

SIDLEY LONDON REVOLUTION TRAILS 2022 EVENT DAY BOOKLET



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



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INTRODUCTION

WELCOME FROM THRESHOLD

Our mantra at Threshold is More Is In You™. We create breath-taking challenges that stretch bodies and minds because we have seen year after year how they bring out the best in people.

It is a pleasure to welcome our new Title Partner, Sidley, to the London Revolution this year. We couldn't ask for anything more from a partner who shares our belief in the power of events to support mental and physical health whilst raising much-needed funds for charity.

The event brings together a lot of what we love. An iconic canvas to challenge yourself whether on the bike or on the Trails. A family-friendly celebration at the finish at Windsor Racecourse and the chance to spend a healthy and active weekend with friends both new and old.

I hope this booklet gives you a clear idea of what to expect from the event and some tips on how best to prepare. Having taken on the challenge 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.

All of us are facing challenges ahead of one kind of another, but Sidley London Revolution is a great example of what you can achieve when people strive together.

Best of luck with the training and we can't wait to welcome you for an unforgettable weekend this October.

Nick Tuppen

CEO Threshold Sports

TITLE SPONSOR



GOLD CHARITY PARTNERS



EVENT PARTNERS



INTRODUCTION WELCOME FROM SIDLEY

The countdown to Sidley London Revolution 2022 has begun, and we couldn't be prouder of our role as the title partner. We are thrilled to welcome you all as we embark on this marathon trail challenge and invite your loved ones to meet us at Windsor for the famous family-friendly event village.

As an international corporate law firm, we are used to working hard — but this is going to be a whole new level. Sidley London Revolution trails will test our endurance, resilience, and physical strength. We will be there together with colleagues, friends, and family to celebrate with you as you cross the finish line.

Sidley is honored to support YMCA London City and North with the funds raised from this event. The proceeds from Sidley London Revolution will enable YMCA London City and North to support vulnerable young people so they can play, perform and perfect their skills.

Look out for our Sidley and YMCA volunteers at the finish line and say hello! We can't wait to see you there and be sure to invite your friends and family — there will be fun for all!



SIDLEY

YOUR FINAL CHECKS ARE YOU READY?

Your essential event preparation list to make you've got everything covered.

| Before the event | ✓ |
|--|---|
| Wear in your event day kit | |
| Practice using similar nutrition and eating on the move | |
| Book any required parking and shuttles via your MyEvents Portal (Deadline: Shuttles & parking: Sunday 18th September) | |
| Book any pre and post event accommodation | |
| If needed, update emergency contact information via your MyEvents Portal | |

| And finally, don't forget | ✓ |
|---|---|
| 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 1ST OCTOBER

| | |
|----------------------|--|
| 05:00 | Finish car park at Windsor opens |
| 05:50 | Shuttles from Finish to Start line commence |
| 06:15 | Start venue open |
| 07:00 - 12:10 | Start line open <ul style="list-style-type: none">• We advise that you arrive no more than 45 mins prior to your start wave• Registration open for international participants & lost / changed registration packs |
| 10:15 – 22:00 | Finish / Event Village open at Windsor Racecourse |
| 21:55 | Finish line closes |
| 22:00 | All non-camping participants and friends & family to have left Event Village at Windsor Racecourse |

WHAT TO EXPECT ON THE DAY GETTING THERE

LOCATIONS

START/FINISH

Marlow Rugby Club,
Riverwoods,
Marlow,
Buckinghamshire,
SL7 1QU

What3words:///method.grief.films

Nearest train station:

Marlow

FINISH (EVENT VILLAGE)

Royal Windsor Racecourse,
Maidenhead Road,
Windsor,
SL4 5EZ

What3words:///healers.cotton.vast

Nearest train station:

- Windsor and Eton Central
- Windsor and Etal Riverside

TRANSPORT OPTIONS

CAR

Participant car parking is available at the Event Village/Finish line. An event parking permit must be clearly displayed in your vehicle.

To book, visit your [MyEvents Portal](#) under 'Additional Purchases'.

Parking bookings will close 2 weeks before the event.

There will be an option to purchase a parking ticket on the day which will be a £5 charge per car and must be paid in cash.

There will be a drop off and pick up area at the Start car park. There is a maximum wait time of 15 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.

SHUTTLE BUS

Shuttle buses will be available between the Finish line and Start. To book visit your [MyEvents Portal](#), and 'Additional Purchases'.

Shuttle bookings will close 2 weeks prior to the event.

The next page will show you what time you need to arrive for your shuttle bus at the Finish for your wave.

RETIRING FROM THE EVENT

If you have to drop out during the event, it is your responsibility to make your own way back to your car.

WHAT TO EXPECT ON THE DAY

SHUTTLE TIMES

If you have booked a shuttle to get to the start on Saturday morning, the below table shows you what time you will need to be at the shuttle departure point so that you get to the start line in time for your wave.

We are providing plenty of shuttles based on the number of participants in each wave who have booked the shuttle, you do not need to book a specific time. Please arrive 15 mins prior to the shuttle departure time.

FINISH TO START

| Depart | Arrive | Journey Time | Wave |
|--------|--------|--------------|--------|
| 05:50 | 06:15 | 25 Mins | WAVE A |
| 06:50 | 07:15 | 25 Mins | WAVE B |
| 10:50 | 11:15 | 25 Mins | WAVE C |

WHAT TO EXPECT ON THE DAY

REGISTRATION, START WAVES, BAG TRANSFER

REGISTRATION PACK

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)
- Parking permit (if applicable)

International participants, and those who register or change package after 30th August, will need to collect their pack at the Info Desk as you will not receive them in the post.

REGISTRATION

If you have already received your pack in the post, there is no need to register when you arrive at the start village.

If you still need to collect your Registration Pack or make changes, please visit the Info Desk.

START WAVES

We advise that you arrive no earlier than 45 minutes before your designated wave time.

Start waves can be found on our results page. To locate your wave time:

- Go to our results page [HERE](#).
- Click 'Participants'.
- Search for your name and click 'Search'.

Please note, if you registered after 29th August your time will not be showing yet. This will be updated on 28th September.

| WAVE | TIME |
|------|----------------------------------|
| A | 07:15 (Ultra / Marathon walkers) |
| B | 08:00 (Ultra / Marathon runners) |
| C | 12:00 (Half Marathon) |

BAG TRANSFER

We will provide luggage transfer from the Start to the Finish. You will receive a luggage label in your Registration Pack. You must attach this to your bag and take it to the correct luggage vehicle.

- 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

- Camping: 10kg (e.g. airline hand luggage size)
- Non-camping finish line bag: 7kg (e.g. small day sack)

WHAT TO EXPECT ON THE DAY

FACILITIES & SUPPORT

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

| FACILITIES | START | PIT-STOPPS | FINISH |
|---------------------|-------|------------|--------|
| Toilets | ✓ | ✓ | ✓ |
| Showers* | | | ✓ |
| Changing facilities | | | ✓ |
| Water stations | ✓ | ✓ | ✓ |
| Food concessions** | ✓ | | ✓ |
| Bar** | | | ✓ |
| Charging points | | | ✓ |
| Merchandise | | | ✓ |
| Medics | | ✓ | ✓ |
| Stretching area | | | ✓ |

*Camping only

**Additional cost

Please note: The provision of certain facilities will be dependent on the package bought.

WHAT TO EXPECT ON THE DAY

EVENT VILLAGE

Sidley are excited to bring you a family friendly Event Village which will be open for your family and supporters to enjoy on Saturday 1st October at Royal Windsor Racecourse.

WHATS HAPPENING?

There will be a whole lot of fun for all the family. From kids' activities, to bars and entertainment for the grown-ups and great food for all:

- Take on the ultimate Climbing Wall
- Bouncy Castles
- Meet the Bubble Man
- Get your face painted
- Enjoy the London bus bar
- Relax in the Sidley chill out tent
- Take in the live music
- Cycle Sprint races

TIMIINGS

The Event Village will be open all day every day, but specific timings can be found below.

| Time | Activity |
|-------------|---|
| 12pm - 7pm | Kids Zone open: Climbing Wall, Bouncy Castles, meet the Bubble Man, get your Face Painted, take on the Cycling Challenge |
| 12pm – 10pm | London bus bar and Sidley chill out bar open! |



WHAT TO EXPECT ON THE DAY

ROUTE

SIGNAGE

The whole route will be marked with **white arrows** with a **red background** which reflect in the dark.

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.

TIMING

Times will be taken at the Start and Finish and will be published on the [Results Base website](#) after the event.

NAVIGATIONAL DEVICES

Our route distances are gathered by the Route Director 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** that 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.

BROOM-WAGON

There will be a **broom wagon** that will follow the route, supporting the participants.

- The broom wagon will pick people up if

they fall behind the pit stop cut off times and/or route closing time or who become injured/medically unable to continue.

- Once you are in the broom wagon you will not be able to get back on to the route.

LITTER

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.

WHAT TO EXPECT ON THE DAY

PIT STOPS

Pit stops are approximately every 3-6 miles (package dependent) and will give you a chance to refresh and recharge for the next stage and check in with the medics if you need to. The Ultra Marathon will have 6 pit stops, Marathon will have 5 pit stops and the Half Marathon will have 3 pit stops.

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.

Please note: some pit stops are slightly off the route and therefore you will need to go to every pit stop in order to make up the total event distance. The pit stops will be well signposted so please keep an eye out for the signs.

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 | HALF: DISTANCE ON ROUTE (miles) | MARATHON: DISTANCE ON ROUTE (miles) | ULTRA: DISTANCE ON ROUTE (miles) | OPEN | CUT OFF | Food/Drink/Sports Nutrition Available |
|----------|---------------------------------|-------------------------------------|----------------------------------|-------|---------|---|
| 1 | N/A | 5.8 | 5.8 | 07:20 | 09:40 | <ul style="list-style-type: none"> • HIGH5 Sports Nutrition |
| 2 | N/A | N/A | 11.1 | 08:00 | 12:00 | <ul style="list-style-type: none"> • Fruit, cereal bars, chocolate/sweets, crisps • Squash, Coke/Pepsi • HIGH5 Nutrition |
| 3 | N/A | 13 | 18.4 | 08:20 | 15:15 | <ul style="list-style-type: none"> • Fruit, cereal bars, chocolate/sweets, crisps • Squash, Coke/Pepsi • HIGH5 Nutrition |
| 4 | 3.3 | 16.3 | 22.1 | 08:40 | 17:00 | <ul style="list-style-type: none"> • Fruit, cereal bars • HIGH5 Nutrition |
| 5 | 7.9 | 20.9 | 26.8 | 09:20 | 19:15 | <ul style="list-style-type: none"> • Fruit, flapjacks, crisps, sweets • Squash, Coke/Pepsi • HIGH5 Nutrition |
| 6 | 11 | 24 | 29.8 | 09:40 | 20:45 | <ul style="list-style-type: none"> • Fruit cereal bars, sweets • HIGH5 Nutrition |

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 bib.
- 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.

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 basecamp or the finish.

WHAT TO EXPECT ON THE DAY

MEDICAL SUPPORT & TOP TIPS

We will have medical provisions at the start, pit stops, Basecamp and the Finish. There will be emergency medical care available for the duration of the event.

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/diarrhoea.

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 the 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 in 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 a 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.



WHAT TO EXPECT ON THE DAY

RESULTS & PHOTOS

FINDING YOUR RESULTS

All results for each day 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, Pit Stops 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.

OFFICIAL SIDLEY LONDON REVOLUTION PHOTOS

We're partnered with Sportograf again 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.

Information about how to purchase your professional individual photos can be found on the [Participant Information Platform](#).

Purchase your event photos pre-event and receive a 15% discount.



EXCLUSIVE PARTNER OFFERS

SPORTS NUTRITION

HIGH5

HIGH5 are delighted to support you at Sidley London Revolution 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 **REV2022** 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 OFFERS FUEL FOR THE ROAD

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 **REVS_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 store to redeem your discount!



Follow these top tips on Blister prevention from Profeet. For more information click [here](#).

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 your MyEvents Portal [here](#).

Join the Community

Make sure you join us on the [Sidley London Revolution Participant Facebook Forum](#) to meet other participants and swap advice and training tips.

Follow us on social media

Follow us on our social media channels to see the latest tips from Sidley London Revolution ambassadors, hear inspirational stories and get the latest news ahead of your event.

- [Facebook](#)
- [Instagram](#)

Still can't find something...

If you can't find the answer you're looking for, please feel free to email us:

info@london-revolution.com

READY FOR YOUR NEXT CHALLENGE? EXPLORE OUR EVENT SERIES

THRESHOLD/TRAIL SERIES

Have you tackled any other events in the Threshold Trail Series? From oldest path in the UK to the stunning South Downs, our event series takes in the most stunning locations across the UK.



Sold out for 2022, sign up for **9 epic days of adventure in 2024**, Ride Across Britain covers 980 miles of the most beautiful and scenic landscapes accessible on two wheels. We think there is no better way to travel from Land's End to John O'Groats!

GOOD LUCK WITH THE TRAINING AND REMEMBER...
MORE IS IN YOU



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

