

TOP TIPS FOR ORGANISING YOUR OWN THE NIGHT RUN

- ✓ **Register your run with us via our website**
- ✓ **Promote your Own The Night run, download our asset pack to help with this**
- ✓ **Encourage your runners to wear bright clothing and lots of lights (bring the disco vibes!)**
We want to light up Wales!
- ✓ **Organise your Own The Night run as you would any other club/group run**
Make sure you have enough LiRF Leaders, plan your route, risk assess
- ✓ **Share your run on social media with the hashtag #OwnTheNight**
Share photo's/video's of your run on social media

OWN THE NIGHT



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