



Simplyhealth
great **2** birmingham
run[®]

SUNDAY 15 OCTOBER CHECKLIST



#GreatBirminghamRun

- Run number**
Make sure you have filled in the back of your number with your details. Do not remove your timing chip from your number, do not fold or crumple your number and do not remove the foam spacer. Please do not cover your run number with clothing or other apparel during the event as this may compromise your result.
- 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 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
- 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 (detach it from 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**
- Join the online conversation**
And share your event day photos on social media and tag them with [#GreatBirminghamRun](https://twitter.com/GreatBirminghamRun)
- Bring some spare change and a pack of tissues**
You never know when you might need them...

WE'LL SEE YOU AT THE START LINE

GREATRUN.ORG/BIRMINGHAM