

## **Kids Dash**

Here's one for the kids offering an approx. 1km trail run that gets the youngsters involved and feeling part of the day. Starting from the event base at Urquharts Bay and completing two out and backs (seen from the event base the whole time), before running around the outside of the event base to finish with all the other courses. Note that a parent or guardian is welcome to run this with the entrant at no cost. There is no minimum age limit - it is up to parent/guardian's discretion.