

RACE TO THE TOWER & STONES



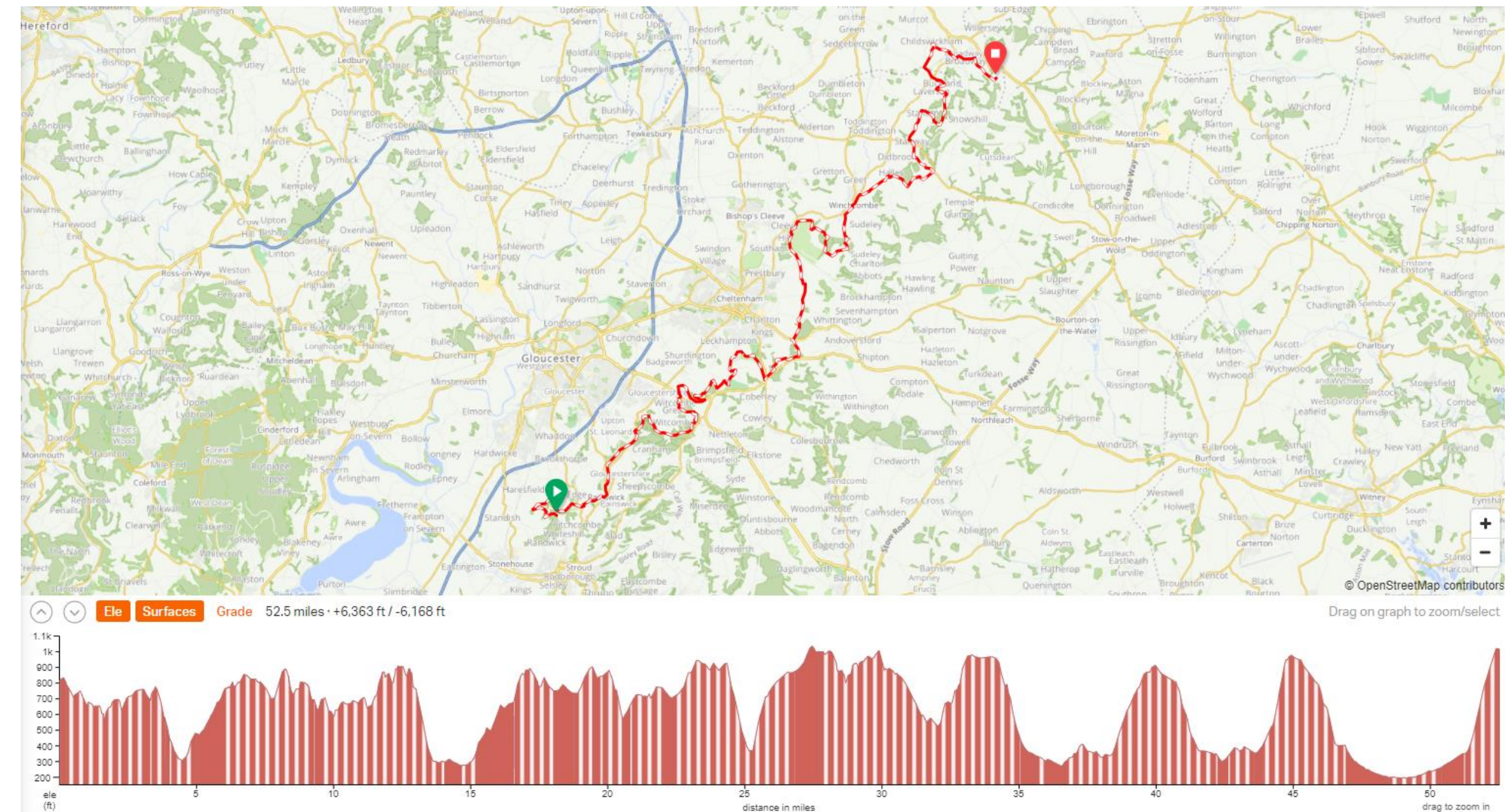
Hello from the Operations Team

- ▶ The Threshold Trail Series (Dulux Race to the King, Race to the Tower and Race to the Stones) will be run by:
 - ▶ **Natasha Addison and Richard Parr**
 - ▶ Supported by **Dave Sommerville, Adam Long and Lou Maloney.**
- ▶ **Lou Maloney** will be your main contact for the summer.



Race to the Tower - Overview

- ▶ Point to point format with a half way basecamp
- ▶ Total distance 84.3km / 52.4 miles
- ▶ Day 1 / First Half – 42.1km / 26.2 miles
- ▶ Day 2 / Second Half – 42.3km / 26.2 miles
- ▶ 'Double Marathon', shorter than King & Stones (100K / 62 miles)
- ▶ Hilliest of the Threshold Trail Series
- ▶ Stunning route mostly following the Cotswold Way
- ▶ Quintessentially English – countryside, thatched villages, pubs, farms and historical sites
- ▶ 140 gates or stiles along the route
- ▶ Key places (day 1) – Stroud, Painswick, Birdlip, Crickley Hill, Cheltenham, Colgate Farm
- ▶ Key places (day 2) Cleeve Hill, Winchcombe, Hailes, Buckland, Broadway



Race to the Stones - Overview

- ▶ Point to point format with a half way basecamp
- ▶ Total distance 100km / 62.1 miles
- ▶ Day 1 / First Half – 50km / 31 miles
- ▶ Day 2 / Second Half – 50km / 31 miles
- ▶ Stunning route mostly following The Ridgeway – Britain's oldest path
- ▶ The high Ridgeway is remote with few homes / shops
- ▶ Finishes via Avebury Stone Circle, a National Trust site – but 1.5km to the finish after passing the stones
- ▶ Key places (day 1) – Lewknor, Nuffield, North Stoke, South Stoke, Goring / Streatley
- ▶ Key places (day 2) Uffington Castle, Liddington Castle, Ogbourne St George, Avebury
- ▶ Biggest ultra in the UK, the 9th year



Our Participants

- ▶ Participant packages
 - ▶ 1,500 in total taking part – Tower
 - ▶ 2,000 in total taking part – Stones
- ▶ Non-Stop
- ▶ Weekend
- ▶ Day 1 or Day 2 Only
- ▶ Marathon Weekender



What to expect on the event

- ▶ There will be a **volunteer check in area** – t-shirts, hi-vis & wristbands can be collected here
- ▶ **On arrival** ask for Lou Maloney
- ▶ **Meal times and breaks:** taken on rotation
- ▶ Check with Lou Maloney (Volunteer Manager) or your Pitstop Manager on the event about when to stop for dinner, shower, sleep and at what time you need to be ready in the morning.



How will I get there?

- ▶ **Option 1:** You can arrive Friday evening at the start site and camp with us
- ▶ **Option 2:** Or you can go straight to your location on Saturday/Sunday morning
- ▶ **Travel Expenses**
- ▶ You can expense your travel costs up to £100. Fuel is 45p per mile.
- ▶ In an effort to be sustainable please try to lift share – you can arrange this by joining and posting in the **Volunteer Facebook Forum**. Or drop me an email.



You have to run there – of course!

What, where & when do I eat?

- ▶ Catering is provided for all volunteers
- ▶ Trail series events will be completely vegetarian
- ▶ Dietary requirements will be catered for
- ▶ There will be water refill points, coffee & tea
- ▶ **Our top tips:**
 - ▶ Don't forget to bring a water bottle – hydrate!
 - ▶ Try to take breaks when there are quiet lulls – you never know when it will get busy!



What should I wear?

- ▶ You will be provided with the following items to wear:
 - ▶ **Threshold Sports t-shirt**
 - ▶ **Blue hi-vis vest**
- ▶ You should also bring the following items to wear:
 - ▶ Your own **waterproofs**
 - ▶ Your own **trousers / shorts / leggings**
 - ▶ Your own **comfy waterproof shoes**



Kit List: the essentials

Overnight	Misc
Sleeping Bag & Camping Pillow	Waterproof holdall (60-70ltr)
Sleeping bag liner (for extra warmth!)	Packing cubes / bin liners
Warm layers to sleep in!	Water Bottle
Socks	Torch / Headtorch
Towel (Quick dry, small packing)	Day Rucksack
Wash kit, toiletries & tooth brush	Personal medication
Ear plugs (there's lots of snorers)	Sun cream
Face wipes are always handy	EMBRACE THE BUM BAG
Day time	Admin
Beanie / Cap	Torch / Headtorch
Trainers / Walking shoes (waterproof)	Laptop and laptop charger
Shorts / Trousers	Mobile phone and charger
T-shirts	Headphones
Warm clothes	Battery pack
Waterproofs (jacket & trousers)	Pen / Notebook
Sunglasses	Driving License
Socks	Wrist watch!

Communication is key

- ▶ **Mobile Phones:** Arrive with a fully charged mobile & have a charging pack so you can charge your own
- ▶ **Wifi / Reception:** Be prepared for no wifi and sometimes limited phone reception
- ▶ **HIGH-VIS JACKETS**
 - ▶ Pink - Senior Event Management
 - ▶ Yellow - Crew
 - ▶ Blue - Volunteers



Who to contact

- ▶ **999:** in case of emergency
- ▶ **Team Leads:** Report anything you
- ▶ **Volunteer Manager:** Lou Maloney – please call me if you have any questions or issues:
 - ▶ 07553 269691



Logistical lingo



GANTRY



GAZEBO



JERRY CAN



SCRIM



CCB (CROWD CONTROL BARRIER)



BIB NUMBER

THANK YOU

Without your support we wouldn't be able to put these events on. So thank you for your time.

Lastly, please remember to HAVE FUN!

Time for questions...

