

EMAIL SENT ON 09.05.25

Two days to go until Black to the Trails

Lace up your trainers and dust off your favourite running gear. The UK's most vibrant trail party returns to Dunstable Downs this weekend.

Black to the Trails, presented by Black Trail Runners and supported by London Marathon Events, is back for another amazing year.

Below is your final event information, please read it carefully to help ensure your day with us is the best it can be.

****IMPORTANT NOTICE** RAIL ENGINEERING WORKS:** We have been informed that on the 10th & 11th May there are *engineering works on rail links between London (St Pancras), Kings Cross stations and Luton*. A bus replacement service, via Hitchin, will be in operation. PLEASE check your journey beforehand. For more information, click [HERE](#)

UPDATE: As an alternative, one of our local volunteers has informed us that there is a fast train from London Euston railway station to Leighton Buzzard (30 mins). There are then buses to Luton and Dunstable Downs. Again, plan your journey beforehand.

Event Itinerary

Please note that our event village **opens an hour earlier** this year. This is to ensure that we are able to run all events smoothly and ensure safety for all.

9am - Event village opens

9.50am - 5K Race Briefing and Warm Up

10.00am - 5k starts

11.00am - 1K Race Briefing and Warm Up

11.10am - 1K starts

11.20am - Scotch Bonnet Race Briefing and Warm Up

11.30am - Scotch Bonnet Starts

11.50am - 10K Race Briefing and Warm Up

12.00pm - 10K Starts

2.00pm - Presentations

3.00pm - Event closes

*Reminder: **All U11s** who are running the 1K **MUST** be accompanied by an adult.

Race bibs - If you completed your registration you will have been sent your race bib in the post. If you did not, we will have your bib at event control for you to pick up between **9.00 - 9.03am on Sunday**. If you believe you registered fully and have not received your bib, please email us (using the button below).

PLEASE NOTE: You **will not** be able to buy a space to run on the day. You **will not** be able to transfer to another race on the day. You **will not** be able to transfer your entry to another person on the day. You **will not** be able to defer your space to another Black to the Trails event.

Race briefing - There will be a pre-race briefing before each of the distances start, along with a fun warm up, so be sure to be in the starting area in good time for your race.

What to wear - Trail shoes are advised to help protect your feet whilst running on uneven ground. Remember that adidas TERREX will be in the event village offering their **test and trial** service for those of you who want to try out their Agravic footwear. *Please keep an eye on the weather, wearing layers which you can take on/off depending on the temperature.

PLEASE NOTE: The weather forecast for Sunday is looking good! The forecast shows that temperatures may well hit 21 degrees. **Please** bring sunscreen, water bottles, hats, sunglasses. We will have some covered areas, but the event village does not have natural shade, so please bear this in mind and come prepared.

Don't forget if you are planning on staying for the day then warm/dry clothes to wear post run, Dunstable Downs is known for its wind even in May!

Prayer Space - We will have a dedicated prayer space for those runners who would like to use it. The prayer space is in one of our LME marquees and is clearly marked. Please make use of this as you wish.

A Quiet Start - For those runners who would rather not start the race with the 'masses' we offer a staggered start. This will mean that you can start just after the main pack have departed in a less busy, and noisy, wave. Please make yourself known to our Logistics Manager, Anne-Marie, at Event Control if you would like to use this.

Women only toilets - Two of our portaloos (we will have 12 in total) will be allocated to women only. These toilets will be stocked with feminine hygiene products which have been kindly supplied to us by [Here We Flo](#). If there is anything we can do to make your experience as a woman at Black to the Trails even better, let us know.

Route Maps and GPX routes - Check out our Strava route maps for the 1km, 5km, 10km and Scotch Bonnet races <https://www.blacktothetrails.co.uk/theroutes/entry> GPX files for each race can be downloaded for you to follow if you want to feel extra confident you are on course!

Travelling to Black to the Trails

Coaches - We have four coaches this year, one travelling from Birmingham and the others from London. All coach passengers have been emailed their pick up time, location and coach contact. If you believe you have booked a coach seat and have not had confirmation of these details, please email us using the button above.

By car - Please add 'LU6 2GY' to your sat nav heading for National Trust Dunstable Downs and Whipsnade Estate via the B4541 west of Dunstable. Please note Sallowsprings road is a private road with no through access onto Dunstable Downs.

Parking - Please park in the free grass car park which will be signposted 'EVENT CAR PARK' for our event. If this car park is full, you can park in the National Trust car parks for a small charge of £3.50 (cash only). If you would like support with paying for the car park please contact us.

By train - Luton train station 7 miles.

By foot - From West Street and Tring Road, Dunstable Google maps directions

Bag drop - You will be able to leave your bag with us while you race. A bag label is attached to the bottom of your race number. Please tear it off and attach it securely to your bag. Please note, any items are left at your own risk, and we can not accept responsibility for any items left at the bag drop station.

Photography - Photographers will be on site and images will be available to participants post-event free of charge - we will share a link via email post event to all participants. We (and our partners) may wish to use some official event photography

after the event. If you would rather not be featured by us or our partners, please make yourself known to Anne-Marie in Event Control.

Food and drink - Due to popular demand Jamrock Caribbean Catering will be back once again to tantalise your taste buds. They will also once again be joined by City Juice, pressed juices ethically sourced from Jamaica. And new for this year we will have Tripoli Express (Lebanese, mexican and greek food) AND Voodoo Chicken (Grilled chicken and fries).

Water station for runners - Please bring your own reusable water bottle to help make this event plastic free. The event water station will be positioned by the race village.

Prizes - Prizes for 1st, 2nd & 3rd place participants have been kindly donated by our event partners Adidas TERREX. Prizes will be awarded based on gun time not chip time, so if you're racing for the win, we'd encourage you to start near the front of the pack.

Sickle Cell Society - The Sickle Cell Society will have a small stand at Black to the Trails to help raise awareness of Sickle Cell disease and the urgent need for more Black blood donors. Please pop over to say hello on the day if you would like to find out more. You can also Register to give blood or visit their website: www.sicklecellsociety.org

Leave no trace - We are operating on the leave no trace principle, please help us by making sure you use the bins provided or by taking any rubbish home with you, leaving the trails and race village exactly as you found them. We also ask you to be respectful of the other trail users out there on the day too.

MASSIVE THANK YOU to all our supporting partners.

We must take this opportunity to say a massive thanks to our amazing supporting brands, without whom this event wouldn't be possible.

Firstly [London Marathon Events](#), our supporting partner, who have helped us ensure that this year's event will be a roaring success.

[National Trust](#) who allow us the use of this beautiful space to enjoy.

[adidas TERREX](#), who provide our branded kit so you can go out and represent Black Trail Runners all year round. The team will be there on the day so please go say hi and take advantage of their free kit loan - perfect if you'd like to try out some new kicks.

[Voom](#) our official nutrition partner for Black to the Trails. Voom were at last year's event and will be back again this year offering everyone the chance to try their plant based performance energy packs.

[Pelotan](#) who have helped us to provide protection for our runners. These guys believe every athlete should be protected from the sun, regardless of their skin colour. We will have bottles dotted around the event village for everyone to use during the day.

And of course, last but by no means least, we must give a huge shoutout to our volunteer crew who are the heart of this event. Please give a high five to our marshals on the course and in the village - they're the ones making it all happen.

We're so pumped for Black to the Trails. We know you are too, let's make this a day to remember. See you on Sunday!

#representationmatters

Black to the Trails, presented by Black Trail Runners.

EMAIL SENT ON 04.05.25

Get your FREE VOOM pack plus 17% off discount code

With one week to go until Black to the Trails, presented by Black Trail Runners and supported by London Marathon Events, you may already have your race day fuel all sorted.

But for those of you who haven't, or for anyone who would like to try something new, we're really excited to let you know that once again [VOOM](#) will be our official nutrition partner.

The VOOM team are really excited to be attending the Black To The Trails event again this year. They're looking forward to seeing some new and familiar faces and to give everyone an opportunity to try their full range of energy, hydration and recovery products.

Made by performance inspired athletes VOOM's aim is to provide stomach comfort and palatability sports nutrition options for every day runners to elite racers.

Callum, from the VOOM team, will be in attendance with samples and nutritional advice so make sure you visit their tent in the event village.

If you'd like to try VOOM before the big day then you can head to their [website](#) and enjoy an exclusive FREE Black to the Trails taster pack of your choice using the code BTTT

And, for any follow up orders, they've kindly set up the code BTTT17 as well for 17% off site wide.

Big thanks to VOOM for their continued support.

Event Itinerary

Please note that our event village **opens an hour earlier** this year. This is to ensure that we are able to run all events smoothly and ensure safety for all.

Our **itinerary** for the day is as follows:

9.00am: Event Village Opens

10.00am: 5K run starts

11.10am: 1K run starts

11.30am: Scotch Bonnet run starts

12.00am: 10K run starts

2.00pm: Presentations

3.00pm: Event closes

Coach Tickets

London Coaches: Due to some cancellations we have a handful of coach tickets from Kings Cross to the event and back available.

Please note: coaches will **leave Kings Cross Train Station at 7am**. They will depart **Dunstable Downs at 3pm**.

Birmingham Coach - We still have plenty of seats available. Email us to book one. **Coach arrival and departure times as above.**

If you are interested in buying one of these, please email blacktothetrails@blacktrailrunners.run

Please also visit our event page for details of other [forms of public transport available to get to the event](#), or join our [Heylo event group](#) to see whether anyone might be interested in lift sharing?!

Two days before the event you will receive your final email. This will contain essential event information for you. So keep an eye on your emails!

And, of course, if you have any questions at all don't hesitate to contact us via email - blacktothetrails@blacktrailrunners.run

See you at the start line!

Black Trail Runners

EMAIL SENT ON 30.04.25

We are on the final countdown to Black to the Trails, presented by Black Trail Runners and supported by London Marathon Events, and we can't wait to see your joy in celebrating everything that is trail running with us at Dunstable Downs.

Of course, we've been keeping an eye on the weather! And we have everything crossed that we will be blessed as we have been in previous years.

At the moment the weather is looking like **sunny intervals and a gentle breeze**. However as there is still just over one week to go, we advise you to keep a close eye on the weather yourself for Dunstable Downs.

No matter the weather on the day, we are (fingers crossed) heading into summer here in the UK and although we don't get to enjoy tropical weather all the time, the sun can still pack a punch so it's important to remember to protect your skin when you're out running.

That's why we're thrilled to announce that Black to the Trails is once again supported by [Pelotan](#), a high-performance sunscreen for athletes of all skin colours. From every day runners to Olympic champions and winners of some of the most iconic races on the planet.

Pelotan is lightweight and breathable, allowing your skin to breathe and your pores to regulate your body temperature. It's sweat and water resistant and a single application lasts up to 8 hours, meaning you can spend more time running this summer.

We will have Pelotan sunscreen products for you to use at Black to the Trails on the 11th May, so if that sun is shining you'll know you'll be able to play safe.

Pelotan are also offering a **20% discount** to all Black to the Trails participants to use on orders this summer.

Just click the button below and use code **BTTT20** to enjoy your discount.

Big thanks to Pelotan for their support of Black to the Trails.

Event Itinerary

Please note that our event village **opens an hour earlier** this year. This is to ensure that we are able to run all events smoothly and ensure safety for all.

Our itinerary for the day is as follows:

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10.00am: 5K run starts

11.10am: 1K run starts

11.30am: Scotch Bonnet run starts

12.00am: 10K run starts

2.00pm: Presentations

3.00pm: Event closes

Coach Tickets

Coach tickets from London have now **sold out**, but we still have some places on our Birmingham coach.

Please visit our event page for details of other [forms of public transport available to get to the event](#), or join our [Heylo event group](#) to see whether anyone might be interested in lift sharing?!

Over the next week we will be keeping you up-to-date with offers from our event partners, as well as sharing essential event information with you. So keep an eye on your emails!

And, of course, if you have any questions at all don't hesitate to contact us via email - blacktothetrails@blacktrailrunners.run

See you at the start line!

Black Trail Runners

EMAIL SENT ON 16.04.25

Can you believe there is less than 4 weeks to go until Black to the Trails 2025?

Trail running footwear? We've got you covered!

We are determined to make this years' event the very best it has ever been and that's why we are so happy to once again be supported by [adidas TERREX](#).

At this years' event, adidas TERREX will be bringing their Agravic footwear family for runners to Test and Trial.

This footwear is the essential choice for trail runners with its unique blend of performance and versatility. On offer will be the Agravic Speed, Agravic 3 and Agravic Gore-Tex models for Black to the Trails runners to test over any of the four distances.

So, if you are new to trail running and don't have shoes, you can test out some adidas Agravic completely free! We're all about making your Black to the Trails experience as accessible as possible!

And it doesn't stop there, adidas TERREX will also be bringing their Beastmaker fingerboard challenge for event goers to hang out on! You'll also get the chance to win a pair of Agravic Gore-Tex shoes by participating in their 'Crack the Code' competition too.

Coaches

Coach tickets from London have now **sold out**. Please visit our event page for details of other [forms of public transport available to get to the event](#), or join our [Heylo event group](#) to see whether anyone might be interested in lift sharing?!

Your Bib Number

If you have completed your event registration, your bib will be sent to you in the post prior to the event. If you have not, it **will not** be possible to send this to you.

In order to claim your Black to the Trails bib number, and avoid undue stress on event day, **please log on to your Let's Do This race entry today and ensure we have all of your information.** Entrants who have booked as part of a group may need to check that their details have been added - all of this can be done [via the 'Manage Booking' page here](#).

Over the coming weeks we will be keeping you up-to-date with information and offers from our event partners, as well as sharing essential event information with you. So keep an eye on your emails!

And, of course, if you have any questions at all don't hesitate to contact us via email - blacktothetrails@blacktrailrunners.run

See you at the start line!

Black Trail Runners