

GADE VALLEY HARRIERS MARATHON TRAINING RUNS

Welcome to our marathon training runs. We hope that you will have an enjoyable run, and that it will help you speed around the marathon course in April. To keep track of who's running today, please complete the details below:

- **Name:**
- **Address:**
- **Emergency Phone Number**
- **Email Address**
- **Running Club**

Important:- Marshals will be sited around the course. Please listen to and follow their instructions. Marshals do not have the authority to stop traffic. At road crossings it is your responsibility to ensure that it is safe before you cross. We strongly advise against the use of MP3/personal music players whilst taking part in our training runs – you will be running on open, public roads and will need to be aware of traffic and marshals instructions. If you have been unwell in the past 5 days please do not run.

Signature:

Date: