

Friday August 25 – 2017

8.00h à 10.30h - Breakfast

8.30h - Bar open

**10.00h à 12.00h
Glitter Tattoo**

Let's have a beautiful Norton glitter tattoo wherever you want (No, not everywhere!). Easily removable ... > *At the Check in Point (Registration Desk).*

12.00 à 13.00h - Lunch: soup - bread

> *Please order your lunch on Thursday before 17.00h at Registration Desk <*

½ baguette with mixed salad and choice between:
- cheese/ham - préparé (raw beef) – crab salad - chicken salad

**13.00h
Individual Run (+/- 100km - signposted)**
> *see inclosed map*

You are free to do the run with your friends or individually but we are not authorized by the government to do the run together as one group.
Recovery service is provided.

**17.00h
Silly Games**

For the Silly Games (*near the Marquee*) we need teams of four people. Womens teams are most welcome! Please use the enclosed form to register your team and drop it at the Registration Desk before 16.30h .

**19.30h
Diner: Soup + Flemish stew - fries – salad + dessert**

**22.00h
live Band : 'The Môtiers'**

03.00h Bar closed