



Race Instructions 2021

Welcome to Summer Larmer, our summer festival. Jam packed with races, wellness activities and entertainment.

We return to the beautiful Larmer Tree Gardens, but in the summer season. The Rushmore Estate feels like our second home, and we are grateful to the Rushmore Estate Team for their support and vision for bringing this festival to life.

We have been asking to run on the Rushmore Estate in mid summer for years and now is your chance.

Event Village: Larmer Tree Gardens, Tollard Royal, SP5 5PY.

EVENT TIMETABLE

Friday

4pm – Campsite open

5pm-8pm – WSC Shop open and Admin open

6pm – Catering open

Saturday

7am-5pm – WSC Shop open

7am – Admin open

8am – Marathon 'Fast Feet' warm-up

8.15am – Marathon race brief

8.30am – Marathon race start

9am – RunFit ladies' run/walk session

9am – 10 Mile 'Fast Feet' warm-up

9.15am – 10 Mile race brief

9.30am – 10 Mile race start

11am – Kids' yoga

Noon – Bar opens

2pm – Post-race yoga stretch

4.30pm – Kids' race start

5pm – Post-race yoga stretch

6pm – Beer Mile

7-8pm and 9-10pm Black Velvet Band – Hillbilly Hoedown Trio sets

10pm – Bar Closes

Sunday

6am – Sunrise yoga

8am – WSC Shop open and Admin open

8.30am – Half Marathon ‘Fast Feet’ warm-up

8.30am – RunFit early morning stretch

8.45am – Half Marathon race brief

9am – Half Marathon race Start

9.30am – 8 Mile ‘Fast Feet’ warm-up

9.45am – 8 Mile race brief

10am – 8 Mile race start

10.30am – Yoga for all abilities

11.30am – Mindful walk around Larmer Gardens

2pm – Post-race yoga

4pm – Campsite needs to be clear

For our summer events, we have relaxed some restrictions but are continuing with a few to help keep you and our crew safe. Please see the information here on our Step 4 guidance: [Step 4 in the Roadmap - White Star Running](#)

PRE-EVENT

- **Pre-event Covid screening** means you **must** stay at home if you have any of the [Covid-19 symptoms](#)
- If you are contacted to self-isolate and therefore unable to attend, you will be able to complete the race virtually, once out of isolation.
- Participants are required to be **test and trace compliant**, and WSR will use your data for this purpose too if required. If you have any symptoms post-race, you must upload onto the NHS test and trace system and notify WSR immediately.
- Download the [NHS Covid-19 App](#) and scan the QR code on arrival at the event village. If your phone is not capable of QR capability and we notify you of a possible case, you will need to complete contract tracing to manually track and trace those you have come into contact with: [NHS Test and Trace \(phe.gov.uk\)](#)
- **Your race number is being posted out to you. Please remember to bring it with you!** Fill out the back of the number with your personal emergency information.
- **You will need to bring your own safety pins/event clips to attach your number on.**
- **Facemasks and hand sanitiser are still mandatory kit to bring with you, along with your own cup.**
- Camping needs to be pre-booked by **Wednesday 28th July** (see Camping section).
- Any WSC orders need to be made by **Tuesday 27th July** (see WSC section).
- All the latest information on the event is in the [Facebook Event](#).

DIRECTIONS TO EVENT

Please allow more than adequate time to get to the event. We won't hold the race because you are stuck in traffic.

Sat Navs use this address and then when you get closer follow the WSR signage.

SP5 5PY

When you get closer you will see the WSR signage and a brown flower sign – follow these signs not your Sat Nav, or you will end up in the village. Larmer Tree is easy to find if **you follow the brown flower signs and FOLLOW OUR SIGNAGE.**

Day parkers follow the signs to park.

THE RACE / ROUTES

The area in which you are running is typical Dorset woodland and Wiltshire chalk down.

All the paths we use are usually well maintained. The course is designed to take in the smashing views and beautiful countryside. The courses follow several paths, farm tracks, a couple of roads and all are rights of way. The majority of the route is on trails owned by the Rushmore Estate and managed by the Forestry team. We are very grateful to the landowners and farmers in the area for their co-operation in bringing this event to life. Please remember these are pretty tough trails races...and because you are tough everything is fine....just watch your footing.

All the farms are 7-days-a-week operations and the farmers have been very helpful moving livestock, allowing us to open some gates and helping with logistics. There should be no cows, but you might get a miffed sheep or two. We rely on the goodwill of the landowners, so please don't do anything to jeopardise our good working relationships. The course will be well marked with signs and arrows; some trees, posts, etc, will have red and white marker tape around them just to reassure you that you are not lost.

Routes are available on the race webpages with links to OS pages to download GPX files or see a flythrough of the route.

This is our first race at Larmer in summer, so it could be a pretty hot one!

Marathon – First 8 miles are pretty flat and you'll have all your favourite hills after that, along with some time in Chase Woods. We would suggest hard pack trails for shoes; you could get away with roads or light bouncy trails. Even though aid stations are making a return, we would encourage you to carry water and a little fuel in case there's another heatwave. You will also be able to leave some aid at Admin before you start; there will be a drop bag at 11 miles at Cuttice Lodge and again at the Lovestation at 20.5 miles for you to have your own fuel waiting for you.

10 Miles – This route will be exactly the same route as Winter Larmer; pregnant sheep hill is your friend. You'll climb through the valleys and then be rewarded with some shade in Chase Woods before returning to the finish.

Kids' Race – A gentle 2.5km route around the event village and Rockery Farm to enable the kids to get involved with running at Summer Larmer.

Beer Mile – Will be making a much-anticipated return. The idea is to run a mile and have a few beers along the way, raising money for The Jurassic Coast Trust who are attending for the weekend. The concept of the race is to run half a mile up to the folly, drink half a pint, run back and drink another half pint before finishing. A bit of fun for the adults while raising some funds for a good cause.

Pre-register here: [White Star Running : Summer Larmer \(clubtrac.co.uk\)](http://clubtrac.co.uk). This enables you to pre-enter so we have all your details, then come along on the day and pay your £5 when you collect your race number.

Half Marathon – Exactly same route as Winter Larmer route; pregnant sheep hill is your friend. Similar to the 10-mile route, you'll climb through the valleys, head along the Ox Drove and continue on to Chase Woods.

8 Miles – New race for WSR; fast until you get to the hills, then you head out towards and climb Ox hill, which is a belter, followed by some very steep downhills, to be careful of.

RACE STUFF

All times are generous; each race will have a couple of sweepers in to keep an eye on the back of the pack.

The events are also races, so some sort of running should be involved.

ALL RACES are CUPLESS; this means there will be no cups at any aid station. Meaning you need to bring your own drinking vessels. It can be whatever you like... cup, bottle, mug, kid's sippy cup, punch bowl – literally whatever you're comfortable bringing to run round with.

If you don't yet have a re-useable cup, we sell several designs in the shop and you can order to collect: <https://whitestarclothing.co.uk/search?q=cup&type=product#>

TERRAIN

All races are trail races, you knew this right? So therefore about 90% of the routes are off road. There are stretches of tarmac and some made, unmade and almost-made road. There will be one or two hills. It will be muddy in places. Please don't swim in the puddles. There may be a ploughed field... LOL!

Shoes – We would suggest hard pack trails for shoes; you could get away with roads or light bouncy trails

Roads – There are a few road crossings and there are some quiet sections of road in the race. The dangerous crossings will be manned; you are responsible for your own safety, marshals cannot and will not stop traffic for you. If a marshal stops you at a road junction or crossing, it's for your benefit. People round here drive tractors and 4x4s; you are a target and they will win in a 'Runner vs. 12-ton tractor' game of chicken.

GATES

Most of the gates will be open; if it's shut, it's shut for a reason so please shut it behind you and don't leave it open for someone behind you. The last thing we want is an animal escaping. In some places the gates are next to a stile, so please go over the stile. It's easier for you and we don't have to worry about gates being open. There are also lots of barbed wire fences that have kindly been carpeted for you – please take care. Where there are electric fences, if possible we will have laid it on the ground for you to exit, otherwise use the coloured handle to undo and re-do to keep animals safe and farmers happy.

WEATHER

The race is in the countryside in July, and as we have seen in the past couple of years the British springtime can vary from beautifully warm to belting down with rain. So please take into consideration the previous day's weather when deciding what to wear on your feet. Trail shoes are recommended. Basically, be prepared for all eventualities and bring clothing suitable for the changeable climate.

IPODS & MP3 PLAYERS

The perennial question about these devices is: are they allowed? Yes. We won't drag you out of the race for wearing one, but we advise against it. 'WHY? I love my new Skorpions album; I can't run without it!'

WATERSTATIONS

Water stations will be evenly placed every 4-5 miles. These stations will have plenty of water and squash. Please bring your own cups. You are **also advised to carry a flask/bottle** to top up to keep you going **especially when you leave the Lovestation and have 5 miles of tough trail** to cover before another water station.

Aid stations will be making a return. The team have been working hard on the safest way to serve you aid during this stage of our events. This will be the first time the aid station teams have put this into place, so please be patient while they adjust to another new way of working.

On arrival at an aid station you will need to sanitise your hands and then marshals will serve any fuel you require in plastic cups; you will still need your own cup for fluids. It's not the most environmentally friendly way, but at present we feel the safest.

Lovestation™ will be where you are looked after by the team. Now these aid stations are designed for you to get some cake, sweets, there will be beer and a few savoury bits.

Marathon – Water stations at 3.7 miles, 9 miles and 11 miles. Aid stations at 7.5 miles, 15.5 miles, Lovestation™ at 20.5 and final push at 25.2.

10 Miles – Water station at 2.25 miles and 9.28, with the Lovestation™ at 4.5 miles.

Half Marathon – Water stations at 2.2miles, 5.3 and 11.8 miles, with the Lovestation™ at 7miles.

8 Miles – Water stations at 2 miles and 6 miles, with the Lovestation™ at 4.5 miles.

We ask everyone dispose of the litter at the stations or carry it with you to the next one.

MEDALS AND GOODIES

Masks are not required to wear in marquees; it will be personal preference, **but they should be carried with you in case you need first aid** and used when coming into the finish tent.

Goodies and your medals will be laid out for finishers to take themselves. We know it's not the same experience as getting a J & J hug, but for a few more months it's the safest way to collect your goodies and keep our precious J & J safe.

MESSAGE

We are really pleased to announce that on-site massage will be available. Of course, there will be some safety measures in place (which may adapt to meet the latest guidance in place at the time).

- There will be social distancing in place and masks will need to be worn by runners (when queuing and during the massage).
- You will need to sign in and give your details for test and trace, and you'll be asked to agree to a Covid symptoms disclaimer, alongside the usual massage disclaimer.
- Hand gel will be provided, and the couches will also be cleaned between massages.
- No linen will be used (towels, blankets), only disposable couch roll.
- Expect your massage therapist to be in full PPE.

Massages can be pre-booked now, which enables you to secure your massage and pre-pay. Book here: <https://www.runfitfordingbridge.co.uk/white-star-event-massage>

RACE NUMBERS

These are being posted out to you and have the built-in timing chip on the back of the number; put it on and go. **You do not need to come to Admin on the race day.**

If you entered after 13th July, you will need to collect your race number from Admin.

If your race number does not arrive in the post, do not panic; come to Admin to collect a replacement number before your race.

A reminder on how to wear your race number is below and can be seen in this video too in order to make sure you get accurate reads from your timing chip that is attached to your number:

<https://youtu.be/OXKjwCUaU8U>

CHIP TIMING

This event is being timed by [Timing Monkey](#) who will be on-site all weekend and results will be available from their website.

SAFETY

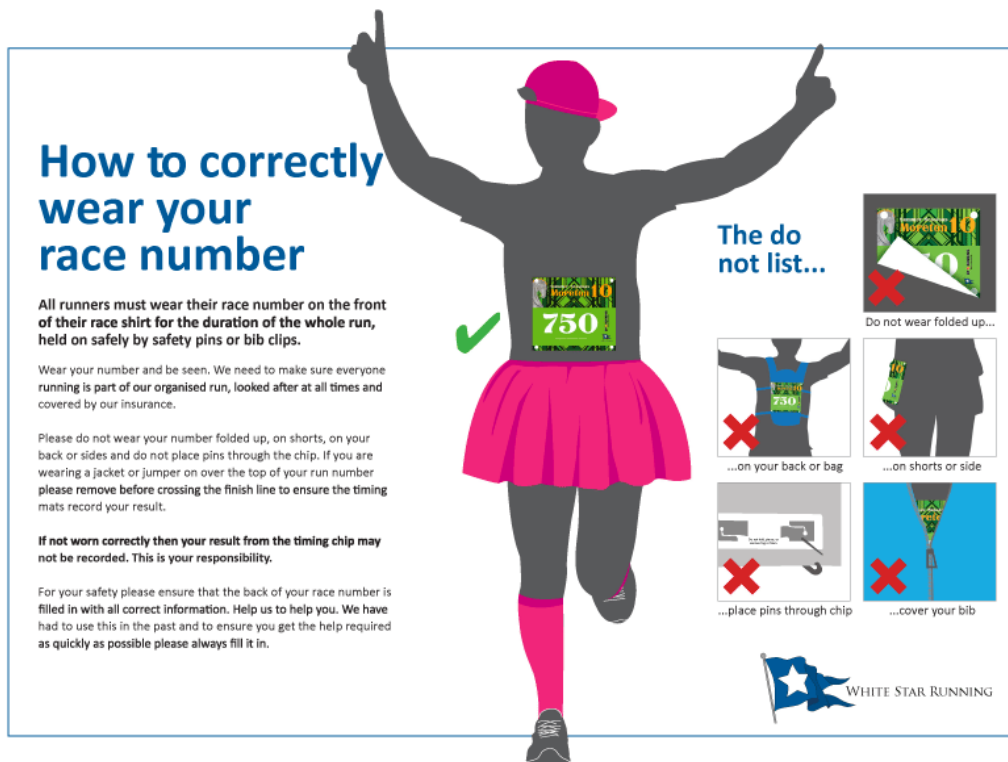
On the back of your number write an ICE number and any medical details. This will help us and you. If you're kidnapped by locals or pass out at the sheer joy of being outside, we need to get you help as

quickly as possible. We recommend that you carry a fully charged mobile phone for emergency use with race HQ emergency number stored. This number is:

07930335746

This will put you through to grumpy and harassed race controller who will assess your needs based on their caffeine intake for the day.

If you need to drop out of the race at any time we will try – try –and get you as quickly as possible. The good thing is the race is very centralised and you are never far from an access road or from the finish. We will have 4X4 vehicles and ambulances on standby to come and get you if need be.



First aid – will be provided in a secure manner if needed. **You will be required to carry your face mask on route** in case you need medical help so you can put it on while being seen to. We recommend you download the [what3words app](#) to help give accurate location markers.

BAGGAGE

Key drop is making a return – yay. Pop into the Admin tent before you start to write a label for your keys and then place them on the A- frame to keep them safe while you run. To reduce touch points, the team will let you collect your key too; you just need to show them the tag with your number on to match your race number and you're away.

SHOWERS & TOILETS

There are showers and portalavs onsite; please clean up after yourselves. They will be cleaned on Saturday between 8am-5pm and Sunday 8am-3pm, but there will also be a non-toxic hygiene spray available for your own use. We recommend you spray door handles, toilet seat, toilet roll holders, sanitiser push button, shower buttons and hooks.

Please, please, please **bring your own loo roll**. Too many were pinched from our first event back, so we will be going back to not supplying loo roll. Some will be available from the shop if you forget yours: [Loo Rolls | White Star Clothing](#)

REFRESHMENTS

We have catering teams on-site for the whole weekend.

[Steph at White Star Catering](#) will be supplying her usual yummy selection of food throughout the day. Open for breakfast, lunch and dinner. Alongside her usual menu, there will be veggie, vegan and gluten-free options available at all.

Cash payments preferred; card payments can be taken.

The team from [Totally Wonderfuel](#) will be on-site to serve up all your refreshment needs.

[Dorset Poffertjes Company](#) will be returning to serve you up delicious little Dutch pancakes with yummy toppings.

The bar will be open on Saturday midday to 10pm, run by the team [from Cranborne Chase Cider](#). They prefer cash as they don't always get good signal for their card machine.

CAMPING

Book camping [here](#) before midday on Wednesday 28th July.

The campsite, start/finish are all in the same area and there is plenty of space. Please spread out across the fields to help maintain social distancing.

If you bring your dog, clear up after them. Please keep your dogs under control at all times and on leads.

White Star staff will be on-site all weekend; please rock up from Friday afternoon as we have permission for camping all weekend. We cannot guarantee the security of valuables, so please lock them in your car out of sight.

Water is available from an outside tap next to the toilets, look for the blue and white festival flag to locate it.

Rubbish – thanks to our new partnership with [Junk-0-Saurus](#) there will be ton bags to put rubbish and recycling in. Please dispose of rubbish responsibly.

PHOTOS – Race photos are expensive, so we have our own photographers and make photos available to you and are posted as albums in our [Facebook group](#).

WSC SHOP

WSC will have a mahoosive shop available on site, with some new Larmer wears. We'll bring as much as we think we can fit in to the marquee, but would still ask you try to refrain from touching too many items and wear your mask if you are trying items on.

To visit the shop on the day, you will need to follow the entry/exit signage and there will be a limit on the number of people inside the marquee at any time.

But what helps us the most is if you pre-order any goodies you want to buy. [Click and collect](#) means we can pack your order in advance and safely pass it to you on the day. **Use code 'summerlarmer' in the discount box at checkout for collection from the event**

OTHER ACTIVITIES

Alongside the summer races, the team at Rushmore Estate have asked us to provide a wellness festival to showcase some other outdoor activities and local providers that can help give you a boost alongside your running.

Run Teach will be providing 'Fast Feet' warm-ups before every race brief.

Om and Me Yoga will be running various FREE yoga sessions in Larmer Gardens across the weekend. These are shown in the event timetable on page 1; you can pre-register for the sessions here to guarantee your place: [White Star Running : Summer Larmer \(clubtrac.co.uk\)](#)

Sam is also leading the Mindfulness Walk on Saturday morning around the gardens. The route will take approximately 30 minutes, with some time to take in the beautiful surroundings, atmosphere and is your chance to relax.

Active Therapy will be available in the event village to diagnose any niggles or twinges you're experiencing by offering a 15-minute consultation; just head to their gazebo for a chat.

RunFit Fordingbridge will be there providing post-race massage, some ladies' run/walk sessions and a stretch class over the weekend, all shown in the event timetable on page 1. Book the stretch class [here](#). Post-race massages are £15 for 10 minutes and need to be pre-booked to get the right time to suit you. Book your place [here](#).

The Jurassic Coast Trust will be co-ordinating a children's treasure hunt and fossil discovery, as well as being on hand to talk about our Run Jurassic trail running festival happening in September.

Italk, a talking therapy service, will be on-site to talk about simple ways to maintain your mental fitness.

White Star Clothing will be on-site with a normal-size shop and lots of bargains for you to get your hands on, including some Summer Larmer goodies.

Leaping Fish, who produce premium skin balms using all-natural ingredients, will have a stand to introduce you to their products and have kindly donated some taster pots for your goodies.

The best bit is most of these activities are FREE – yes, you heard us, FREE. We want you to come along with your family and camp, take part in a race, maybe two, and get involved in some other activities we've got on site.

FINAL POINTS

Our events are planned to feel as White Star as they can within the current restrictions we have decided to keep adhering to. The biggest way that they will feel like WSR events is that you are there!

We can't wait to see you back running, and encourage everyone to come along and enjoy the events. But please follow the rules and guidance we issue to keep you and our team safe.

If at any point don't feel safe at an event or have some concerns, please come to the Admin area so they can be addressed and dealt with as soon as possible, to make sure all our events are safe for everyone.

THINGS TO REMEMBER

- These are a tough set of races – be prepared!
- Bring insect repellent. It should be okay on that field, but just in case
- Bring torches; there are no streetlights out there
- There is a shop in Six Penny Handley and a large Tesco's in Blandford
- Bring toilet paper or purchase from the shop: [Loo Rolls | White Star Clothing](#)

Enjoy the Weekend