

# RACE TO THE TOWER 2022 EVENT DAY BOOKLET



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

**RACE TO THE  
TOWER** 

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# INTRODUCTION

# WELCOME FROM THRESHOLD

It has been a long journey getting back to the Cotswolds. After two years where COVID scuppered plans, the stage is set once more for our most breath-taking Ultra.

I would describe the Race to the Tower as Beauty and the Beast. The setting showcases England at its finest with shady woodland stretches, glorious sweeping views, and picture-postcard villages.

However, the second half also sees you take on three testing ascents finishing with the final climb up to the stunning finish at Broadway Tower.

Whether you have the energy required to take in the 16 counties you are meant to be able to see from the top or not, you will be left in no doubt about the scale of your achievement when crossing the line.

I hope this information guide answers your main questions about the event. We will have our team out there with you cheering you on and administering plasters, cups of tea and mounds of food depending on what is required at each stage.

I may be biased as I grew up in the area, but Race to the Tower holds a special place in my heart. You remain the inspiration for us to put on these events and we hope the trail and our team put on a show worthy of all the effort we know you will have put in to make it to the start-line.

We wish you the best of luck with your final training. We can't wait to welcome you onto the Cotswold Way once more.

Nick Tuppen

CEO, Threshold Sports

## CHARITY PARTNERS



## EVENT PARTNERS



# YOUR FINAL CHECKS ARE YOU READY?

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

<b>Before the event</b>	<input checked="" type="checkbox"/>
Wear in your event day kit	<input type="checkbox"/>
Practice using your backpack	<input type="checkbox"/>
Practice using similar nutrition and eating on the move	<input type="checkbox"/>
Book any required parking and shuttles via your <a href="#">MyEvents Portal</a>	<input type="checkbox"/>
Book any pre and post event accommodation	<input type="checkbox"/>
If needed, update emergency contact information via your <a href="#">MyEvents Portal</a>	<input type="checkbox"/>

<b>And finally, don't forget</b>	<input checked="" type="checkbox"/>
Your Registration Pack	<input type="checkbox"/>
Check the <a href="#">Kit List</a>	<input type="checkbox"/>
Sleeping bag and camping mat (for those taking part in a camping package)	<input type="checkbox"/>

# WHAT TO EXPECT ON THE DAY

## KEY TIMINGS

### SATURDAY 25TH JUNE

06:30	<b>Event site opens</b> Car park open Registration open for international participants & lost registration packs
07:30 - 08:45	<b>Start line open</b> You will be assigned your wave based on the completion time given
16:00 - 22:00	<b>Basecamp facilities open</b> Registration open for Day 2 participants
11:00 - 22:00	<b>Catering for participants &amp; food concessions open</b>
14:15	<b>Finish line at Broadway Tower opens</b>
21:00	<b>Weekender and Day 1 participants</b> to have reached basecamp
22:00	<b>Basecamp closed to non-campers:</b> Non-stop participants and friends and family to have left basecamp

### SUNDAY 26TH JUNE

05:00 - 07:00	<b>Breakfast available at Basecamp and registration for Day 2 participants</b>
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> All non-competing participants to depart
18:00	<b>Finish line closes at Broadway Tower</b>

# WHAT TO EXPECT ON THE DAY

# GETTING THERE

## LOCATIONS

### START

Bird in Hand Farm,  
Main Road,  
Whiteshill,  
Stroud,  
GL6 6JR

*What3words: ///flooding.strapping.canal*

### Nearest train station:

Stroud (3 miles from start)

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

Colgate Farm,  
Harm Road,  
Charlton Kings,  
Cheltenham,  
GL54 4EZ

*What3words: ///spice.sticky.crew*

### Nearest train station:

Cheltenham Spa (4 miles from Basecamp)

### FINISH

Broadway Tower,  
Broadway,  
WR12 7LB

*What3words: ///roughest.third.footballers*

### Nearest train station:

Moreton-in-Marsh (7.5 miles from finish)  
or Evesham (9 miles from finish)

## TRANSPORT OPTIONS

### CAR

Participant car parking is available at the start, Basecamp and finish line. 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.

There will be a drop off and pick up area. 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 car park closes.

### SHUTTLES

Shuttle buses will be available between key sites. Timings and prices can be viewed on the Parking and Shuttles section of the [Participant Information Platform](#).

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.

# 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 FINISH TO THE START

Saturday 25th June

Depart	Arrive	Journey Time	Wave
04:45	05:55	1hr 10 mins	A and B
05:15	06:25	1hr 10 mins	C and D
05:55	07:10	1hr 10 mins	E, F and 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:

- 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, 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.

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

## START WAVES

We operate a staggered start system. Start waves will be allocated based on your estimated completion time noted in your registration.

To locate your wave time:

- Go to our results page [HERE](#).
- Click 'Participants'.
- Search for your name and click 'Search'.
- Your wave time will appear in the 'Start group' column.

*Please note, if you registered after 24<sup>th</sup> May your time will not be showing yet. This will be updated on 7<sup>th</sup> June.*

Wave	Time
A	07:30
B	07:45
C	07:55
D	08:05
E	08:15
F	08:25
G	08:35

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

## ROUTE

Our Race to the Tower route is a spectacular adventure through some of the most stunning sights of The Cotswolds.

Day one starts high with views from Haresfield Beacon, before passing through the beautiful villages of Painswick and Birdlip and then reaching Crickley Hill with views to the west as far as the Brecon Beacons.

There's a mix of woodland trail, grassland and gravel tracks in fairly dry, firm condition and many kissing gates, styles and swing gates that bookend each little section of land.

Day two includes some epic views early on as you skirt Cheltenham via Cleeve Hill, before passing through idyllic Winchcombe, Hailes Abbey and Buckland. A final climb up to Broadway Tower offers unbeatable finisher photos with views back over Gloucestershire.

The route maps with elevation profiles are available to view and download via the 'Route downloads' tab on the Participant Information Platform. Import them into your devices before the day as a handy guide.

## SIGNAGE

All **52.4 miles (84.3 km)** of the route will be marked with **red and white arrows** and the majority of the route is also signposted as **The Cotswold Way**.

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

Take care to avoid accidentally dropping litter. The event takes part on much loved National Trails and public footpaths that we share. Please keep hold of your rubbish **until you reach the next pit stop**, where there will be plenty of bins available.

# WHAT TO EXPECT ON THE DAY

# FACILITIES

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

Facilities	Start	Pit Stops	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 as part of their package at Basecamp; either a hot lunch or evening meal. There will be an option to purchase an additional meal if you would like another. Breakfast will be available on Sunday morning for those camping and a Finisher meal will be waiting for participants at the end of their event.

\*\*\*Additional cost

# WHAT TO EXPECT ON THE DAY

# PIT STOPS

Pit stops are approximately every 6 – 9 miles (10-15 km) and will give you a chance to refresh and recharge for the next stage as well as 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 limited space.

## 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 (miles)	Next pit stop (miles)	Open	Close	Food / Drink / Sports nutrition available
1	8.0	4.7	Sat 08:00	Sat 14:00	<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	12.7	4.3	Sat 08:15	Sat 17:00	<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	17.0	9.1	Sat 09:30 Sun 06:00	Sat 21:30 Sun 07:00	<ul style="list-style-type: none"> <li>Cereal bars, sweets, savoury snacks, chocolate, fruit.</li> <li>Squash, flat coke, hot drinks, water</li> <li>HIGH5 Sports Nutrition: Zero tabs, Energy Source, Gels</li> </ul>
4 Basecamp	26.1	5.5	Sat 11:00 Sun 06:30	Sun 00:30 Sun 10:30	<ul style="list-style-type: none"> <li>Cereal bars, sweets, savoury snacks, chocolate, breads and spreads, fruit</li> <li>Hot meal</li> <li>Squash, flat coke, hot drinks, water</li> <li>HIGH5 Sports Nutrition: Zero tabs, Energy Source, Gels</li> </ul>
5	31.6	6.6	Sat 11:45 Sun 07:15	Sun 03:30 Sun 12:45	<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>
6	38.2	9	Sat 13:00 Sun 07:30	Sun 06:30 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>
7	47.2	5.2	Sat 13:30	Sun 17:15	<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	52.4		Sat 14:30	Sun 20:00	<ul style="list-style-type: none"> <li>Hot meal</li> <li>Hot and cold drinks</li> </ul>

# RESULTS & PHOTOS

# 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 and our social channels. There will be the option to download images from the album in various sizes.



## OFFICIAL 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 blisters: click [here](#) on how to treat them from foot case specialists, Profect..

## TRAILMED

We are pleased to be welcoming back [TrailMed](#) as our Official Medical Partner on our events in 2022.

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!

## 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

For the Threshold Trail series events [adidas Terrex](#) is back at the basecamps to show the latest footwear, clothing and accessories.

Come and speak to our expert brand ambassadors, try on our best trail running gear, pick up a Terrex headband, play a round of cornhole for great prizes! Test & Trial will be available should you forget something or fancy changing your kit up for your run.

Adidas Terrex is also giving the Threshold Trail Series participants the chance to join their Outdoor Hub. Join below to be first in line for competitions, product drops & more!

Sign up to the adidas Outdoor Hub using the QR code..



 **TERREX**



# SPORTS NUTRITION TRIAL

# SPORTS NUTRITION TRIAL

## HIGH5

**HIGH5** are delighted to support you at **Threshold Trail Series 2022**.

HIGH5 will be providing you Energy Gel with Slow Release Carbs, Slow Release 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 **Trails2022** to get your **HIGH5 Run Pack** for only £7.85 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.

## TerraCycle®

TerraCycle® is a recycling company specialising in hard-to-recycle waste. This means they take packaging that is not considered locally recyclable, like HIGH5's Energy Gel wrappers, and work with national waste management companies to turn them into a material that can be used to make new products. That means nothing going to landfill or being burned for energy!



# A TASTE OF THE TRAILS 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 to buy** in lots of delicious flavours on Amazon Prime; online and instore at Sainsbury's & Morrisons (free-from aisle) and ASDA and on the Perkier [webshop](#)! Grab an EXTRA 20% OFF with **TTS\_2022** on [Amazon](#) or [Perkier's website](#).



# PERKIER

# 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 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](#)

## **Still can't find something...**

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

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

# READY FOR YOUR NEXT CHALLENGE EXPLORE OUR EVENT SERIES

## THRESHOLD/TRAIL SERIES



Looking for your next adventure? From iconic running trails to scenic bike rides across the U.K, challenge yourself with one of Thresholds many events.



**Bringing cyclists, runners and walkers together, born as a London weekend cycling sportive, we proudly introduced a trails element in 2019. 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.**



Sign up for an **9 epic days of adventure in 2023**, 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!!**

