

WHY OFF-ROAD?

More and more runners are discovering the adventure and advantages of off-road events. These events will have check points where food and drink are provided as part of the entry fee. Running off road helps to reduce injury caused by running on hard road surfaces all the time and like XC adjusting all the time to uneven ground will strengthen your ankles.

Off road events tend to be more social than road events because they are less competitive. You generally find yourself running next to runners running at a similar pace and chat with different people during the run. You can find out someone's life story over the course of an off road marathon.



The costs of off-road events are in many cases much less than the road marathons and half marathons. But don't expect a fully marked and marshalled route. In most cases a route description is provided a day or two before the event or even on the day of the event. You either follow the instructions on where to turn, what style or gate to use OR you follow the person in front and hope they know the route!

Most events accept runners as well as walkers generally with different start times with the walkers going early. The 100 Marathon Club has had a large influx of new members over the last 10 years as a result of the number off road marathons that are now available. Twenty years ago most marathons were run on roads.

Many off road events are organised by the Long Distance Walking Association – **details on the LDWA menu item**. Others are run by “event organisers”, charities, scouts, Rotary Clubs Etcetera.

You get to see some great scenery on off road events as long as you take a bit of time to look. At one event (the Heart of England Forest Marathon) the organisers will plant a tree for every finisher.

A list of some events in 2016 is shown under the **Off Road Events Menu item**.



Beacon Hill on the Charnwood Marathon



A tree planted for every finisher. Henley in Arden in October 2016



Dovedale Dipper 15mile or 27 mile in the Dove Valley