

## **Elvet Striders Summer Handicap Series 2009**

The series takes place on the second Wednesday of each month until August with final on the second Wednesday of September.

The handicap run is twice round Houghall Woods (same route as Pam and Barry's fancy dress handicaps or the Clamber.) This year, again, the course will be anticlockwise, ideal training for the Clamber! In each race you have a start time such that if everyone ran exactly to their handicap then everyone would cross the line at the same time, it never happens. After each event your next handicap time is based on your current performance.

If you take part in at least 3 of the rounds you are eligible to win the series final. In the final the first person across the line is the winner. There will also be prizes for the most improved and the person nearest to their handicap time (not wearing a watch.) If you don't manage three events there are still prizes on offer.

The start times for the fifth round for those who have run at least once this year are on the accompanying sheet.

And remember, **it doesn't matter how fast you are, you are running against yourself!**

**The next event will be on Wednesday 12th of August.**

The final will take place on **Wednesday 9th of September** at the slightly earlier time of **18:30**, this is to ensure everyone gets around the woods safely in the fading daylight.