

# ST ALBANS STRIDERS

## STAMPEDE ROUTE

This route is unmarshalled. Make sure you know the route in advance to avoid getting lost.

Take care to give plenty of space to walkers.

Make sure that you report to the finish area even if you decide to abandon your run.



There are several hazards to watch out for including crossing a private road, a gate and trip hazards.

**Make sure you are careful if you touch the gate. Sanitize your hands at the finish.**



This part of the route is slightly different to the normal Stampede route. Instead of turning left part way up the hill you will continue to the top.

