**GADE VALLEY HARRIERS**

**MARATHON TRAINING RUNS**

Welcome to our marathon training run. We hope you will have an enjoyable run and that it helps you in your marathon preparation. To keep track of who’s running please complete the details below:

• **Name:**

• **Address:**

• **Emergency Contact Details:**

• **Any Medical Details:**

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. By taking part in our training runs you agree to any images we take being used on our website or social media pages.

**Signature: Date:**

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