

RESPECT THE CHALLENGE

FOR A FIT, HAPPY AND HEALTHY GREAT SCOTTISH RUN

BANK OF SCOTLAND
Great Scottish Run

WELCOME to your Runners' Guide. Over the next few pages you will find a wealth of information about the run-up to the event and the big day itself that will help your run go more smoothly. Running is great for your health, but it does not suit everyone and it's important to read the following information to make sure you are ready to take part:

Make sure you are healthy enough to train for your run. Talk to your doctor if you have any long-term health conditions or any health concerns.

See your doctor if you feel unwell at any time in your training, but especially 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 resuming training after a bout of gastroenteritis or flu.

FIT TO COMPETE

01

Start running slowly and build up gradually. Always allow time to warm up and cool down, but also time to rest and recover

between your training runs. A good warm up should include activity that slightly raises the heart rate (such as walking or slow jogging) followed by stretching.

02

Vary your running surfaces and pace. Run facing oncoming traffic and wear bright, reflective clothing, especially

when it's dark.



HYDRATION

Make sure you stay well-hydrated. In the weeks leading up to the event, the colour of your urine is a useful indicator of hydration. Generally, dark urine suggests you are dehydrated (although nutritional supplements can also alter urine colour), with pale straw-coloured water being ideal.

Alcoholic drinks are dehydrating, so avoid them in the 24 hours before you run.

During a run, drink when you need to. Don't gulp large volumes of fluids if you aren't thirsty – it can result in a condition called hyponatraemia in which your body salts become diluted, possibly causing confusion and vomiting.

Make sure you know where the drink stations are on the run's route. Strathmore Water and Lucozade Sport (for the half marathon and Lucozade Sport Lite for the 10k) will be available, but only take a drink if you need one. In hot weather, water will be available at the start and a shower on route to help you cool down.



RESPECT THE CHALLENGE TOP TIPS

IN THE WEEK BEFORE YOUR RUN, WE'LL SEND YOU A FINAL EMAIL WITH LAST-MINUTE ADVICE AND THE LATEST WEATHER FORECAST TO HELP YOU DECIDE WHICH CLOTHES YOU WILL NEED

#01

Never wear new trainers for the first time on the big day. Ideally, you should have run in your shoes for around a month beforehand.

#02

You might want to bring along some old clothes to wear while standing on the start line. Once you start the run, you can throw them away.

#03

Don't forget to bring your own safety pins to fasten on your run number.

#04

Remember to apply Vaseline to any areas where you have had chafing during training – that might include the groin, under your arms, the bra band or toes.

#05

Wear weather resistant sunscreen, but not too much – you don't want it running into your eyes as you sweat.

FIT TO RUN?

Don't run if you feel unwell or have been ill recently. Running can put you at risk of serious illness if you have been vomiting felt dizzy or had chest pains. Don't be tempted to start just because you have collected sponsors to raise money for charity. You can attempt another run in the future.

As a guide, during the weeks before the Bank of Scotland Great Scottish Run, you should aim to have run four miles continuously in training to be prepare for the 10km distance and eight miles continuously in training to be prepared for the 13.1-mile distance. If you can't manage this, you may not enjoy it or complete it safely, so please don't run this time.

Remember to fill in the requested information on the back of your run number – including contact numbers for the day of the event. You must run with your own number,



NUTRITION

Stick to a healthy, balanced diet during training. In the week before your run, don't try any new foods and drinks as it may affect your digestion. Check out our nutrition guide on pages 6 and 7 for more information.



ON THE DAY

The first few miles of the run can be very crowded. Many people tire themselves out by dodging in and out of runners because they are behind on their personal run plans. Try to maintain a steady, even pace – enjoy the event.

After the run, collect your bag as soon as you can. Put on some warm, dry clothing and don't get cold.

Some runners don't drink enough when they are running and need to rehydrate afterwards, so make sure you 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.

For all your training needs visit: greatruntraining.org

RUNNERS' GUIDE

THE ITEMS IN YOUR RUN PACK ARE IMPORTANT – PLEASE READ THIS SECTION CAREFULLY

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PHILIP GRANT, CHAIR, SCOTTISH EXECUTIVE COMMITTEE, LLOYDS BANKING GROUP



On behalf of Bank of Scotland, congratulations for the hard work you will already have put into preparing for your run. You deserve a great deal of praise for committing to take part.

You will be running alongside thousands of others supporting and raising funds for their chosen charities, including our Charity of the Year, BBC Children in Need.

2016 marks our 8th year as proud partner of the Bank of Scotland Great Scottish Run and it's just one of the Bank's key community programmes that helps us deliver our commitment to helping Scotland prosper.

A big thank you to our partners at the Great Run Company and Glasgow Life for presenting an outstanding weekend that provides opportunities for people of all ages and abilities to take part in Scotland's biggest mass participation running event.

As well as the main event, thousands

of younger runners have again been able to get involved through our Schools Challenge and 'Super Saturday' junior, family and toddler events.

Whether you are taking part in the 10km or half marathon, you should be very proud of your achievement. Having started the event with a flag in recent years, this year I'm excited to be joining you in running the 10km. I wish you good luck and I hope you enjoy what is sure to be another unforgettable day!

COUNCILLOR ARCHIE GRAHAM OBE, DEPUTY LEADER OF GLASGOW COUNCIL AND CHAIR OF GLASGOW LIFE



Congratulations and a huge well done for signing up to take part in the Bank of Scotland Great Scottish Run in Glasgow.

I'm hugely and undeniably proud of our city. Not only is Glasgow the sporting capital of Scotland, it was recently announced as one of the top five sporting cities in the world. We have a proud history of hosting major international events, and a track record for excellence and innovation.

The Great Scottish Run is one of my favourite dates in the Glasgow sporting calendar. It attracts some of the best runners in the country, allowing them to participate in a brilliant sporting event which traverses past world-famous historic and cultural landmarks.

Many of you will have completed this run before, however I am sure there will be more than a few first-timers among the ranks! That said, I'd like to wish each and

every one of you the very best of luck – and I look forward to seeing you all on the day.

ABOUT YOUR NUMBER AND TIMING CHIP

- Check that your run number is identical to the master number on your covering letter. If not, contact the Bank of Scotland Great Scottish Run team at **info@greatscottishrun.com**
- This is your unique number and only you must wear it on the day. Please don't swap, change or copy it.
- Fill in the missing details on the back of your run number. This information may prove invaluable should you require medical assistance on the day.
- A timing chip is attached to the back of your run number and it will automatically scan when you cross the start and finish lines. Please don't remove it or you will not get an accurate time.
- Remember to fasten your number securely to the front of your top using four safety pins, one at each corner. You must finish with your number intact in order to claim your Finisher's Pack.
- If you intend using the baggage buses, your personal baggage label will be attached to your number. Complete your details and fasten securely to your bag.
- The colour of your number relates to your start wave. The faster your estimated time, the earlier your start wave. There are White, Green and Pink waves in both the 10km and half marathon.
- You can move to a later start wave in either event, but you cannot move to an earlier one. If recent times suggest you should be in a faster wave, contact the Great Scottish Run team at **info@greatscottishrun.com**
- Visit **greatscottishrun.com** for the printer friendly version of your Runners' Guide.

GREAT RUN APP

Download the new Great Run app from iTunes or Google Play. It's great for tracking runners, handy maps and as a guide for spectators.

TIMETABLE

07:30	Glasgow subway system open
07:45	First trains operating on Glasgow subway system
08:00	Information Point and toilets open in George Square. Toilets and site facilities open on Glasgow Green.
08:45	10k baggage buses open on John Street and assembly areas open
09:30	10k warm-up starts
09:38	Bank of Scotland Great Scottish Run elite wheelchair race (10k)
09:45	Bank of Scotland Great Scottish Run 10k start (fast-paced runners and White wave)
09:55	Start of the Bank of Scotland Great Scottish Run 10k Green wave
10:05	Start of the Bank of Scotland Great Scottish Run 10k Jog Scotland and Pink wave
10:15	Half marathon baggage buses open on Hutcheson Street and Brunswick Street
11:00	LIVE BBC2 BROADCAST ON AIR
11:15	Half marathon warm-up
11:30	Bank of Scotland Great Scottish Run half marathon start (elite athletes, fast-paced runners and White wave)
11:40	Start of Bank of Scotland Great Scottish Run half marathon Green wave
11:50	Start of Bank of Scotland Great Scottish Run half marathon Pink wave
12:15	Last 10k runner crosses the finish line (approx)
12:30	Half marathon winner crosses the finish line (approx)
12:55	Elite presentations at Glasgow Green
14:00	LIVE BBC2 BROADCAST OFF AIR

SHARE YOUR FINISHING TIME

You can share your results for free on your personal social media platforms. If you'd like Great Run to Tweet your results straight after your run or post on Facebook, register now at socialmediaregistration.greatrun.org. You will need your ID number, which can be found at the top of the covering letter (underneath the barcode) accompanying this magazine.

FREE WIFI

There will be free wifi available to all runners and spectators on event day at both the start and finish areas. Simply locate 'Great Run Free Wifi' on mobile devices and enter your email address.

IMPORTANT MEDICAL ADVICE

Many of the serious medical problems occur in people who have been slightly unwell but do not wish to miss the Bank of Scotland Great Scottish Run or don't want to feel they have let down their friends or sponsoring charity. If you have – or have recently had – a cold or flu, are feverish

or have been vomiting or had chest pain or otherwise feel weakened or unwell, it is unfair to both you and your family to risk serious illness and become a medical emergency.

GETTING THERE

Allow plenty of time to get to the start. Glasgow has an excellent public transport system, so please consider these options wherever possible.

Travelling by car

No parking is available in George Square, on the run route or in the surrounding streets. For information on where parking is available, visit glasgow.gov.uk/parking or call 0141 287 4040.

Park n Ride

Park n Ride stations can be found at Shields Road (800 car park spaces), Bridge Street (159 spaces) and Kelvinbridge (157 spaces). For more information, visit spt.co.uk

By Public Transport

Glasgow can be easily reached by public transport. For information on air, bus, train and subway services to the city

and to the start of the run, please visit travelinescotland.com or call 0871 200 2233.

Travelling by Subway

Using the subway means you don't need to worry about the road closures. On event morning all subway stations will be open from 07.30, with the first trains running at 07.45. The nearest station to the start line is Buchanan Street.

Travelling by Bike

For details of cycle routes, roads with cycling facilities and cycle parks, visit glasgow.gov.uk/cycling

Be patient and prepared – however you decide to travel to and from the event, it will be busy so expect delays.

WHERE TO STAY

Looking to make a weekend of it? Visit ihg.com for availability of city centre accommodation at a variety of prices.

RUN FACILITIES

Information Desk

This is located in George Square and open from 08.00am. For entry, run number or timing chip problems please check the FAQ section at greatscottishrun.com or email the Great Scottish Run team at info@greatscottishrun.com in advance. Please note NO entries will be accepted on the day, however, entries for the 10k and Family events can be taken at our pop-up store in St. Enoch's Centre on Sept 29 – Oct 1.

Baggage

We recommend you leave baggage with friends or family. If this is not possible, there are baggage buses available as follows:

- Great Scottish Run 10km – open from 08.45am. John Street – for all runners.
- Great Scottish Run Half Marathon – open from 10.15am. Hutcheson Street for White wave runners and Brunswick Street for Green and Pink wave runners.
- Attach the baggage label from your run number, fill out your details on the reverse.
- Place your bag on the bus with signage

in the window that corresponds with the colour of your run number.

- Get your run number stamped – you will need to show your number to reclaim your baggage.
- At Glasgow Green, buses will park up North Approach on the north-east side of the main event site.

Important: we strongly recommend you do not leave valuables in your baggage. Organisers cannot accept responsibility for the security of items left in the baggage area.

Toilets

Temporary event toilets and urinals are available at the start area within the 'runners only' coloured assembly spaces. Spectator toilets are available in George Square.

AT THE START

- On the back of your run number is a reminder listing your arrival and start times.
- The start assembly areas are located on Cochrane Street and the south side of George Square.
- The assembly area will be split into white, green and pink zones and these correspond to your 10km or half marathon run number, based on the predicted time you provided when entering the run.
- Look out for the large signs that will guide you to your assembly area.
- Remember you will be provided with an accurate time for your run as your chip will not activate until you cross the start line, so it does not matter which wave you start in.
- Those taking part in assisted wheelchairs are asked to line up towards the rear of the assembly area relevant to their coloured wave start.
- There will be one warm-up for the 10km run at 09.30am and one for the half marathon at 11.15am, led by our Great Run fitness guru, Roy Gayle, held in the assembly areas.
- Listen out for any information given by the PA announcer.
- Strathmore bottled water will be available within each assembly area.

ABOUT THE COURSE

- The Bank of Scotland Great Scottish Run features a 10km and half marathon course, both of which have been officially measured and certified.
- There is a full medical team across the event – at the start assembly areas, at key locations on course and at the finish area, where the main medical facility will operate. If you require assistance and the medical team think it is unwise for you to carry on, they will suggest you retire from the event. Nobody can be forced to stop, but it is strongly recommended that you heed their advice.
- On the 10km course there will be a Strathmore Water station just after the 6km point. On the half marathon course there will be Strathmore water stations just after 3 miles and again just before 7, 9 and 12 miles. Lucozade Sport will be available just after 5 miles and again at approximately 10½ miles. We ask that you take only one drink at each station and discard bottles at the kerbside. Be considerate of runners behind you.
- Toilets are available at all drink stations on both courses.
- Strathmore Water will be inside your Finisher's Pack along with Lucozade Sport LITE for 10km runners and Lucozade Sport for half marathon finishers.
- On the 10km course, there will be a fine mist run through shower just before the 8km point. There is a shower on the half marathon course – at 12 miles – if you need to cool down.
- Every km/mile will be identified with a large marker and a bagpiper so you can see and hear how far into your run you are.
- We've got a great entertainment programme for you with four Bands on the Run and two Powersong kilometre long stretches to keep you motivated.
- Back by popular demand is the Bank of Scotland Great Wall of Support, where messages of support from friends and family could appear on the big screen in front of you! Don't forget to get your friends and family to register their

messages of support at

greatscottishrun.com from three weeks before the event.

- A sweep vehicle will follow the runners at a pace of 17 minutes per mile/ 12 minutes per km. If you fall behind the sweep vehicle you will be asked to complete the route on the pavement.
- If you are behind the vehicle at the north side of King George V Bridge (approx 8km) you will be asked to continue straight along the Broomielaw in order to gain time (10km only).
- The finish system will remain in operation until all runners have crossed the line and received their time and Finisher's Pack.

THE FINISH

The Bank of Scotland Great Scottish Run will finish on Glasgow Green. Please do not stop immediately – keep moving and follow the instructions of the Great Run team.

- Your Finisher's Pack contains your exclusive t-shirt and medal. Please take a pack with the t-shirt size you specified when you entered the event.

Family Reunion

Agree where to meet in advance or make use of the specified Meeting Point on Glasgow Green. Look for the large A-Z banners and stand by the one that corresponds to the first letter of your surname.

The Event Village

A number of the official charities will have meet and greet stands in the Event Village on the day, as well as activation from Great Run partners.

OFFICIAL PARTNERS



Charity of the Year

- If you're taking part in this year's Bank of Scotland Great Scottish Run, Bank of Scotland is looking forward to

AT THE FINISH - GLASGOW GREEN



welcoming you to our big yellow marquee on Glasgow Green! The vibrant colour is to celebrate our Charity of the Year partnership with BBC Children in Need. Come along with family and friends, meet Pudsey and his friend Blush who will be on hand for photos and high fives! We'll also have face painting and a fantastic range of BBC Children in Need merchandise available to buy, which will help raise much-needed funds for disadvantaged children and young people across the UK.

You'll have the chance to meet a sporting legend and have your photo taken in front of the Great Wall of Support with messages from your supporters and your unique race time on show (supporters can upload their message of support at greatscottishrun.com). Our digital screen will be situated next to our unmissable marquee on Glasgow Green and the

pictures will be available here – [facebook.com/bankofscotland](https://www.facebook.com/bankofscotland)

We'll also be in George Square for the Super Saturday family event. Come along and visit our marquee for face painting and another chance to meet Pudsey and Blush and support BBC Children in Need. It's sure to be another great weekend and we look forward to seeing you there!

- **Virgin Trains** – Official Train Sponsor.
- **PUMA** – once you #CrossTheLine, head to see PUMA who are waiting to celebrate your victory with a unique photo opportunity, then browse the latest range of PUMA Ignite running shoes to help you stay #ForeverFaster on your next run.
- **Strathmore Water** is the Official Water Brand of the Bank of Scotland Great Scottish Run. Grab your bottle before your run in the assembly areas, on course and at the finish line.

● **Run4It** are proud to be the retail partner of the Great Scottish Run. We will be supporting in the lead up with some training and advice workshops and our run groups from our Glasgow City and Giffnock shops. We will be with you on event day and supporting you all through, whether it's your first run or you are a seasoned pro!

● **Lucozade Sport** is the Official Sports Drink Partner – Lucozade Sport LITE is available in all 10km Finisher's Packs and Lucozade Sport in all half marathon packs.

● **TomTom** – Official Wearable Technology Partner – come and visit our brand new sponsor in the Event Village with live music and product demos all day.

● **Sanex Men** – Official Skin Care Partner.

● **9BAR** is our Official Energy Bar Partner. Super Seed 9Bar is available in all Finisher's Packs, providing a natural, good energy fix!

GREAT RUN ONLINE

Full results will be available at greatscottishrun.com, together with an event report. Official Bank of Scotland Great Scottish Run photographers will be there to capture some of your proudest moments. Visit greatscottishrun.com and follow links to your own Great Run photo album.

SEE YOURSELF ON TV

The Bank of Scotland Great Scottish Run will be broadcast live on BBC Two, coverage from 11.00-14.00. Make sure you set your recorder or catch up on iPlayer.

HAVE A GREAT DAY AND ENJOY THE RUN!

ACKNOWLEDGEMENTS

The organisers of the Bank of Scotland Great Scottish Run would like to thank all of the various individuals, organisations and companies who have helped in the build-up to the event.

Special thanks go to: Bank of Scotland, Glasgow City Council, Glasgow Life Events, People Make Glasgow, 9BAR, Athletics Weekly, BBC Scotland, Holiday Inn, Just Giving, Lucozade Sport, Lucozade Sport LITE, Arnold Clark, PUMA, Run4It, Sanex, Strathmore Water, TomTom, The Scottish Sun, Virgin Trains, Capital Radio, Hampden Sports Clinic.

❖ BANK OF SCOTLAND Great Scottish Run



10K COURSE MAP

Glasgow



**❖ BANK OF SCOTLAND
Great Scottish Run**

HALF MARATHON COURSE MAP

**DON'T FORGET!
DOWNLOAD THE APP**

The brand new and free Great Run event app is now available for download in the app store.

Not only can you upload your event selfies, the app features live tracking of all the runners, interactive course maps and lots of info about Great Run. Your friends and family can keep track of exactly where you are on the course, in real-time, and support you every step of the way!

Search in the app store for Great Run or download direct at: grtrun.org/AppITunes for iPhone or grtrun.org/AApp for Android.





Moses Kipsiro clinched victory 12 months ago. Who will break the tape this time around?

	Bank of Scotland Great Wall of Support
Start	Start Line
Finish	Finish
	Course route
	Distance Markers
	Bands on the Run
	Charity Cheering Point
	Train Station
	Water Station