



RACE TO THE STONES



Keep your training on track!

Dear <<First Name>>,

This month read our tips to keep your training on track and hear more from our Title Charity Partner, Sport Relief.

This is the sixth 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](#).



Sign Up to Team Sport Relief

So you've decided to do something extraordinary, challenging and tough? Why not make it count even more and do it for Sport Relief?

By fundraising for Sport Relief, your challenge is changing lives. The world over – from Salford to Somalia – Sport Relief positively impacts lives. We are creating safe places to be, improving mental health, supporting gender justice and helping children to survive and thrive.

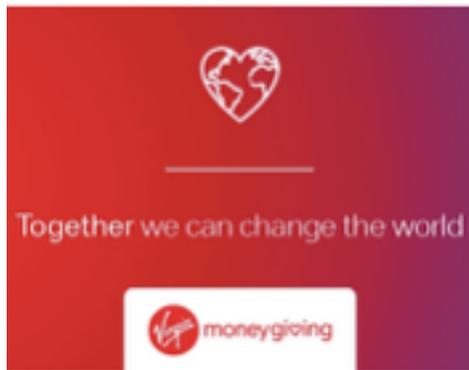
Together, one small step at a time, we can use the power of sport, health and fitness to tackle critical issues in the UK and overseas.

Raising just **£100** could pay to train a nurse in Uganda in maternal and newborn care and help save the lives of hundreds of mothers and babies.

Why not get your friends and family to sign-up to the event and fundraise for Sport Relief, or you can choose to fundraise on top of your current package by setting up a fundraising page here on [Virgin Money Giving](#).

[Find out more about the lives we're changing through Sport Relief](#)

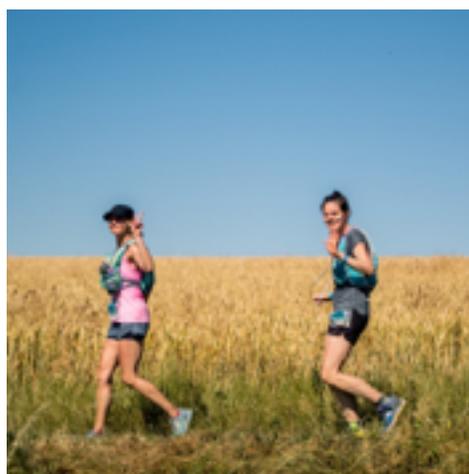
Fundraising for one of our events?



Get started today with our official fundraising partner Virgin Money Giving.

It's simple to set up and you can create a page in just a few clicks. You will be amazed at how much you can raise for your chosen charity. Plus, if you fundraise through Virgin Money Giving you will have access to personal fundraising support from their help-desk, a dedicated fundraising hub and as they're not for profit more of your donations will be sent directly to the charity.

[Create your page today](#) and together we can make a difference. Already fundraising? Great. There are loads of articles to keep you motivated and get you to your target on the Virgin Money Giving Fundraising Hub. [Check it out.](#)



Are you following a training plan?

It's not too late to start following our training plans!

We would recommend starting from the beginning of the plan, as it is most important to set solid foundations.

These are all available on the [Participant Information Platform](#) under the 'Training/Preparation' tab.

[Run Non-Stop](#) | [Walk Non-Stop](#) | [Run Weekender](#) | [Walk Weekender](#) | [Run One Day](#)



Event info guide

Don't forget to read through the Event Info Guide before July. Here you will find everything you need to know about getting there, what to do on the day, camping, getting home and what to bring with you.

[Event Information Guide](#)



HIGH5 offer!

Start your training on the right foot with a little help from HIGH5 – your on-course nutrition partner, supporting you to achieve your goals. HIGH5 are committed to creating nutritious products with amazing natural flavours and are passionate about helping you achieve your goals. Use coupon code **STONES** to get 50% off the HIGH5 Run Pack (excludes P&P) to help you be at your best, every run.

HIGH5 are delighted to support you at the Race to the Stones in 2019 and will provide runners with great tasting [Energy Gel Aqua](#), [Energy Drink](#) and [ZERO](#) on the day. If you plan to use the products on race day, we recommend you try the products in training first. Find out more about how nutrition can help you [here](#).



Training tips

It is important to know how to treat blisters on the route and even more important to know how to prevent them. This Runner's World [article](#) on 'Banishing Blisters' is a great read in preparation for the event.

Visit and Join...



**Trail Series
Forum**



**Additional
Purchases**



**Participant Info
Platform**



**Threshold
Shop**

We will be in touch again next month with more important reminders. For now make sure you are following a training plan that works for you and keep getting the steps in!

Happy training!

The Dixons Carphone Race to the Stones Team

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