

VODAFONE FOUNDATION – DULUX RACE TO THE KING EVENT INFORMATION GUIDE



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



Vodafone
Foundation

**YOUR
PLAYEY**

INTRODUCTION

CONTENTS

INTRODUCTION

Welcome from Threshold	3
Welcome from Dulux	4
Welcome from Vodafone Foundation	5

YOUR FINAL CHECKS

Are you ready?	6
----------------	---

WHAT TO EXPECT ON THE DAY

Key timings	7
Getting there	8
Shuttle buses	9
Registration, start waves & bike transfer	10
Route	11
Facilities	12
Festival Basecamp	13
Pit stops	14
Results & photos	15
Safety on the route	16
Medical support & top tips	17

EXCLUSIVE PARTNER OFFER

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

ANYMORE QUESTIONS?

Get in touch	22
--------------	----



INTRODUCTION

WELCOME FROM THRESHOLD

The Threshold Trail Series is designed to open up Ultras for All. Every year we see the transformative power of events such as Dulux Race to the King and we want this to be accessible to everyone from elite runners to those taking their first tentative steps into the endurance trail world.

That is why we have made some changes this year to make Dulux Race to the King even more inclusive than ever*. The new figure of 8 has simplified logistics, allowed us to craft two 50km routes of differing characters, and it has also allowed us to invest in the central hub you will be starting, finishing and in some cases camping at.

We are also very excited to be welcoming our friends at Dulux to the party. They have been a long-standing partner of ours on our London Revolution event. We have now tempted them onto the trails and they will be adding their characteristic colour and irrepressible energy throughout the weekend. Trust me when I say you won't be able to miss them.

I hope this guide gives you a clear idea of what to expect on the event and 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.

In the meantime, keep an eye out for more announcements in the run-up to the big day. We will be sharing how we are continuing to reduce the impact of the event on the environment in line with our sustainability strategy as well as having a few surprises up our sleeves.

There is a unique sense of community that is fostered over 100km of Trail walking and running and we can't wait to welcome you back to Goodwood to experience it first hand.

Nick Tuppen
CEO

INTRODUCTION

WELCOME FROM DULUX

We can't wait to welcome you to the most colourful Dulux Race to the King yet and the Team at Dulux promise you three things; a splash of colour, incredible support and a whole lot of fun!

Whatever your motivation for taking on this epic challenge, we do not underestimate the power of encouragement and we will be with you every step of the way lifting your spirits, filling you with positivity and creating the brightest vibes in the South Downs by flooding this event with colour! Look out for our team who will be out on the trails with you and please do say hello!

Don't miss the family friendly Basecamp at Goodwood which is open to all! From taking part in the Kids Mini Mile, taking on the ultimate Climbing Wall, meeting the Dulux Dog, become a Knight at the Knights Training Station and having a go at Archery, to getting your face painted, meeting the bubble man and getting crafty in the Dulux tent there is so much to keep the kids entertained, as well as bars and entertainment for the grown-ups and great food for all. Please do invite your family and friends to join us and celebrate together!

We wish you the best of luck with your training and we'll see you soon!



TITLE PARTNER



CHARITY PARTNERS



EVENT PARTNERS



INTRODUCTION

WELCOME FROM VODAFONE FOUNDATION

Thank you for signing up to be part of #TeamVodafone in this year's Race to the King. We're so happy you've dusted off your hiking shoes and you're donning your red t-shirts in aid of our #YourPlanet campaign, supporting two incredible charity partners: Tusk and The Ocean Cleanup, using technology to protect the world we live, love and breathe.

Tusk have a vision for a future in which both people and wildlife can thrive across Africa. Through progressive conservation initiatives using technology, involving local people in solutions, and preserving healthy habitats, Tusk are paving the way for a sustainable future for Africa's incredible wildlife.

The Ocean Cleanup have developed advanced technologies to rid the oceans of plastic. They aim to remove 90% of floating ocean plastic pollution by closing the source and cleaning up what has already accumulated.

Please join the team at the Vodafone Foundation tent at the start line and we'll be there to welcome you in at Basecamp on Saturday evening. Huge good luck from all of us at Vodafone Foundation - we can't wait to see you there!



YOUR PLANET

For tech that protects our world

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 backpack	
Practice using similar nutrition and eating on the move	
Book any required parking via your MyEvents Portal	
Book any pre and post event accommodation	
If needed, update emergency contact information via your MyEvents Portal	

And finally, don't forget	✓
Your Registration Pack	
Check the Kit List	
Sleeping bag and camping mat (for those taking part in a camping package)	

WHAT TO EXPECT ON THE DAY

KEY TIMINGS

SATURDAY 11TH JUNE

05:30	Car park opens
05:45 – 22:00	Festival Basecamp open: Including fun for the family with the kid's mini mile, climbing wall, have a go archery, become a knight training and more!
06:30 - 08:30	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 Day 2 participants
21:00	Weekender and Day 1 participants must reach Festival Basecamp
22:00	Non-stop participants to have left Festival Basecamp
22:00	Festival Basecamp closed to non-campers: Non-stop participants and friends and family to have left.

SUNDAY 12TH JUNE

05:00 - 07:00	Breakfast available at Festival Basecamp and registration for Day 2 participants
06:00 - 07:00	Start line at Festival Basecamp opens It is an open start line and there are no set waves
07:00	Participants to have vacated tents and dropped off bags
06:00 – 21:00	Festival Basecamp open: Including fun for the family with the kid's mini mile, climbing wall, have a go archery, become a knight training and more!
20:00	Finish line and closes
21:00	Festival 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](#)

Festival Basecamp (on

foot): *What3words:* [///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. 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 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 [Participant Information Platform](#). Shuttles must be pre-booked and **bookings close on Sunday 29 May 2022.**

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

SHUTTLE BUSES

SHUTTLES

Shuttle buses will run frequently between Chichester train station and the Festival Basecamp in both directions. Shuttle journeys must be pre-booked.

Booking information

- Shuttle journeys can be booked via the MyEvents Portal
- Please bring receipt of your booking to the event
- *Please note: no shuttles will run between Saturday 22:45 – Sunday 06:15 due to no trains running between this time.*

Timetable – Saturday 11 June

From	To	Depart	Journey Time	Price	For Wave Time
Chichester Train Station <i>What3Words:</i> ///spare.young.wisely	Festival Basecamp <i>What3Words:</i> ///salaried.head.splints	05:30	15 mins	£10	For participants in Wave A & B
		06:15	15 mins	£10	For participants in Wave C & D
		07:00	15 mins	£10	For participants in Wave E & F

From	To	Depart	Journey Time	Price	Frequency
Festival Basecamp	Chichester Train Station	17:00 – 22:45	15 mins	£10	Every 45 minutes

From	To	Depart	Journey Time	Price	Frequency
Festival Basecamp	Chichester Train Station	6:15 – 20:15	15 mins	£10	Every 60 minutes

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 10th 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. All of Team Vodafone have been allocated a group start time of **7:10 – Wave C**.

BAG DROP

We will have a Bag Drop area in the Festival Basecamp where you will be able to store your bag during the event.

You will receive a luggage label in your Registration Pack which you must attach to your bag so that your bag can be stored in the correct area at Bag Drop.

- Crew will be available to assist you
- 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

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 to help keep you on track.

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.

The event takes part on a National Trail so we must respect this. 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.

TIMING

Times will be taken at Start, Festival 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

WHAT TO EXPECT ON THE DAY

FACILITIES

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

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

*The Festival Basecamp hosts the start line and finish for all packages. The Campsite is across the road from the Festival Basecamp, less than a two-minute walk.

**Participants will be provided with one meal as part of their package at the Festival 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. 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

NON-STOP CAMPING UPGRADE: £35

Revel in the atmosphere after your run on Saturday night and recover with a hot shower, your own two-man tent, dinner and breakfast.

- Participants must bring their own sleeping bag and other overnight essentials.
- Tents will be available until 8am on Sunday and participants can check in any time prior to then.

For more information, please see our [FAQs](#).

WHAT TO EXPECT ON THE DAY

FESTIVAL BASECAMP

Dulux are excited to bring you a family friendly Festival Basecamp which will be open for your family and supports 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 part in the Kids Mini Mile
- Take on the ultimate Climbing Wall
- Meet the Dulux Dog
- Become a Knight at the Knights Training Station
- Have a go at Archery
- Meet the Bubble Man
- Get your Face Painted!
- Get Crafty at the Dulux tent
- Meet the KING!
- Enjoy the London bus bar
- Relax in the Dulux chill out tent



KID'S MINI MILE

Dulux are excited to be hosting a free Kid's 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. Pre-register here now or sign up on the day



#TEAMVODAFONE AREA

We have a dedicated Vodafone area which will be where the Foundation team are based. If you haven't done so already, you can pick up your kit here, as well as getting involved with the team photo pre-race. It's also a great place to meet up with and relax with your fellow team mates over a beer in the evening and once you've completed your Epic Challenge! The team Vodafone area will be located just outside of the large stretch tent near the start/finish line.

TIMING

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

11am, 1pm, 3pm, 5pm	Kids Mini Mile sets off: sign up to take part on the day!
10am - 6pm	Climbing Wall, Have a Go Archery, Knights Training open!
12pm - 6pm	Meet the Dulux dog, the bubble man and get your face painted!
12pm – 10pm	London bus bar and Dulux chill out bar open!

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 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 (km)	Next pit stop (km)	Open	Close	Food / Drink / Sports nutrition available
1	10.75		Sat 07:30	Sat 11:00	<ul style="list-style-type: none"> Cereal bars, sweets, savoury snacks, chocolate, fruit Squash, water HIGH5 Sports Nutrition: Zero tabs, Energy Source, Gels
2	22.7	12.1	Sat 08:30	Sat 14:00	<ul style="list-style-type: none"> Cereal bars, sweets, savoury snacks, chocolate, sandwich, fruit Squash, flat coke, hot drinks, water High5 Sport Nutrition: Zero tabs, Energy Source, Gels
3	34.8	15.2	Sat 09:30	Sat 17:00	<ul style="list-style-type: none"> Cereal bars, sweets, savoury snacks, chocolate, fruit, sandwiches Squash, flat coke, hot drinks, water HIGH5 Sports Nutrition: Zero tabs, Energy Source, Gels
4 Festival Basecamp	50.0	14.0	Sat 11:15	Sat 21:00	<ul style="list-style-type: none"> Cereal bars, sweets, savoury snacks, chocolate, fruit Afternoon tea (before 5pm), hot meal (after 5pm) Squash, flat coke, hot drinks & water High5 Sports Nutrition, Zero tabs, Energy Source, Gels
5	64.0	12.5	Sat 12:30- Sun 07:15	Sun 00:30 Sun 10:45	<ul style="list-style-type: none"> Cereal bars, sweets, savoury snacks, chocolate, fruit, breads & spreads Squash, flat coke, hot drinks & water High5 Sports Nutrition, Zero tabs, Energy Source, Gels
6	76.50	11.5	Sat 13:45 Sun 08:30	Sun 03:45- Sun 14:00	<ul style="list-style-type: none"> Cereal bars, sweets, savoury snacks, chocolate, breads and spreads, soup, porridge, & sandwiches (Day 2 participants only) Squash, flat coke, hot drinks, water HIGH5 Sports Nutrition: Zero tabs, Energy Source, Gels
7	88.0	12.0	Sat 14:45 Sun 09:30	Sun 06:45 Sun 17:00	<ul style="list-style-type: none"> Cereal bars, sweets, savoury snacks, chocolate, breads and spreads, soup, porridge, fruit Squash, flat coke, hot drinks, water HIGH5 Sports Nutrition: Zero tabs, Energy Source, Gels
Finish Line	100		Sat 16:00 Sun 10:45	Sun 09:45 Sun 20:00	<ul style="list-style-type: none"> Hot meal Hot and cold drinks

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, Festival 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 Festival Basecamp.

WHAT TO EXPECT ON THE DAY

MEDICAL SUPPORT & TOP TIPS

We will have medical provision at the Festival Basecamp which hosts the start and finish. There will be emergency medical care available for the duration of the event. At the Festival 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/diarrhea.

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 more serious medical cases. There are a number of ways to prevent and manage blisters: click [here](#) on how to treat them from foot care specialists, Profeet.

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 on 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 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**

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!



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 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](#).

* Compulsory

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](#).

Participant Information Platform

All key information and previous comms are saved here
<https://www.thresholdsports.co.uk/the-epic-challenge-series-king/>

Fundraising enquiries

Please email connectingforgood@Vodafone.com

Event enquiries

Please email epicchallengeseries@thresholdsports.co.uk

#YourPlanet

Instagram: @VodafoneFoundation

Facebook: @VodafoneFoundation

Twitter: @VodafoneFdn

www.vodafonefoundation.org

Vodafone Foundation is a UK registered charity, number 1193984.



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



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



Vodafone
Foundation

YOUR
PLAYEY