

# HEINEKEN RACE TO THE CASTLE 2021

## EVENT DAY BOOKLET



Brought to you by:  
**THRESHOLD/**  
**MORE IS IN YOU™**



# INTRODUCTION

# CONTENTS

## INTRODUCTION

Welcome from Threshold and HEINEKEN	3
COVID-19 update	5

## YOUR FINAL CHECKS

Are you ready?	7
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## WHAT TO EXPECT ON THE DAY

Key timings	8
Getting there	9
Shuttle times	10
Registration, start waves & bag transfer	11
Route	12
Facilities	13
Pit stops	14
Results & photos	15
Safety on the route	16
Medical support & top tips	17

## EXCLUSIVE PARTNER OFFERS

Start with the right kit	18
Sports nutrition trial	19
A taste of the trails	20
Mobility & training	21
Blister top tips	22

## ANYMORE QUESTIONS?

Get in touch	23
Explore our event series	24

## INTRODUCTION

# WELCOME FROM THRESHOLD

Our mantra at Threshold is **More Is In You**. We create breath-taking challenges that stretch bodies and minds because we have seen year after year how they bring out the best in people.

2020 tested all of us in ways that few of us could have imagined. However, even at the darkest points the same spirit of resilience and camaraderie shone through that we see from the runners and walkers on our events.

The challenges of COVID-19 are far from behind us. Our community has shown us fantastic support and loyalty over the past year, and we are fully focussed on repaying that by putting on the best first edition of HEINEKEN Race to the Castle.

I hope this guide gives you a clear idea of what to expect on the event and also some tips on how best to prepare. Having taken on the challenges myself I know the heady mix of nerves, excitement and fear that slowly builds towards the day itself.

Embrace those emotions. Let them inspire you to get out and train in beautiful places. Let them motivate you to get the miles in on those cold, rainy mornings.

If the last year has taught us anything, it is that we have the power to endure. Crossing the finish line in a month's time will be all the more special knowing how hard the journey has been to reach it.

We can't wait to welcome you on HEINEKEN Race to the Castle and see you soon!

Nick Tuppen  
CEO

## TITLE SPONSOR



## CHARITY PARTNERS



## EVENT PARTNERS



# INTRODUCTION

# WELCOME FROM HEINEKEN

At HEINEKEN enjoyment of life is what we're all about and we excel at delivering once in a lifetime experiences. That's why we're proud to sponsor HEINEKEN Race to the Castle - a unique event that brings people together to have a great time.

HEINEKEN Race to the Castle is also an important part of our internal Wellbeing Strategy - we know happy, healthy colleagues are key to our success. And so we're delighted that over 450 HEINEKEN colleagues will be joining you over the weekend – please make sure you say hello!

With breath-taking views along the route, the chance to get together with friends, and of course an ice cold beer or cider waiting for you at the end, HEINEKEN Race to the Castle is a challenge not to be missed.

From everyone at Team HEINEKEN, good luck with your training and we are now more excited than ever to see you at the start line!



# INTRODUCTION

# COVID-19 UPDATE

We've been working hard to adapt our event formats to ensure that our 2021 events will be COVID-19 secure, without losing the 'Threshold magic' that has made the Trail Series such a well-loved endurance series.

We recognise that taking part in events such as these requires planning. We want to be sure we are giving you accurate information to effectively plan your participation. Below are the COVID-19 mitigation measures that you will see on the event.



## Social distancing

We know that creating space is key to delivering a COVID-19 secure event and we've been sourcing and designing event venues to allow for social distancing wherever possible. This includes our Start, Basecamp & Finish venues, pit stops and in our broom wagons. You can expect to see larger sites with smaller crowds, defined participant flow, and designated places to queue at service areas such as info desks, tent allocation, refreshment concessions etc.



## COVID-19 Health Declaration

This form will be emailed to you and will become active 48 hours prior to the event. When you have completed it and if you are cleared to take part in the event, you will receive an email confirmation that you must show on arrival. This can be in electronic format, you don't have to print it out.



## Face coverings

We respectfully request that participants wear a face-covering where social distancing is challenging. These areas will be denoted by signage and may include much of the free flow space at venues and pit stops, when not otherwise sitting down. Naturally, we'll also be following the government advice on valid exemptions and respecting those that cannot wear one for age, health, or disability reasons.



## Spectators

With social distancing in place, the capacity of our venues is reduced. Spectators will only be allowed at the Start, Basecamp and Finish venues. They will **NOT** be allowed at pit stop locations or in the dining marquee. Security will be in place to prevent access. They will also **need to complete the COVID-19 Health Declaration** and have their temperatures taken if they wish to enter the site.

# INTRODUCTION

# COVID-19 UPDATE



## Temperature checks

These will be done at your event entry point.



## THE START

### Access to the Start

Please arrive no more than 45 mins prior to your start wave. You will only be able access the start village a maximum of 45 mins prior to your wave.

### The start line process

We have revisited the traditional Trail Series mass starts to allow for social distancing at the start line and along the route. We will be pulsing runners out from the start line as individuals approximately five seconds apart. The start will be open longer than normal to accommodate this.

### Route safety briefing

This will not be done at the start line but will be emailed out before the event.



## Chip time winners

Due to the re-vamped start waves, all winning prizes will be based on chip time rather than gun time and awarded post event.



## Massage

Due to space and other restrictions this year, we are unfortunately unable to offer massages at Basecamp. There will be a designated stretching area with foam rollers and yoga mats that participants will be able to use.



## Dining area and furnishings

Our dining tents will be laid out in line with guidance at the time. Capacity of the dining marquee will be reduced due to social distancing so please be prepared to move out of the marquee once you have eaten to make space for other participants. Sides may be removed to allow greater capacity.

All the furniture around the sites needs to be easy to clean so there will be no soft furnishings or camping chairs.



## Food

There will be no chopped fruit such as pineapple and melon at the pit stops. All food will be wrapped so menus may differ slightly from previous years. There will also be no buffet – all food at the Basecamp and Finish will be served.

# YOUR FINAL CHECKS ARE YOU READY?

Your essential preparation list to make sure you've got everything covered.

Before the event	✓
Wear in your event day kit	
Practice using your back pack	
Practice using similar nutrition and eating on the move	
Book any required parking and shuttles via your <a href="#">MyEvents Portal</a>	
Book any pre and post event accommodation	
If needed, update emergency contact information via your <a href="#">MyEvents Portal</a>	
Complete the COVID-19 Health Declaration form: <ul style="list-style-type: none"><li>• A link to this will be shared 48hrs prior to the event</li><li>• Your spectators will also need to complete this</li></ul>	

And finally, don't forget	✓
Registration Pack	
Check the <a href="#">kit list</a>	
Face mask & hand sanitiser	
Sleeping bag and camping mat (for those taking part in a camping package)	

# WHAT TO EXPECT ON THE DAY

## KEY TIMINGS

### SATURDAY 26TH JUNE

04:30	Finish car park opens
05:30	Start car park opens
05:45	Start venue open
06:30 - 08:30	<b>Start line open</b> <ul style="list-style-type: none"> <li>You will be assigned your start wave based on the completion time you gave</li> <li>Please arrive no more than 45 mins prior to your start wave</li> <li>Registration open for international participants &amp; lost / changed registration packs</li> </ul>
09:00	Basecamp car park opens
10:00 - 23:45	Basecamp facilities open
16:00 - 22:00	Registration open for Day 2 participants at Basecamp
22:45	Weekender and Day 1 participants to have reached Basecamp
23:45	<b>Non-stop participants to have left Basecamp</b> <ul style="list-style-type: none"> <li>Basecamp closed to non-campers</li> </ul>

### SUNDAY 27TH JUNE

05:00 - 07:00	Breakfast available at Basecamp and registration for Day 2 participants
06:00 - 07:00	<b>Start line at Basecamp open</b> <ul style="list-style-type: none"> <li>It is an open start line, there are no set waves. You will be started 5 seconds apart when you are ready.</li> </ul>
08:00	<b>Basecamp site closes</b> <ul style="list-style-type: none"> <li>All non-competing participants to depart</li> </ul>
19:00	Finish line closes
20:00	Finish car park closes
21:30	Start and Basecamp car parks close

# WHAT TO EXPECT ON THE DAY

## GETTING THERE

### LOCATIONS

#### START

Kirkharle Courtyard,  
Newcastle Upon Tyne,  
NE19 2PE

*What3Words: ///diet.pitching.flamingo*

#### Nearest train station:

Morpeth (15 miles from start)

#### BASECAMP (Day 1 finish & Day 2 start)

Morwick Farm,  
Acklington,  
Morpeth,  
NE65 9DG

*What3Words: ///mondays.built.witty*

#### Nearest train station:

Acklington (2 miles from basecamp)

#### FINISH

Bamburgh Castle,  
Bamburgh,  
NE69 7AX

*What3Words: ///butternut.boggles.lime*

#### Nearest train station:

Alnmouth (18 miles from finish)

#### FINISH CAR PARK

Radcliffe Road  
Bamburgh,  
NE69 7AE

*What3Words: ///eagle.stag.reminds*

### TRANSPORT OPTIONS

#### CARS

Participant car parking is available at the Start, Basecamp and Finish. More information about opening times and pricing can be found on the [Participant Information Platform](#).

An event parking permit will be sent to you in your Registration Pack and must be clearly displayed in your vehicle.

We will run a free shuttle from the Finish Line to the Finish Car Park throughout the event for participants and spectators, these do not need to be pre-booked.

There will be a drop off and pick up area at the Start, Basecamp and Finish line car park. There is a maximum wait time of 30 mins. It is free of charge and does not need to be booked.

All cars are left at owners' risk and must be collected before the car park closes.

#### SHUTTLES

Shuttle buses will be available between key locations. Exact timings and prices can be viewed on the [Parking and Shuttles](#) section of the [Participant Information Platform](#). Shuttle booking deadline will be 2 weeks before the event.

If you have booked a shuttle to get to the Start on Saturday morning, the next page will show you what time you need to arrive.

#### RETIRING FROM THE EVENT

If you have to drop out during the event, it is your responsibility to make your own way back to your car.

# WHAT TO EXPECT ON THE DAY

## SHUTTLE TIMES

If you have booked a shuttle to get to the Start on Saturday morning, the below table shows you what time you will need to be on your shuttle at the shuttle departure point so that you get to the start line in time for your wave.

We are providing plenty of shuttles based on the number of participants in each wave who have booked the specific journey, you do not need to book a specific time. **Please arrive 15 mins prior to the shuttle departure time.**

Shuttles from the finish line will run regularly when full:

- During the day they will depart approx every 1hr 30mins - 2hrs
- During the night, they will depart less frequently

### FROM NEWCASTLE TRAIN STATION TO THE START

Saturday 26th June

Depart	Arrive	Journey Time	Wave
05:15	06:00	45mins	A and B
05:45	06:30	45mins	C and D
06:25	07:10	45mins	E and F
07:05	07:50	45mins	G

### FROM FINISH CAR PARK TO THE START

Saturday 26th June

Depart	Arrive	Journey Time	Wave
04:45	06:00	1hr 15mins	A and B
05:15	06:30	1hr 15mins	C and D
05:55	07:10	1hr 15mins	E and F
06:35	07:50	1hr 15mins	G

# WHAT TO EXPECT ON THE DAY REGISTRATION, START WAVES & BAG TRANSFER

## REGISTRATION PACKS

You will receive your Registration Pack in the post 2 weeks before the event. In your pack you will get the following items with clear instructions on what to do:

- Race number and safety pins (with timing chips attached)
- Luggage label (incl. cable ties to attach it to your bag)
- Accreditation wristband (to be worn at all times during the event)

**International participants, and those who register or change package after the 24th May**, will need to collect their pack at the Info Desk at your respective start line, as you will not receive it in the post.

## REGISTRATION

If you have already received your pack in the post, there is no need to re-register when you arrive at your respective start line.

If you still need to collect your Registration Pack or make changes, please visit the Info Desk at your respective start line.

## START WAVES

We operate a staggered start system. Start waves will be allocated based on your estimated completion time noted in your registration. Wave times will be 20 mins apart with a 5 second interval between each participant.

Due to COVID-19, wave times have been carefully planned and once assigned, you will not be able to change.

Wave	Time
A	06:30
B	06:50
C	07:10
D	07:30
E	07:50
F	08:10
G	08:30

## BAG TRANSFER

We will provide luggage transfer from the start to the finish point of your chosen package. You will receive a luggage label in your Registration Pack. You must attach this to your bag and take it to the correct luggage vehicle.

- Crew will be available to assist you. At your finish point, you can collect your bag by showing your event wristband.
- Everything, including sleeping bags and mats, **must fit inside** your bag. Nothing should be attached to the bag except the luggage label.
- Please bring holdalls/rucksacks rather than suitcases.
- Overnight participants will have access to their luggage at the Basecamp.
- Non-stop participants will **not** be able to access their luggage at Basecamp, this will go straight to the finish.

## WEIGHT ALLOWANCE (to be strictly adhered to):

- Day 1 / Day 2 / Non-stop: 5kg.
- Weekender / overnight: 10kg.
- The bag size is not limited, only the weight.

# WHAT TO EXPECT ON THE DAY

## ROUTE

### SIGNAGE

All **100km** of the route will be marked with **red and white arrows** and the majority of the route is also signposted as **St Oswald's Way**.

The route maps are available to view via the 'Route' tab on the Participant Information Platform. Always follow the event signage in case there are any last-minute changes to the route.

### TIMING

Times will be taken at Start, Basecamp and Finish and will be published online after the event by Results Base. Timings are based on chip time.

### NAVIGATIONAL DEVICES

Our route distances are gathered by a navigational expert using an electronic mapping system. This is as accurate as possible but discrepancies can occur between the use of different GPS running computers, the position on the trail and atmospheric conditions. This in turn may lead to potential minor differences in distance when out on the route.

### BACK-MARKERS

There will be a **back-marker** who will follow the route at the back behind the last participant.

The back-marker will leave the start after the last participant each day and stay out on the route until everyone has finished or the route closes.

### LITTER

We must respect the trails we use for the event. Therefore, we ask all participants to keep hold of their rubbish **until they reach the next pit stop**, where there will be plenty of bins available to dispose of this.

# WHAT TO EXPECT ON THE DAY

## FACILITIES

The below table shows the facilities available at each stage across the route.

FACILITIES	START	PIT-STOP	BASECAMP*	FINISH
Toilets	✓	✓	✓	✓
Showers			✓	✓
Food**		✓	✓	✓
Water stations	✓	✓	✓	✓
Food concessions***	✓		✓	✓
Bar***			✓	✓
Charging points			✓	
Merchandise				✓
Medics	✓	✓	✓	✓
Stretching area			✓	

\*Day 1 finish, Day 2 start

\*\*Participants will be provided with ONE meal at Basecamp. If you arrive by lunchtime and chose to eat then, you will have to pay to eat from a concession in the evening.

\*\*\*Additional cost

# WHAT TO EXPECT ON THE DAY

## PIT STOPS

Pit stops are approximately every 10-15km and will give you a chance to refresh and recharge for the next stage, and check in with the medics if you need to. We recommend a quick turnaround to get back on the trail as quickly as possible. Do **not** arrange to meet up with friends and family at pit stops, they will **not** be allowed to access the pit stop areas due to the COVID-19 mitigation measures in place.

### OPENING AND CLOSING TIMES

Each pit stop will have a specific opening and closing time that needs to be adhered to. It is essential that you leave the pit stops before the closing time otherwise you will face disqualification from the event.

Pit stop	Distance (km)	Next pit stop (km)	Open	Close	Food / Drink / Sports nutrition available
1	14	15.4	Sat 07:15	Sat 12:30	<ul style="list-style-type: none"> <li>Cereal bars, sweets, savoury snacks, chocolate, fruit</li> <li>Squash, water</li> <li>HIGH5 Sports Nutrition: Zero tabs, Energy Source, Gels</li> </ul>
2	29.4	9.4	Sat 08:30	Sat 16:30	<ul style="list-style-type: none"> <li>Cereal bars, sweets, savoury snacks, chocolate, sandwich, fruit</li> <li>Squash, flat coke, hot drinks, water</li> <li>High5 Sport Nutrition: Zero tabs, Energy Source, Gels</li> </ul>
3	38.8	15.2	Sat 09:15	Sat 19:15	<ul style="list-style-type: none"> <li>Cereal bars, sweets, savoury snacks, chocolate, sandwich, fruit</li> <li>Squash, flat coke, hot drinks, water</li> <li>High5 Sport Nutrition: Zero tabs, Energy Source, Gels</li> </ul>
4 Basecamp	54	11.6	Sat 10:15	Sun 07:30	<ul style="list-style-type: none"> <li>Cereal bars, sweets, savoury snacks, chocolate, fruit.</li> <li>Afternoon tea (before 5pm), hot meal (after 5pm)</li> <li>Squash, flat coke, hot drinks, water</li> <li>HIGH5 Sports Nutrition: Zero tabs, Energy Source, Gels</li> </ul>
5	65.6	12.1	Sat 11:15 Sun 06:30	Sun 01:30 Sun 10:00	<ul style="list-style-type: none"> <li>Cereal bars, sweets, savoury snacks, chocolate, breads and spreads, fruit</li> <li>Squash, flat coke, hot drinks, water</li> <li>HIGH5 Sports Nutrition: Zero tabs, Energy Source, Gels</li> </ul>
6	77.7	11.9	Sat 12:15 Sun 07:30	Sun 05:00 Sun 13:00	<ul style="list-style-type: none"> <li>Cereal bars, sweets, savoury snacks, chocolate, breads and spreads, soup, porridge, fruit, sandwich (Day 2 participants only)</li> <li>Squash, flat coke, hot drinks, water</li> <li>HIGH5 Sports Nutrition: Zero tabs, Energy Source, Gels</li> </ul>
7	89.6	10.5	Sat 13:30	Sun 16:00	<ul style="list-style-type: none"> <li>Cereal bars, sweets, savoury snacks, chocolate, breads and spreads, soup, porridge, fruit</li> <li>Squash, flat coke, hot drinks, water</li> <li>HIGH5 Sports Nutrition: Zero tabs, Energy Source, Gels</li> </ul>
Finish	100.1		Sat 14:30	Sun 19:00	<ul style="list-style-type: none"> <li>Hot meal</li> <li>Hot and cold drinks</li> </ul>

# WHAT TO EXPECT ON THE DAY RESULTS & PHOTOS

## FINDING YOUR RESULTS

All results can be found on our dedicated results page, hosted by Results Base. A link to this is located on the [Participant Information Platform](#).

Times will be taken from the timings chips at the Start, Basecamp and Finish. These will be synced to the results page but may have short delays.

If you have upgraded to a GPS Tracker, you will be sent a dedicated link from Open Tracking where your friends and family can track your live progress.

## EVENT PHOTOS

### EVENT HIGHLIGHTS

After the event, we will provide a link to our general event highlights album hosted on Flickr. There will be the option to download images from the album in various sizes.



## OFFICIAL THRESHOLD TRAIL SERIES PHOTOS

This year we have partnered with [Sportograf](#) to capture your individual event photos. Sportograf are an expert team of sports enthusiasts who love nothing more than to capture your special event moments. They will be using a specialist facial recognition technology to capture you wherever you are, out on the course.

Information about how to purchase your professional individual event photos can be found on the [Participant Information Platform](#).

Purchase your event photos pre-event and receive a 15% discount.



# WHAT TO EXPECT ON THE DAY

# SAFETY ON THE ROUTE

## SAFETY

We take your health and safety very seriously. Please read and follow the instructions below so you reach the finish line as safely as possible.

### EMERGENCY CONTACT NUMBERS

You will be provided with emergency contact numbers for the event weekend which will go through to our central **EVENT CONTROL** team.

- These will be clearly marked on the front of your race number.
- Please make sure you add these numbers to your mobile contacts list.

### WHILE ON THE ROUTE

- Follow **ALL** event arrows.
- Follow the Highway Code when crossing or walking/running on roads.
- Please stop at pit stops and don't get waylaid in local pubs.
- Inform **EVENT CONTROL** if you leave the event for any reason.

### WALKING THROUGH THE NIGHT

If you are continuing on the route through the night please ensure you:

- Do not walk/run alone. Try and get into groups of at least two.
- Have a **head torch** on at all times.
- Only stop at pit stops.
- Inform **EVENT CONTROL** if you are leaving the route.

## IF YOU GET LOST

If any time you believe you are lost please follow this procedure:

- **Stop** and try to work out where you are using reference points.
- **Walk back** to your last known point/arrow.
- If you are still lost, stay where you are and call **EVENT CONTROL** who will guide you back onto the route.

## CASUALTY PROCEDURE

If you have an accident or come across one:

Call 999 direct if it is a critical medical emergency.

- Apply First Aid and if possible make your way to the nearest pit stop where a medic will be on hand.
- If you cannot get to the pit stop alone, ask for help from fellow participants.
- If you still cannot make it to the pit stop call **EVENT CONTROL**.

## EVACUATION FROM THE ROUTE

In the case of a serious medical emergency we will arrange evacuation for any participant from the course.

However, if you are just having trouble completing the distance, try to get to the next pit stop where we recommend arranging your own transport to the next Basecamp or the finish.

# WHAT TO EXPECT ON THE DAY

# MEDICAL SUPPORT & TOP TIPS

We will have medical provisions at the start, pit stops, Basecamp and the Finish. There will be emergency medical care available for the duration of the event. At the half way Basecamp, the medical team will also run a medical clinic.

## TOP TIPS FROM THE MEDICAL TEAM

### HYDRATION, HYDRATION, HYDRATION!

If you are thirsty then you need to drink. Don't overdo the energy drink or gels, as they can cause nausea/diarrhoea.

### ADDRESS AN ISSUE IMMEDIATELY

A little niggle, ache or pain can lead to something more serious. Please seek medical attention as soon as you can.

### BLISTERS

Please bring plenty of blister treatment with you and carry it on the route. The medical teams on the event are there to treat the more serious medical cases. There are a number of ways to prevent and manage blister: click [here](#) on how to treat them from foot care specialists, Profeet. Check out [blister kits](#) from RockTape here.

## A NOTE ON PAINKILLERS

When it comes to painkillers, we recommend using paracetamol.

Ibuprofen is an alternative, whilst very useful, concerns have been raised about the use of Ibuprofen and other NSAIDs (Diclofenac, Naproxen etc.) during endurance events.

Whilst complications are rare, if used when dehydrated or with severe muscle damage there is a potential increased risk of kidney damage.

Stomach problems, particularly if the athlete is already having GI symptoms, may also occur if NSAIDs are used. If you have kidney disease or GI problems we would strongly advise avoiding NSAIDs. If you do choose to use them or are given them on route, maintain hydrated and seek help if your urine suddenly becomes very dark. If in doubt, ask one of the route medics who will be happy to assist you.

Address any possible niggles now before they become injuries on the event.

Use your experience from training to learn where your weaknesses are and predict what problems may arise.

**PLEASE NOTE: Routine use of painkillers for muscle aches and pains is discouraged.**

# EXCLUSIVE PARTNER OFFER START WITH THE RIGHT KIT

## ADIDAS TERREX

The adidas Terrex team will have the latest footwear, clothing and accessories as part of their test & trial service on all of our Threshold Trail Series events this year.

There will be a range of trail running and hiking footwear, a collection of Agravic Pro apparel and a selection of caps, socks and running vests. Drop in to say hello to the adidas TERREX team at our live events to find out more.

In the meantime, find out what your perfect trails footwear is by using adidas TERREX Outdoor footwear finder.

adidas TERREX are also giving Threshold Trail Series participants the chance to join their Creators Club, for FREE. Join below to be the first in line for competitions, product drops & more.

**Sign up to the adidas creators club.**



 **TERREX**

# EXCLUSIVE PARTNER OFFER

# SPORTS NUTRITION

## HIGH5

**HIGH5** are delighted to support you at **Threshold Trail Series 2021**.

HIGH5 will be providing you Energy Gel Aqua, Energy Drink And ZERO on the day and will help you on your training journey to get there. With more than 20 years' experience developing innovative sports nutrition, HIGH5 products give you everything you need to be at your ultimate best.

Discover the HIGH5 Run Pack – the complete range of great tasting energy, hydration and recovery products to help you be at your best, every run.

Use coupon code **TRAILS2021** to get your [HIGH5 Run Pack](#) for only £7.50 now (50% off, excludes P&P).

Not sure if sports nutrition is right for you? Find out more about how nutrition can help you [here](#)

**[Click here to claim offer.](#)**



# EXCLUSIVE PARTNER OFFER

## A TASTE OF THE TRAILS

### PERKIER

Vitamin packed and providing nutritious energy **Perkier** bars will keep you feeling perky all through your training and in the race!

Perkier is a young British company, providing tasty & nutritious snacks packed with slow-release energy to keep you feeling perky through your training and during the race.

Their range is high in fibre, rich in plant proteins and packed with vitamins to keep you feeling perky! Great for gut health, scientifically proven to enhance recovery after sport.

**Gluten free & wheat free, suitable for vegetarians and vegans and NO PALM OIL.**

The Perkier team will be at the pit stops cheering you on and helping you refuel. Make sure you grab a bar... and sneak one in your pocket for later!

Available in 8 flavours - Try a **VARIETY BOX, 8 bars for £8** on [Amazon](#), and **grab an EXTRA 15% OFF** with **ThresholdTrailSeries\_2021** at checkout on [Amazon](#) or [Perkier's website](#)

- Perkier Bars
- Perkier Vitamin Packed Immune Boosting Bars
- Perkier Vitamin Packed Immune Boosting Porridge
- PERKIER Protein Balls

**[Click here to claim offer.](#)**



## PERKIER

# EXCLUSIVE PARTNER OFFER

# MOBILITY & TRAINING

## TRAILMED

We are pleased to be welcoming back **TrailMed** as our Official Medical Partner on our events in 2021.

TrailMed not only support our walkers and runners on the event but are also experts in Health and Performance testing.

With a full range of services from measuring your anaerobic threshold, critical power levels and VO2 max to physiotherapy, sports injury and rehabilitation, nutrition and personal training.

Find out more [here](#) and look out for discounts and deals coming soon!



## ROCKTAPE

Our event partner **RockTape** provide us with products that are specially designed for endurance events.

As a supporter of Threshold Trail Series you are entitled to discounts on a variety of their products.

Use **Threshold30** at checkout for 30% off on:

- RockTape's Kinesiology Tape
- RockTape's Topical pain relief
- Blister Kits
- [Mobility](#) AND
- [Flow Massage Guns](#)

Click [here](#) to find out more.



# EXCLUSIVE PARTNER OFFER

# BLISTER TOP TIPS

## TOUGHEN UP

We can adapt over time to increase our ability to withstand shearing stress, but it is suggested that it takes between 6 months and 6 weeks to toughen feet up.

How and what to use to toughen up the skin:

- Spend time on the feet
- Preparations such as:
- Zinc sulphates
- Potassium permanganate footbaths
- Surgical spirit



## SUPPLENESS

When toughening up we do not want to sacrifice suppleness.

- Maintain with creams which increase the elasticity of the skin whilst not increasing the moisture (moisture is BAD)
- Preparations to increase suppleness
- Nok (Shea butter) cream
- Coco butter etc.



## EXPERT ADVICE FROM PROFEET

**Profeet Sports Lab** will be making sure participants are ready to take on the Threshold Trail Series.

Profeet specialise in biomechanical running analysis and custom fitting insoles for running, hiking, walking and trekking. Get 15% off online with **THRESHOLD15**. Just take proof of participation in to store to redeem your discount!

**Follow these top tips on Blister prevention from Profeet. For more information click [here](#).**



# ANY MORE QUESTIONS? GET IN TOUCH

FOR MORE INFORMATION PLEASE  
CHECK OUT ONE OF THE  
FOLLOWING PLATFORMS.

## EDIT YOUR REGISTRATION

You can edit your registration by logging into MyEvents portal [here](#).

## JOIN THE COMMUNITY

Make sure to also join us on the [Threshold Trail Series Participant Facebook Forum](#) to meet other participants and swap advice and training tips.

## FOLLOW US ON SOCIAL MEDIA

Follow and tag us on our social media channels to see the latest tips from Threshold Trail Series ambassadors, hear inspirational stories and get the latest news ahead of your event.

- [Facebook](#)
- [Instagram](#)
- [Twitter](#)
- [Strava](#)

## STILL CANT FIND SOMETHING...

If you can't find the answer you're looking for, please feel free to email us:

[info@racetothecastle.com](mailto:info@racetothecastle.com)

# READY FOR YOUR NEXT CHALLENGE? EXPLORE OUR EVENT SERIES

## THRESHOLD/TRAIL SERIES



Have you tackled any other events in the Threshold Trail Series? From the North East to the Cotswolds, our event series takes in the most stunning locations across the UK.



Born as a London weekend cycling sportive, we proudly introduced a trails element in 2019 to **bring cyclists, runners and walkers together**. On Saturday night, we provide the perfect setting for people to celebrate their achievements at our **family-friendly Basecamp** with everything from bars to bouncy castles.



**Sold out for 2021**, join the waiting list for an **9 epic days of adventure in 2022**, Deloitte Ride Across Britain covers 980 miles of the most beautiful and scenic landscapes accessible on two wheels. We think there is no better way to travel from Land's End to John O'Groats!

GOOD LUCK AND REMEMBER...  
**MORE IS IN YOU!**



Brought to you by:  
**THRESHOLD/**  
**MORE IS IN YOU™**

