

## News Release

### Extreme pancake race at BF Adventure

An extreme alternative to the traditional pancake race is taking place at outdoor activity centre BF Adventure next month.

The Penryn-based centre and charity is challenging participants to tackle an exhilarating zip wire whilst hanging onto a pancake on Saturday, March 12.

The registration fee is £10 with any additional fundraising welcomed. The event takes place between 10am and 4pm.

Marketing manager Britta Hoffmann said: “We wanted to hold an exciting pancake race to raise valuable funds so young people can continue to enjoy our facilities here at BF Adventure.

“Pancake Day is a little later this year, on Tuesday, March 8, so this is something to look forward to.”

The race starts with participants frying their own pancake before flying down the zip wire across the Adventure Quarry, all whilst balancing the pancake on a paper plate.

Anyone can take part as long as they are 8 years or older and 4ft 7in tall or over. There is also a weight restriction of 20.5 stones.

BF Adventure was established 21 years ago as the Bishop’s Forum. It delivers more than 8.000 activity sessions per year, including programmes for socially and economically deprived young people, people with disabilities and unemployed adults.

To get involved with the pancake race, please contact Britta Hoffmann, 01326 341 803, [britta@bfadventure.org](mailto:britta@bfadventure.org).

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