



Brings you another Training and Inspiration evening

MARATHON DES SABLES

Whatever challenges you are setting yourself in 2011, come and be inspired by the exploits of those who have competed in this epic 6 day adventure in the North Sahara

WEDS 3RD NOVEMBER

7pm – 9.00pm

Run and Become, 66 Dalry Road, Edinburgh, EH11 2DY

- **TONY THISTLETWAITE** of Strathaven Striders. Two time finisher of the MDS and West highland way race regular will show a short slide show of his experiences.
- Also short DVD of previous races
- General Advice on ultra-training from Tony and former GB ultra Internationalist and current Ultra Team Manager **ADRIAN STOTT**
- Special kit needed for this event
- How to refuel

Together with other experienced MDS “survivors” they will all be involved in an open question and answer session where **YOU** the audience can tap into their experience to help with your training as you prepare for this or your own inspiring challenges

Admission is free but Raffle tickets to win a £50 Run and Become voucher will be on sale in aid of



In short, an evening to be inspired, and also to inspire each other.

To book your place email: Edinburgh@runandbecome.com

Directions Run and Become is close to Haymarket station on Dalry Road. There is off street and on street parking after 6.30pm but please make sure you are parked legally and not in a resident's permit bay. Somerfield supermarket (1-2mins walk) has its own car park which many R and B customers use discreetly!!

Although these evenings are not planned as a commercial venture, Run and Become staff will be available between their usual closing time of 6pm on the evening of the event, till 6.50, should anyone need advice/help with anything.