



Simplyhealth

GREAT TEAM RELAY



EVENT GUIDE

WEDNESDAY 4 JULY 2018

It's finally here, event day has arrived and we want to help you with any on the day questions so you can focus on enjoying your run and soaking up the atmosphere.

Any info you might need before the big day including travel advice, accommodation recommendations or location information can be found at greatteamrelay.com

The event is staged inside the London Stadium, from transport hubs follow signage to the Stadium and enter via Gate A. The nearest stations are Stratford Tube Station and Stratford International for the DLR or the high-speed train from St Pancras.

For real time updates and to follow all the action on event day join the conversation on social - [#GreatTeamRelay](https://twitter.com/GreatTeamRelay)




@great_run



@greatteamrelay



@great_run



EVENT TIMETABLE

- | | |
|--------------|--|
| 17:30 | Stadium open |
| 17:45 | Entertainment starts |
| 18:30 | Great Team Relay Starts |
| 18:50 | First finishers |
| 20:45 | Live performance from special guest
–DJ Mike Williams |
| 21:30 | Last team finishes |
| 22:00 | Stadium Closes |



RUN NUMBER & TIMING CHIP

Your run number will have been sent in advance to your team coordinator. If you are a team coordinator you will have been sent all of your team's race numbers together. If you entered after 25 June you will need to pick up them up on the day at the information point, which is located on Stadium Island next to Turnstile A.

Your timing chip is attached to the back of your run number, do not remove the chip as it will affect the accuracy of your time.

The chip will automatically record your time, so you don't need to do anything. Your chip doesn't need to be returned at the end of the run.

Front



Back



Timing Chip



A group of runners, including a woman in the foreground with blonde hair and a man to her right, are celebrating. They are holding large red balloons and wearing red leis. The woman is smiling and looking towards the camera. The man to her right is also smiling and holding a balloon. In the background, other runners and spectators are visible. The text "YOUR BAGGAGE" is overlaid on the image in a large, bold, white font with a teal shadow.

YOUR BAGGAGE

Please leave large bags and valuable belongings at home. While you run, leave your belongings with runners from your team, waiting in your allocated seating blocks, someone from your team should be there at all times.

No responsibility can be taken for lost belongings so please don't leave bags unattended.



AT THE START

Use the toilet facilities in the stadium before you enter the assembly area on the track. Toilet facilities could be busy before the run, so please allow plenty of time.

The start area is within London Stadium. All runners and spectators should enter the Stadium and find their seating area from 17.30.

Your seating block number, is displayed on your race number, and shows where you and your team should sit. Please make sure that you sit in the designated block as seating has been allocated on this basis.

Your seating area will be close to your designated handover pen, these pens run along the bend of the track and will be clearly signed based on team number.

Each team will be need to collect a baton before the start of the event from the handover pens near to the start area.

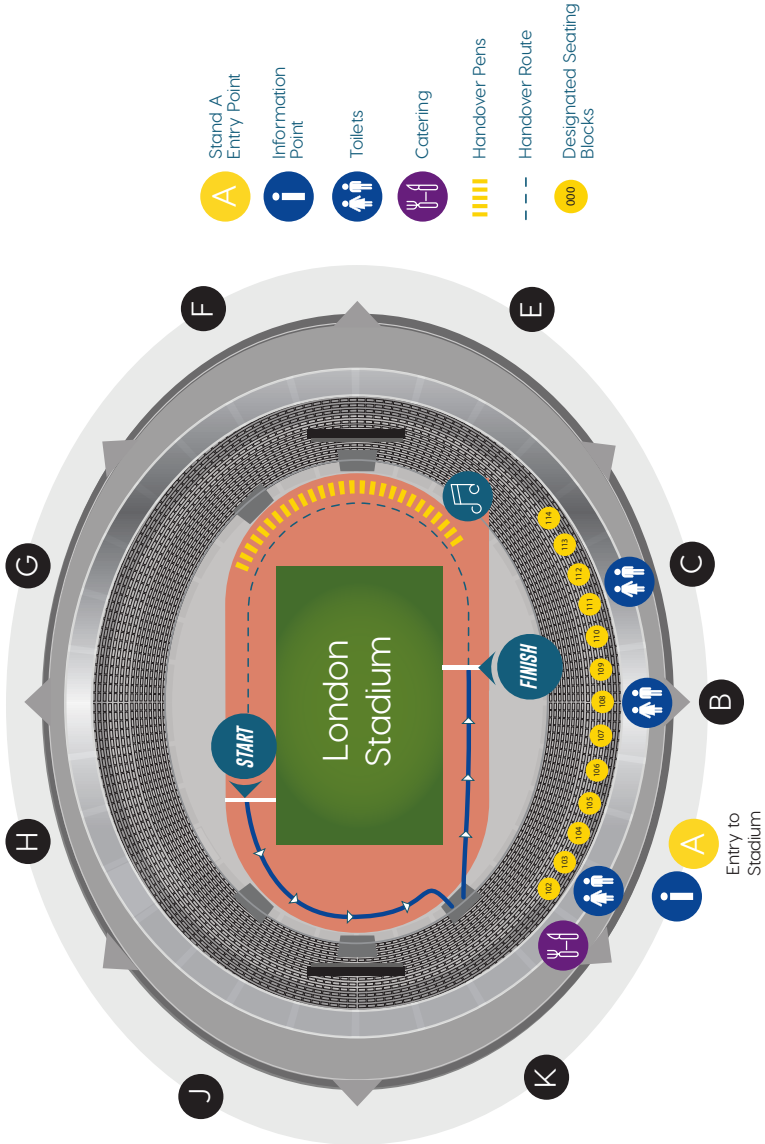
Your baton will be carried by each runner during their leg of the run. The baton should be handed from runner to runner during the transition.

Runners for Leg 1 will be able to move onto the track and enter the start area from 18.15 ready to start at 18.30.

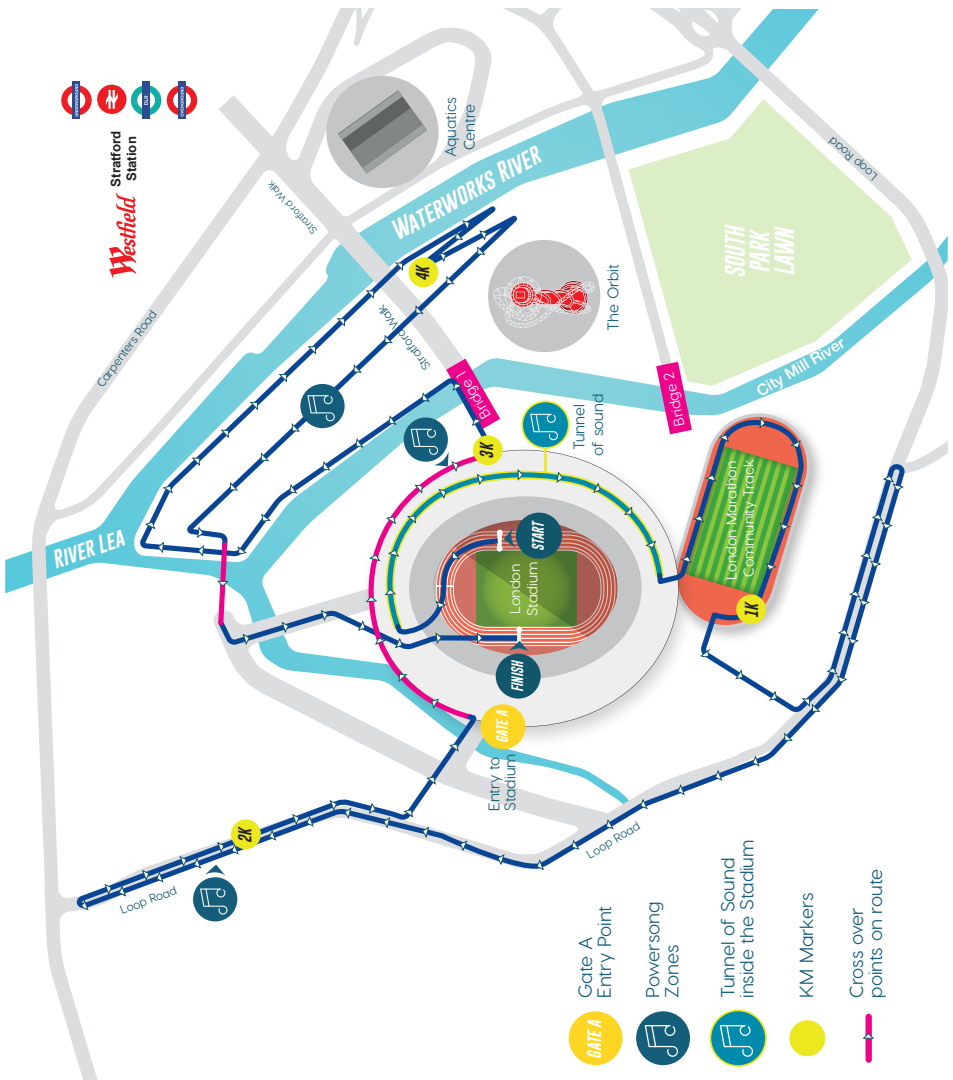
The leg you are running in is clearly displayed on your run number in the white box with a 1, 2, 3 or 4.

There will be Aqua Pura water available at the start and the finish. We recommend bringing a spare bottle of water with you to keep hydrated before, during and after your run.

STADIUM MAP



ON THE COURSE



-  Gate A Entry Point
-  Powersong Zones
-  Tunnel of Sound inside the Stadium
-  KM Markers
-  Cross over points on route

AT THE FINISH



On the bottom of each team member's run number is a spectator voucher that can be given to a spectator to allow them to enter the Stadium.

Spectators can access the Stadium from 17:30 and they should head to the same block allocated to the runners they are supporting (runners and spectators can sit together).

Please note: if you exit the Stadium you will not be permitted to re-enter.

Medical facilities will be available near the finish line and staff from St Johns Ambulance will have a roaming presence around the course should you require assistance.

Please contact a medic or steward if you need help at any time.

Finishers' packs will be handed out in the handover pens and include a bottle of Aqua Pura water, your medal and other treats.

Visit greatrun.org/photos in the days following the run to see if there are any snaps of you.



HAVE A HAPPY & HEALTHY RUN



Make sure you are healthy enough to take part in your run.

Talk to your doctor if you have any long-term health conditions or any health concerns.

Don't run if you feel unwell or have been ill recently.

Running can put you at risk of serious illness if you experience heart palpitations, light-headedness or dizziness, chest pain or tightness, shortness of breath, excessive wheezing or severe joint and muscle pain.

Seek advice about taking part in the event after a bout of flu or gastroenteritis. Don't be tempted to start just because you have collected sponsorship to raise money for charity.



Stay comfortable - don't use new trainers for the first time, ideally, you should have run in your shoes for around a month



Stay warm - You can bring old clothes to wear on the start line and throw them away, when you start (we donate these to charity)



Avoid chafing - Apply Vaseline to any areas where you have had chafing during training - e.g. groin, under your arms, the bra band or toes



Protect your skin - Use weather resistant suncream, but not too much - you don't want it running into your eyes as you sweat





If the first few miles are crowded, don't tire yourself out dodging in and out of runners.

Try to maintain a steady, even pace – enjoy the event.

When you finish collect your bag as soon as you can.

Put on some warm, dry clothing and don't get cold.

Take a drink as soon as you can after crossing the finish line.

Make sure you are fully hydrated with water or squash before consuming any alcohol.

Try to eat some starchy foods within two hours of finishing the event – your muscles can replace energy (in the form of glycogen) most efficiently during this post-run window.



In the weeks leading up to the event, the colour of your urine is a useful indicator of hydration, pale straw-coloured water is ideal.

Avoid dehydrating alcoholic drinks for 24 hours before you run.

During a run, drink when you need to.

Don't take big gulps if you are not thirsty – you could put yourself in a condition called hyponatraemia where your body salts become diluted, possibly causing confusion and vomiting.

Make sure you know where the drink stations are on route. Aqua Pura water will be available, but only take a drink if you need one.

***GOOD LUCK AND ENJOY YOUR DAY FROM THE
SIMPLYHEALTH GREAT RUN TEAM AND
ALL OUR PARTNERS.***