



Event Info Pack



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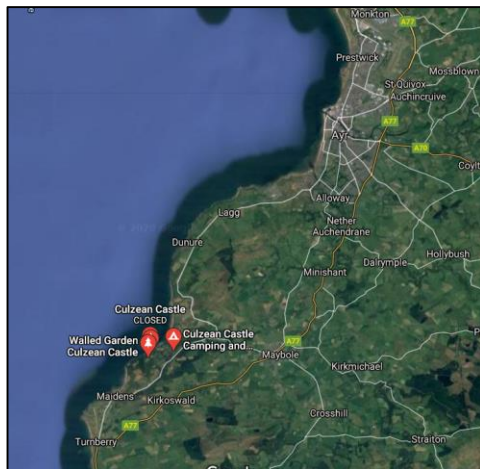
www.facebook.com/LJ-Fitness

Culzean Castle & Country Park



Getting there:

Maybole, South Ayrshire KA19 8LE



When you enter the estate, advise gate staff that you are here for Ruff Dugger.

Entry to the estate is included in your Ruff Dugger event entry price. Please have confirmation of this to hand – either printed or on your mobile device.

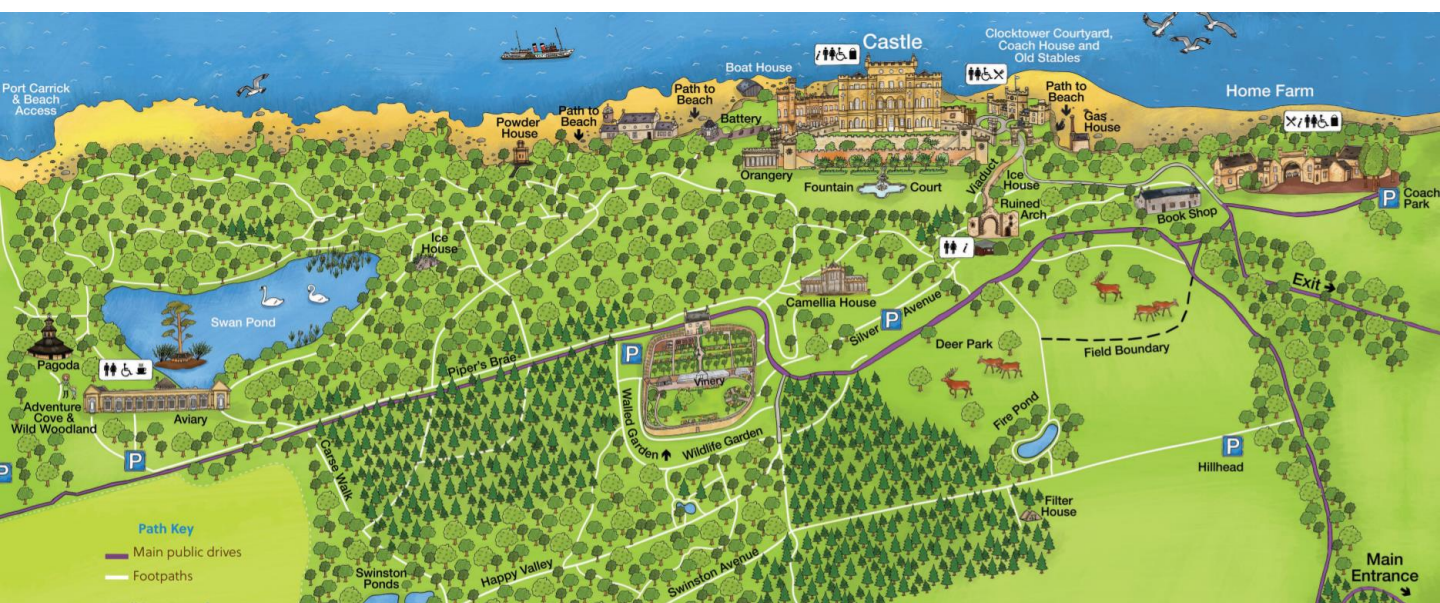
Spectators who are not taking part will be required to pay the estate entry fees as normal.

Culzean Castle & Country Park

Parking for the event is limited and we encourage vehicle sharing when possible.

Follow signs for SWAN POND where you will be met by our parking marshals.

Once parking here is full, you will be required to park further back at either the Walled Gardens or Castle. This will mean a walk to the event area – please leave yourself plenty time! You can download a park map [here](#)



Hot and cold food and toilets are available at the Adventure Cove Café area from 9.30 till 15.30

Please be respectful and don't trail muddy clothes, shoes etc through their lovely clean café.

Similarly, no cleaning of mucky kit in toilets sinks etc.

Please have your dog on the lead at all times while in the estate.

You must clean up after your dog.



There will be official event photographers on site. Prints and digital downloads will be available direct from the photographers after the event – please note these processes take some time and we will share images once they are ready. We love seeing your pictures too – please feel free to share any you have of the weekend on our social media pages.

Stalls with equipment and merchandise on sale both days, Card payment is available at the Cani-Fit kit stall although please note some items (ie some of the clothing) is cash payment only – please come prepared.

Goodie bags and finishers medals will be waiting for you at the finish line. Please note that these are only available to those with an event wristband. Adults who are accompanying kids taking part in the kids events do not get a goodie bag or medal.

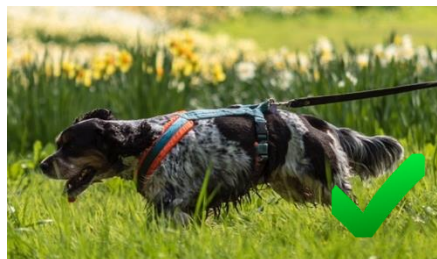
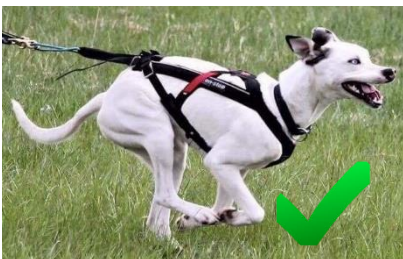
Kit

Animal welfare is our number one priority at Ruff Dugger and for this reason, we have some strict rules about your dog's kit. Comfort and freedom of movement are key and we want you and your dog to have a safe run. If you turn up on event day intending to take part with any disallowed kit, you won't be able to start. Make sure you know what you're running in to avoid disappointment! Here are some do's and don'ts on kit.



Anti pull harnesses, flexi leads, harnesses that restrict shoulder movement or any choke type collars will not be allowed on event day.

Canicross harnesses that allow good free movement and lung expansion will provide the best comfort for your dog. They are available for purchase on site. We can also allow a good fitting FLAT collar and normal lead if your dog isn't a puller.



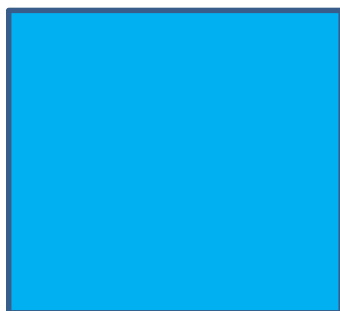
General Rules

- Should you be unable to attend the event then please contact the organiser by email as an official waiting list may be in place. To claim a refund should competitor(s) be unable to attend please send a self addressed stamped envelope to the organiser. As per the entry form, any requests for refunds must have been made **30 days** prior to the event date, this will be entry fee minus costs the organiser has incurred. Should the event need to be cancelled for reasons out with the organiser's control a refund will be available again minus costs the organiser has incurred. If the event is postponed then the entry can be transferred to the rearranged event. NOTE the organiser is unable to transfer entries to other runners.
- There can be no changes to entries on the day
- Weather – Please ensure you regularly check your email in the run up to the event. The organisers may need to alter start/briefing times depending on weather conditions. You will be advised in advance by email of any changes like this.
- All dogs to be a minimum of 12 months old in order to compete
- Kids under 11 must be accompanied by an adult while taking part
- Dogs who wear a muzzle whilst running, must have an open basket, or grey hound racing type muzzle, one that allows opening of mouth fully. Please be aware of dogs wearing a yellow ribbon or bib, this can mean please allow extra space. All dogs should be kept on a lead before, during and after the event at all time, unless far away from busy area where it is safe for off lead walking.
- You **MUST** pick up after your dog at all times, before, during and after the event, and bin. Anyone seeing leaving rubbish or not picking up after their dog **WILL** be banned from future events.

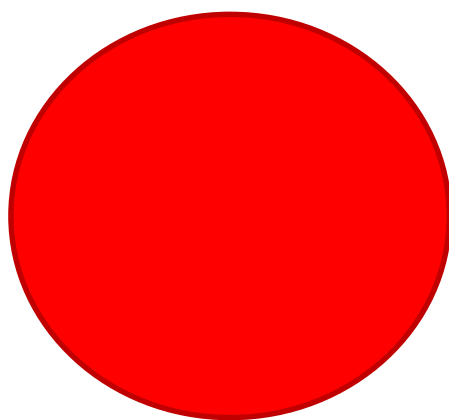
- Over taking - when passing please let the runner in front know what side you will pass, slow down when doing so and be courteous. If you are being caught up on please slow, pull in to one side and allow faster runner to pass and get away safely. Do not allow your dog to chase down and get close to other runners' feet. No barging past or blocking the trail will be tolerated. Smile, say thanks and support each other – it's fun after all!
- Please check that all your equipment is in full working order before running.

Course Markings

For **both** events – the course will be clearly marked with these signs:



Blue square means 'Straight On' – you will also sometimes see this on the course to confirm you are going the right way



Red circle means a turn. If the circle is on the right hand side, you turn right. If it's on the left hand side, you turn left. You will always be turning **AFTER** the circle marker.

As always, there will be various sections of hazard tape and ski netting to keep you right and marshals along the route. If this is your first time or you are at all unsure of the course markings, you must attend the briefing.

On The Day



Registration open from 9.30am.

Please be registered at least 20 mins before your briefing begins.

No dogs allowed at the registration table! We love seeing your dogs but muddy feet jumping into our registration documents is not helpful.

Briefing times:

TEAMS & ADULTS 10.30am

KIDS 12.30pm

No dogs at briefing please.

Event start:

TEAMS & ADULTS 11am

KIDS 1pm

ALL MUST ATTEND BRIEFING

This event is muddy! Make sure you have a change of shoes & clothes, towels for you and your dog, baby wipes etc. If you have trail shoes then all the better, but you will survive with ordinary trainers, just be prepared for it to be muddy and slippery (this is what it's all about!) It might be an idea to tape your shoes on! Please ensure you pick up after your dog, there is a bin at the maze so either hang on to it till then or the end of the race.

Ruff Dugger 'Teams' must cross the finish line together!

Ruff Dugger is a challenge, not a race and therefore you will not be timed. If you want a time, bring your own device.

Starting Waves

In order to ease congestion on the trails and make sure you and your dog enjoy your Ruff Dugger experience as much as possible, we will be starting everyone in waves.

The beauty of this is that you get to slot yourself into the wave that suits you best!

After the kids, there will be four adult waves. Simply be at the start line in time for your wave and you will be sent off in intervals within your wave. Don't be at the start too early, we want to minimise the number of excited dogs near the start.

Have a think – choose your wave – get to the start line – enjoy!

- **11am Wave 1 Speedy Gonzales**

This wave is for fast runners and experienced canicrossers who can run 5k in around 20mins

- **11.10am Wave 2 Dies Hards**

For those who can do 5k in about 25 mins

- **11.15 Wave 3 Happy Trotters**

For those who do 5k in 30 to 35 mins

- **11.30am Hikers**

If you prefer to walk or have a nervous dog who'd like to start at the back then this wave is for you

The kids race/short course won't have waves – simply get in the queue for 1pm and we'll keep you right!

Organiser Details & Useful Links

Event Organisers: Lindsay Johnson at Cani-Fit

info@cani-fit.com

07709394667

www.cani-fit.com

facebook.com/cani-fit

Sponsors:

- Butternut Box www.butternutbox.com
- LJ Fitness www.facebook.com/LJ-Fitness

Photographers

Kenny Girvan

www.kennygirvanphotography.co.uk

facebook.com/kennygirvanphotography