

Breakfast Run (Pyramid Session) – Sunday 8th August 2021, 9:15am

Start and finish at the Coach & Horses Pub, Victoria Rd, Draycott, Derby DE72 3PS. Parking will be free.

One Group: Training Session	Pyramid Session Total distance (including warm-up and warm-down will be around 8km).
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- **Everyone is welcome** with the breakfast run aimed at runners in the lead up to the Wilne 10k and Derby 10 Mile.
- We can accommodate slow joggers as well as people who want to run at a quicker pace. The Pyramid session is open to all. Quicker runners will be starting further back in order to keep everyone close. Please ask if you have any concerns.
- There will be **leaders** at the front, middle and the back of the session.
- More information about the run and the route to be provided on the morning.
- All attending **must register** by 8pm, Sat 17th August, or when full.
- There will be a warm-up jog and a warm-down jog before and after the training session.
- Runners who are tired or do not wish to run as far have the option of finishing earlier or just jogging the distance instead of doing the Pyramid session.
- Please **come prepared**. There is no access to toilets at the pub although the public toilets near the Market Place may be open. Although the terrain is good, please bring **suitable footwear/clothing** for the conditions on the day.
- There will be an opportunity to ask training or event related **questions and advice** after the breakfast run (leaders include athletic coaches and an ex-international runner).
- **Water and a snack** will be provided at the end of the breakfast run.
- Further details will be announced soon.

Itinerary:

9:15am	Runners Arrive.
9:30am	Warm-up
9:40am	Start of breakfast run.
10:25am>	Runners return.
11:00am~	Finish.

Cost (to be paid at the point of registration):

Wilne 10k/Derby 10 Mile/Carsington 7 entrants:	£2.00/person
Everyone else:	£3.00/person

Note: All breakfast runners are required to sign-in upon arrival and sign-out after. Contact on the morning of the breakfast run: **07799 570370**

Register here: <http://www.wilne.co.uk/breakfast-run-sign-up>
Please note: you have to register for each breakfast run separately.