



## **The Twelve Ks of Christmas**

**This 7-mile cross-country race will consist of 2 laps on an expanded course around the Estate, with a few sharp turns to make it interesting, plus 2 laps on the Bridal Trail 5K course which is now familiar to hundreds of local runners.**

**The event will also feature a 2-mile Kandy Kane Run for those who may be unfamiliar with cross-country running, or those who may feel 7 miles is too great a challenge. As always, the course is also open to walkers and friendly pets with responsible owners. There is no minimum speed.**

**Post race refreshments will include Egg Nog (Bring your own adult additives if you wish), and Hard Cider, both of which will require a coupon. Water, of course, is available to all. Please carry your bottle and look for waste collectors along the course.**

**As all Twelve Oak races, awards will in 5-year age groups from 10 and under to 75+. And finisher awards to all.**

**This race will feature an evening start. Please feel free to wear your Santa Hat, headlamp and colored lights.**