



- RUN NUMBER**
Make sure you have filled in the back of your number with your details.
 - SAFETY PINS**
Bring some spares just in case but our customer services team will have some available for emergencies on the day of the event.
 - SPARE WARM/WATERPROOF CLOTHING**
 - A SPARE BOTTLE OF WATER TO SIP AT THE START**
There will also be bottled water available at the start in case you need more.
 - TRAVEL PLANS FOR THE DAY**
Allow plenty of time to get to the start...it will be busy!
 - DOWNLOAD THE GREAT RUN APP**
On iTunes or Google's Play Store.
 - PACK YOUR BAG THE NIGHT BEFORE**
With spare clothes, attach your baggage label (attached to your run number) and any other essential items you need. Make sure you don't leave any valuables in your bags.
 - MAKE ARRANGEMENTS TO MEET YOUR FAMILY AND FRIENDS**
The finish is a busy place so keep an eye out for the flying banners with letters of the alphabet on them to help you meet up with your friends and family.
 - READ THROUGH YOUR DOWNLOADABLE RUNNER'S GUIDE**
This contains maps, travel advice, baggage information and more.
 - SIGN UP TO RECEIVE YOUR RESULTS VIA SOCIAL MEDIA**
More information at greatrun.org/social
 - DON'T FORGET, THERE WILL BE FREE WI-FI FOR ALL RUNNERS AND SPECTATORS ON THE DAY!**
 - CHECK THE GREAT RUNNERS WELCOME HERE SECTION OF THE WEBSITE**
at greatrun.org/manchester for a selection of exclusive offers
 - JOIN THE ONLINE CONVERSATION**
and share your event day photos on social and tag them with **#GreatManchesterRun**
- FINALLY...RELAX, ENJOY AND ABSORB THE ATMOSPHERE OF THE DAY**

GOOD LUCK!
WE'LL SEE YOU ON
THE FINISH LINE