

NATIONAL TRUST FOR SCOTLAND MEDIA RELEASE**9 SEPTEMBER 2019****Running festival takes over Crathes Castle**

Preparations are gathering pace for the PIM Running Festival (Saturday, 14 September), which returns to Crathes Castle for its seventh annual event. Hosted by Plant Integrity Management (PIM) and conservation charity the National Trust for Scotland, the festival will welcome more than 1000 runners and there's lots of activities for spectators too.

This year's running festival is even bigger with energetic group warm-ups and three races setting off from the stunning grounds of Crathes Castle. New to the programme is a cross-country 5k, which has been developed in collaboration with the Crathes Castle parkrun community and explores the forest trails surrounding the Estate.

The popular PIM Half Marathon takes runners along picturesque country roads in Deeside towards Drum Castle, which is also owned and cared for by the National Trust for Scotland, with scenic views and a challenging track section. Youngsters and school teams are also encouraged to sign up to the fun 1.5k children's race which takes little runners around the fairytale-like castle.

Off the running track, there will be family fun activities within Crathes Castle's grounds for spectators with live music and inflatable fun. For runners, there will also be a post-race massage station with RGU Physiotherapy Society and spinal check-ups from Banchory Spinal Health.

Event organisers have also taken the decision to introduce fully compostable cups for runners in a bid to combat plastic waste.

For more information and to book your place, please visit <https://www.nts.org.uk/visit/events/pim-running-festival-at-crathes-castle>

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