

great  yorkshire  
run®  
Harrogate



# RUN BETTER RUN TOGETHER HARROGATE

10K | SUNDAY 24 JULY 2016  
EVENT GUIDE

[GREATRUN.ORG/YORKSHIRE](http://GREATRUN.ORG/YORKSHIRE)



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## GET SET FOR THE GREAT YORKSHIRE RUN - HARROGATE

We are delighted to be celebrating our 10th year of the Great Yorkshire Run in a new location and in association with Theakston. This year, with the help of Harrogate Harriers, the new 10k running event will be heading to the scenic spa town of Harrogate.

The multi-terrain course will show off the peaceful surroundings as it travels through the Yorkshire countryside.

We wish you the best of luck with your final preparations and look forward to seeing you on the day!



## GOOD LUCK FROM THEAKSTON

We are incredibly proud to be sponsors of the first Harrogate running of the Great Yorkshire Run.

As local brewers we have supported local sporting activities across the district and this is the latest and arguably the highest profile. With up to 3000 people expected to take part in the event we would like to wish everyone great personal success and an enjoyable day. And for all the hard work don't forget to visit us in the event village at the end. *Simon Theakston, Executive Director*

## ACKNOWLEDGEMENTS

The organisers of the Great Yorkshire Run - Harrogate would like to thank the following organisations for their help and support in staging the event:

Theakston, PUMA, Aqua Pura, Lucozade, Harrogate Borough Council, North Yorkshire County Council, RHS Harlow Carr Gardens, Harrogate Harriers, Bloodwise, Sanex, 9Bar, PureGym, Stray FM, Berwin Solicitors, Up & Running, Harrogate Advertiser and Athletics Weekly.

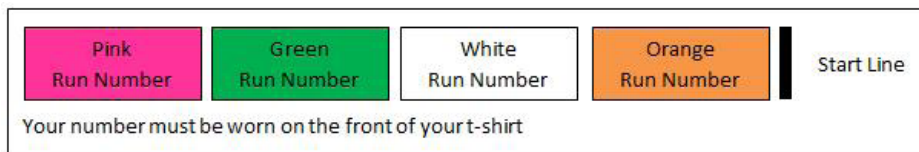
# ESSENTIAL INFORMATION

## YOUR RUN NUMBER AND ATTACHED TIMING CHIP

Please check that your run number is identical to the master number on your covering letter. If it is different please contact Great Yorkshire Run - Harrogate at [info@greatrun.org](mailto:info@greatrun.org). This is your unique number and only you must wear it on the day. DO NOT swap, change or copy this number. Swapping numbers can be dangerous, by selling it onto someone else who may not be properly prepared for the event you could be putting their health at risk.

Your timing chips are already attached to the back of your run number so please DO NOT remove this from the run number as it will affect the accuracy of your time. You don't need to do anything to activate this chip, just leave it attached and it will automatically scan when you cross the start and finish line to give you your finishing time. Your timing chips do not need to be returned at the end of the run.

The colour of your run number dictates your position within the assembly area (see assembly diagram below):



## GREAT RUN TRAINING

Great Run Training gives you everything you need for perfect event preparation at your fingertips. Log in to [greatruntraining.org](https://greatruntraining.org) using your Great Run ID or download the FREE app from iTunes or Google's Play Store.

Great Run Training provides users with:

- Interactive training to suit all levels
- A route mapper to accurately measure your running
- Reviews of your progress and a place to share your achievements
- Answers to your questions and expert advice and support



# GETTING THERE

## BY CAR

The Great Yorkshire Run - Harrogate starts and finishes on Montpellier Hill, located in the Montpellier quarter of Harrogate Town Centre. There are plenty of well signposted public car parks in Harrogate Town Centre within easy walking distance of Montpellier Hill.

Please note that there will be no parking on Montpellier Hill or surrounding roads on the event day. Road closures on Montpellier Hill will also be operational from 05:00 on the day of the event.

## BY BUS

Harrogate is well served by buses and many routes pass close to the event site on Montpellier Hill. For more information about public transport in the town, please visit [www.transdevplc.co.uk](http://www.transdevplc.co.uk).

## ACCOMMODATION

If you are thinking of making a weekend of it then visit [visitharrogate.co.uk/accommodation](http://visitharrogate.co.uk/accommodation) to find details of accommodation available in and around Harrogate.

Further road closure information can be found online [greatrun.org/yorkshire](http://greatrun.org/yorkshire).





# EVENT DAY TIMETABLE

## TIMETABLE - SUNDAY 24 JULY

<b>08:00</b>	<b>Information point opens</b>
<b>08:45</b>	<b>Start assembly area opens</b>
<b>09:15</b>	<b>Warm-up starts</b>
<b>09:30</b>	<b>START OF THE GREAT YORKSHIRE RUN - HARROGATE (orange wave)</b>
<b>09:35</b>	<b>Start of white wave</b>
<b>09:40</b>	<b>Start of green wave</b>
<b>09:45</b>	<b>Start of pink wave</b>
<b>13:00</b>	<b>Information point closes</b>

Please note: times may be subject to change.

## EVENT VILLAGE

On the main event site on the Stray beside St Mary's Walk you'll find everything that you need for an enjoyable day. After your run pop over to the event village where you can visit our friends at Harrogate Borough Council, Theakston, Stray FM and Bloodwise.

## INFORMATION POINT

An information point will be located in the Great Run branded marquee in the event village on the Stray and will be open on Sunday 24 July: 08:00 - 13:00. If you entered after 10am on Tuesday 19 July you will need to visit the customer services team to collect your run pack. **Please note: no entries will be taken on Sunday 24 July.**

Any problems with your run entry, run number or electronic timing chip must be resolved at least one hour before the event starts. If you do encounter a problem please contact the organisers at [info@greatrun.org](mailto:info@greatrun.org).

## FIRST AID AND MEDICAL FACILITIES

Medical facilities will be available near the start line and staff from UK Event Medical will be positioned around the course should you require assistance. Please contact a medic or steward if you need help at any time.

## BAGGAGE

There will be no baggage or changing facilities at the start or finish areas so please arrive changed and ready to run. We advise that you leave any baggage with friends/family.

## TOILETS

There will be toilets located between the start assembly area and the event village. It is inevitable that these toilets will be busy so please allow extra time.

## MISSING PERSONS

A missing person's point will be located at the information point in the event village on St Mary's Walk. Should you come across a lost person please contact an event steward, event official or Police officer.

# AT THE START

## ASSEMBLY INFORMATION

The start assembly areas will open to all runners at 08:45.

Please ensure that you are in your coloured assembly area no later than 09:15, when the start of the warm-up will begin. Runners are asked to assemble in the clearly marked coloured areas on Montpellier Hill. All coloured numbers should assemble adjacent to the relevant coloured signs and banners, which 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 on the back of your run number.

## RUNNING WITH FRIENDS OR FAMILY

If you want to run with a friend but have been issued different coloured run 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). For example, a runner wearing a **WHITE** run number can move back into the **GREEN** assembly area but not forward into the **ORANGE** assembly area.



# COURSE MAP





# ON THE COURSE

## COURSE DESCRIPTION

This beautiful 10k route starts and finishes on Montpellier Hill in the Montpellier Quarter, home to exclusive shops, bars, award winning restaurants and the famous Betty's Cafe Tearooms.

You will head out on a short lap, turning up Valley Drive and then onto Cold Bath Road before heading through the leafy streets towards the Stray, a popular spot for picnics and outdoor games.

Here you follow alongside Otley Road then West Park before heading back onto Montpellier Hill, past the cheering crowds at the start to begin your 2nd lap.

The picturesque, multi-terrain course then takes you through the English Heritage Grade II Listed Valley Gardens alongside blooming shrubs and herbaceous beds before you turn onto Harlow Moor Road and into the bridle path towards the highly acclaimed Royal Horticultural Society's Harlow Carr gardens.

As you pass by you'll turn back into Pinewoods along the footpath back onto Harlow Moor Road before heading down Harlow Moor Drive and out onto Cold Bath Road.

Here you will follow the same route out towards the Stray, along Otley road with the final run along the path before crossing the finish line in the heart of the town centre.

## STAY HYDRATED

There will be a water station located at approximately 4.5k, there will also be water available at the start and in your finisher's pack at the end.

## KM MARKERS

Every kilometre on the route will be identified by a large flying banner on the side of the road giving you clear indication as to how far into your run you are.

## MEDICAL SUPPORT

Medical teams will be in attendance around the route and at the start/finish area to provide full medical support. Please ensure that you fill out the details on the reverse of your run number before event day as this information is valuable to medics in cases of emergency.



# WHEN YOU FINISH

## AT THE FINISH

When you cross the finish line please don't stop immediately – keep moving and follow the instructions from the Great Run marshals who will direct you to the finish area and your finisher's pack. There is no need to return your timing chip on the back of your run number.

## AQUA PURA

Next on the agenda is a well-earned drink of water! Please keep moving through the finish system where marshals will direct you towards your finisher's pack. Your water is inside the goody bag.

## FINISHER'S PACK

Finishers' packs will be sorted by T-shirt size. Please take a pack with the T-shirt size you specified when you entered the event. You've worked hard so enjoy the goodies inside, which includes:

- Exclusive technical T-shirt
- A 9Bar
- Lucozade Lite
- 500ml water
- Hello Fresh card
- Sanex
- Yorkshire Tea sample
- RHS seeds and Harlow Carr leaflets
- Lucozade bars
- Harrogate postcard

## MEETING FAMILY AND FRIENDS

Agree on a meeting place away from the finish area in advance or use the large flying A-Z banners close by. Stand beside the banner that corresponds to the first letter of your surname....if your name Usain Bolt, stand by the letter 'B'.

## REFRESHMENTS

As the run starts and finishes in the city centre there are lots of places to grab a bite to eat. If you are eating and drinking in the streets, please dispose of any rubbish in the litter bins provided. It may be worth booking ahead as it will get busy.

## GREAT RUNNERS WELCOME HERE

Everyone loves a special treat now and again and we've teamed up with local businesses to offer you some exclusive offers as a well done!

All you need to do is visit [greatrun.org/yorkshire](http://greatrun.org/yorkshire) and take a look through the offers listed under 'Great Runners Welcome Here', check the address and the validity date and show them your run number to claim your treat.

## OFFICIAL PHOTOGRAPHS

Our official photographers from Marathon Photos will be at the event to capture all of the action. Visit [greatrun.org](http://greatrun.org) in the days following the event to see if there are any snaps of you.

## RESULTS

Full results will be available at [greatrun.org](http://greatrun.org) following the event.

## FREE WIFI

Don't forget, there will be free WiFi near the start and finish areas making it easy to find important online event information and to share those all-important event day selfies!

## JOIN THE CONVERSATION

Stay up to date with all the latest event day information on our social media channels listed below. From travel tips and timetable information, to what to eat before your event, we provide a wide range of useful information before and after your big day.

We'd love to hear from you and see pictures of the highlights of your day.



Website: [greatrun.org/yorkshire](http://greatrun.org/yorkshire)  
Facebook: [facebook.com/greatyorkshirerun](https://facebook.com/greatyorkshirerun)  
Twitter: [@great\\_run](https://twitter.com/great_run)  
Instagram: [great\\_run](https://www.instagram.com/great_run)

Follow the conversation: [#GreatYorkshireRun](https://twitter.com/hashtag/GreatYorkshireRun)



# RESPECT THE CHALLENGE

## OUR GUIDE TO A FIT, HAPPY AND HEALTHY GREAT RUN

OVER the past 30 years more than one million people have completed a Great Run. Running is great for your health, but it does not suit everyone so it's important that you read the following information, have done all the training you need to and are ready to take part in your event.

### FIT TO COMPETE

It's important to train properly for your run otherwise you will be at risk of injury. Here are some tips that will help ensure you enjoy your training safely.

**1** Before you start any training programme, make sure you're healthy enough to run. Talk to your doctor if you have a long-term health condition that may affect your ability to exercise, such as:

**HEART DISEASE**

**ASTHMA**

**DIABETES**

**EPILEPSY**

**ARTHRITIS**



If you start your training programme and find that you feel unwell, see your doctor, especially if you:

- Have heart palpitations
- Feel light-headed, dizzy or faint
- Have chest pain or tightness
- Get excessively short of breath
- Get excessive wheezing or coughing
- Have severe joint or muscle pain

**2** Start your training slowly and build up gradually, especially if you haven't exercised for some time. Allow yourself recovery time when training. This is when your body gets stronger and fitter. If you don't allow time for your body to recover, you may weaken your performance and feel tired. Muscle aches and pains happen most commonly after an increase in training and stress on your lower limbs can cause injuries.

**3** Give yourself time to warm up and cool down before and after your run. Warming up allows time for your body to prepare mentally and physically for the exercise you're about to do. A good warm up should include activity that slightly raises your heart rate followed by stretching. This increases the blood flow to your muscles, improves flexibility and prepares your muscles. Cooling down after your run helps to reduce muscle soreness and stiffness.

**4** To reduce your risk of injury, vary your routes, running surface, pace and distance. Ideally, swap between two pairs of shoes on alternate training days.

**5** Face oncoming traffic and stay visible, especially when it's dark – for example, wear bright or reflective clothing.

# RESPECT THE CHALLENGE



## HYDRATION

It's important that your body stays hydrated – keeps the right level of water – so that it can function properly. You also need enough water to allow nutrients to be transported around your body.

The colour of your urine can be a helpful indicator of hydration. Generally, dark urine suggests dehydration, with pale, straw-coloured urine being ideal. If you don't usually drink caffeinated drinks, don't start now as they can be particularly dehydrating if you aren't used to them.

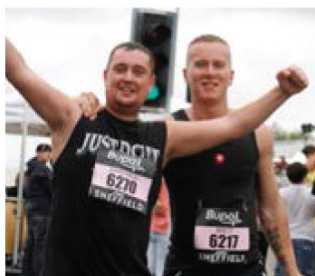
In general, drink when you feel the need and don't gulp large volumes of fluids before, during or after the run – this can result in a condition called hyponatraemia.

This happens when the salts in your body are diluted too much and can cause confusion, disorientation and vomiting.



## BEFORE YOUR RUN

Start the run well hydrated. Drink enough fluids in the week leading up to the run and in particular the day before the event to ensure that you're properly hydrated. Alcoholic drinks are dehydrating, so don't drink them less than 24 hours before your run. Drink whatever you have practised with during training.



## DURING YOUR RUN

During strenuous exercise, you can lose between half a litre and two litres of water per hour as sweat. Therefore it's important to replace the fluid and salts you lose.

Everyone is different; some people sweat more than others, and some lose more salt in their sweat. Because of this individual variation, it's not possible to give exact advice on how much you should drink during a training session. As a general rule, aim for 120 to 150ml of cold fluid every 10 to 15 minutes. Cooler fluids are recommended because they are usually more palatable and help to lower your core body temperature.

Make sure you know where the drink stations are on the run's route. Aqua-Pura water and Powerade will be available, but only take a drink if you need one. If it's hot, there will be extra water and showers may be available – use these to cool yourself rather than pouring drinking water over yourself.



## AFTER YOUR RUN

Most runners don't drink enough during the run and need to rehydrate afterwards, so take on some fluid as soon as you can after crossing the finish line. Although you may feel like celebrating, make sure you're fully hydrated with water or squash before you have any alcohol.

**DO NOT  
RUN**

If you feel unwell or have been unwell, even  
if you are raising money for charity

**DO NOT  
RUN**

# RESPECT THE CHALLENGE

## ARE YOU PREPARED FOR YOUR DISTANCE?

As a guide, during the weeks before your run aim to have run:

**FOUR MILES** CONTINUOUSLY

if taking part in a 10k run

**SIX MILES** CONTINUOUSLY

if taking part in a 10 mile run

**EIGHT MILES** CONTINUOUSLY

if taking part in a half marathon

If you can't manage this distance, you may not be able to complete the event safely and probably won't enjoy it.

**PLEASE DO NOT RUN THIS TIME.**

For all your training needs visit

[www.greatruntraining.org](http://www.greatruntraining.org)

## Respect the Challenge TOP TIPS

**1** Check the weather forecast to help you decide what clothes you will need.

**5** Make sure you have something to eat and drink to keep you going on the journey home after the run.

**2** Apply Vaseline to any areas where you have had chafing during training, such as under your arms, bra band, toes or groin.

**6** The first few miles can be very crowded. Many people tire themselves out by dodging in and out of runners because they are behind on run plans. Try to maintain a slow, even pace and enjoy the event.

**3** You might want to bring some old clothes that you can start the run in and throw away once you have warmed up.

**7** Wear water-resistant sun cream – just be careful not to put on too much otherwise when you sweat, the sun cream may run into your eyes.

**4** Don't wear new trainers for the first time on run day – it's a good idea to run in them for at least a month before the event.

**8** Remember to bring your own safety pins if your event requires you to wear a run number.

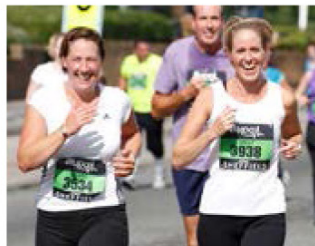
## ILLNESS

During training

If you're injured, or have flu or gastroenteritis, don't train until you are fully recovered. Although the worst flu symptoms are usually over after five days, it can take much longer to recover completely. When you're better, start training gently and build up gradually. Don't try to make up for lost mileage – this may cause more damage or illness. Consider carefully whether or not to run if you have been ill or injured.

Fit to run?

Don't start a run if you feel unwell or have been ill recently. Running may put you at risk of serious illness if you have a fever, have been vomiting, have had severe diarrhoea or any chest pains, or otherwise feel unwell. Don't try to run just because you have collected sponsors to raise money for a charity – you will be able to attempt another run in future.





# RESPECT THE CHALLENGE



## EATING

### During training

The best advice when training is to stick a healthy, balanced diet. If you do this, you will be getting all the nutrients you need to exercise regularly, so you won't need to take vitamins or other supplements to improve your running.

On training days, have a meal about three to four hours before you run if you can. This should be low in fat and fibre and high in carbohydrate and include some protein. Then have a snack half an hour to an hour before your training.

Try to eat some starchy food within two hours of finishing an event or when completing a training run – your muscles can replace energy (glycogen) twice as quickly during this time.

### The week before your run

It's very important both in the days before your run and during it that you stick to food and drink that you have tried before. Don't start trying lots of new foods as it may affect your digestion.

If you're going to be running for

longer than 90 minutes, for example a marathon or half-marathon, you will perform better if you follow a programme of carbohydrate-loading in the three days before the run. This involves reducing your training and increasing the amount of starchy foods you eat while cutting down on protein. Sports dieticians recommend that in the three days leading up to the run more than the normal 60% of your food intake should be carbohydrates. This is important for maximising your muscles' energy stores.

### The morning of your run

On the day of the run, have a meal that is high in carbohydrate and low in protein, fibre and fat, for example porridge with a banana or toast with honey. This will top up the level of energy in your muscles – particularly important if your run is first thing in the morning after eating nothing overnight.

Eat this meal between one and four hours before the start of the run so your stomach has time to empty.

## AFTER THE RUN

Don't let yourself get cold by standing around after you have finished. Make sure you keep moving, especially if you feel dizzy, and have something to drink. Collect your bag as soon as you can and change into warm, dry clothing – foil blankets will help, but won't stop you from getting cold. Then go to wherever you have arranged to meet your friends and family.

If you haven't drunk enough or eaten anything, you can feel faint even over half an hour after finishing a run. If this happens, have something to eat and drink, but don't drink too much.

## RUN NUMBERS

It is important to fill in all the requested information on the back of your run number – including contact numbers for the day of the event. You must run with your own run number and not let anyone else use it if you decide not to take part.

Agreeing to the conditions of entry means only you are registered to this number. This will help medical staff identify you in case of an emergency – imagine the stress that could be caused to friends and family if someone is mistakenly identified.



For all your training needs visit:

# GREATRUNTRAINING.ORG

