



# RACE TO THE STONES



## The perfect training event is coming!

Dear <<First Name>>,

We're very excited this month to be launching Dulux London Revolution Trails, taking place this May! We think it could be the perfect training event for Dixons Carphone Race to the Stones, so check out more info below. Speaking of training, you can download your plan now too.

Also, read more about how you can camp in style for the first time this year.

This is the fourth email we've sent out, but to catch up on any of the emails and other information

you might have missed, head to the [Participant Information Platform](#).

## Introducing Dulux London Revolution TRAILS!



Launching 14th February

This month we are launching Dulux London Revolution Trails, taking place on Saturday 11th May this year!

With a half marathon, full marathon and a 50km Ultra marathon distance available, it is the perfect run to fit in with your training plans as well as providing an opportunity to get to know the team who will be with you on the trails in summer.

[Register Interest](#)



### Download your training plan

You can download your plan now on the [Participant Information Platform](#) under the 'Training Plans/Preparation' tab.

Your training plans have been developed by personal trainer and ultra runner, Kerry Sutton, to suit all abilities and to get you ready for the start line.

These plans are designed to build up your endurance base and fitness, so make sure you download the plan that suits your package. Remember to keep the training consistent, rest well and most importantly, enjoy it!



### Want to upgrade your camping?

Camp in style this year and upgrade to our glamping package! With various tents available, it is the perfect way to make sure you relax, get a good night's sleep and feel ready to tackle the next day of this incredible challenge. Bunk with buddies or have the space all to yourself, the choice is yours!

Click [here](#) to upgrade now.

### Get an exclusive discount from RockTape

Our event partner, RockTape, provides us with kinesiology tape specially designed for endurance runners and walkers. As a supporter of Dixons Carphone Race To The Stones, you're entitled to an exclusive 30% off their Kinesiology Tape



and RockSauce using code RTTS2019.

Or why not try RockTape's pre cut Blister Kits to keep those pesky blisters at bay, get 50% off by using the code **nomoreblisters**

Just enter the codes on checkout to redeem the discounts: <http://www.rocktape.co.uk/>



## Training tips

As you start your training this month, you'll find it is really important to stretch before and after you run. We found this [article](#) on Runners World really helpful, as it explains the importance of improving posture and flexibility as part of your training.

## Visit and Join...



**Trail Series  
Forum**



**Additional  
Purchases**



**Participant Info  
Platform**

Next month, we'll be on the look-out for volunteers, so in the meantime chat to friends and family about how they can get involved, or encourage them to try the new trail for May 2019 and incorporate it into your training for July!

Good luck with the start of your training.

The Dixons Carphone Race to the Stones Team

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