

## **Welcome to Jurassic Bark!**

We hope you are fit and well and ready to take on Virtual Jurassic Bark 10k this weekend!

In light of the recent variants of Coronavirus across the UK we are urging all virtual MD participants to take extra precautions over the weekend if choosing to run.

Therefore we wanted to offer some sensible advice for those who run at the weekend to further minimise risk: -

- Try to avoid busy footpaths, parks, roads or high streets and be courteous to other pedestrians.
- Avoid busy times of day - do your run early in the morning or late in the evening (remember your high vis!)
- Although it's not against current rules, we would encourage you to run alone rather than with someone outside your support bubble if you can. If not, then try to remember the 2m rule and stick to it - no hugging or bottom sniffing at the finish!!
- Of course, it should not need to be said, but in line with current rules we certainly do not want groups to meet under any circumstances!

### **Entering your results:**

Information for entering your virtual 10k results can be found on [www.maddog10k.co.uk](http://www.maddog10k.co.uk)

**PLEASE MAKE SURE YOU CAN LOG INTO YOUR RIDERHQ ACCOUNT BEFORE THE WEEKEND TO AVOID ANY ISSUES WITH RECORDING YOUR RESULTS.**

### **MD10 Medals:**

Due to the delays with the postal service we have decided to hold off sending out medals until March (hopefully things will have settled down by then).

### **Keep smiling!**

Don't forget to check out our competitions! We have lots of great prizes to give away! [www.maddog10k.co.uk/competitions.htm](http://www.maddog10k.co.uk/competitions.htm)

Have fun, keep barking and stay safe.

Mad Bitch Jules