

runner's bible

run 2 paris



it's on - run2paris 2025 starts here!

You are part of the biggest innovation in running events for a decade - running as a team sport!

There will be some tough miles to come but together, as a team, you can Run2Paris.

We're thrilled to have you on the team. While others might have a London Marathon place, they might be chasing a PB, they may have run more races - very few have Run2Paris. You're going to love this!

Let's get the teams together, load up the cars, pump out some tunes and have an adventure.

If you have any questions you can email us at info@Run2Paris.com but have a read through this guide first, we're confident all you need to know is in here.



a word from our charity partners...



Run2Paris is finally here and we're so proud to be a charity partner for this incredible event. We want to start by saying a huge thank you to everyone taking on this almighty challenge, but a special thank you goes to all of our Team Parkinson's runners. Thank you for representing Parkinson's UK and your support for the Parkinson's community, we couldn't provide our services without you.

But what exactly is Parkinson's? People with Parkinson's don't have enough of the chemical dopamine in their brain because some of the nerve cells that make it have stopped working. Around 153,000 people live with Parkinson's in the UK. And it's the fastest growing neurological condition in the world. There are over 40 symptoms of Parkinson's. But the 3 main symptoms of Parkinson's are a tremor (shaking), slowness of movement and rigidity (muscle stiffness). There are lots of different treatments, therapies and support available to help manage the condition. Our researchers are working hard to develop new

and better treatments. And we're determined to develop a cure in the shortest possible time.

As a charity we're close to major breakthroughs. Funding the right research into the most promising treatments, we get closer to a cure every day. Until then, we're here for everyone affected by Parkinson's. Fighting for fair treatment and better services. People with Parkinson's, scientists and supporters, fundraisers and families, carers and clinicians, all working side by side. Impatient for change, we're taking a stand, speaking out, chipping in, and playing our part.

We're excited to be part of your Run2Paris journey, to be there every day cheering you on and working alongside SSAFA to be part of your unforgettable experience. From everyone here at Parkinson's UK, thank you, good luck and most of all, enjoy it!

Maria
PUK Events Team



As you know, the past couple of years have been tough for many. Within SSAFA we have been working hard to carry on raising funds and supporting those in need. Thanks to you, and many other wonderful, dedicated fundraisers, this has been possible. In 2022, SSAFA supported 59,000 people through our charitable and specialist services.

SSAFA has been supporting the Armed Forces for nearly 140 years in many ways. Our focus is on providing practical, emotional and financial support to people in need. Addiction, relationship breakdown, debt, homelessness, mental wellbeing and disability are all issues that can affect members of the Armed Forces community. Many of these problems only become apparent when an individual has to leave military life and join 'Civvy Street'. SSAFA is committed to helping these brave men and women overcome those problems and rebuild their lives.

For many of you, stepping onto the start line of Run2Paris will mark not only the start of your challenge, but the end of months of physical and mental preparation. With each step – and there will no doubt be some that will feel tougher than others – never forget the difference your support has already made to our Armed Forces families.

And when your aching muscles have eased, and crawling into a tent seems a distant memory, SSAFA will continue to be there for the person behind the uniform – any time they need us, in any way they need us, for as long as they need us.

On behalf of all of us at SSAFA, the Armed Forces charity, a huge, heartfelt thank you for your support. Enjoy the journey and see you out there on the road – allons-y!

Verity and Hannah

SSAFA Events Team

What you see is what you get, nothing more, and nothing less. My name is Daxa and I am 55 years old. I am a British born Indian, a Christian and I live in Leicester. I have 11 years of experience in Nursing and 22 years in Social Care and Health. I was diagnosed with Parkinson's in September 2019.

My Parkinson's journey began in 2016 when I had tremors in my right hand. At the time, I had a stressful job as a Family Support Officer, doing Child Protection and Early Prevention. I had also had some falls, one of them resulted in having surgery to my left shoulder. I kept a Tremor Chart, which I had made, to record all my tremors. I was seen by a NHS Neurologist in May 2017, who diagnosed me with anxiety which caused my tremors.

In July 2019, during my dearest Dad's 80th birthday celebrations, my family could see my health had deteriorated a lot during the last few months and I was becoming increasingly disabled by my symptoms which were affecting my activities of my daily living and I was becoming more and more dependent on my parents.

Daxa and her family chose to get a private diagnosis. After about two anxious weeks of waiting, I eventually saw my private Neurologist with my family members, with a list of questions regarding my diagnoses. My private Neurologist reassured me, saying that I have Idiopathic Parkinson's, which means, the cause of my Parkinson's is unknown and that is all. I felt relieved and overjoyed. I started to smile, saying, thank you God for giving me the lesser of the 3 evils

I have Parkinson's, there you see, I can say it. It is what it is. I am responding to my Parkinson's medication and trying to cope with the side effects, such as nausea, dizziness and drowsiness that I am experiencing.

I am also thankful to be part of the Parkinson's family at the Leicester Parkinson's Café and The UK Parkinsons Support And Friendship Group on Facebook. I am also grateful for Parkinson's UK, who I can access support from, if necessary. Everybody's life journey is different. This is my life journey and I will make the most of my wonderful life with what I have been given.



ssafa

the
Armed Forces
charity

Gerard Smith was training as an RAF officer until a brain tumour ended his career and almost claimed his life.

After losing the ability to talk or walk, he is battling his way back to health at the military's Defence Medical Rehabilitation Centre (DMRC. And thanks to SSAFA's Norton House, his family can be close by to support him.

"I wanted to be in the RAF since I was a wee boy," says Gerard. "It was my dream."

He tried to join up as a teenager but a recruiting officer in Glasgow told him: **'You're far too young. Go to university!'** So, he went to the University of the West of Scotland and joined Glasgow University Officers' Training Corps.

At 24, he became the first person in his family to join the military, graduating from RAF College, Cranwell in October

2019. He continued his officer training at RAF Honington but felt increasingly ill.

"Headaches and numbness," says Gerard. "That's how it started."

"He had this strange numbness in his back and at the top of his legs," says his mum, Paula. "Would you ever put that down to a brain tumour? We were thinking, 'He's out doing these exercises with heavy backpacks.'"

"Before Gerard went onto his last exercise, they thought he had a vomiting bug. So, he joined it a few days late. He failed the exercise, and we now know why."

He was posted temporarily to RAF Benson in Oxfordshire, where his symptoms worsened.

"The tumour was difficult to get to, so they couldn't get all of it," says Paula. "After his first surgery there was still quite a lot of it left, but they had to stop. They had to have several goes. He had three craniotomies for tumour removal. These are seven and eight-hour surgeries. Fingers crossed; they've got it all."

"He's been extremely driven. The local rehab had never seen determination like it. I suppose that's a military thing, you know, to be pushing yourself and he has, the whole way through."

"There were a few times where we thought we might lose Gerard and he knows that. He was in hospital from January until May and basically lost everything. He lost his speech, he lost all the power in his right side, so he couldn't walk or use his right arm."

Bit by bit, it gradually started to come back. Gerard stood up unaided for the first time on 3 May and the following day began three months of rehabilitation at a local centre.

In August, Gerard was admitted to the DMRC Stanford Hall, near Loughborough, for three months.

"If it hadn't been for Gerard's boss at RAF Benson, who told us about it, we probably would never have heard of Stanford Hall," says Paula.

"It has been the worst year of our lives," says Paula. "We're only a wee family: myself and my husband, Gerard and his younger sister Erin, who's a physio; she actually started her very first job working across the corridor from Gerard's ward when he was in Queen Elizabeth Hospital."

"We are so grateful for everything SSAFA does. We made a donation to Norton House instead of doing Christmas cards this year. I put a lot of posts up about it and our neighbour said, 'Who's that, I want to make a donation too.' So, we're trying to get it out there."

"No-one ever thinks that they'll need something like that, but unfortunately people do. And how good it is to have it there when you do need it!"

key dates, basic terms, contact details & offline money

key dates:

Fundraising deadline:
22 April 2025

All runners to have completed registration by:
21 April 2025

Team registration and safety briefing:
21 May 2025

Run2Paris starts:
22 May 2025

Return ferry:
26 May 2025

basic terms

We all use jargon at times, we've tried to keep this to a minimum. Here are some of the basic terms you'll see throughout your runner's bible.

A team - 5 runners

Team Captain - the Run2Paris team will communicate all information to teams via team captains

Team Car - the car you provide to transport the rest of the team while not running

Checkpoint (CP) - the designated change over point for runners. ie CP1 is where runner 1 finishes and runner 2 starts.

Base Camp - our finish line each day and campsite on days 2&3.

Marshal - they who must be obeyed. There will be marshals at each CP, you **MUST** check in with them before you start running. They will check you have the route downloaded to your phone as well as hi-viz kit.

Event Control - the organisers of our adventure. Run2Paris crew will be onsite, there will also staff monitoring your race trackers and progress along the route.

Baton - it wouldn't be a relay without a baton!

GPS Tracker - each team will be issued a GPS tracker this allows us to track locate you in an emergency. You **MUST NOT** start your run without the tracker.

If there are terms or phrases that you do not understand please email info@run2paris.com

contact details:

Run2Paris HQ - Steve Grogan - 07725951844 (note this will not be available during the event)

In an emergency place contact Event Control - 07593 575693

Email - info@Run2Paris.com

Facebook - [facebook.com/Run2ParisEvent](https://www.facebook.com/Run2ParisEvent)

Twitter - @Run2events

Instagram - @Run2ParisEvent

offline money:

Cash - if you receive cash from friends or family we advise that you bank it and make an online donation to your own fundraising page. Please do not send cash in the post.

Cheques - All cheques should be made payable to Run2 Foundation. Please send them with the runners details to:

Run2Paris
Maulkins Hall Farm
Pakenham
Bury St Edmunds
Suffolk IP31 2LR

You can also bring cheques to registration.

before run2paris 2025

there is some admin you can complete before may:

All teammates to have completed their registration (including passport details) - visit run2paris.com

Team Captains - we understand there may be emergency last minute changes - get in touch as soon as possible if you need to make a change.

fundraising:

All runners have agreed to raise a minimum of £400 per runner or £2,000 per team.

The final deadline for fundraising is 26 June 2025.

Please do not stop at £2,000 we want to support our amazing charity partners as much as possible so they can continue their fantastic work.

The Run2Paris team are professional fundraisers and are here to help you reach and exceed your targets. Please do not hesitate to contact us if you have questions or ideas.

The average sponsorship raised for a half marathon in the UK is £350. You're running four half marathons in four days - tell your friends and family what a huge challenge you're taking on for Parkinson's UK and SSAFA the Armed Forces charity.

passports:

The EU's new Entry-Exit System (EES) is to be introduced October 2024. Under the entry-exit system (EES), non-EU citizens will have to register their biometric information – including fingerprints and facial scans – at the border, under the supervision of an EU officer, on their first visit. This may mean delays boarding the ferry in Newhaven.

Team Captains - we suggest you keep a copy of everyone's passports just in case they go missing. British passport holders do not need a visa to enter France.

Your passport must be:
Issued less than 10 years before the date you enter France
Valid for at least 3 months after you plan to leave France

If you do not hold a UK or EU passport it is your responsibility to ensure you have the correct paperwork and permissions to be granted entry to France.

car & car insurance

See the Drivers Section (Page 17).

accommodation:

Teams need to arrange their own accommodation for the following nights:

Wednesday 21 May 2025 - London before we start

Sunday 25 May 2025 - Paris after we finish

travel insurance:

We are only across the channel but please ensure you are covered. You **MUST** tell your travel insurer about the event you are taking part in, do not assume your holiday travel insurance will cover you. We recommend you have appropriate personal injury cover as part of your insurance policy.

ehic:

This is still valid post Brexit. Your UK GHIC or EHIC covers you when visiting and EU Country. Both cards give you access to state-provided healthcare for emergency treatment and visits to A&E.

covid19:

Travellers are now exempt from any formalities prior to entry to France, and are no longer required to present a health pass.

the tech

There are two apps you need to download in order to take part in Run2Paris. 225 miles is a long way and these will get you smoothly from London to Paris.

It is vital your practise using them!

Running with audio descriptions or following the map on the screen can take a little while to get used to, practise using them and you'll be a pro before our adventure starts.



rungoapp.com

RunGo is free and will be your personal running sat-nav for Run2Paris

You will need to create a personal account - and then you will be able to download the route for each day of our adventure.

The app will show you where you are on the route and provide turn by turn directions.



what3words.com

Better than postcodes, what3words is the best way to get directions to checkpoints and campsites.

Run2Paris HQ has provided what3word locations for checkpoints and basecaps each day.

For example our startline is **Post.Stroke.Notes**
w3w.co/post.stroke.notes



navigation

RunGo: There are 225 miles to be covered before you arrive in Paris. It is not possible to put signs across the whole route. Plus, by using a tech alternative we are saving on the use of THOUSANDS of single use plastic cable ties - that's a lot NOT going into landfill.

Each day's route will be available on RunGo, all you need to do is set up your account and download each of the four routes.

RunGo will provide you with audio as well as on screen directions. You will be able to follow the route on an on screen map and you'll get a heads up of any upcoming turns - think of it like a "sat nav for runners".

We advise that you check the app regularly. However you also need to be watching the road ahead, to the left and right (don't just stare at the screen). As with all GPX/GPS systems there are areas where the signal is weaker, so familiarise yourself with the route beforehand, take note of the towns you due to pass through for example.

On some phones, audio directions are not given when the phone screen is locked. We advise that you turn off the automatic screen lock and check your route regularly - this will use more battery so please consider taking a power bank or power pack with you just in case. Practise running with RunGo, there will be routes in your home town that you can download to try it all out. You **MUST** be familiar with using the app before our adventure begins.

You may feel nervous running with the app to begin with. You might find yourself checking the screen a little more on day 1, but by day 4 it will feel natural to get directions this way.

Final Details of each days route will be available on the Run2Paris website from April 2025 - links will be emailed to all runners.

how the relay works...

You are part of a team of five runners and have one car per team (bring this with you). Each teammate runs one leg per day. These vary in distance, elevation, surface and challenge across the four days of the challenge.

Runner	Start point	Finish
1	Start	CP1
2	CP1	CP2
3	CP2	CP3
4	CP3	CP4
5	CP4	Day finish

Once runner 1 has started, the rest of the team jumps into the car and heads to Checkpoint1 (CP1). This is where runner 1 finishes and runner 2 starts their leg. The rest of the team jump back into the car and head to CP2 where runner 2 finishes and runner 3 begins. This is repeated until everyone has run and you've reached that day's Base Camp.

As runner 5 runs into the Base Camp/ Finish Line, food and washing facilities will be waiting for you. On day 2&3 there will also be camping set up ready for you.

4 days of running
Each runner runs once each day. Before you know if you've Run2Paris.

tactics!

You don't have to run in the same order each day, you can change the order depending on the distances and how you're feeling. If you're runner 1 on Day 1 and would like a later start you could take on leg 3 on day 2.

At each Checkpoint (CP) you **MUST** inform the CP Marshal who is running the next leg. It is vital that we know the name and runner number of everyone on the route.

Every runner must sign OUT when they begin their run and IN as they complete their stage (leg)

Runners must show the CP Marshal that they have downloaded that day's route to RunGo and that their phone has enough charge to complete that leg. All runners must also show an item of HiViz clothing before they are allowed to begin their legs. HighViz (high visibility) is not the same as reflective. Bright orange or yellow, think road workers!

cut off times

Each stage is different in distance, elevation, surface and level of challenge. Runners are not permitted to leave the CP before the previous runner has arrived.

Each day we start at 06:00 and we have allowed 3 hours per stage.

Stage	Cut off time
1	09:00
2	12:00
3	15:00
4	18:00

So runner 1 must have reached CP1 by 09:00 BEFORE runner 2 can depart. BUT, if runner 1 comes in at 08:00 runner 2 then has 4 hours to complete the next stage before the cut-off. If a runner misses the cut-off time, that's not the end of your day, you will be asked to skip a stage - Operation Leapfrog

For example, if runner 3 misses the cut-off time at CP3, the whole team will be asked to get in the car and drive to CP4 where runner 4 AND runner 5 can complete the final leg together. *Note that in this situation both runners must complete the leg together as you will only have 1 GPS tracker.

what if i am injured and can't run?

If a member of your team is injured and unable to start their leg, you have 2 options.

1. One runner can opt to complete 2 legs that day
2. You could skip a stage and have the whole team drive to the next CP - Operation Leapfrog

You MUST let the CP Marshal know of your decision

what if we're super quick and arrive early?

If you have skipped a stage or are a team of Olympians, you will be asked to wait at the checkpoint until the route has been opened and Run2Paris HQ give you the green light to start.

london

1 Start: Wimbledon

- 1
- 2
- 3
- 4
- 5

Newhaven

Ferry

2 Day 2 start: Dieppe

- 1
- 2
- 3
- 4
- 5

3 Forges-les-Eaux campsite

- 1
- 2
- 3
- 4
- 5

4 Jambville campsite

- 1
- 2
- 3
- 4
- 5



Finish: the Eiffel Tower!

paris

route shown is approximate

checkpoint locations & timings

These are the locations of the checkpoints where runners will hand over the baton to your next runner.

At some CP's there will be designated parking, at others you will be required to park along the road. In all cases please be considerate of residents and local businesses. These are our neighbours for the event and we want to ensure a good relationship so that Run2Paris can continue for many years to come.

Arriving at the Checkpoint:
Using the What3Words locations you will be able to navigate straight to the checkpoint once your runner has set off.

But Don't Panic!!! Please remember - it will take your teammate longer to run the leg than it will take you to drive. You have time to fill up with petrol, pick up supplies, and grab a coffee. If every team car arrives at CP1 at 06:30 and then wait around we will not be popular with our neighbours and it will be a long day of waiting around. Take the opportunity to explore, visit local sites etc, enjoy yourselves, This is a road trip as much as a running event

There will be a safety briefing for team captains each evening and any changes to checkpoints, the route, the weather etc. will be communicated to you at that point.

Checkpoint	What3Words Ref	Leg distance	CP opens	CP Closes
Day 1				
Start: Old Wimbledonians	Post.Stroke.Notes		05:00	
1. Happy Valley	Rift.Frames.Sunk	12.7 miles	06:30	09:00
2. Copthorne	Quick.Latter.Clock	15.9 miles	09:00	12:00
3. Scayne Hill	Slips.Grapes.Every	14.8 miles	10:30	15:00
4. House Dean Farm	Motivates.Pigment.Swam	13.7 miles	12:00	18:00
Base Camp: Newhaven	Jumpy.Study.Blemishes	12.2 miles	15:00	
Day 2				
Start: Dieppe	Await.Choppy.Slide		07:00	
1. St Aubin le Cauf	Feel.Blackens.Relents	6.6 miles	07:30	
2. St Vaast d'Equiqueville	Household.Squid.Scaring	5.4 miles	08:30	08.30
3. Mesneires en Bray	Shaming.Quarried.Weeds	6.6 miles	10:00	10.00
4. Saint Saire	Disruption.Decree.Flounced	7.1 miles	11:30	11.30
Finish/Base Camp: Forges les Eaux	Solid.Dreadlocks.Homelike	7.8miles	13:00	13.00
Day 3				
Start: Forges les Eaux	Solid.Dreadlocks.Homelike		06:00	
1. Dampierre en Bray	Bubbly.Dispensing.Left	11 miles	06:30	
2. Neuf March	Tailors.Retaken.Flaky	15 miles	09:00	09:00
3. Gisor	Narrowly.Scrimp.Snoring	12.9 miles	10:30	12:00
4 Chaussy	Wellies.Insolent.Frogs	15.7 miles	12:00	15:00
Finish/Base Camp: Jambville	Gone.Monk.Banter	14.9 miles	15:00	18:00
Day 4				
Start: Jambville	Gone.Monk.Banter		06:00	
1. Triel Sur Seine	Beats.Respond.Survived	11.5 miles	06:30	
2. Orgeval	Plodded.Smiling.Luckier	6.4 miles	08:00	09:00
3. Parc Royal de Marly-le-Roi	Monkeys.Rings.Pumpkin	13.2 miles	10:00	12:00
4. Foret domaine de la Malmaison	Hands.Stunts.Caring	5.2 miles	11:00	15.00
5. Last Mile meet up - Paris	Stereos.Aimless.Sprouts	11.2 miles	12:30	18:00
Run2Paris Finish - Eiffel Tower	Electric.Grades.Muffin	1 mile		

* Locations and distances may change between now and the event.



Ferry crossings

Newhaven - Dieppe
You are all booked on the 23:00 ferry on Thursday 22nd May 2025

DFDS advise that passengers arrive at the terminal up to 2 hours before departure. With the introduction of EES requirements, this is extra important this year.

Passports and Visas:
Here is a breakdown of the documents you will need to enter France but it is your responsibility to ensure you have the correct documents.

UK Citizens: Passport
Your passport must be:
1. Issued less than 10 years before the date you enter France. Check the Date of Issue.
2. Valid for at least 3 months after the day you plan to leave. Check the Expiry Date.
You must check your passport meets these requirements before you travel.

EU/Schengen countries: Passport

FR Citizens: Passport

Other Countries:
Passport and Valid Visa for the country you are entering. It is your responsibility to make sure you have the correct documentation to enter France, neither DFDS nor Run2Events are liable if you are refused entry.

Onboard the ferry:
You will not be able to stay in your vehicle, the car deck is locked for the duration of the crossing. Please make sure you take everything you need for the overnight crossing

as you will not be able to return to it during the crossing.

Sleep:
There are a very limited number of cabins available on the overnight ferry. These are available, for a fee, on a first come first serve basis once you are on board. There are also "Sleep Seats" available - think airplane-style seats that you can relax in. Otherwise it's a case of finding a quiet space and getting your head down - it's all part of the adventure.

Remember you can't return to your vehicle once on board so make sure you take sleeping bags, mats, wash kits etc. Lots of people on the ferry, including all of the crew supporting you, will bring roll mats and sleeping bags and there are lots of places to bed down. Think of it as a night camping while gently bobbing along, across the English Channel.

Return ferry:
Unless you have already arranged a change with Run2Paris HQ you will be booked on the 12:00 midday ferry on Monday 27 May.

Again you are advised to arrive in Dieppe 2 hours before departure. It is a 2.5 hour drive from Paris to Dieppe, ensure you leave plenty of time for your journey. No alternative transport can be arranged if you miss this crossing.

IMPORTANT - You MUST travel in the SAME vehicle on the outbound and return crossing.

All kit is to be transported in your team vehicle, resist the urge to overpack.

1: While running

Footwear: You are going to be running on a variety of surfaces; including road/pavements, paths and trails. These will be established routes but at times may be muddy. Your expensive lightweight carbon-soled race shoes might not be the best choice this time. We recommend you have shoes to run in and a spare pair for the evenings. We recommend you bring a pair of road shoes and trail/trail approach shoes as well. There will be limited opportunity to dry shoes out at basecamps.

Your Phone: Your phone is your guide - you will use the RunGo app while running and What3Words for directions to each CP. There will be opportunities to charge phones at each Basecamp. You can always recharge your phone in the car while teammates are running. For peace of mind, you may want to bring a power bank as well.

If you are using Strava or listening to music or podcasts while running be aware of the strain on your battery. You MUST NOT run out of battery mid-leg.

Running Kit: We recommend you bring a fresh rest of running kit for each day. You will be provided with 1 Run2Paris technical running shirt to wear on Day4 as you enter Paris. We will do our best

but we can't guarantee good weather. Please be prepared to run in all weather.

Hi-Viz: All runners are required to wear an item of Hi-Viz clothing while running - regardless of which stage or time of day.

Energy gels and snacks: If you have a favourite snack, running gel or supplement, please bring these with you. There are lots of shopping opportunities in France but we can't guarantee they will stock the brand you like. You should also bring any water bottles you run with.

2: After your run

Foot care: 4 days of running are going to put pressure on your feet. Make sure you have fresh socks and kit to treat any hotspots before they become blisters. Don't ignore them.

Layers - Stay warm: You may get cold quickly after you've finished running or while you are waiting for your teammate to finish. Make sure you have warm clothes you can put on straight after your run. You will also need warm clothes for the evenings in Basecamp.

As well as warm clothes it's worth bringing a stuff sack or plastic bag to store any wet kit before you get to Basecamp. Have some dry clothes and comfortable shoes you can change into, easily accessible in your vehicle.

3: Basecamp

Each runner will have a tent to themselves. While the tent will be up and ready for you as you arrive, you need to provide your own sleeping mat, sleeping bag etc. Getting a good night's sleep will be key to enjoying your Run2Paris adventure.

Showers: There will be showers and washing facilities available at each Basecamp, you need to provide your own towel and wash kit. We recommend a quick dry towel.

Personal admin: This is everything you need to make your Run2Paris adventure easier. This will include energy gels, blister plasters, Deep Heat, Yea Mat, KT Tape, foam rollers, massage guns, PJ's, travel pillow, your favourite jumper and a teddy bear - whatever you need. BUT remember - it has all got to fit in your team vehicle. There will be space at each CP and Basecamp to stretch and warm up/down.

Cash: Please note that not all shops in France will accept cards or Apple/Google Pay etc. Please make sure you've picked up some Euros as well.

Eye mask/ earplugs: You are going to be sharing a campsite with 225 runners and staff, someone is going to snore!

First Aid: We provide on-course medics, and there will be first aid available at each Basecamp. But YOU are responsible for your own basic first aid. You must ensure you have an adequate supply of any

medications you take and each team should have their own first aid kit. Whether it's taking care of hot spots before they're blisters, or a grazed knee from a stumble please ensure you have everything you need to look after your team. Take action to prevent the little things from becoming a problem and ruining your Run2Paris experience.

Food & drink: Breakfast and dinner will be provided each day. We ask runners to bring a travel mug, your tea or coffee will stay hot longer and we won't need to use single-use cups.

Dietary requirements: We can cope with any dietary requirements as long as we know in advance, please ensure these are accurate and up to date.

Snacks, Lunch & Water: It is up to your teams to get snacks and lunch each day. You will have plenty of time to stop at a supermarket, patisserie or deli in many of the small villages between checkpoints. You MUST also ensure you have water in your team vehicle. There will be water for emergencies at each of the checkpoint - but YOU MUST ensure you have enough water for your team.

Space is key: Remember there will be 5 people's kit in your team vehicle. The more you pack the less room and the more uncomfortable you will be while travelling. Discuss your kit with your team, there will be some things you can share - eg you don't need 5 foam rollers.

This is a basic list of kit that you must have with you. Remember the whole team's kit must fit in the team car so discuss what you're bringing with your teammates.

Essential Kit

- ☐ Passport
- ☐ Travel insurance details
- ☐ EHIC card
- ☐ Runner emergency contact details
- ☐ Runner's Bible (Your team will get a printed copy at registration)

Running Kit

- ☐ Item of Hi-Viz
- ☐ Day 1 running kit
- ☐ Day 2 running kit
- ☐ Day 3 running kit
- ☐ Day 4 running kit
- ☐ Wet weather kit
- ☐ Hot weather kit
- ☐ Spare pair of trainers
- ☐ Running socks
- ☐ Gloves
- ☐ Gels /jelly babies
- ☐ First aid - foot care
- ☐ Water bottle
- ☐ Phone carrier
- ☐ Power pack

Post Run Kit

- ☐ Hoodie/jumper
- ☐ Waterproofs
- ☐ Tracksuit/warm clothes
- ☐ Water bottle - rehydration salts
- ☐ Change of shoes/flip-flops/crocs
- ☐ First Aid - Foot care

Camping Kit

- ☐ Sleeping bag
- ☐ Roll mat
- ☐ Eye mask/earplugs
- ☐ Towel and wash kit
- ☐ First Aid/medicines

In Car Kit

- ☐ Phone chargers
- ☐ Spare battery pack
- ☐ Foam roller
- ☐ Sweets/snacks
- ☐ Tunes
- ☐ Each team should carry enough drinking water for the team for the whole day. We suggest 10 litres minimum.



Feeding and fueling your Run2Paris:

The following meals will be provided for you:

Day	Breakfast	Dinner
1 - 22/5/25	Yes	Yes
2 - 23/5/25	Yes	Yes
3 - 24/5/25	Yes	Yes
4 - 25/5/25	Yes	No

Lunches:
Lunches and other snacks are not provided. There are plenty of opportunities to stop and pick lunches up while your teammates are running. You can get to a supermarket or even hunt out some amazing boulangeries.

Gels and hydration:
Water will be available at each base camp but teams MUST ensure they have enough water for the day. Water will be available at CP's only for emergencies.

If you use gels or rehydration powders please make sure you have trained with them. There's nothing worse than finding out you can't stomach them mid-run. Please put the packets in your pockets and dispose of them after your run.

If you have any dietary requirements please inform Run2Paris HQ asap.

After your run:
Mo Farah likes a chocolate milk after a race or intense training session, so you can treat yourself to a hot chocolate or a glass of wine. Whatever your preference, please ensure you stay hydrated.



base camps, driving and vehicles

Day1:
As you arrive in Newhaven after an exhilarating and exhausting first day, showers will be ready, dinner will be provided and you'll have a chance to join the team and celebrate your achievements. We're booked on the overnight ferry at 23:00 so you should arrive at the terminal (10 mins drive away) by 21:30 at the latest.

Days 2&3:
Facilities:
We look after you on Run2Paris! As you arrive at Base Camp on days 2 & 3 your tent will be set up and waiting for you. Dinner will be prepared all you need to do is wind down from an exciting day.

Alcohol:
There will be a cash bar available at dinner on Day 2 (so bring cash!) but otherwise, you will need to provide your own refreshments. We will be on public campsites, please be considerate of other campers.

Tents:
You will be allocated tents each day so you won't have to wander around to find a free tent. Each runner has their own tent, you are responsible for providing your sleeping bag and roll mat. Each tent is a 2 man tent (you don't have to share) just be aware of the amount of kit - a super king double airbed won't fit.

We will put your tent up and take it down each day. Please ensure you are up and out in plenty of time and clear ALL rubbish (including smelly socks and Gell packets) from your tent and zip it up before leaving.

Showers and toilets:
There will be toilets available at each Base Camp and there will be showers available each evening.

Power and charging phones:
There will be power available at each Base Camp, so that you can charge phones and battery packs. Please be considerate of other runners when using this facility. Charge your phone and then allow others to plug theirs in. If you choose to bring cameras, laptops or tablets note that you will not be permitted to charge these until all phones have been charged. As phones and the RunGo app are our navigation - these take priority.

Catering:
Food will be available at each Base Camp, if you have any special dietary requirements please ensure you have informed Run2Paris HQ.

Team Car:
You are responsible for providing the team car. 1 per team.

Vehicle restrictions:
Your team car should be a car. People carriers or 4x4's are permitted, a coach or stretched limo is not. Teams that wish to use a larger vehicle, or change their return journey should note there is a £150 admin charge. Please contact Run2Paris HQ to make any changes.

Drivers:
You do not need a additional non-running driver. While one of your team is running, one of the team drives the other 3 teammates to the next CP. If the car belongs to the person running, at least one other person must be insured to drive in the UK and France. It is your responsibility to ensure you are covered with the right insurance.

Driving documents:
Many of the laws in France are the same as those in the UK. If you have not driven on the continent, please review advice provided by organisations like the RAC or the AA.

You will need:
Drivers license
Your motor insurance green card (your insurer can provide this)
Your vehicle log book (V5C)

Directions:
We will use What3Words. This is a really simple way to identify locations and destinations. They have divided the world into 3m squares and allocated a 3-word code to each square that will never change. It's as accurate as GPS coordinates and the app will link to your map app and give you directions to each CP and Base Camp.

Rules of the road:
There will be points along the route where you might stop and cheer on your teammate. Please ensure that you are obeying traffic laws, stop in a safe place and do not obstruct other road users.

Car parking and security:
You cannot leave vehicles at the start line in Wimbledon. While on the challenge, please be aware of any valuables left on show while you're not in the vehicle. Run2Paris is unable to take responsibility for any missing or lost items or any damage to vehicles.

Our neighbours/local communities:
As highlighted already, we want to be welcomed back year after year. Please be considerate of our neighbours at all times, this includes Base Camps and CP's and villages you travel through. If you wouldn't do it in your home town, don't do it on Run2Paris.

event rules / terms and conditions

event rules:

We reserve the right to remove runners and teams from the event. We have tried our best not to put anything in the way of your adventure, but there are a few rules that we ask you to stick to. This is to keep you safe and make sure we can organise Run2Paris for years to come.

Runner rules:

1. Follow the Route! Use pavements and trails as directed.
2. Wear Hi-Viz clothing while running. Because you will be running on and crossing public roads we require that you wear at least one item of Hi-Viz.
3. Obey road laws regarding crossings - stop and wait if you have to.
4. Remember that you do not have exclusive use of the route - please be considerate to others.
5. Pacers - teammates are allowed to run with you to support/pace you. You must inform CP Marshals at the start of the leg and you **MUST** stay together for the entirety of that section.
6. You must follow the official event route (unless it is unsafe to do so). You are responsible for downloading, understanding and being able to use the RunGo app. You **MUST** show the day's route downloaded to your phone to the CP Marshal before the start of your leg.
7. Your runner number must be visible - it should be attached to the outer layer of your clothing and not hidden by jackets etc.

8. Stay hydrated - you don't have to carry water with you while running, but teams **MUST** have water available in the team car. Keep an eye out for signs of dehydration in your team.
9. At each CP/start line, you will be required to show the marshal:
 - Fully charged phone (plus spare battery pack)
 - That day's route downloaded to RunGO
10. There are some sections along quiet roads without pavements. Runners **MUST** run towards oncoming traffic - and remember they drive on the wrong side of the road in France.
11. Stopping: If you have to stop and leave the event for any reason you must inform Run2Paris Event Control 07593 575693

Team rules:

1. Fast teams: critical to the success of this event are our event volunteers and checkpoints. Should a team run faster than expected they will be asked to wait at a checkpoint so that we can ensure the next leg is ready.
2. Slower teams: to ensure your safety there are cut-off times in place. Should you miss the cut-off, you will be asked to "leapfrog" the next stage, and drive to the next CP.
3. Captains' briefings: there will be a captains briefing each evening. This will provide key details of the following day and any course

changes that we need to make. It is mandatory for all team captains (or a substitute) to attend.

4. Bad weather: It may happen. If Run2Paris HQ feels that it is unsafe to continue the event, teams will be held at CP's until the route is safe. This could be, but is not limited to; flooding, poor visibility, or path closures etc. The Run2Paris team reserves the right to alter, remove or shorten sections and amend cut-off times on the event at any time. Stages may also be closed and teams asked to "leapfrog" and continue the event from the next CP.

Retiring from the event:

An individual may drop out from a stage if they feel they are unable to continue. In this case you must inform Run2Paris Event Control on 07593 575693. You should then contact your team and arrange a place to meet. This can be done using What3Words. Your team will then collect you and proceed to the next CP.

If the whole team wishes to retire from the event:

If you drop out mid stage you should follow the steps above. Once at the CP you must hand your tracker to an CP marshal who will inform Run2Paris HQ. This is extremely important - if you do not tell us we will assume you are still on course and send staff to locate you

emergencies:

Emergency Contact = 07593 575693

This is the emergency contact number that will be on the back of your race number, but save this in your phone right now. This number is only to be used if you require emergency assistance. We will prioritise resources so if you have a non-urgent issue, please make your way to the next CP or contact your team for support.

Medics:

There will be medics on the route, but it may take a while for them to reach you - you may be better off contacting your team in the first instance.

999 / 112

If you think you are involved or witness in a significant incident and believe the situation to be serious. Please call 999/112 and request the emergency service. Then inform event control as soon as possible.

As well as your Race Number and mobile number Run2Paris HQ will require the following information when responding to your call:

- E Exact Location (use What3Words if possible) Incase your tracker is not accurate.
- T Type of incident (what has happened?)

- H Hazards
- A Access (how to get to you)
- N Number of casualties, people involved
- E Emergency services needed - what support of you need?

I think I'm lost:

This is very unlikely to happen as you will have the route of your phone / device. However if you feel you have become lost and can't locate the route:

- Stop!
- Take a moment and don't panic. Help is not far away.
- Eat something and drink some fluids (this will help your tired brain work better)
- If possible, use the RunGo app to retrace your steps to a known point or landmark (a river, road town or bridge)
- If you are still uncertain as to where you are and where you are going, call Run2Paris HQ using the Emergency Number in this pack and on the back of your running number. Because you are wearing a tracker, Event control should be able to direct you in the right direction.
- IMPORTANT: there may be areas of the route that have poor or no mobile signal, RunGo will still work in this situation so continue until you find signal.

driving rules:

1. It is your responsibility to ensure your vehicle is up to the challenge - it must be road legal, MOT'd and insured
2. Obey the rules of the road in both the UK and France
3. Do not drive behind your runners - drive ahead and meet them at the next CP
4. Be considerate of others at CP's and Base Camps - the towns and villages we pass through may not be used to large crowds of people coming through town. We want to make sure we are invited back year after year
5. You should check with your breakdown provider that you are covered in France

base camp rules:

1. We are here for a brilliant weekend and there will be cause for celebration. Please respect the needs of your fellow runners - we are ONE BIG HAPPY Run2Paris family.
2. Keep the noise to a minimum- let those who need to, sleep
3. Help us to keep Base Camps clean and tidy, there will be plenty of bins - use them.
4. You'll have the chance to charge your phone each evening - but please pick it up as soon as it's charged and let others charge their phone. Remember, if you are not runner 1 the next day you can

- charge your phone in the car.
- 5. Talk to us at Run2Paris HQ we will be onsite throughout the event. We're here to make sure you have the very best Run2Paris experience
- 6. At Jambville there may be Scouts in other parts on the large site. If drinking please ensure all alcohol (full or empty bottles or cans) are never left outwith our camp area.

looking after yourselves:

Sun/Heatstroke:

Check for signs of heat exhaustion. The signs can include:

- Headache
- Dizziness and confusion
- Loss of appetite and feeling sick
- Excess sweating and pale clammy skin
- Cramps in the arms, legs and stomach
- Fast breathing or pulse
- Being very thirsty

If you are showing signs of heat exhaustion, you need to be cooled down. Things you can do to cool yourself down;

- move to a cool place
- Lie down and raise your feet slightly
- Drink plenty of water. Sports Hydration drinks are also OK
- Cool your skin - spray or sponge yourself with cool water and fan yourself. Cold packs around the

- armpits or neck are good too
- You should start to cool down and feel better within 30 minutes

Hypothermia:

Hypothermia is reduced body temperature that happens when a you body dissipates more heat than it absorbs. In humans it is defined as a core body temperature below 35.0C (95.0F). Symptoms depend on the temperature. In mild cases there is shivering and mental confusion. In moderate hypothermia shivering stops and confusion increases.

Dehydration:

Dehydration occurs when more water and fluid leave the body that enter it. Even low levels of dehydration can cause headaches, lethargy and constipation. Early signs can include feeling thirsty, dry mouthed darker urine. This can be followed by feeling dizzy and muscles feeling weaker. If you think that you may be dehydrated, drink more water or sports drink to replace the fluid levels in the body. More importantly think ahead and ensure you are drinking enough fluids to prevent dehydration in the first place.

Hyponatremia:

This is a potentially fatal condition, resulting primarily from drinking too much fluid and not replacing the sodium (salts) lost by sweat. Symptoms are very similar to those of dehydration but urination becomes more frequent and your urine becomes clear. Monitor

your fluid intake and remember you must also eat to keep up your salt and mineral levels. Drink isotonic drinks containing electrolytes as well as water.

NSAIDs:
Whilst they can be useful as painkillers, 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 potentially increased risk of kidney damage. If you have kidney disease or GI problems we would strongly advise not taking NSAIDs.

Another runner down:
If you find a fellow participant who is injured or unwell, you **MUST** stop and ensure they are ok. Wait with them until you have confirmed help has arrived.

Ticks:
Ticks are small spider like creatures which feed on blood. In the wild they feed on animals like deer, foxes and rabbits but occasionally they will bite humans. Some ticks carry a bacteria that can cause Lyme disease. Lyme disease can cause serious illness in human but can usually be effectively treated. If it is not treated or if treatment is delayed it can lead to severe and long lasting health problems such as damage to y our heart or nervous system. Be tick aware.

rubbish:

This goes without saying – do not drop litter! We must leave the route as we find it. It's simple, don't drop your litter or we may not be allowed back next year. Keep rubbish with you until you reach a CP or Base Camp. Run2Paris aims to make all our events as sustainable as possible, we as you to assist with on site recycling.

livestock/farmland:

See countryside code for further info
https://www.nationaltrail.co.uk/en_GB/countrysidecode/

There are stages where you are running across open countryside and it's important to be mindful and respectful of farms and farm animals, particularly during the spring when cattle are rearing their young. Here's some advice on what to do:

Do:

- Stop, look and listen on entering a field. Look out for animals and watch how they are behaving, particularly bulls or cows with their calves
- Try and avoid getting between cows and their calves
- Be prepared for cattle to react to your presence
- Move quietly and, if possible walk around the herd
- Remember to close gates behind you when going through fields with livestock

- Report any incidents to Run2Paris HQ, please make a note of the W3W location so that we can inform land owners or other organisations
- Be calm, cattle are used to humans

Don't:

- Don't put yourself at risk by walking close to cattle
- Don't panic or run - most cattle will stop before they reach you; if they follow just walk on quietly

Cattle on your path:
What do you do when cattle are obstructing your path? Find another way, go round the cattle. If cattle are blocking the path through a field, you are within your rights to find a safe route away from the path to avoid them. You should rejoin the footpath as soon as possible and when you consider it safe to do so. Find out more about running near livestock by reading the Countryside code.

stay safe in thunder and lightning

<https://www.thebmc.co.uk/weathering-a-storm-how-to-survive-when-lightning-strikes>

There are many myths about lightning - such as lightning never strikes twice or it always strikes the tallest object. Both are false, as lightning always strikes the best conductor on the ground. Make sure you know what to

do, thunderstorms can occur at any time of year but its during the summer that they are most likely.

They can also produce large hail, gusty winds and torrential downpours that can cause disruption to travel networks and damage property - access to some of the CP's could be difficult. One of the most notable aspects of thunderstorms can be the localised nature of the impacts they bring. This can be the case with rainfall amounts that can vary from one place to another over a very short distance. When driving as well as running - be aware of decreased visibility, gusty winds and standing water - go slow and take your time.

Before a thunderstorm:

- Seek shelter if possible. When you hear thunder you are already within range of where the next ground flash can occur. Lightning can strike as far as 10 miles from the centre of the storm
- Check the weather forecast before you start your run

During a thunderstorm:

- If you're outside, avoid water and find a low-lying open place that's a safe distance from trees, poles or metal objects
- If you find yourself in an exposed position, it may be advisable to squat low to the ground, with hands on knees and head tucked between your legs. Try to touch as little of the ground with your body as possible, do not lie down on the ground

- If you feel your hair stand on end, drop into the position above immediately

After a thunderstorm:

- Avoid downed power lines or broken cables
- If someone is struck by lightning, they often suffer extreme burns, The strike may also affect the heart so check if they have a pulse

if things go wrong:

In an emergency:

CALL the emergency phone number. 07593 575693

On the back of our race number you will find the emergency contact number. This is the number to be used if you require assistance. We will prioritise our emergency response so if you have a non-urgent issue continue your way to the next CP.

Please note in case of other runners requiring urgent assistance we will make sure you are in a safe situation, but it may take a while for us to reach you.

If you get lost:
Check the RunGo app. This will give you directions back to the route. Run2Paris HQ can track you down via the GPS tracker you carry - you will not be allowed to leave the CP without this tracker.

If you are injured:
Over 4 days running you may feel aches and pains, hopefully, you'll be able to continue on the adventure. If you feel that you're unable to complete the next leg - tell the CP Marshal. You can decide to skip the leg and leapfrog to the next CP.

If you are injured while running and are unable to continue you can send your location to your teammates via What3 Words and they can come and pick you up. You **MUST** contact Run2Paris HQ via text. You should then drive to the next CP and inform the CP Marshal of what has happened, the next runner will then be able to start their leg.

If one of your teammates goes off course:
You will be able to follow the location of your teammates via the GPS tracker. If your runner has gone off course and doesn't look like they are turning back, call them or text them. Ask them to open What3Words and give you their three-word location. If they are unable to continue you can drive to them. You can then set them back on course or head to the next checkpoint for the next runner to start. Please keep event control updated at all times.





good luck!



It's amazing what you can
achieve as a team

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