FOXTrail 5K Winter Running Series

FOXTrail Winter Running Series



Athlete Guide

RACE 1 - FOXLAKE

SATURDAY 14TH November

DURTY EVENTS

Welcome

Thank you for your entry to the Foxtrail Winter Series.

We can't wait to see you all on Saturday 14th November to kick off this years Winter Trail Running series. This document is full of useful information, please read it as it will answer most if not all of your questions.

This document includes information on the following:

- Race Timings
- Race Logistics (inc. Starts and Bag Drop)
- Transport
- Registration and Race Timing
- Course Description
- On Course Nutrition
- Race Rules
- Accommodation

Jaybirds Larder the On-Site café will be supplying the after event refreshments and will be open throughout the event if your supporters are looking for a cuppa or a spot of lunch. See menu opposite for an example what's likely to be on offer.

We look forward to welcoming you to the race.



JAY BIRD'S LARDER

MONDAY TO SUNDAY

ALL-DAY BREAKFAST ROLLS 5.20

Choice of one filling; Back Bacon, Pork Sausage, Haggis, Black Pudding, Vegan Sausage, Fried Egg or Tattie Scone

Extra filling is £1.40

LUNCH MENU FRIDAY - SUNDAY ONLY Served from 12pm

SOUP OF THE DAY £5.90/£6.30

Served on it's own or with Bread or Oatcakes

SOUR DOUGH TOASTIES £10.95

Made using sour dough bread from Company Bakery
Choice of Double Cheese, Cheese & Ham or Cheese & Chutney

Garnished with crisps

SOUP & TOASTIE COMBO £13.45

AMERICAN HOT DOG £10.45

Traditional style American Hot Dog served with griddled onions, tomato ketchup and American mustard

KIDS MENU AVAILABLE Kids 13 & under – Please ask

Kithcen closes between 3-4pm. Drinks, cakes and snacks still available after kitchen closes.

We try to accommodate all allergies however please note that we have a small kitchen and handle most common allergens so we can't guarantee traces from cross contamination. Please make us aware of any allergens, intolerances and or dietary requirements.

Important Points

- Registration is 8.30am-9.30am please arrive in plenty of time to park, register and get ready
- Toilets are provided on site please use them, we do not want to lose the use of the venue
- There are no cups at our feed stations you will need to bring your own
- Your dibber is your timing chip the information is stored on the chip so you must return this at the end
- If you withdraw from the race at any point you must report to the finish line
- If you have entered the series you will only receive 1 race number and you must bring it to each event

Race Timings and Logistics

Location
The race venue will be Foxlake Adventures, Dunbar, EH42 1XF. (Race Registration & Finish Line).

How to get there
Public transport is a viable way of getting to the race. You can jump on a train from Edinburgh to Dunbar then grab a bus (East Linton bound buses, ask for Foxlake Adventures) or a taxi. Please see: www.scotrail.co.uk and www.lothianbuses.com for more info.

Parking
There is plenty of parking around the Foxlake site. However, think of the planet and car share/take public transport if you can. Please follow signage and marshals' instructions on arrival.

Schedule
Critical race day times are below:



Saturday 14th November

0830	Car Parking Open for all Events
0830	Registration for all Events Opens at Foxlake HQ
0930	**Registration Closes**
0945	Race Briefing for all races
1000	Full Distance Race Start
1010	5k Race Start
1130	Prize Giving 13k and 5k (Approximate Time)

Please pay particular attention to registration timings, if you're not registered on time you can't race! 😊

NB. If you have entered the full series, you will keep the same number for use at each event, but you will still need to come to registration to collect your timing chip.

Bag Drop
There will be an unmanned bag drop facility on site. Bags will be left at owner's risk.

Please don't leave valuables in bags. We do not accept any responsibility for lost or stolen items.

Facilities at the Start & Finish Line
Race HQ at Foxlake has areas for shelter, toilets and a café. This will be the start and finish area for this event.

Registration, Timing and FINISH

Registration

You'll receive your timing chip (Sport Ident 'dibber' type) and one race number at registration. The race number goes on you**, please pin the number on your front**, please **do not fold this number or pin it to your leg** it makes it very difficult for marshals to read. The timing chip goes on your wrist you will need to use it on the finish line.

If you have a series entry remember to **keep your number** as you will need to bring it along to each event.

Please make sure you **return your dibber** at the finish line or you will not be given a result and will incur a replacement charge of £35. Not returning your chip may also result in us sending out a search party for you, please don't make us come looking!

Finish + Prize-Giving

Prize-Giving will be held near the Finish line as soon as possible after the event. Relax, have a cuppa on us and claim your prize (or cheer on those that did win a prize!).

Prizes will be awarded to 1st, 2nd and 3rd male and female on both the full event and the 5k event.

Race results will be available at www.durtyevents.com/results.
Race Photographs will be published on our social media channels and website as soon as possible after the event.



Route Information

Course Description:
The course will be fully way-marked and marshalled.

The course is entirely off road and can be muddy in places. You are likely to encounter other users and members of the public, please be courteous – they have the same rights as you to be there. 'Race Head' will not be an acceptable excuse for being nasty!

Surfaces vary from rough rooted paths, to muddy trails and sandy coastal paths. There are some rougher sections of footpath alongside the beach in places – please take extreme care. A bit of everything, just what you'd expect from a trail race!

The course distance is approximate and intended as a guideline for you to estimate the nature of the event. We're not interested in what your Garmin says 😊.

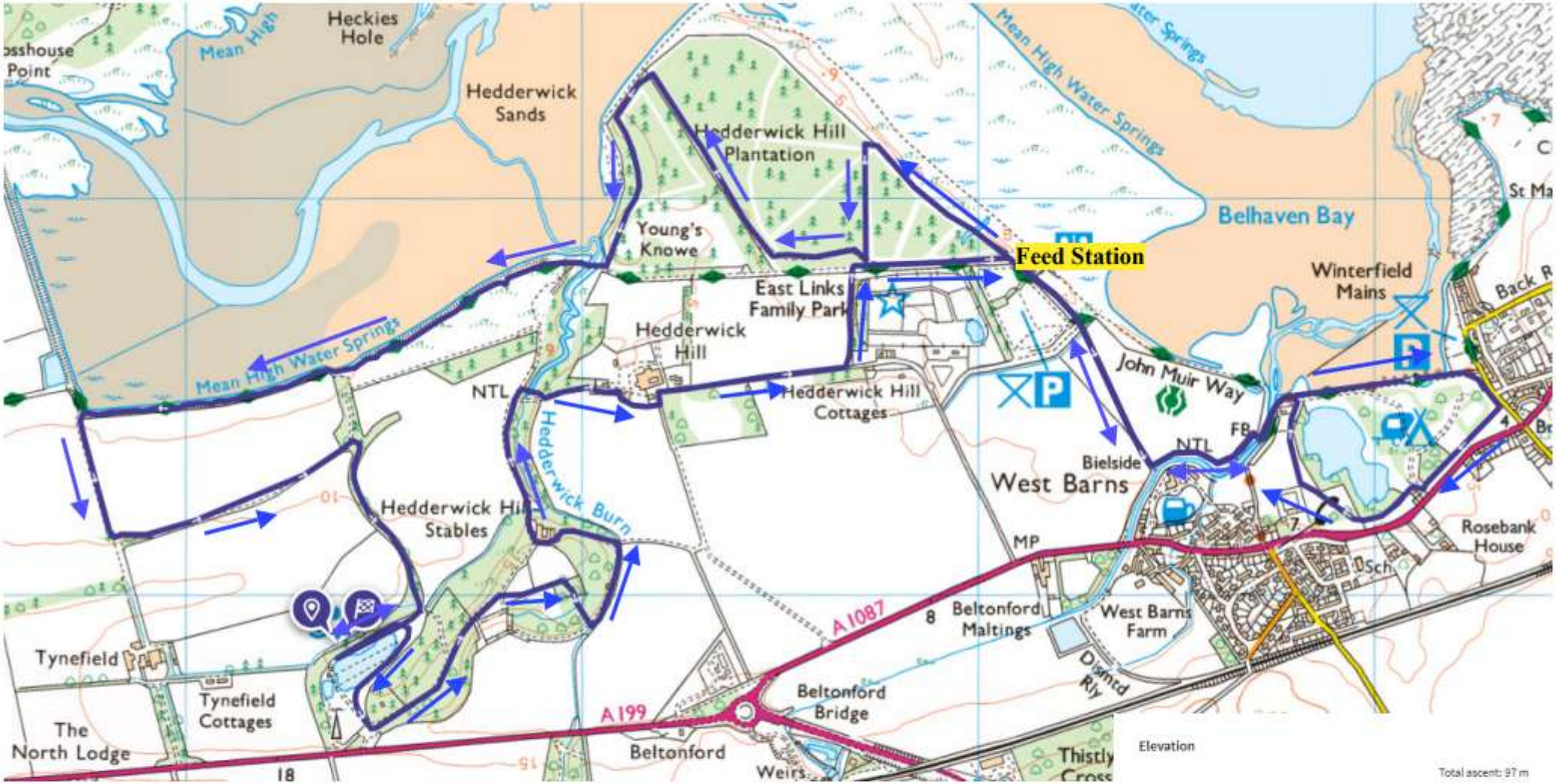
Footwear: We suggest that trail running shoes will be the sensible choice, road flats are not recommended. Whilst the course is generally on good surfaces, there are sections that are less good and a little more challenging.

Aid Stations
There will be an aid station on the 13k course at approximately the halfway point.

A Greener Foxtrails!
Feed station cups are our biggest source of waste. So, we're stopping using them. **Completely**. There will be no cups at feed stations, y**ou need to bring your own**. You will need to carry this with you and use it on the course if you wish to use feed stations.



Golden Rules
No Litter. Anywhere. Full Stop. This includes the car parks. It specifically includes gel wrappers, banana skins, cups etc. If you've got any of these, either bring back to the finish with you, hand to a marshal or use one of the bins at the Aid Station. We rely on the goodwill of landowners for the race to happen at all, and they do check the course after we're finished for this kind of thing. Please comply – we don't want to do it, but it's an instant DQ for littering. You've been warned!



FOXTrail Winter Running Series

Race 1 - 13k Route
Foxlake Adventures



HOP RUN 2027

Something for the Summer Season!
Join us for an atmospheric trail run through the stunning Esk Valley
Starting at Arron House in Penicuick you will pass tumbling waterfalls, still river pools and quiet natural forests. The finish line is at Stewart Brewing HQ where you can quench your thirst and celebrate your achievement over a beer
(the first one's on us!).

Event Date - 5th June 2027

<u>Entries Open 2nd November 2026</u>



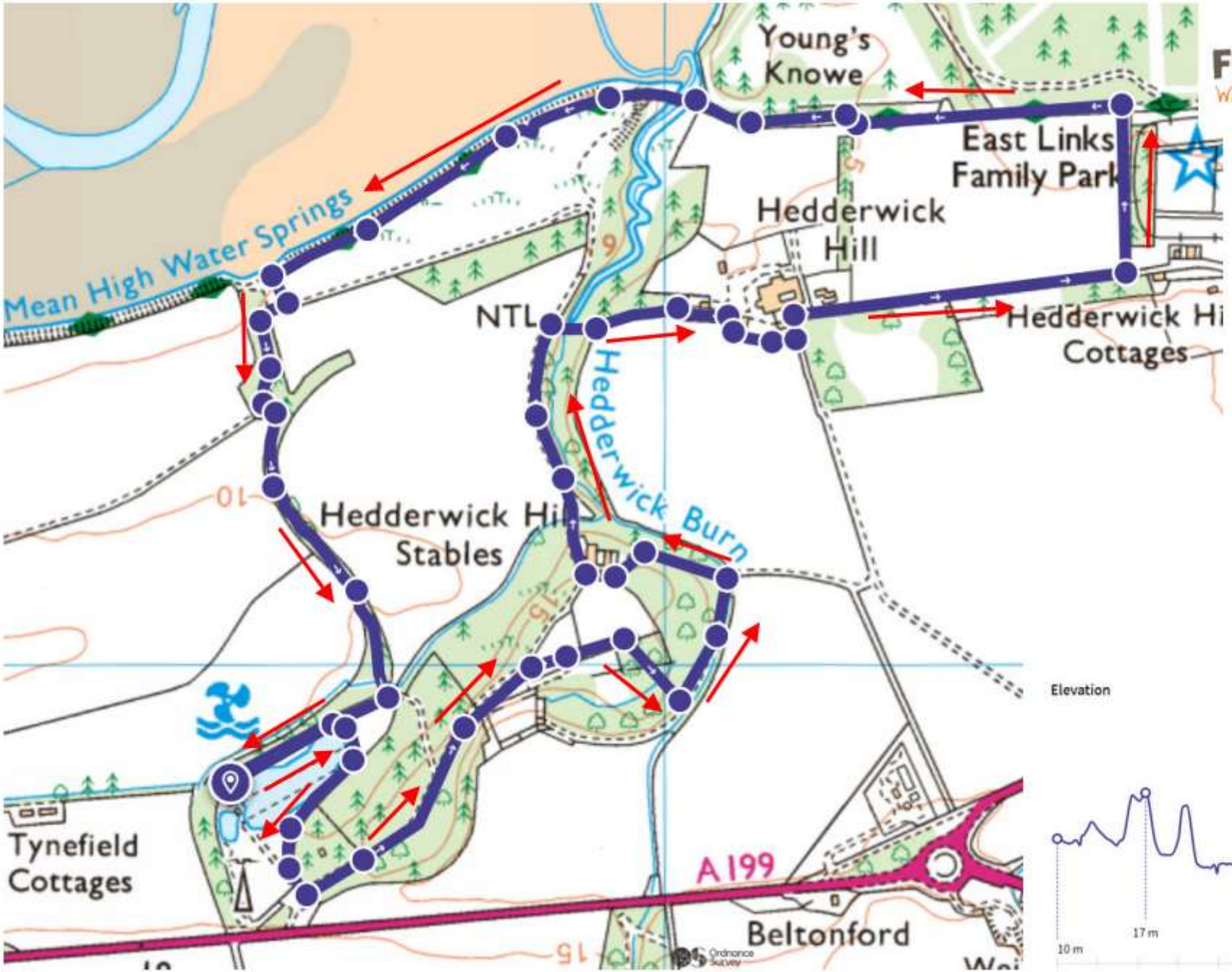




STEWART BREWING







FOXTrail 5K
Winter Running Series

Race 1 - 5km x 1 Lap
Foxlake Adventures



And Finally

Volunteers – (Help Needed)

This event requires a small number of folks to make it happen – course marshals, aid station teams, registration and finish crew etc.

Do you have friends, family or clubmates that fancy coming along to help make this event happen? Volunteering will give them a unique view of the course and enable them to shout abuse (oops! I meant 'encouragement' 😊) at you along the way. If so… **we need them!** Please email info@durtyevents.com if you think you can help.

In exchange for their help we offer a whole heap of fun with like-minded people, our deep appreciation, and a warm fuzzy glow of being an essential part of making it happen, oh and there's free cuppa and biscuit in it for them 🍪. If you can bring a group of people (e.g. club, community organisation etc.) we can also make a donation to your cause.

Accommodation

For accommodation options, this is a good starting point:
https://www.visitscotland.com/accommodation

Harvest Moon Holidays are perfectly located for our events at Foxlake Adventures Dunbar and are the venue for our Harvest Moon Half Marathon. Check out their accommodation at www.harvestmoonholidays.com





LAKES IN A DAY

50 MILE ULTRA RUN FROM CALDBECK TO CARTMEL

ONE DAY. 50 MILES. 4,000M OF CLIMBING

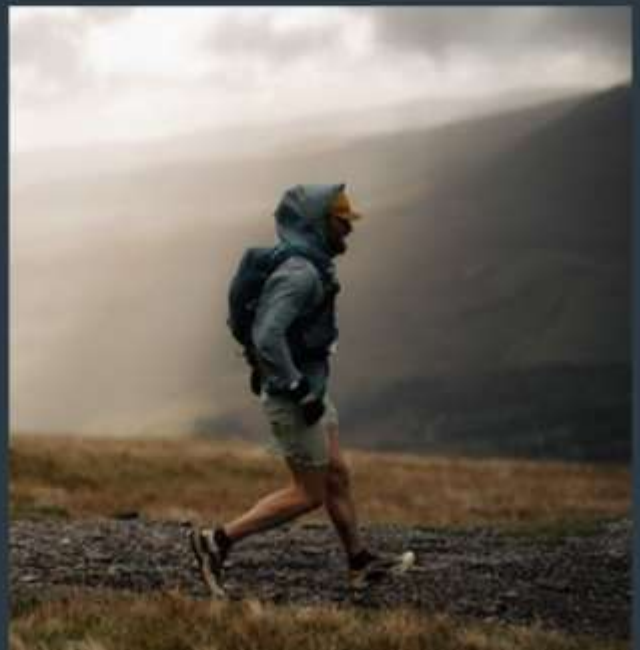
Fancy taking on one of the biggest days out in the Lake District? Dynafit Lakes in a Day takes you from Caldbeck to Cartmel, crossing the Lake District from north to south and packing 50 miles and 4,000m of climbing into one seriously spectacular day. It's tough. It's wild. It's beautiful. And it's one hell of a challenge.

And if 50 miles sounds like a bit too much, there's the Dynafit LIAD Half.
23 miles. 850m of climbing. Ambleside to Cartmel. Same incredible landscapes. A shorter, more accessible way to take on the Lakes.

Both are now on sale for 2027. www.durtyevents.com























For future adventures
check out our other great events at
www.durtyevents.com

With thanks

FOXLAKE Adventures

HARVEST MOON HOLIDAYS

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DURTY BREWING

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