

BJAB MUD RUN

Saturday, November 16th, 14.00-16.00

WHERE: 50 Avenue Mostinck, 1150 Woluwe St Pierre (Peter Brorsen's house)

Free parking on Avenue Mostinck, or Bus no. 36, stop Océan Atlantique (150m away)

Do your children love getting muddy? Would you love them to run off a bit of energy at the weekend? Have you ever wanted to run 5k? Then you are in luck, the BJAB Mud Run is returning! Children tackle a 1k long course in the beautiful Parc Woluwe, complete with obstacles that involve crawling, rolling and jumping through mud. Successful competitors will be rewarded with a certificate and a warming mug of hot chocolate.

All BJAB children and adults welcome!

Year 2 and under: 1 lap (1 km) must run with an adult

Years 3&4: 2 laps (2 km)

Year 5: 3 laps (3 km)

5K Challenge: Open to all adults, Years 5, 6 and 7

**Course: 1km lap of hilly, woody, muddy, beautiful terrain
with obstacles to conquer on the route!**

Approximately 10-15 minutes to complete one lap

What to wear: Running shoes, sports gear to get muddy and high visibility cycling vests (or bright colours). Please also bring a bottle of water and a dry change of clothes in a weatherproof bag - as we unfortunately cannot account for the weather or the conditions of the terrain! The Brorsens have kindly offered to make room in their garage for people to store bags, change clothes and stay warm after the run, as well as toilet facilities.

Register your attendance through the online form on every Monday/Friday Newsletter and take €5 per child or €10 per family in an envelope to the main office by Thursday 14th November. Our heartfelt thanks to Peter Brorsen and his family for designing the course and having their home available as a meeting location.

