

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

KEY TIMINGS

SATURDAY 17TH JUNE

05:30	Car park opens
05:45 – 22:00	Basecamp open: Info tent, concessions and facilities open
06:00	Team Dulux self-camping zone opens: Please see page 10 for details
07:30	Team Dulux 100km and 50km start wave: Please arrive no more than 45 mins prior to your start wave
10:00	Kids Zone opens: Including fun for the family with the kid's mini mile, climbing wall, face painter and more!
11:00	Team Dulux Marathon, Half Marathon and 10km start wave: Please arrive no more than 45 mins prior to your start wave
16:00 - 22:00	Registration open for Day 2 participants
21:00	Weekender and Day 1 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
06:00 - 07:00	Start line at Basecamp opens Start whenever you're ready- there are no set waves
07:00	Participants to have vacated tents and dropped off bags
06:00 – 21:00	Basecamp open: Info tent, concessions and facilities open
10:00	Kids Zone opens: Including fun for the family with the kid's mini mile, climbing wall, face painter and more!
20:30	Finish line closes
21:00	Basecamp and car park closes

WHAT TO EXPECT ON THE DAY GETTING THERE

LOCATION

FESTIVAL BASECAMP

(hosts the start line, campsite, and finish for all packages)

Goodwood Racecourse,
Selhurstpark Road,
Chichester,
PO18 0PS.

Parking Entrance: *What3words:*
[///yummy.overhaul.coining](https://www.what3words.com/#!/yummy.overhaul.coining)

Festival Basecamp (on foot): *What3words:*[///punctual.juggler.fashion](https://www.what3words.com/#!/punctual.juggler.fashion)

Nearest train station:
Chichester (5 miles from Festival Basecamp)

Use the What3words addresses to easily find our key locations. Download the free What3words app from the [App Store](#) or [Google Play Store](#) and enter the What3words address you want to find into the search bar. Click navigate to get directions straight there using your preferred map app.

TRANSPORT OPTIONS

CARS

Participant car parking is available at the Festival Basecamp. We recommend you book parking in advance, and you can do this via your [My Events Portal](#).

If you book in advance, 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 the car park closes.

SHUTTLES

Shuttle buses will be available between Chichester train station and the Festival Basecamp. Timings and prices can be viewed on the Parking and Shuttles section of the [Team Dulux Information Platform](#). Shuttles can be pre-booked and booked on the day.

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

WHAT TO EXPECT ON THE DAY

REGISTRATION, START WAVES & BAG TRANSFER

REGISTRATION

You will receive your Team Dulux t-shirt and Registration Pack 1 week before the event. This will include:

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

If your pack does not arrive, please come and see us at the Team Dulux desk on Saturday at the Info Desk.

START WAVES

Start Wave for **Team Dulux 100km and 50km** is **07:30am**. Start Wave for **Team Dulux Marathon, Half Marathon and 10km** is **11:00am**. Please arrive 45mins before your start wave.

To locate your wave time:

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

Please note, if you registered in the last 6 weeks your time will show on the week of the event.



Wave	Time
Team Dulux 100km & 50km	07:30
Team Dulux Marathon, Half Marathon and 10km	11:00

BAG DROP

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

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

WEIGHT ALLOWANCE (to be strictly adhered to):

- Team Dulux luggage: 10kg.
- The bag size is not limited, only the weight.

WHAT TO EXPECT ON THE DAY

SUPPORT & FACILITIES

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

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

FAMILY PASSES

Weekend Family Passes include access to the Festival basecamp, self-camp area, overnight facilities at basecamp, breakfast, a light lunch, and dinner in the main catering marquee. Your supporters will need to bring their own camping equipment.

This exclusive option for Team Dulux can be purchased via your [MyEvents Portal](#).

Please note in an effort to reduce the events carbon footprint, all food served at Pit Stops and the main catering marquee at Basecamp will be vegetarian. If you'd like different options, there will be concessions on site where you can purchase food.

WHAT TO EXPECT ON THE DAY

PIT STOPS – 100KM ROUTE

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

Our pitstops are fully stocked with a variety of food, drink and sports nutrition to keep you refreshed and recharged for the next steps.

- Cereal bars, sweets, savoury snacks, sandwiches, chocolate, fruit,
- Squash, flat coke, hot drinks and water
- HIGH 5 Sports Nutrition: Zero tabs, Energy Source, Gels

WHAT TO EXPECT ON THE DAY

PITSTOPS – HALF ROUTES

Pit stops for Team Dulux Marathon, Half Marathon and 10km are approximately every 6-14km 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.

MARATHON (HALF DAY 1, HALF DAY 2)

Pit stop	Distance (km)	Next pit stop (km)	Open	Close
1 (Day 1)	13.5 KM	N/A	From 11:30 am	To 13:30 pm
1 ((Day 2)	6.3 KM	N/A	From 06:30 am	To 09:00 am

10K DAY 1

Pit stop	Distance (km)	Next pit stop (km)	Open	Close
1	6.2 KM	N/A	From 11:00 am	To 12:30 pm

TEAM DULUX SELF-CAMPING GUIDE

ACCESS & TIMINGS

On arrival, follow the signs for Team Dulux Self Camping. There will be a team on hand to welcome you. You will be checked in and shown to your pitch for the weekend.

Team Dulux Self Camping is located at Car Park 7 and can be accessed via a gate on Selhurstpark Road. Please find key information of the campsite below.

Location	Open	Close	Address
Team Dulux Self-Camping	Sat 17 th June: 06:00	Sun 18 th June: 20:00	Car Park 7, Goodwood Racecourse, Selhurstpark Road, Chichester, West Sussex, PO18 0PS (///impeached.weekend.enrolling)



CHECKING IN

If you have booked Self-Camping, you will get a Self-Camping pass in your registration pack which will be posted, prior to the event, to the address on your registration form. If you have booked but did not receive a pass, please have your confirmation email ready to show to our team on arrival.

FACILITIES

- There are shower and toilet facilities open for the duration of the campsite opening and closing times.
- **BBQ's and campfires are not permitted in the campsite.**

VEHICLES

- Vehicles can be parked up next to your tent within your allocated pitch.
- When moving a vehicle within the site, please use the main road through the site only.
- Vehicles are restricted to a 5mph speed limit when moving through site.
- Hazard lights must be used when travelling through site.

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 Castles
- 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 pit stops.

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 next Basecamp or the Finish.

SIGNAGE

All of the route will be marked with **red arrows** and the majority of the route is signposted as **The South Downs Way**.

Route maps are available on our [website](#), 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.

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/diarrhoea.

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.

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.

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

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.



To find out more about our other Partners and the exclusive offers available to our participants, head to our [Partner Page 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:

Tina.Waller@akzonobel.com

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

