



#GREATNORTHRUN

- ☐ **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 Great North Run highlights programme is on BBC Two at 18:00 on Sunday 11 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
- ☐ **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 (attached to 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 AND SMS**
More information at greatrun.org/social and greatrun.org/smsregistration
- ☐ **DON'T FORGET, THERE WILL BE FREE WI-FI FOR ALL RUNNERS AND SPECTATORS ON THE DAY**
- ☐ **CHECK THE GREAT RUNNERS WELCOME HERE SECTION OF THE WEBSITE**
At greatrun.org/north for a selection of exclusive offers
- ☐ **JOIN THE ONLINE CONVERSATION**
And share your event day photos on social media and tag them with [#GreatNorthRun](https://twitter.com/GreatNorthRun)
- ☐ **BRING SOME SPARE CHANGE AND A PACK OF TISSUES**
You never know when you might need them...

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



GREATRUN.ORG/NORTH