

DULUX RACE TO THE KING 2023 EVENT DAY BOOKLET



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



INTRODUCTION

WELCOME FROM THRESHOLD

The time has nearly come to welcome you to Goodwood for another unforgettable weekend out on the trails for Dulux Race to the King 2023.

Stunning trails, sweeping views and up to 100km of laughter, pain, and pride await the 1,500 of you planning to join us this June.

Since 2013, we have been working hard to create Ultras for All and it has been great to see such a range of people taking up the challenge of longer distances this year.

We have world-class runners looking to cover the course in under 8 hours. We have people in their 70s stepping up to the start line. We have women making up nearly 50% of the field; a level that is unheard of in the world of Ultras. We have teams from Black Trail Runners working with us to improve diversity in our industry.

There is a long way to go but, as any good runner will tell you, you need to break the challenge into stages towards the end goal.

It is also great to see the Dulux team going from strength to strength this year. They jumped into the world of trail running last year to bring their team together post-COVID, inspire them to focus on their physical and mental health and raise thousands of pounds for charity along the way.

They are back bigger, better, and more colourful than ever in 2023 so make sure you give them a cheer when you see them out on the course or putting their feet up in basecamp.

I hope this booklet gives you a clear idea of what to expect from the event and some tips on how

best to prepare. Don't worry if you feel nervous. Don't worry if you feel like you should have done more training. Don't worry if you have packed and re-packed your bag about fifteen times already. This is all very normal behaviour.

Embrace the mix of emotions. Let them inspire you to get out and train in beautiful places. Let them motivate you to get the miles in on those early mornings or soggy evenings.

We can't wait to see you all on that start-line and best of luck with your final training.

More Is In You

Nick
Threshold CEO

INTRODUCTION

WELCOME FROM DULUX

We can't wait to welcome you to the most colourful Dulux Race to the King yet!!

Whatever your reason for taking on this epic challenge, our mission at Dulux is to ensure you have as much fun (as is possible) along the way!

We pride ourselves in our ability to add a sprinkle of Dulux Magic, a splash of colour, a little surprise here and there, a dash of uplifted spirits and of course the family friendly basecamp, where you can invite your friends and family to set you off, or cheer you in, or both and make a day of it – picnics are optional!

The Festival Basecamp is packed full of activities for all the family to enjoy. Kids can test their daring with the Ultimate climbing wall, burn off some energy on the bouncy castles or enjoy a quiet moment in the craft tent, perhaps creating the perfect gift for Fathers Day.

They can have their picture taken with the real Dulux dog, be astounded by the brilliant bubble magician, have their faces painted and enjoy the 'sweet stall'. They can take part in their very own 'bunting-ed' mini-mile earning themselves a well-deserved medal. And if they're still full of beans they can try their hand at milking the cow!!

The grown ups can take a much needed break, while the kids are entertained, with plenty of comfortable seating, bars, yoga, a specially designed colour workshop, run by the Dulux colour experts, and food concessions. So do invite your friends and family and we can all celebrate your amazing achievements together.

Good luck with the rest of your training and we can't wait to see you there.



TITLE PARTNER



CHARITY PARTNERS



EVENT PARTNERS



WHAT TO EXPECT ON THE DAY

LOCATION & KEY TIMINGS

LOCATION

Goodwood Racecourse, Selhurst Road, Chichester, P018 0PS
What3Words: ///footballers.rattler.charted

SATURDAY 17TH JUNE

05:30	Car park opens
05:45 – 22:00	Basecamp open: Including fun for the family with the kids mini mile, climbing wall, bouncy castles and more!
06:30 - 08:10	Start line open <ul style="list-style-type: none">• You will be assigned your start wave based on the completion time you gave• Please arrive no more than 45 mins prior to your start wave• Registration open for international participants & lost / changed registration packs
16:00 - 22:00	Registration open for 50km on Sunday participants
21:00	100km over 2-days and 50km on Saturday participants must reach Basecamp
22:00	Non-stop participants to have left Basecamp
22:00	Campsite curfew Finish line and social area open throughout the night

SUNDAY 18TH JUNE

05:00 - 07:00	Breakfast available at Basecamp and registration for 50km on Sunday participants
06:00 - 07:00	Start line at Basecamp opens Start whenever you're ready- there are no set waves. If you're competing for the top 3, ensure you start at 6am .
07:00	Participants to have vacated tents and dropped off bags
06:00 – 21:00	Basecamp open: including fun for the family with the kid's mini mile, climbing wall, bouncy castles and more!
20:30	Finish line closes
21:00	Basecamp and car park closes

WHAT TO EXPECT ON THE DAY

REGISTRATION, START WAVES & BAG TRANSFER

REGISTRATION

You will receive your Registration Pack **1 week before the event**. This will include:

- Race number and safety pins (with timing chip)
- Luggage label (incl. cable ties)
- Accreditation wristband (to be worn at all times)

If your pack does not arrive, please come and see us at the Information Desk.

For further details please see our [FAQ page](#).

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

START WAVES

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

To locate your wave time:

- Go to our results page [HERE](#).
- Click 'Participants' and search your name

Please note, if you registered after Monday 15th May, your time will show on the week of the event.



BAG DROP

We will keep your luggage safely at the Basecamp. When you finish you can collect your bag by showing your wristband.

- Non-stop participants will **not** be able to access their luggage at Basecamp, only at the finish.
- Everything, including sleeping bags, **must fit inside your bag**
- Please bring holdalls/rucksacks rather than suitcases.
- 2-day participants will access their luggage at Basecamp.

WEIGHT ALLOWANCE (to be strictly adhered to):

- 50km / Non-stop: 5kg.
- 100km over 2 days / overnight: 10kg.
- The bag size is not limited, only the weight.

WHAT TO EXPECT ON THE DAY

SUPPORT & FACILITIES

Pit stops are approximately every 10-15km giving you the chance to recharge and check in with medics. You must visit all pit stops to make up the full route distance. Friends & family will **not** be allowed in to keep clear access for participants.

Pit stop	Distance (km)	Next pit stop (km)	Open	Close
1	10	16.7	Sat 07:15	Sat 10:30
2	26.7	7.3	Sat 08:30	Sat 15:00
3	34.0	16	Sat 09:00	Sat 17:00
4 Basecamp	50	14	Sat 10:30	Sat 21:10
5	64	13.5	Sat 11:30, Sun 07:00	Sun 01:00, Sun 10:45
6	77.5	11.5	Sat 12:30, Sun 08:00	Sun 04:15, Sun 14:15
7	89	12.5	Sat 13:30	Sun 17:30
Finish Line	101.5		Sat 14:30	Sun 20:30

Facilities	Basecamp*	Campsite	Pit-Stops
Toilets	✓	✓	✓
Showers		✓	
Food**	✓		✓
Water stations	✓		✓
Food concessions***	✓		
Bar***	✓		
Charging points	✓		
Merchandise	✓		
Medics	✓		✓
Stretching area	✓		

****Participants are provided one meal at Basecamp; either a hot lunch or evening meal. Breakfast is available on Sunday morning for those camping and there will be a hot meal at the Finish.**

***Additional cost

WHAT TO EXPECT ON THE DAY

BASECAMP

Dulux are excited to bring you a family friendly Basecamp which will be open for your family and supporters to enjoy all weekend at Goodwood.

WHATS HAPPENING?

There will be a whole lot of fun for all of the family. From kids' activities, to bars and entertainment for the grown-ups and great food for all:

- Take on the ultimate Climbing Wall
- Meet the Dulux Dog
- Meet the Bubble Man
- Play on the Bouncy Castle
- Grab some Pick N Mix
- Get Crafty at the Dulux tent
- Get your face painted!
- Meet the KING!
- Enjoy the London bus bar
- Relax in the Dulux chill out tent

KIDS MINI MILE

Dulux are excited to be hosting a free Kids Mini Mile at various times over the weekend. Bring your kids along to take on the challenge, with their very own race number and crown on the finish line. Sign up on the day at the Information Desk.

TIMING

The Basecamp will be open all day every day, but specific timings can be found below.

12pm, 2pm, 4pm	Kids Mini Mile sets off: sign up to take part on the day!
10am - 6pm	Kids Zone open: Climbing Wall, bouncy castles, facepainting.
12pm - 6pm	Meet the Dulux dog (1-5pm), and the Bubble man!
12pm – 10pm (9pm on Sunday)	London bus bar and Dulux chill out bar open!



WHAT TO EXPECT ON THE DAY

ROUTE & SAFETY

SAFETY

Emergency numbers will be on the back of your race number. They will call through to our **EVENT CONTROL** team.

Please inform Event Control if you leave the event at any point.

WALKING THROUGH THE NIGHT

Try and get into groups of at least two if you are continuing through the night. Please always have a **head torch** on and only stop at pitstops.

IF YOU GET LOST

- **Stop** and use reference points to try to work out where you are.
- **Walk back** to your last known point/arrow.
- If you are still lost call **EVENT CONTROL**

CASUALTY PROCEDURE

- Call 999 direct in a medical emergency
- Apply First Aid and try to make your way to the nearest pit stop (medics onsite)
- Ask for help from fellow participants.
- If you cannot make it to the pit stop, call **EVENT CONTROL**.

EVACUATION FROM THE ROUTE

In the case of a medical emergency, we will arrange evacuation from the course.

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 Finish.

SIGNAGE

All of the route will be marked with **red and white arrows** to help keep you on track.

Route maps are available on our website [here](#), but always follow the event signage in case there are any last-minute changes to the route.

TIMING

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

NAVIGATIONAL DEVICES

Route distances are gathered using an electronic mapping system. This is as accurate as possible, but discrepancies can occur between different GPS running computers and atmospheric conditions. This may lead to minor differences in distance on the route.

HIRE A GPS TRACKER

Book one of our GPS trackers and have your friends and family track your progress in real-time!

[Book here](#)



WHAT TO EXPECT ON THE DAY MEDICAL SUPPORT

There are medical provisions at the start, pit stops, Basecamp and Finish. There will also be emergency medical care available and a medical clinic at Basecamp.

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/diarrhea.

ADDRESS AN ISSUE IMMEDIATELY

A little niggle 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 as medics are there to treat more serious cases. Click [here](#) for blister advice from foot care specialists, Profeet.

TRAILMED

TrailMed are our Official Medical Partner for 2023.

TrailMed not only support our walkers and runners, 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.

A NOTE ON PAINKILLERS

When it comes to painkillers, we recommend paracetamol. Ibuprofen is an alternative, but there are concerns about its use with other NSAIDs (Diclofenac, Naproxen etc.) during endurance events. If used when dehydrated or with severe muscle damage, there is a potential risk of kidney damage.

NSAIDs can also cause stomach problems. If you have kidney or GI problems, we would strongly avoid using NSAIDs. If you do choose to use them, maintain hydrated and seek help if your urine becomes very dark. If in doubt, ask our medics.

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



EXCLUSIVE PARTNER OFFER

SPORTS NUTRITION TRIAL

HIGH5

HIGH5 are delighted to support you at Threshold Trail Series 2023.

HIGH5 will be providing you Energy Gel with Slow Release Carbs, 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.

Check out HIGH5's [On the Day Nutrition Guide!](#)

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 **Trails2023** to get your [HIGH5 Run Pack](#) for only £7.50 now (£9.29 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.



CHECK OUT OUR OTHER PARTNERS!

Our award winning ultra-marathons don't happen without our incredible partners. To find out more about our other partners and the exclusive offers available from the likes of **Perkier**, **Runna**, **Adidas Terrex**, **Tenzing** and many more, head over to our [Partner Page](#).

GOOD LUCK WITH THE TRAINING AND REMEMBER... MORE IS IN YOU

FOR MORE INFORMATION:

- Head over to the [Participant Hub](#) for all the latest updates
- Check out our [FAQ page](#)
- Follow our social media: [Facebook](#) and [Instagram](#)

GET IN TOUCH:

- Email: info@racetotheking.com
- Phone: Book a call with the team [here](#).

