplementary energy drinks, gels, sweets etc to ensure you have enough energy to complete and enjoy the course.

Dogs accompanying runners must be kept on a lead at all times.

The route will be marked with a series of arrows and canes. Please stick to the route at all times. There are sections of the running route that will merge with the mountain bike event. Signs stating "CAUTION ROUTES MERGE" will be in situ at these points and we advise all participants to be aware of their surroundings, running on the right hand side of a trail identified as 'merged'.

Be assured that appropriate risk assessments have been undertaken and that all these areas have been identified as low risk as competitors will be travelling at slow speed with clear lines of sight. At any positions where this is thought not to be the case Marshals will be in attendance to ensure your safe passage.

Please come prepared for all weather conditions. If it is forecast to be warm, think about using sunscreen and keeping hydrated. In the event of high winds, low temperatures and/or rain, ensure you have warm, suitable clothing to keep you comfortable throughout the whole event.

Road Crossings

As the route circumnavigates the town, there are a number of road crossings. Marshals will be in attendance at these crossings and "SLOW CAR" signage will warn you of oncoming road crossings. BE AWARE, marshals are in situ to assist you in safe passage across the road, they are NOT there to stop traffic for you. You MUST stop at road crossings, should traffic be passing. At the main A7 crossing at The Skippers bridge it is important competitors cross the road in accordance with traffic lights and marshal instruction.

Keep the Route Tidy

The Muckle Toon Adventure Festival Trail Half Marathon and 10K crosses beautiful countryside and we STRONGLY urge all participants to place all litter in bins, leaving the trail as you would wish to find it.

We want you to enjoy the event but please be responsible and courteous. Stick to the marked trails and be mindful of others who are enjoying the countryside as well as wildlife and livestock and help us make this one of many Muckle Toon Adventure Festivals

Enjoy The Run!!!

We are delighted to have you on board for this years' Muckle Toon Adventure Festival and we hope you enjoy every minute of this years' trail run. Help make the event a huge success by packing a smile and plenty of energy for what looks set to be an action packed weekend in the Muckle Toon!

The Muckle Toon Adventure.

A company Limited by guarantee, registered in Scotland, number SC448923.

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