

Dixons Carphone Race to the Stones 2019



RACE TO THE STONES

How to tackle the terrain on The Ridgeway

Over the weekend in July, you'll follow Britain's oldest pathway: the Ridgeway National Trail. This route follows 85% mixed trail and 15% tarmac, including a maximum elevation of 904ft. Therefore we've asked our friends at Profeet to give us their top tips on how to tackle this terrain.

1. Pace yourself

- The total route is 100km, which is over 2 and a bit marathons. Therefore, start easy! Even if you think you're starting easy, start even easier!

2. Give yourself lots of space

- At the start there will be a lot of bodies surrounding you trying to push on forwards. Be sure to give yourself lots of space so you can see your feet and ensure you don't trip over anything.

3. Be prepared for those hills

- The more prepared you are for the hills along The Ridgeway, the more you'll be able to enjoy the beautiful route and views. Practice as much as you can on hills beforehand.

4. Look out for the route signage

- The whole route will be very well signposted. Look out for the National Trail signs, which have acorns on, and for the Dixons Carphone Race to the Stones signs, which are red with white arrows.

5. Prepare for the variety of terrain

- The terrain along the route is extremely varied, and so it'll help to practise on different surfaces in the lead up to the event, so you know what to expect on the day.

