



#GREATNORTH5K
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- DON'T FORGET A COUPLE OF KEY TIMES...**
The Red Arrows will fly over the Tyne Bridge at 11:05, live coverage of the day is on BBC One (09:30 - 13:30), and the Simplyhealth Great North Run highlights programme is on BBC Two at 18:00 on Sunday 10 September
- 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**
All clothing left on the central motorway at the start will be collected and donated to charity
- 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 and several drinks stations on the course
- TRAVEL PLANS FOR THE DAY**
Allow plenty of time to get to the start...it will be busy
- GET YOUR KIT READY THE NIGHT BEFORE**
- 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
- 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**
- JOIN THE ONLINE CONVERSATION**
And share your event day photos on social media and tag them with [#GreatNorthRun](https://twitter.com/GreatNorthRun) and [#GreatNorth5k](https://twitter.com/GreatNorth5k)
- LOG YOUR MOVEMENTS FOR GREAT RUN DAY**
You could win a £200 sports voucher... greatrun.org/greatrunday

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