

The background of the entire page is a photograph of two women in athletic wear hugging each other. The woman on the left has blonde hair and a tattoo on her shoulder that says 'Caitlin'. The woman on the right has brown hair and is smiling broadly. They are both wearing pink and grey athletic tops. In the background, other runners are visible, some with race bibs, and a woman wearing large headphones.

# RUN BETTER RUN TOGETHER GLASGOW

10K | SUNDAY 17 MAY 2015

EVENT GUIDE

[GREATRUN.ORG](http://GREATRUN.ORG)

great *run*<sup>®</sup>

The World's Favourite Run



# CONTENTS

<b>ESSENTIAL INFORMATION</b>	<b>3</b>
<b>GETTING THERE</b>	<b>4</b>
<b>EVENT DAY TIMETABLE &amp; START MAP</b>	<b>5</b>
<b>AT THE START</b>	<b>6</b>
<b>ON THE COURSE</b>	<b>7</b>
<b>COURSE MAP</b>	<b>8</b>
<b>WHEN YOU FINISH</b>	<b>9</b>
<b>RESPECT THE CHALLENGE</b>	<b>10</b>

## **GET SET FOR THE MORRISONS GREAT WOMEN'S 10K**

We are delighted to be headline sponsor of the Great Run series and look forward to welcoming you to Glasgow on Sunday 17 May for the Morrisons Great Women's 10k.

At Morrisons, our aim is to get Britain running and with a community of more than 120,000 colleagues and 11 million customers, we're confident we can make that happen. During 2015 over 1,000 Morrisons members of staff are set to participate in one of the Great Runs and our goal is to at least double that by 2016.

For the moment though, our focus is on you. Whatever your reason for competing, the weekend truly is a great celebration of sport and community spirit.

We wish you the best of luck with your final preparations and look forward to seeing you on the day!

## **ACKNOWLEDGEMENTS**

The organisers of the Morrisons Great Women's 10K would like to thank the following organisations for their help and support in staging the event:

Morrisons, PUMA, Aqua Pura, Daily Record, Glasgow City Council, Glasgow Life, Police Scotland, Scottish Ambulance Service, Scottish Fire & Rescue Service, British Red Cross, Virgin Trains, Bellahouston Road Runners, Bellahouston Harriers, Girl Guides and St Mirren FC.

# ESSENTIAL INFORMATION

## YOUR RUN NUMBER AND ATTACHED TIMING CHIP

Please check that your run number is identical to the master number on your covering letter. If it is different please contact Morrisons Great Women's 10K at [info@greatrun.org](mailto:info@greatrun.org). This is your unique number and only you must wear it on the day. DO NOT swap, change or copy this number. Swapping numbers can be dangerous, by selling it onto someone else who may not be properly prepared for the event you could be putting their health at risk.

In order to simplify your running experience we have brought in run number timing chips for 2015. These are already attached to the back of your run number and eliminate the need for attaching and removing chips on your trainer or ankle. Please DO NOT remove this from the run number as doing so will prevent you getting an accurate time for your run. You don't need to do anything to activate this chip, just leave it attached and it will automatically scan when you cross the start and finish line to give you your finishing time. Your timing chips do not need to be returned at the end of the run.

## GREAT RUN TRAINING

Great Run Training gives you everything you need for perfect event preparation at your fingertips. Log in to [greatruntraining.org](http://greatruntraining.org) using your Great Run ID or download the FREE app from iTunes or Google's Play Store.

## BENEFITS OF GREAT RUN TRAINING

- Interactive training to suit all levels
- Route mapper to accurately measure your running
- Review your progress and share your achievement
- Answer your questions with our expert advice and support



# GETTING THERE

## TOP TIPS

Plan your travel well in advance of the event and aim to arrive at the start around one hour before you are due to run. This will ensure you have plenty of time to familiarise yourself with the facilities, relax and properly prepare for the run.

Glasgow is well serviced by public transport and we strongly recommend that you make use of the excellent public transport network. We have worked closely with the relevant agencies to ensure that the services are running as fast as they can, however we still recommend that you allow plenty of time for your journey as it may take slightly longer than normal. For more information on air, bus, trains and subway services to the city please visit:

[www.travelinescotland.com](http://www.travelinescotland.com).

### By car

Free parking is available at Albion Road Car park (next to Ibrox) – only a 5 minute walk to the start line and outside of the road closures. It will operate on a first come first served basis. **Please note, this car park is open until 14.00 on Sunday 17 May.**

Please be aware there are numerous road closures in place for the Morrisons Great Women's 10K and these will be different to previous years. Diversions will be out in place but we recommend you use public transport where at all possible.

### Subway

The SPT Subway will open early on the morning of the run especially for you! All stations will open from 07:20 with first trains leaving from 07:30. Your entry into the Morrisons Great Women's 10K gets you 2 free return tickets on the SPT Subway (valid on Sunday 17 May 2015 only). Please tear the voucher off your run number and exchange it for your tickets at the station ticket office on the morning of the run. Take the subway to Shields Road or Buchanan Bus Station and use the shuttle bus service to get you to the start line. Please note, car park charges apply.

### Shuttle bus

A free shuttle bus service will be in operation at the Great Women's 10K. The shuttle bus, operating from two locations, will take runners and their spectators to the start.

- Buchanan Bus Station
- Shields Road Subway

Buses will start at 07:30 with the last bus leaving both locations at 09:30. Return buses will pick up from Dumbreck Road (close to Fleurs Avenue) starting at 10:30, with the last bus leaving Dumbreck Road at 13:30.

You are advised to allow 1 hour for this journey as there is a high demand for this service and queues are expected.

If you prefer to walk from Shields Road, it will take you approximately 25 minutes to walk the 1.5km to the start line.

## ACCOMMODATION

Glasgow has won numerous accolades such as Commonwealth Games Host City, European Capital of Culture and UK City of Architecture and design. The city is now well-established as a top tourist destination offering extensive shopping, Art Nouveau and contemporary architecture as well as world class museums and galleries.

For further information on visiting Glasgow visit

[www.peoplemakeglasgow.com](http://www.peoplemakeglasgow.com).

## INFORMATION POINT

On event weekend there will be a Morrisons Great Run customer services team located as follows:

**Location:** St. Enoch Centre, 55 St. Enoch Square, Glasgow, G1 4BW

### Opening times:

- Thursday 14 May - 12.00 - 17.00
- Friday 15 May - 10.00 - 17.00
- Saturday 16 May - 10.00 - 17.00

On Sunday 17 May the customer services team will be based in Bellahouston Park, off Mosspark Boulevard from 08.00.

For more information please visit [www.st-enoch.com/getting-here](http://www.st-enoch.com/getting-here).

Please note that any number of problems with your run entry, run number or electronic timing chip must be resolved at least 1 hour before the run starts. If you do encounter a problem we strongly advise that you contact us in advance of the day at [info@greatrun.org](mailto:info@greatrun.org) where we can sort out any issues. No entries will be taken on the day of the event.



# EVENT DAY TIMETABLE & START MAP

## EVENT DAY TIMETABLE

- 07:30** First shuttle bus operational from Buchanan Bus Station and Shields Road Park & Ride
- 08:00** Baggage & information point open (located in Bellahouston Park)
- 09:15** Start assembly Area open
- 09:30** Last bus leaves Buchanan Bus Station & Shields Rd for start area
- 09:45** Warm up
- 10:00** Elite and fast paced women and white wave start
- 10:09** Green Wave start
- 10:18** Pink Wave start
- 10:29** First woman across the finish line (approximately)
- 10:30** First return shuttle from Dumbreck Road to Buchanan Bus Station & Shields Road Subway
- 13:30** Last return bus from Dumbreck Road to Buchanan Bus Station & Shields Road Subway



# AT THE START

## BAGGAGE DROP OFF

Due to the large number of runners we cannot provide changing facilities. Please arrive changed and ready to run.

If you do have baggage we advise that you leave it with friends and family, or use the baggage system which is located in Bellahouston Park and will be open from 08:00 on Sunday.

A self-service baggage system will operate. An A-Z board system will be in use. Place your bag under the letter board that corresponds to the first letter of your surname. You will need to show your run number to gain entry and must use the baggage label attached to your run number (simply tear it off along the perforations) to attach to your bag. You will have to show a steward that your run number and baggage label match before being allowed to remove your bag from the baggage area.

Fill in the details on your baggage label before you arrive at Bellahouston Park. Please do not leave any valuables in your baggage – the event organisers cannot accept responsibility for the security of these items.

## ASSEMBLY AT THE START

The start area is along Nithsdale Road and will be split into 3 coloured waves – White, Green & Pink. (These correspond to your coloured run number). Please follow the signage to the start, access gates into each assembly area will be managed to make sure the correct colour run numbers enter the correct assembly area. Please follow the map below.

**White** Wave Runners – use Torridon Avenue

**Green** Wave Runners – use Dargarvel Avenue

**Pink** Wave Runners – join Nithsdale Road directly from Dumbreck Road

The assembly areas themselves have been measured and barriered to cater for the number of runners taking part. However, it will get busy so use all available space

within the assembly areas.

The wave system will be used at the start. This will see each coloured wave set off in pulses. This measured control is to help regulate the flow of runners through the narrow sections of the course. Please be patient when waiting to start your run.

Remember that your timing chips provide a totally accurate time for your run and will not be activated until you cross the start line and when you finish.

## RUNNING WITH FRIENDS OR FAMILY

If you want to run with a friend but have been issued different coloured run numbers, organisers ask that you follow a simple rule – runners can move down a zone (away from the start line) but cannot move up a zone (or towards the start line). For example, a runner wearing a GREEN run number can move back into the PINK assembly area but not forward in to the WHITE assembly area.

## TOILETS

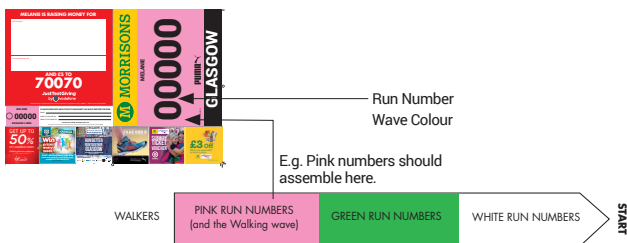
Please ensure that you use the toilet facilities prior to entering your assembly area. There will be toilets adjacent to the start assembly area on Melfort Avenue, Dargarvel Avenue and Torridon Avenue. There will also be toilets in and around the finish area and event village in Bellahouston Park. It is inevitable that these toilets will be busy immediately before the start of the run so please allow some extra time.

## MISSING PERSONS

There will be a missing persons' point located in Bellahouston Park. In the event that you come across a missing person please contact the nearest event steward, official or police officer.

## WARM-UP

The Great Run warm-up experts will be onsite to get every runner warmed up and stretched for the Morrisons Great Women's 10K. There will be one mass warm up starting at 09:45.



# ON THE COURSE

## ON THE COURSE

The course starts on Nithsdale Road with the early stages of the run heading through leafy Pollokshields. The wide roads through the first 3km of the course provide plenty of space for running and a great opportunity for spectators to show their support.

As you run around the streets of Glasgow you will be met with a traditional Scottish piper at each kilometre you pass. You will also hear the beats of the women's drumming sensation, She Boom, and the Brazilian grooves of the samba band Beat That.

At around 6km you will meet the only hill, and although it is a little testing – fear not – you're over half way!

After Pollok Park, the icing on the cake is the fantastic finish on Mossspark Boulevard where runners, joggers and walkers will be cheered on by hundreds of supporters along the final straight.

## STAY HYDRATED WHEN YOU RUN

There are two water stations on the route, these are located as follows:

Water Station	KM Marker (approx.)
1	3.5km
2	6.5km

## KM MARKERS

Every kilometre on the route will be identified by a large flying banner on the side of the road giving you clear indication as to how far into your run you are!

## SLOWER PACED PARTICIPANTS

The Police, Local Authority and the people of Glasgow are extremely supportive of the event but we do need to reopen roads to a set time plan. There will be a vehicle at the rear of the field which will follow the last runners and those walking the route. The vehicle will move at 15 minute per KM pace. If you are passed by this vehicle then depending on where you are on the route you may be asked to move to the footpaths to finish the event or even be required to deviate from the course in order to cross large trunk roads. There will be a sweep vehicle at the rear of the event which can relocate slow paced runners to the finish area on Mossspark Boulevard.

But don't worry, the finish line and finish system will remain in place so that everyone gets to cross the line to receive a run time and finisher's pack.

## MEDICAL SUPPORT

Medical cover will be available across the event. At the start (Nithsdale Rd) where runners will be assembling, on the course at various intervals and at the finish area where the main medical facility will be located on Mossspark Boulevard. Please ensure that you fill out the details on the reverse of your run number before the event day, this information is valuable to medics in cases of emergency.







# WHEN YOU FINISH

## AT THE FINISH

When you cross the finish line please don't stop immediately – there is a little way to walk before you can have a well-earned rest! However, you will be glad to know that you can walk once you've crossed the finish line, so keep moving and follow the instructions of the Great Run marshals who will direct you.

## CHIP COLLECTION

There is no need to stop and remove your timing chip – as you know this is on the reverse of your run number and is disposable, therefore just carry on through the finish system. Please dispose of your run number responsibly post event.

## AQUA PURA

Next on the agenda is a well-earned drink of water! Please keep moving through the secondary finish system where marshals direct you towards the finishers' packs – your water is inside the goody bag.

## FINISHER'S PACK

Finisher's packs will be sorted by T-shirt size. Please take a pack with the T-shirt size you specified when you entered the event. Your finisher's pack is well-earned so enjoy the goodies inside including edible items, Lucozade Lite and that all important souvenir medal.

## MEETING FAMILY AND FRIENDS

Family and friends will be able to wait for runners in Bellahouston Park as they come through the secondary finish exit. Flying banners will be positioned in the park, please wait for your family and friends next to the flying banner which has the letter that corresponds to the first letter of the surname of the runner. For example, runner John Smith's family would wait by the letter 'S'.

## REFRESHMENTS

There will be a variety of concessions onsite in Bellahouston Park so spectators can grab a hot cup of tea before cheering you across the finish line. If you are eating and drinking in the streets, please dispose of any rubbish in the litter bins provided.

## OFFICIAL PHOTOGRAPHS

Our official photographers will be at the event to capture all of the action. Visit [greatrun.org](http://greatrun.org) in the days following the event to see snaps of you.

## RESULTS

Full results will be available at [greatrun.org](http://greatrun.org).

## JOIN THE ONLINE CONVERSATION

Like our Facebook page [facebook.com/greatwomens10k](https://facebook.com/greatwomens10k) for top tips, insider info and event day chatter.

Follow us on Twitter @ [womens\\_run](https://twitter.com/womens_run) for up to the minute event information, and share your photos on Instagram ([instagram.com/great\\_run](https://instagram.com/great_run)).



# RESPECT THE CHALLENGE



## OUR GUIDE TO A FIT, HAPPY AND HEALTHY MORRISONS GREAT RUN!

OVER the past 30 years more than one million people have completed a Great Run. Running is great for your health, but it does not suit everyone so it's important that you read the following information, have done all the training you need to and are ready to take part in your event.

### FIT TO COMPETE

It's important to train properly for your run otherwise you will be at risk of injury. Here are some tips that will help ensure you enjoy your training safely.

**1** Before you start any training programme, make sure you're healthy enough to run. Talk to your doctor if you have a long-term health condition that may affect your ability to exercise, such as:

HEART DISEASE

ASTHMA

DIABETES

EPILEPSY

ARTHRITIS



If you start your training programme and find that you feel unwell, see your doctor, especially if you:

- Have heart palpitations
- Feel lightheaded, dizzy or faint
- Have chest pain or tightness
- Get excessively short of breath
- Get excessive wheezing or coughing
- Have severe joint or muscle pain

**2** Start your training slowly and build up gradually, especially if you haven't exercised for some time. Allow yourself recovery time when training. This is when your body gets stronger and fitter. If you don't allow time for your body to recover, you may weaken your performance and feel tired. Muscle aches and pains happen most commonly after an increase in training and stress on your lower limbs can cause injuries.

**3** Give yourself time to warm up and cool down before and after your run. Warming up allows time for your body to prepare mentally and physically for the exercise you're about to do. A good warm up should include activity that slightly raises your heart rate followed by stretching. This increases the blood flow to your muscles, improves flexibility and prepares your muscles. Cooling down after your run helps to reduce muscle soreness and stiffness.

**4** To reduce your risk of injury, vary your routes, running surface, pace and distance. Ideally, swap between two pairs of shoes on alternate training days.

**5** Face oncoming traffic and stay visible, especially when it's dark – for example, wear bright or reflective clothing.

# RESPECT THE CHALLENGE



## HYDRATION

It's important that your body stays hydrated – keeps the right level of water – so that it can function properly. You also need enough water to allow nutrients to be transported around your body.

The colour of your urine can be a helpful indicator of hydration. Generally, dark urine suggests dehydration, with pale, straw-coloured urine being ideal. If you don't usually drink caffeinated drinks, don't start now as they can be particularly dehydrating if you aren't used to them.

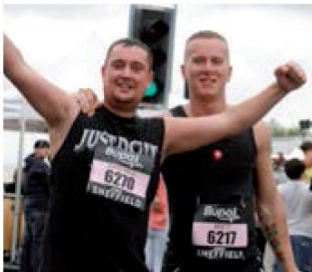
In general, drink when you feel the need and don't gulp large volumes of fluids before, during or after the run – this can result in a condition called hyponatraemia.

This happens when the salts in your body are diluted too much and can cause confusion, disorientation and vomiting.



## BEFORE YOUR RUN

Start the run well hydrated. Drink enough fluids in the week leading up to the run and in particular the day before the event to ensure that you're properly hydrated. Alcoholic drinks are dehydrating, so don't drink them less than 24 hours before your run. Drink whatever you have practised with during training.



## DURING YOUR RUN

During strenuous exercise, you can lose between half a litre and two litres of water per hour as sweat. Therefore it's important to replace the fluid and salts you lose.

Everyone is different; some people sweat more than others, and some lose more salt in their sweat. Because of this individual variation, it's not possible to give exact advice on how much you should drink during a training session. As a general rule, aim for 120 to 150ml of cold fluid every 10 to 15 minutes. Cooler fluids are recommended because they are usually more palatable and help to lower your core body temperature.

Make sure you know where the drink stations are on the run's route. Aqua-Pura water and Powerade will be available, but only take a drink if you need one. If it's hot, there will be extra water and showers may be available – use these to cool yourself rather than pouring drinking water over yourself.



## AFTER YOUR RUN

Most runners don't drink enough during the run and need to rehydrate afterwards, so take on some fluid as soon as you can after crossing the finish line. Although you may feel like celebrating, make sure you're fully hydrated with water or squash before you have any alcohol.

**DO NOT  
RUN**

If you feel unwell or have been unwell, even if you are raising money for charity

**DO NOT  
RUN**

# RESPECT THE CHALLENGE

## ARE YOU PREPARED FOR YOUR DISTANCE?

As a guide, during the weeks before your run aim to have run:

**FOUR MILES CONTINUOUSLY**

if taking part in a 10k run

**SIX MILES CONTINUOUSLY**

if taking part in a 10 mile run

**EIGHT MILES CONTINUOUSLY**

if taking part in a half marathon

If you can't manage this distance, you may not be able to complete the event safely and probably won't enjoy it.

**PLEASE DO NOT RUN THIS TIME.**

For all your training needs visit

[www.greatruntraining.org](http://www.greatruntraining.org)

## Respect the Challenge TOP TIPS

1 Check the weather forecast to help you decide what clothes you will need.

2 Apply Vaseline to any areas where you have had chafing during training, such as under your arms, bra band, toes or groin.

3 You might want to bring some old clothes that you can start the run in and throw away once you have warmed up.

4 Don't wear new trainers for the first time on run day – it's a good idea to run in them for at least a month before the event.

5 Make sure you have something to eat and drink to keep you going on the journey home after the run.

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

7 Wear water-resistant sun cream – just be careful not to put on too much otherwise when you sweat, the sun cream may run into your eyes.

8 Remember to bring your own safety pins if your event requires you to wear a run number.

## ILLNESS

During training

If you're injured, or have flu or gastroenteritis, don't train until you are fully recovered. Although the worst flu symptoms are usually over after five days, it can take much longer to recover completely. When you're better, start training gently and build up gradually. Don't try to make up for lost mileage – this may cause more damage or illness. Consider carefully whether or not to run if you have been ill or injured.

Fit to run?

Don't start a run if you feel unwell or have been ill recently. Running may put you at risk of serious illness if you have a fever, have been vomiting, have had severe diarrhoea or any chest pains, or otherwise feel unwell. Don't try to run just because you have collected sponsors to raise money for a charity – you will be able to attempt another run in future.



# RESPECT THE CHALLENGE



## EATING

During training

The best advice when training is to stick a healthy, balanced diet. If you do this, you will be getting all the nutrients you need to exercise regularly, so you won't need to take vitamins or other supplements to improve your running.

On training days, have a meal about three to four hours before you run if you can. This should be low in fat and fibre and high in carbohydrate and include some protein. Then have a snack half an hour to an hour before your training.

Try to eat some starchy food within two hours of finishing an event or when completing a training run – your muscles can replace energy (glycogen) twice as quickly during this time.

The week before your run

It's very important both in the days before your run and during it that you stick to food and drink that you have tried before. Don't start trying lots of new foods as it may affect your digestion.

If you're going to be running for

longer than 90 minutes, for example a marathon or half-marathon, you will perform better if you follow a programme of carbohydrate-loading in the three days before the run. This involves reducing your training and increasing the amount of starchy foods you eat while cutting down on protein. Sports dieticians recommend that in the three days leading up to the run more than the normal 60% of your food intake should be carbohydrates. This is important for maximising your muscles' energy stores.

The morning of your run

On the day of the run, have a meal that is high in carbohydrate and low in protein, fibre and fat, for example porridge with a banana or toast with honey. This will top up the level of energy in your muscles – particularly important if your run is first thing in the morning after eating nothing overnight.

Eat this meal between one and four hours before the start of the run so your stomach has time to empty.

## AFTER THE RUN

Don't let yourself get cold by standing around after you have finished. Make sure you keep moving, especially if you feel dizzy, and have something to drink. Collect your bag as soon as you can and change into warm, dry clothing – foil blankets will help, but won't stop you from getting cold. Then go to wherever you have arranged to meet your friends and family.

If you haven't drunk enough or eaten anything, you can feel faint even over half an hour after finishing a run. If this happens, have something to eat and drink, but don't drink too much.

## RUN NUMBERS

It is important to fill in all 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 run number and not let anyone else use it if you decide not to take part.

Agreeing to the conditions of entry means only you are registered to this number. This will help medical staff identify you in case of an emergency – imagine the stress that could be caused to friends and family if someone is mistakenly identified.



For all your training needs visit:

[www.greatruntraining.org](http://www.greatruntraining.org)

 BANK OF SCOTLAND  
**Great Scottish Run**



# SCOTLAND'S BIGGEST WEEKEND OF RUNNING

**3 & 4 OCTOBER 2015 | GLASGOW CITY CENTRE**  
HALF MARATHON, 10K & FAMILY EVENTS

ENTER NOW AT  
**GREATSCOTTISHRUN.COM**

**great run**<sup>®</sup>

The World's Favourite Run

