

When you complete your Registration Application and return it with your fee the organiser will register your application and send a sponsorship form (only if requested) plus a detailed route map, showing marshalling, check points and water points together with a full description of the Wade Trail Run.

Return to

George Tait  
"Rhumore"  
Park Street  
Dingwall  
IV15 9JH

Tel: 01349 867112  
george@georgetait.co.uk

or

George Reynolds  
'Moorfield'  
Ferry Road  
Dingwall  
IV15 9QS

Tel. 01349 866300  
g.reynolds511@btinternet.com

All participants take part in the event at their own risk and will only be allowed to participate if they have registered.

Participants should report to the Royal British Legion, High Street, Dingwall for registration from 9.30am as the bus leaves at 10.00am. The bus journey to the start is approx 30min. (the Check in time for the Long walk is 8am and the Short Walk 10am)

You should not deviate from the route as it is essential that you are checked through each checkpoint on the route.

Unexpected weather changes may occur during the run and you must be physically prepared and adequately equipped with suitable footwear and clothing.

# THE WADE TRAIL RUN

In conjunction with

## WADE WALK



This inaugural Trail Run is a pleasant though challenging route of about 15 miles starting at The Silver Bridge on the Ullapool Road, via Loch Garve, Torachility Forest, outskirts of Strathpeffer, Knockfarrel and finishing at Dingwall.

The Long walk is over the same route and the short walk (5 miles) is from Strathpeffer to Dingwall.

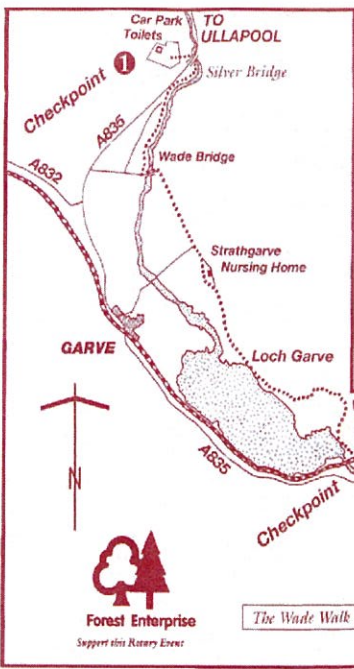
Main Charities this Year

Highland Hospice  
&  
Maggies Highland



**SATURDAY**  
**7th JUNE**  
**2014**

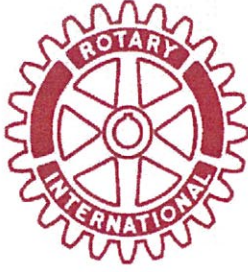
# Dingwall Rotary Club



# THE WADE TRAIL RUN



## 2014



# REGISTRATION APPLICATION

FULL NAME AND TITLE

.....  
 .....

AGE IF UNDER 18.....  
 ADDRESS

.....  
 .....

POST CODE.....  
 TEL.....  
 EMAIL ADDRESS

CLUB OR ORGANISATION

.....

ENTRY FEE £25.00  
 Cheques made payable to  
**Dingwall Rotary Club**  
 Do you want a sponsorship form?  
**YES / NO**

Dingwall Rotary Club have organized the Wade Walk for many years to raise funds for Rotary charities local, National and International.

The club invites you to take part in this inaugural Trail Run and your support will be greatly appreciated.

In recent years we have supported many individuals and organisations for example Macmillan Cancer Support Highland, Heart Nurses Appeal Highland, Puffin Pool, Family Mediation, Archie Appeal and various individuals and local youth groups.

Transport will be provided from Dingwall to Silver Bridge (Bags with excess clothing will be transported from the start back to the Legion in Dingwall for collection after the run) The event will be marshalled at various checkpoints over the route and water will be available at the checkpoints. **The finish for the Trail Run will be at the bus stop opposite the entrance to the Council Offices some 20m before the traffic lights on the main road.** On completion make your way to the Legion in the High Street on the other side of the

main road to collect your clothes bags. Tea and sandwiches will be available in the Legion and there will be a presentation to the winners of the Trail Run on completion of the event.

Runners why not make this part of your training for the Highland Cross or as a personal challenge?