

'Holding out Hope' proudly presents:  
**THE BLACK HORSE DASH**  
From the Black Horse  
**at Clapton-in-Gordano**

**Thursday 14<sup>th</sup> May 2009 at 7.30pm**

An undulating 5.8 mile race starting near the pub, snaking its way up and over the Tickenham Ridge and down the other side and then back up past the golf driving range and just beyond Cadbury Camp we plummet back down into the Gordano Valley with a little bit more upping and downing before that sprint finish outside the pub.

All operating profits are being donated to '**Holding Out Hope**' a registered charity (No.1077667) dedicated to providing help to Romanian and Bulgarian orphanages.

Please do not park in the pub car park. Park in Wood Lane and if you can car share please do so.

NAME ..... AGE.....  
ADDRESS.....CLUB.....  
AFFILIATED CLUB RUNNER £5.00, UNATTACHED £7.00.  
(£1.00 Extra on the day). Cheques to 'Holding Out Hope'.

I accept the **BLACK HORSE DASH** is not for the faint hearted, it being a very challenging, mostly off road event. I agree that I enter entirely at my own risk and will not hold the organisers responsible for any injury or loss I may suffer as a result of my participation.

**Signed**.....

Permit No. TRA 45.09 **There will be no first aid cover.**  
Postal entries with SAE to Frank Brady, 12 Midland Way,  
Thornbury, S. Glos. BS35 2BS (or enter on the night).