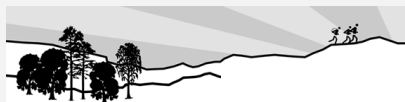


Macclesfield Harriers & AC

Invite you to take part in the

FOREST FIVE CHARITY RUN



ON THE PICTURESQUE TRACKS OF MACCLESFIELD FOREST

7.30pm Wednesday July 17th 2013

Entries £6 on the night

Parking and registration from 6.00pm

at Macclesfield Forest Visitors Centre,

Trentabank, Nr Langley (SJ 961712)

Under no circumstances must cars be parked anywhere near the Leathers Smithy Pub. Race parking is 600 metres beyond.

- *Proceeds are donated to East Cheshire Hospice*
- *Sorry, no prizes, we want as much as possible to go to our charity*
- *The route is ~5.5 miles mostly on good quality forest tracks but there are some stepped boardwalks to negotiate. At one point there is a route choice; either stay on the dry firm track or to take a slightly shorter line across slippery grass (this might govern your selection of shoes)*

Arrive in good time; the start is 10 minutes walk from registration. After the race, runners and officials tend to gather in the St Dunstan Inn in Langley.

If you don't want to run, why not volunteer. Contact Pete Nolan on 01625 423414 or 07980 543276

With the kind permission of United Utilities plc and with the support of the Peak National Park Rangers.
Changing and toilet facilities are extremely limited..