

great winter
run®

ON THE
DAY
GUIDE



SATURDAY 10 JANUARY 2015
HOLYROOD PARK, EDINBURGH
GREATRUN.ORG/WINTER

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SCOTTISH RAILWAY GROUP

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RUN INTO A GREAT 2015

The Winter season is well and truly here and if you are anything like us you will have enjoyed one or two extra mince pies and turkey sandwiches, so what better way to start the new year than with a blast of exercise and fresh air in Edinburgh, Scotland's capital city.

We hope your training is going well and you are not put off by the colder weather, grab a running buddy and your most motivational running track and do a quick half an hour around the block. This will get you inspired and excited about taking on the 5k route around Holyrood Park and the scenic Arthur's Seat.

Did you know that running a 5k will not only help you to get fit and lose weight, but it will also increase the endorphins, known as 'happy cells', produced by your body to make you feel happier!

With the Junior Great Winter Run, the 5k Great Winter Run and the elite Great Edinburgh XCcountry, it's a great day out for the whole family.

The logo for EventScotland, featuring the text "EventScotland" in white on a blue rectangular background.

Need travel advice and ideas for what to see & do during your stay in Edinburgh? The VisitScotland Tourism Information Centre located on Princes Street will help provide all the information you will need to make the most of your visit. Alternatively, you can download the VisitScotland Explore app, Winter E-book or search for itineraries on visitscotland.com.

On behalf of everyone at Great Run we wish you the best of luck on your run, whether you're new to running or going for a PB, we'll be supporting you every step of the way.

Enjoy the atmosphere on the course and be proud that you're kicking off 2015 in a Great way!

The Great Run Team

ACKNOWLEDGMENTS

Lucozade Sport, Puma, Aqua Pura, Daily Record, Capital FM, Vodafone Just Text Giving, Virgin Trains, Event Scotland, Edinburgh Council.

ESSENTIAL INFORMATION

YOUR RUN PACK INCLUDES

1. GREAT WINTER RUN OFFICIAL RUN NUMBER

Your name and address are pre-printed on the reverse of your number but please make sure you complete the rest of your personal details. Your run number has tear off discount vouchers from our event partners, as well as a baggage tag for those intending to use the baggage area on the XCountry village.

The colour of your run number dictates your position within the assembly area (see assembly diagram below). If you have received a yellow and white striped number you have been allocated into the 'Fast Paced Runner' zone. Please assemble next to the yellow and white signed area at the front of the white assembly zone.

Note: the Great Winter Run wave colours are different to other Great Run events. It is:



Your number must be worn on the front of your t-shirt.

2. TIMING CHIP

Your timing chip is attached to the back of your running number, which should be worn on your chest and be visible when you are running. Please do not put a safety pin through the chip. Your chip will give you:

- Your personal time – from the point you cross the start line until you cross the finish
- Your result – see greatrun.org/winter for your result almost immediately after you have finished.

GETTING THERE

TRAVEL & PARKING

The event starts and finishes on Queen's Drive, located at the foot of Arthur's Seat. There is plenty of well-signposted public car parking in Edinburgh City Centre which is within walking distance of Holyrood Park. Please note that there will be no parking within the park and road closures on Queen's Drive will be operational from 06:00 on the day of the event.

WHERE TO STAY & WHAT TO DO

The historic city of Edinburgh is known as the Athens of the north. With grand buildings and grander streets surrounded by natural beauty, Scotland's capital city is a cultural experience you are sure to take home with you. For information on accommodation, eating out and other attractions, visit edinburgh.org.



RUN DAY

EVENT DAY TIMETABLE

09:55	U13 Girls Inter District + U13 Boys Inter District
10:15	U15 Girls Inter District + U15 Boys Inter District
10:35	Great Winter Run 5km
10:40	International Mixed Relay
10:55	Senior + Junior Women Inter District
11:25	Senior + Junior Men Inter District
12:00	Great Edinburgh XCcountry Junior Men's 6km*
12:10	Junior Great Winter Run 2.5km
12:30	Great Edinburgh XCcountry Junior Women's 4km*
13:00	BBC ON AIR
13:06	Great Edinburgh XCcountry Men's 4km**
13:30	Great Edinburgh XCcountry Women's 6km**
14:00	Great Edinburgh XCcountry Men's 8km**

YOUR 5K TIMETABLE

08:30	Information Point opens
09:40	Assembly area opens
10:25	Mass Participation Warm-up
10:35	Great Winter Run Starts
11:00	Presentations (time is approximate)



START & FINISH

ASSEMBLY AREA

The Great Winter Run is a measured 5k, starting on Queen's Drive. The assembly area will be open at 09:40. A Great Run fitness expert will then lead a mass warm-up at 10:25 and the run will start at 10:35.

BAGGAGE

There will be a place to leave your baggage on the day, but where possible, please leave your bags with friends and family where possible and come ready for your run. There are no changing facilities available for this event. Please wear appropriate clothing to keep yourself warm and dry.

TOILETS

Toilets will be signposted and will be available near to the start/finish line as well as in the XCountry Village.

FIRST AID AND MEDICAL FACILITIES

Medical facilities will be available near the start and finish lines and staff from the British Red Cross and the Scottish Ambulance Service will be positioned around the course should you require assistance. Please contact a medic or steward if you need help at any time.

AT THE FINISH

Once you have crossed the finish line, located on Queen's Drive, please keep moving through the finish system where you can then collect your well-deserved Finishers Pack which includes your event medal and other souvenir goodies.

FAMILY REUNION

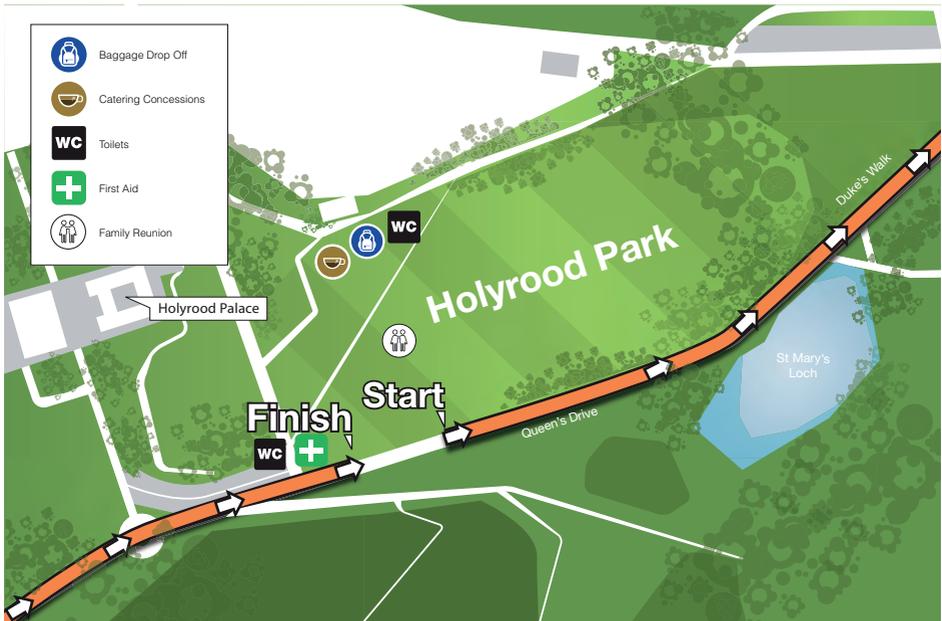
After your run, please arrange to meet your family and friends at the A-Z banners close to the finish line. Stand under the lettered banner that corresponds with the first letter of your surname, i.e. if your surname is Campbell, meet under the 'C' banner. Do not arrange to meet your new fan club 'at the finish line', as this area gets very busy and can make it difficult to spot your family.

PRIZES AND RESULTS

Trophies will be awarded to the first three men and women shortly after the event. Results will be available online on event day from greatrun.org.

FINISHERS PACK

Includes your medal, space blanket, a bottle of Lucozade Sport Lite and a bottle of Aqua Pura water, as well as other items to help you recover.



XCOUNTRY VILLAGE

There's something for everyone at the food court this year. Whether you're looking to fill-up or just warm-up you can choose from a fantastic range including gourmet lamb, beef and venison burgers, pulled pork sliders, steak baguettes, delicious toasties and organic home-made soup. There are also speciality hot chocolates, an excellent selection of coffees and teas as well as cup-cakes, muffins, doughnuts and pastries.

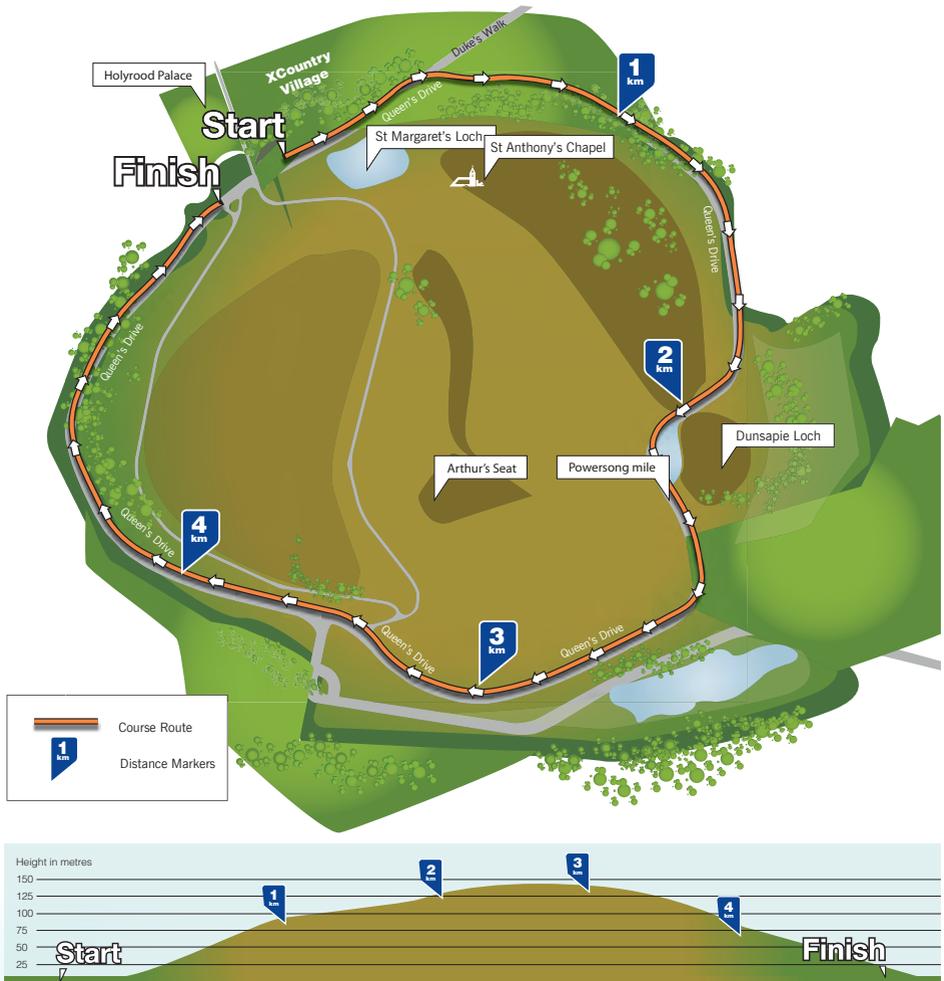
The food court is located right beside the XCountry course, and with tables, chairs and hay-bales available to sit on, why not grab something tasty and enjoy the action.

If you've still got some Christmas pennies burning a hole in your pocket or you are keen to get kitted out for a new year of running, then head along to the PUMA marquee to see their fantastic range of running shoes and apparel.



THE COURSE

The Great Winter Run course follows Queen's Drive around Arthur's Seat. The first two kilometres climb up past St Margaret's Loch and Dunsapie Loch before rewarding all your hard work with some amazing views of Edinburgh as you circle Arthur's Seat.



IMPORTANT INFORMATION

TRAINING & MEDICAL ADVICE

- It is strongly recommended that you train for the run and prepare for the challenge of completing the 5k course (3.1 miles).
- If you have not exercised before, or for some time, consult your doctor for a check-up.
- Do not run if you feel unwell or have just been unwell. Most medical emergencies occur in people who have been unwell but do not wish to miss the event.

RUN WHATEVER THE WEATHER

Because this is winter and the weather is challenging you are right to be apprehensive about cancellations. We can however assure you, whilst other events have succumbed to the cold; the Great Winter Run, Junior Great Winter Run and Great Edinburgh International XCountry have all gone ahead. Of course, we are unable to control the weather, so we have in place a 5k contingency course should Mother Nature send us something unexpected.

The exact route will be confirmed prior to the event, check greatrun.org/winter for details.



WATCH THE WORLD'S BEST GO OFF-ROAD

INTERNATIONAL TEAM CHALLENGE

The Great Edinburgh XCcountry event has featured some of the world's best athletes since its inception in 1988. This year, Britain's best loved athlete - current Olympic, World and European Champion in 5,000 and 10,000m - Mo Farah, will return to the event for the first time since 2011.

Farah will be competing as part of defending champions, Team GB who will once again take on Europe and the USA in a thrilling team competition on a tough cross country course in one of Edinburgh's most iconic locations. The overall winners will be determined by the best aggregate finishing positions of the six best placed athletes in the senior category, as well as the four best placed athletes in the junior races.

INTERNATIONAL MIXED RELAY

New for 2015, the Great Edinburgh XCcountry will introduce an innovative international mixed relay. In a world first, pairs of male and female runners representing their countries will take on a 2x1k cross country relay in the picturesque surroundings of Holyrood Park.

The fast and furious invitational event is likely to feature teams from all the home nations as well as some international pairings.

The transition area and the finish line will be located in the XCcountry village, giving spectators a perfect vantage point for all the action, and the opportunity to cheer home their athletes, but we have a feeling the biggest cheers will be for Team Scotland!

INTERNATIONAL 4K

The international 4K pits some of the world's best runners against each other and this year will be no different. Cheer for Scotland's Chris O'Hare as he takes on 2013 World Champion Asbel Kiprop, 2013 World Cross Country Champion Japhet Korir and last year's surprise winner, the USA's Garrett Heath.

All races are free to spectate and no tickets are required - **Great Edinburgh XCcountry will be shown live on BBC One and BBC One HD on Saturday 10 January from 13:00 – 14:34.**



START AS YOU MEAN TO GO ON

Keep on running and sign up for the Great Edinburgh Run which takes place in April 2015. The event saw record numbers enjoy the inspiring 10 mile course in 2014. You'll run through the centre and take in some of the world famous sights of Scotland's capital city. It is open to people aged 16 years and over, all runners will receive an event t-shirt, medal and well-earned Finishers Pack.

Enter at greatrun.org.



FUN RUNNING FOR ALL THE FAMILY

Get the kids involved in the Junior Great Winter Run which takes place at midday. The course covers 2.5k and is suitable for all abilities aged 7-14 years. All runners will be chip timed and be rewarded with that all-important Finishers Pack containing your event day medal and t-shirt!



ENTER AT
GREATRUN.ORG