

WSR Spring Newsletter

Massive thanks from Dorset Mind

Our Virtual Larmer Races in February raised over £300 for our chosen Charity, Dorset Mind; a pioneering local charity that has been supporting local people with mental health challenges since 1946. They educate, challenge mental health stigma and inequality, and promote recovery by empowering individuals to develop resilience. If you'd like to find out more visit their [website](#) for details.

We've just launched our **biggest Virtual race to date** with this virus thing running rampant and pretty much throwing the running world into a right state. We thought we would buck the doom and gloom trend, get you outside and raise some money for Bournemouth Foodbank in these challenging times.

A virtual race where we raise money for charity works for everyone. Gets you out the door, gets the charity stuff they need. We have a few medals from our past races and do not want them to go to landfill or sit on a shelf forever, that's a crime as they are pretty damn lovely. Nor do we want to get new medals made especially for a one off virtual.

[Click here](#) to see the medals and to enter- happy running!



New local produce for goodies

We are working with **two new local Dorset producer** to bring you a soft drink option at races this year and some yummy Dorset made Biscotti.

[Dorset Ginger](#) produce award winning non alcoholic, non carbonated, hand blended drinks and some lucky runners at Dark Moors got to sample their Sicilian lemonade - which went down very well. We'll be providing them as an alternative to beer/cider at some races.

We've also partnered up with The [Great British Biscotti Co](#), who make yummy savoury and sweet biscotti that we are adding to our range of goodies and prizes at upcoming races.

Tailwind Nutrition

We are super chuffed to say we have [Tailwind Nutrition UK](#) on board for the 2020 season. Tailwind was at two of the aid stations at the Larmer Races as you lot loved it.

Based in the neighbouring county of Wiltshire, they have developed an endurance drink mix that can be used as a sole fuel source during exercise supplying energy, electrolytes, and hydration in a simple form that is easy to digest and has little to no taste.

They use all-natural ingredients: Non-GMO, vegan, free of gluten, soy and dairy produce so we are really looking forward to working with the team to have this most excellent race fuel at our aid stations this year.





Random Product Generator

White Star Clothing is running a cheap [random product generator](#) to give you a gift.

Select either T-shirt, Vest, Long Sleeved, Hoodie or Zoodie. Choose the size and then wait for the postie with a package just for you.

What will you get? whatever you've ordered, **BUT** the surprise is the design!

Dark Dash Series

Dark races at Moors Valley Country Park are a firm favourite in our race calendar... so we've added another one, to create a series where you can complete the longer distances or the shorter distances:

Race	Date	Longer Distance	Shorter Distance
Dark Valley	Saturday 7th November	Half Marathon	10k
RUN DMC	Saturday 19th December	11m	5.5m
Dark Moors	Saturday 23rd January	10m	5m

If you're not sure what to expect from our Dark Races, check out this [video](#) or see our Facebook [reviews](#)

Longer Distance <https://whitestar.fullonsport.com/series/wsr-dark-long-series-2020-21/profile>

Shorter Distance <https://whitestar.fullonsport.com/series/wsr-dark-short-series-2020-21/profile>



Sadly, following UKA's announcement this week on extending the suspension of all athletics activity until 31st May. We have cancelled this year's Ox Races & the Weekend at the Races event has been rescheduled for August. We will defer everyone's places automatically to the events.

See full announcement on our [Facebook Page](#)

Remember the [Facebook Group](#) is there to support you through these strange times and [Rundeep Magazine](#) has lots of articles for you to delve into with the extra time on your hands.

Stay Safe & Keep Running Rural