

SUNRISE LIONS HEAD

WHEN

**NOVEMBER 04
2017 (05:00am)**

SUNRISE IS AT **05:45**

WHERE

LIONS HEAD

MEET AT 1ST PARKING POINT BY WOODEN HUT

ORGANISER · MANDY MEYER (running4meyer@gmail.com)

WEB ADDRESS

WWW.RUNNING4MEYER.COM

AVAILABLE SPOTS

LIMITED SPOTS

**IF YOU ARE SERIOUS,
EMAIL ME.**

YOU WILL NOT BE PART OF
THE HIKING GROUP IF I
DON'T RECEIVE EMAIL
CONFIRMATION!

INDEMNITY

**FORMS TO BE EMAILED
TO YOU UPON
RECEIVING YOUR
CONFIRMATION EMAIL**

BASIC RULES

**DON'T BE AN IDIOT
WEAR CLOSED SHOES
DON'T GET LOST
ENJOY IT**

BRING:

Water

A good attitude

(FUN EVENT)

Coffee, in a flask

A jacket

Closed shoes

**#REUSE
MYSHOES**

**RUNNING
4 MEYER**