

great **Edinburgh**
run
10 miles

WHATEVER YOUR RUN,
MAKE IT A GREAT ONE



EVENT GUIDE
SUNDAY 17 APRIL | 10 MILES
GREATRUN.ORG/EDINBURGH



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A MESSAGE FROM PUREGYM

At PureGym, we've helped thousands of runners get to the start line in the best shape possible. That's because we believe fitness is for everyone. We're dedicated to providing world class gym facilities at an affordable price, with no contract.

As proud sponsors of the Great Edinburgh Run, we're on hand with great advice, great equipment and great motivation. In fact, we'd like you to discover why we're the UK's fastest growing gym chain for free. Simply enter **GREATRUN3** to claim your free 3-day pass and you'll have 24/7 access to 100+ gyms nationwide, a huge free weights area, all the latest gym kit and over 50 free gym classes each week. Tempted to join? Then enter **GERJF** to get 100% off your joining fee.

All the best with your training in the run up to the event and be sure to look out for us on the day for some last minute tips and fitness advice in general.



ACKNOWLEDGEMENTS

The organisers of the Great Edinburgh Run would like to thank the following organisations for their help and support in staging the event: PUMA, Aqua Pura, Lucozade Sport, Historic Scotland, Police Scotland, City of Edinburgh Council, Links United, Polonia Phoenix, Perth Road Runners, 157th Braid Scouts and Edinburgh Athletics Club, Virgin Trains, Capital FM, Edinburgh Evening News, 9Bar, Tom Tom, Pure Gym, Athletics Weekly, STV Children's Appeal, volunteers from the Carnegie swim team, East Lothian swim team, and Dunedin swim team.

RUN PACK

GREAT EDINBURGH RUN OFFICIAL NUMBER

Your name and address are pre-printed on the reverse of your run number. Please make sure you complete the rest of your personal details.

If you would like to take advantage of the offers on the tear-off vouchers, please remove each voucher from your number and follow the specific instructions when redeeming them. Also included is your tear-off baggage label. For full details on our baggage system please refer to page 6.

TIMING CHIP

Your timing chip is attached to the back of your run number. DO NOT REMOVE this timing chip from your number as it may affect the accuracy of your time. You do not need to return this timing chip at the end of the run.

Your timing chip is exclusive to you and you alone – DO NOT exchange it with anyone else. Your timing chip provides the following two functions:

- A) Accurate time – from the point you cross the start line until you cross the finish.
- B) Results – posted online shortly after you finish at greatrun.org/results.



Log in to greatruntraining.org using your Great Run ID and download the free app from iTunes or Google's Play Store. Great Run Training gives you everything you need for perfect event preparation at your fingertips.

Great Run Training provides you with:

- Interactive training to suit all levels
- A route mapper to accurately measure your running
- A review of your progress and achievement
- Answers to your questions with help from our Great Run Training experts

TIMETABLE

TIME	GREAT EDINBURGH RUN
08:30	Baggage, toilets, catering concessions & information point opens
09:00	Start assembly area open
09:20	Warm-up starts
09:30	Start of the Great Edinburgh Run (elite athletes, club runners and orange wave)
09:40	Start of white wave
09:50	Start of pink wave
11:00	Elite medal presentations (male and female)
12:50	Great Edinburgh Run Toddler Dash assembly area opens
13:00	Great Edinburgh Run Toddler Dash warm-up starts
13:05	START of the Great Edinburgh Run Toddler Dash
13:10	Great Edinburgh Run Family Mile assembly area opens
13:25	Great Edinburgh Run Family Mile warm-up starts
13:30	START of the Great Edinburgh Run Family Mile

*NB. All times are subject to change in the lead up to the event



GETTING THERE

TRAVEL INFORMATION

By car:

Please note that there is no parking available at the start/finish area in Holyrood Park so allow for plenty of time to walk to the start area.

Details of car parks in Edinburgh are available by visiting www.edinburgh.gov.uk and following the links for transport and then parking.

Parking restrictions are in place around the event route. If you are parking on the city streets please pay attention to any signage regarding parking suspensions as illegally parked cars may be removed.

By bus and tram:

Edinburgh is served by an excellent public transport system.

Visit www.transportforeдинburgh.com for information on bus routes, timetables and fares around the city.

By train:

Edinburgh Waverley train station is only a ten-minute walk from the start/finish area in Holyrood Park. For details of train timetables and fares, please visit www.thetrainline.com. Unscheduled works may change scheduled train times so please check websites a few days prior to the event.

By bicycle:

For those travelling to the event by bicycle, there are lots of bike racks within Holyrood Park and in front of the Scottish Parliament building. Although security staff will be patrolling the site, organisers will not be responsible for your bike during the event.

ACCOMMODATION

Edinburgh is a beautiful city with great shopping, galleries, museums, restaurants and bars. Why not make a weekend of it and avoid the rush on Sunday morning by checking into one of the many city centre hotels? For more information about accommodation in Edinburgh, go to

www.visitscotland.com.

Alternatively, instead of rushing off after your run, why not stay and make a day of it? Within a few minutes' walk of Holyrood Park are some of Edinburgh's most popular tourist attractions including the Palace of Holyrood House, Our Dynamic Earth, The Edinburgh Dungeon, the Royal Mile and Edinburgh Castle. To find out more, check out www.visitscotland.com.

Top tip

Plan your travel and aim to arrive in Holyrood Park 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.



EVENT DAY

CUSTOMER SERVICES

Our Customer Services Team will be at Run4It (110 Lothian Road, EH3 9BE) between 12:30 and 18:00 on Friday 15 April, and between 09:30 and 16:00 on Saturday 16 April for pack collection, event information and run queries.

No entries for the 10 mile event will be taken during this time or on the day of the event.

On event day, the Customer Services office will be located in Holyrood Park and will be open from 08:30.

Please note that any problems with your entry, run number or timing chip must be resolved at least one hour before the first wave starts. If you do encounter a problem, please contact info@greatrun.org.

Subject to availability, entries for the Family Mile and Toddler Dash will be taken on Friday and Saturday but no entries will be taken on the day of the event.

TOILETS

There will be lots of toilets available in Holyrood Park, but, it is inevitable that they will be busy. Urinal blocks will be clearly signed, and we politely ask male runners to help reduce queues by using these facilities.

MISSING PERSON'S POINT

A missing person's point will be located and clearly sign posted in Holyrood Park. If such a situation arises, please contact a steward, event marshal or police officer.

MEETING FAMILY AND FRIENDS

With so many people taking part, it is not possible for everyone to meet their family and friends as soon as they cross the finish line. Agree on a meeting place in advance or use the large **orange** 'Meeting Point' banners in Holyrood Park. These banners are marked from A-Z so simply stand beside the banner that corresponds to the first letter of your surname.

FOOD AND DRINK

We know how much running and spectating can work up an appetite! Head across to our great concessions for the best local caterers serving extra tasty food and drink. There'll be picnic tables too so that you can sit down while you refuel!

JOIN THE CONVERSATION

Stay up to date with all the latest news, event information and training tips, share your event pictures, keep an eye out for competitions and catch-up with fellow runners ahead of the big day. Visit facebook.com/greatedinburghrun, follow us on Twitter [@Great_Run](https://twitter.com/Great_Run) or Instagram [@Great_Run](https://www.instagram.com/Great_Run) and use [#greatedinburghrun](https://www.instagram.com/greatedinburghrun).

BAGGAGE

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 that is located in Holyrood Park and will be open from 08:30.

The baggage system is colour coded. Make sure you attach your baggage label (found on the bottom of your run number) and deposit your bag in the matching coloured marquee.

For security reasons, you will have to show your number to gain access to the baggage marquees and match it with the correct baggage label before exiting. We recommend that you do not leave any items of value in your bag.

ADVICE FOR SPECTATORS

The geography of Holyrood Park will provide some excellent vantage points for watching the start and finish. The route will also bring runners back through the park at around 1.5 miles. You may also want to cheer on your friends and family as they pass the famous landmarks out on the course. As you are moving around, please take note of instructions given by event marshals and safety stewards. Be aware that only the roads used for the run are closed to traffic.

If crossing the course, please do so with caution and only when you are instructed to do so by marshals or when there is a suitable gap in the flow of runners.

AT THE START

The start assembly areas will open to all runners at 09:00.

Please ensure that you are in your coloured assembly area no later than 09:20, when the start of the warm-up will begin.

Runners are asked to assemble in the clearly marked coloured areas on Queen's Drive. Fast paced club runners and orange numbers should assemble on Queen's Drive nearest to the start gantry while those with white and pink numbers behind. Coloured signs and banners will clearly mark each coloured assembly area.

You have been assigned a coloured number based on your predicted running time; this is the time that you identified during the entry process. This system means you should be running with people of similar ability, thus improving your running experience.

Once the mass run starts at 09:30 there will be a gradual release of runners across the start line. The start gantry is narrower than the road to give you space to enjoy your run and prevent any bottlenecks on the route. Please be patient at the start area, your time and result will be accurately calculated by your electronic timing chip.

RUNNING WITH FRIENDS AND FAMILY

If you want to run with a friend but have been issued different coloured 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 (towards the start line).

WARM-UP

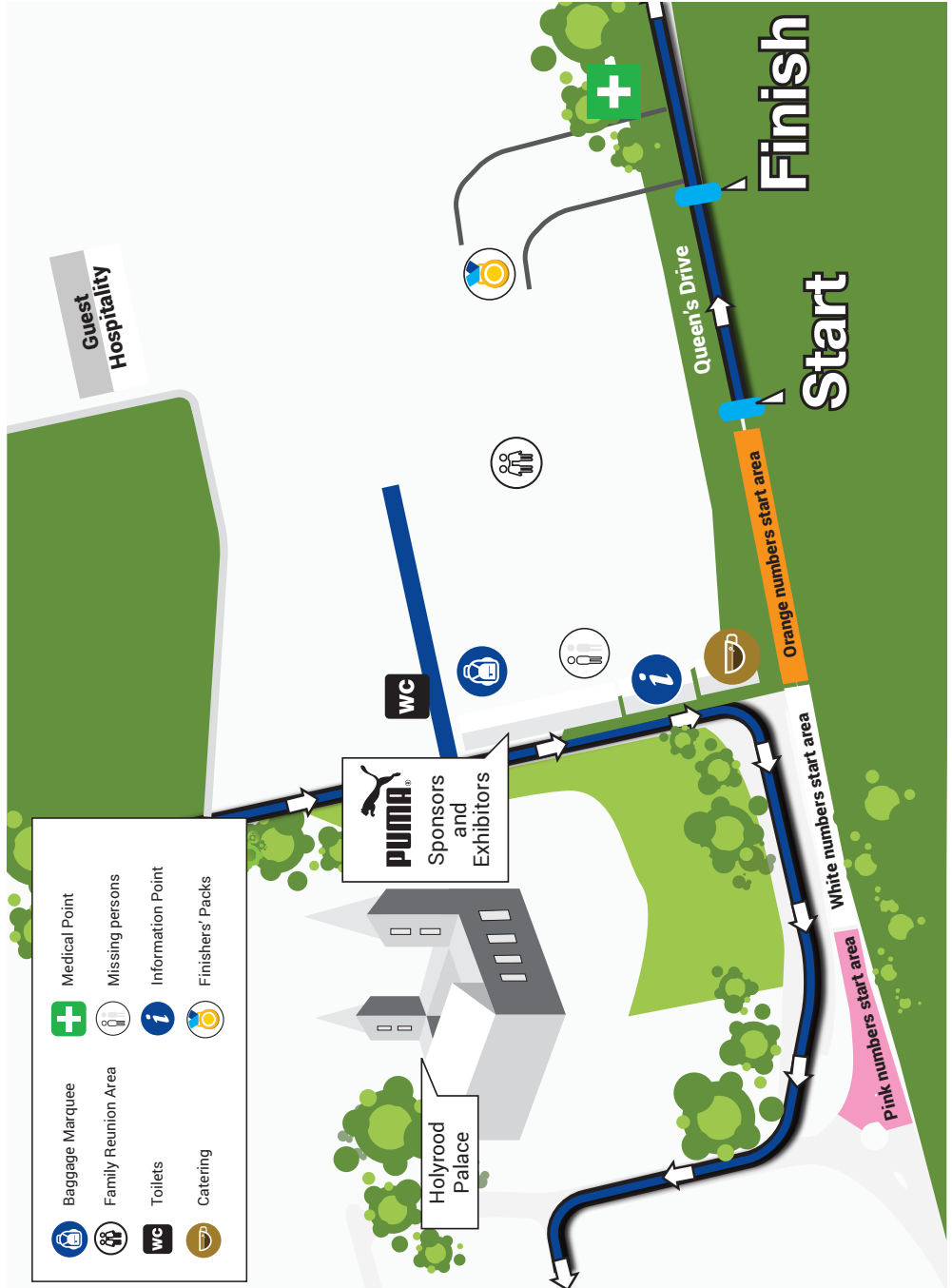
Great Run warm-up expert, Stella, will be on her platform high above the start area. She will lead you and thousands of other runners through the right stretches to get you ready to run. The warm-up starts at 09:20.

WI-FI

Participants and spectators will be able to benefit from the free WiFi services available near the start and finish areas of the event meaning you can access useful event information and social media channels at your fingertips.



SITE MAP



ON THE RUN

ENTERTAINMENT ON THE COURSE

If the fantastic views and famous landmarks aren't enough, there will be loads of live music as well as 'Walls of Sound' at key points around the course to keep you motivated. There will be everything from a drumming band to a rock choir as you make your way around the route and in keeping with tradition, there will be pipers at every mile point too.

TOILETS

There will be toilets located at each of the drink stations at 3.5, 6 and 8 miles.

MILE MARKERS

Every mile on the course will be identified by a large marker at the side of the road. A piper will also be playing at each marker so that you can hear as well as see them coming!

STAY HYDRATED

There will be Aqua Pura water stations at approximately 3.5 and 8 miles. There will also be a Lucozade station at approximately 6 miles. Please only take one bottle as there will be a lot of thirsty runners behind you.

When you've finished, please throw your bottle to the side of the road when it is safe to do so.

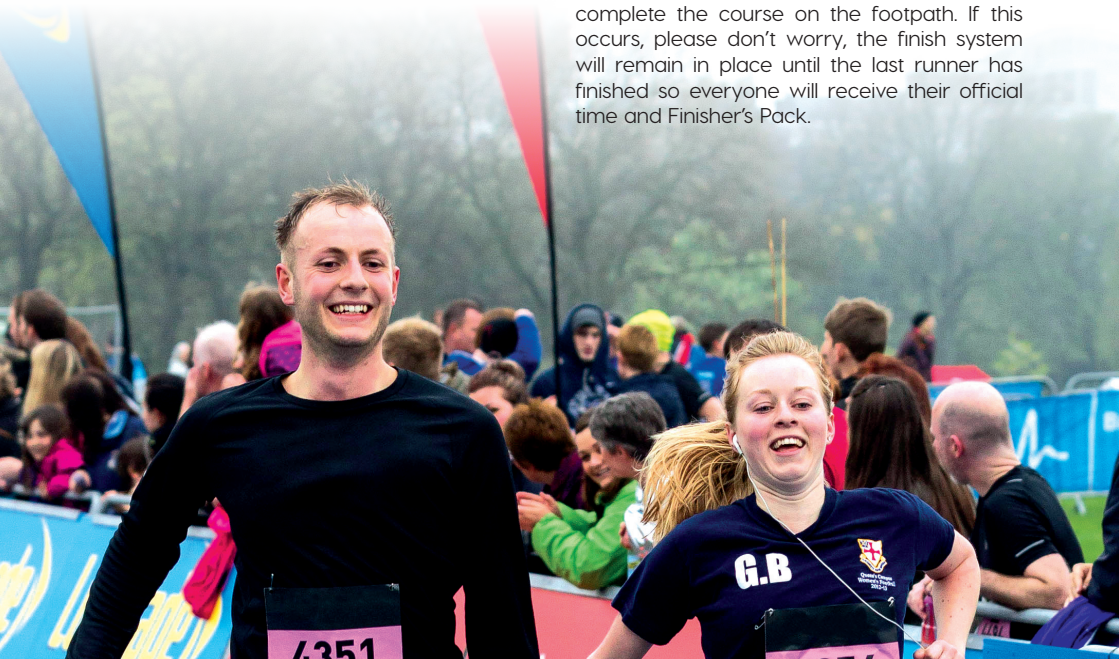
MEDICAL SUPPORT

The British Red Cross and the Scottish Ambulance Service will be available around the course and at the start/finish area to provide full medical support.

SLOWER PACED PARTICIPANTS

The police and local authorities are extremely supportive of the event, but we do have to re-open the roads quickly after the last runner crosses the finish line.

As such, a clearly marked 'sweep' vehicle will travel around the course at a pace of 17 minutes per mile. If you are passed by the sweep vehicle, you will be asked to complete the course on the footpath. If this occurs, please don't worry, the finish system will remain in place until the last runner has finished so everyone will receive their official time and Finisher's Pack.



COURSE MAP



COURSE MAP



WHEN YOU FINISH

OFFICIAL PHOTOGRAPHS

Our official photographers will be positioned around the course to capture all of the action. Photographs will be available to view at greatrun.org/photos in the days following the event.

RESULTS

Full results along with the official elite race report will be available at greatrun.org/results after the event.

Don't forget to share your post-event medal selfies and tag them with #greatedinburghrun!



RESPECT THE CHALLENGE

Taking on a ten mile run is a big undertaking, so please ensure you are fully prepared for the big day. We have lots of free advice and tips to help you in the run up to event day, which can be found online at greatrun.org/respectthechallenge.

We look forward to seeing you on the start line!

Good luck with the training.
The Great Run Company



GREAT EDINBURGH RUN FAMILY EVENTS

Brand new to the 2016 Great Edinburgh Run are the Family Mile and Toddler Dash events. Taking place at the foot of Arthur's Seat in Holyrood Park children of all ages will be taking on the shorter distance runs.

The event site can get very busy during the day so ensure that you've read through this guide for advice on travel, timetables, start times and more.

TIME*	GREAT EDINBURGH RUN FAMILY MILE AND TODDLER DASH
12:50	Great Edinburgh Run Toddler Dash assembly area opens
13:00	Great Edinburgh Run Toddler Dash warm-up starts
13:05	START of the Great Edinburgh Run Toddler Dash
13:10	Great Edinburgh Run Family Mile assembly area opens
13:25	Great Edinburgh Run Family Mile warm-up starts
13:30	START of the Great Edinburgh Run Family Mile

*NB. All times are subject to change in the lead up to the event



GREAT EDINBURGH RUN TODDLER DASH & FAMILY MILE



✳️ BANK OF SCOTLAND
Great Scottish Run

A RUN FOR ALL THE FAMILY



SATURDAY 1 & SUNDAY 2 OCTOBER
HALF MARATHON, 10K & FAMILY EVENTS

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