

RUNNERS' GUIDE

ALL YOU NEED TO KNOW TO ENJOY A SUCCESSFUL STIRLING SCOTTISH MARATHON



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WELCOME FROM MIKE ROBBINS, STIRLING PROVOST

I would like to give a very warm welcome to all the runners and supporters taking part in the first ever Stirling Scottish Marathon. I'm delighted that the Great

Run Company chose to make Stirling the first in the Great Run British Marathon Series.

Our beautiful area is the ideal setting for a marathon and I'm sure that you will all enjoy the spectacular route, with its unique start at Blair Drummond Safari Park.



Runners will travel through some of Scotland's most iconic scenery and highlights you'll take in on the way include my own home town of Dunblane, the National Wallace Monument, the lovely grounds of the

University of Stirling and, of course, the famous sight of Stirling Castle.

We have a sound international sporting legacy in Stirling, producing some of the world's top athletes.

I know that many local people have entered – for many of them it's their first marathon – and it's great to see so many groups of people out training around the area, enjoying the clean air and varied running routes, with the support and advice of the Great Run Company team.

I look forward to showing off our wonderful area to the thousands of runners from around Britain and abroad who are coming and wish all of you every success, and an enjoyable run on marathon day.

GRAB A CUPPA, GET COMFORTABLE AND READ CAREFULLY

The items in your run pack are very important so take the time to read this section carefully.

But, before we begin, please remember that many of the serious medical problems occur in people who have been slightly unwell but do not wish to miss the event or feel like they have let down their friends or charity.

If this sounds like you, please don't risk becoming a medical emergency – the Stirling Scottish Marathon will be back next year!

RUN NUMBER AND TIMING CHIP – IT'S YOURS AND YOURS ALONE!

This is your unique number and only you must wear it on the day. Please don't swap, change or copy it in any way – and definitely don't remove your timing chip from the back, otherwise we won't be able to give you an accurate finishing time!

Fill in any missing details on the back of the number and pin it securely to the front of your top as you will need your number to claim your Finisher's Pack and get your baggage back if you have used the baggage bus facility.

If you have any queries about your number or it doesn't match the number mentioned on the covering letter, get in touch sooner rather than later at info@greatrun.org

WILL THERE BE WIFI?

Of course there will be wifi! It will be free and can be accessed at the finish line.

Simply locate 'Great Run Free Wifi' on mobile devices, enter your email address and start sharing those pictures! Remember to use the hashtag #StirlingMarathon.

This also means you can download the **Great Run App** from iTunes or Google Play. It contains loads of event day info



and your loved ones can track you on your journey round the course.

HOW DO I GET TO THE STIRLING START LINE?

The Stirling Scottish Marathon will start at Blair Drummond Safari Park, to the west of Stirling. Due to the road closures in place for the safe delivery of the marathon, there is no parking available at the start but **all runners will use the shuttle bus system to get to the start.**

Free event car parks can be accessed

from the M9 at junction 10 or via Drip Road. Just follow the clear signage, and the instructions of the traffic management operatives when you arrive, who will direct you to park in a co-ordinated fashion.

You can access the car parks from 6.00am.

A complimentary shuttle bus will then transport runners from the car parks directly to the start area at Blair Drummond Safari Park, starting at 6.10am, then as each bus is full till the final one leaves for the start at 8.20am.

Unfortunately there is no spectator access at the start so you will need to show your run number before you can board a bus. Don't worry, more on spectating later ...

For runners who are staying in Stirling city centre, there will be a complimentary shuttle bus departing from Stirling train station. The first bus from this location will also leave at 6.10am.

Please give yourself plenty of time to get to the start area. The bus ride to Blair Drummond Safari Park will only take about 10 minutes, but there is a short walk (or warm-up jog) past antelopes, llamas, monkeys and lions from the drop-off point to the assembly area. Give them a wave as you pass!

Public bus services will still be running but the nature of the event dictates there will be significant disruption to the schedules in the Stirling area. Please check firstgroup.com for more information.

If you decide to cycle to Stirling, there are numerous bike parking locations around the city centre and at each of the park and ride locations.

We recommend that you don't cycle to the start area at Blair Drummond Safari Park, though, as there is no return transport to the park after the event and it's a long walk!

WHERE WILL I STAY?

Nirvana Europe are the official travel partners of the event and specialise in putting event packages together across a range of budgets.

They are also operating special transfer services from Edinburgh and Glasgow to the start area and back again afterwards. So if you need help arranging travel and accommodation, give them a call on 0191 257 1750 or visit nirvanaeurope.com

WHAT WILL I FIND AT THE START AREA?

Apart from the odd monkey and a lion or two, this is where you will find the



Information Point for any last-minute queries and it will open nice and early at 6.15am.

There's also an Information Point located in The Thistle Centre in Stirling which is open from noon till 5pm on Friday 19 and 10am till 4pm on Saturday 20 May.

Any problems that can be sorted in advance, though, check the FAQs at greatrun.org/faqs or get in touch with the team at info@greatrun.org so we can sort the issue out and put your mind at rest.

Whether you want to warm up with a hot chocolate, grab some last-minute

fuel or get your pre-event caffeine fix; the coffee stands and food outlets at Blair Drummond Safari Park will be open and ready to help.

All outlets accept cards, as well as cash. The friendly catering staff have put together a runner's breakfast menu including porridge (£2.50), cereal bars and fruit (£1.00 each). And there's loads of waste and recycling bins around just begging for your litter!

WHERE ARE THE TOILETS?

There are not many places as



There will be a few interested spectators, not to mention plenty of race-day information, at the marathon start area in Blair Drummond Safari Park

nerve-wracking as the start of a marathon so we've got lots of toilets on the site. As well as the permanent toilets, we will be installing temporary units at key locations, which will be clearly signed. (To reduce queuing for all runners, we politely ask that, when possible, male runners use the urinal blocks provided.)

I DON'T WANT TO WASTE ENERGY BEFORE THE RACE

With 26.2 miles ahead of you, the temptation to have a pre-run seat could be quite strong. There are numerous indoor,

covered and outdoor seating areas, picnic tables and benches around to rest awhile and conserve your energy.

WHAT DO I DO WITH ALL OF MY STUFF?

A fleet of self-service Baggage Buses will be available at Blair Drummond Safari Park to transport your belongings to the finish area at City Park.

Baggage Bus Tips:

- 1 Prepare the night before, fill out and attach your baggage label securely
- 2 Do not leave valuables in your bags.

The organisers cannot be held responsible for the loss, damage or theft of belongings on the baggage buses or at the end of the run, however caused.

3 Buses are colour-coded (see window signage). Don't forget which number bus you left your bag on (stewards will stamp your run number to help you)

4 For security reasons, access to the buses will only be granted to runners wearing their numbers.

5 Do not leave your bag unattended at any time as this could cause a security alert.

I WANT TO GET STARTED

Ok, so you're itching to get over the start line but have your read this magazine, have you made sure your baggage is all on the bus correctly and do you know your coloured assembly zone?

Staff will let you know when the assembly areas open. Follow the signs to your coloured assembly zone, where you will need to show your number to gain access.

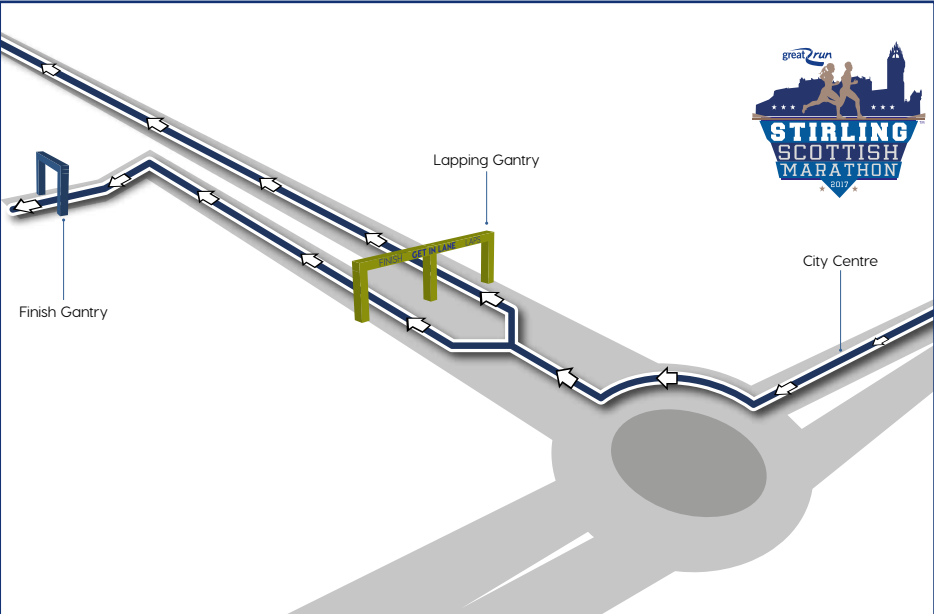
Once you're in, move forward so other runners can assemble behind you. There are three coloured waves, based on your estimated running time and each wave will have its own start to ensure you have the best experience possible.

TIMETABLE

06:00	Event car parks open
06:10	First complimentary shuttle bus to start line from Stirling train station leaves
06:15	Information Point and facilities at the marathon start area open
08:45	Warm-up for all marathon participants
09:00	Start of the Stirling Scottish marathon Orange wave
09:10	Start of the Stirling Scottish marathon White wave
09:20	Start of the Stirling Scottish Marathon Pink wave

Note: Information subject to change. Please check greatrun.org regularly for any updates ahead of event day





CAN YOU TELL ME MORE ABOUT THE LAPS WHICH COME LATER ON IN THE MARATHON COURSE?

The Stirling Scottish Marathon features a 26.2-mile course which has been officially measured and certified. The city centre section of the route is characterised by a lap system which will take runners around the historic city of Stirling and it is important that runners manage their own lapping.

There will be a lapping gantry on Raploch Rd (see diagram above) which runners will pass beneath three times. As they pass this point for the first and second time, runners will pass beneath the right-hand side of the gantry. On the third time they reach this point they will pass beneath the left-hand side of the gantry before finishing. In total runners will do two full laps and one part lap of this city centre section.

Please note: there will be a timing mat positioned beneath the right-hand side of the gantry so if any runners do not complete the required distance the results will detail this accordingly.

LET'S GET WARMED UP

To make sure you are ready to take on the 26.2-mile route, there will be a mass warm-up at 8.45am.

Before the start, deposit any rubbish, bin liners or old clothing in the bins provided or to the side of the assembly area to avoid causing obstacles to other runners.

Listen out for any information given by the PA announcer, he doesn't just like the sound of his own voice! And when you hear the gun go, please be patient. Your timing chip does not activate until you cross the start line so you will receive a completely accurate finish time.

Any runners that arrive late to the start, after the sweep vehicle has left at 0920, will NOT be allowed to participate in the interests of safety and wellbeing of all concerned. The Start Director's decision is final.

I'M FEELING FIT BUT IS THERE HELP AT HAND IF THAT CHANGES?

We hope you don't need them, but there is a full medical team in place. Doctors, nurses, paramedics and first-aiders will be at key locations along the course and at the finish area, as well as being deployed in mobile medical units.



So if you require assistance please notify an event steward, marshal or a member of the medical staff.

If the medical team think it is unwise for you to carry on, they will suggest you retire from the event. Nobody can be forced to stop, but it is strongly recommended that you heed their advice.

WHAT HAPPENS IF I CAN'T CARRY ON?

If you find yourself in the unfortunate position of being unable to continue, there are runner's welfare pick-up points along the course at 4, 9, 13, 17, 21 and 24-mile points and you will be transported to the finish area.

The Stirling Scottish Marathon will operate a clearly marked sweep vehicle, which will travel at a designated pace of 17 minutes per mile at the rear of the field.

If you fall behind this vehicle you will be required to complete the event on the pavement but, if you feel unable to do so,

a bus will transport you to the finish which will remain in place until the last entrant has crossed the finish line.

HOW CAN I STAY HYDRATED?

In addition to water at the start and finish, there are a number of drinks stations on the course.

Bottled Aqua Pura Water is available at 3½, 9, 15, 18, 22 and 25 miles. Lucozade Sport is available at 7, 11, 18, 22 and 25 miles (see course map on p34-35).

Only take one bottle per station and move straight on (there are lots of thirsty runners behind you). Take care when disposing of bottles and discard at the side of the road to avoid trip hazards. Toilets are available at all drink stations.

HOW CAN I KEEP COOL?

You don't need to pour bottled water over your head to cool down as there are three fine mist run-through showers between 8 and 12 miles.

The clue that you've nearly reached them are the large 'shower ahead' signs.

MUSIC TO MY EARS

You will be entertained and motivated as there are loads of official Bands on the Run as well as seven charity cheering points. Check out the course map on p34-35 to see where the charities are located.

WHAT IF I HAVE TO WALK?

If you are planning to walk all or part of the Stirling Scottish Marathon, please keep to the left so runners can pass you with ease.

During the planning of the event, every care is taken to ensure emergency services can go about their duties with limited hindrance. However, if an emergency situation does arise and a vehicle with blue flashing lights need to cross the course, we ask you make this as easy as possible by clearing a route for the vehicle to cross safely.

WHERE'S A GOOD PLACE FOR SUPPORTERS TO GO?

Lots of runners will have supporters with them but, due to the road network in the region and the closures that will be in place around the route, it is difficult for spectators to move around while the event is in progress.

Doune, Dunblane and Bridge of Allan are good places for family and friends to base themselves, but they will not be able to drive to the finish area in Stirling city centre until roads have re-opened once the final runner has passed these points.

Stirling city centre is an ideal location to spectate. As well as there being lots of shops, cafes and restaurants in the area; runners will pass this location twice in the latter stages of the race so will really appreciate your support. Stirling city centre is around a 15-minute walk to the finish area at City Park.

Please note: There are some sections of the route where runners are sharing the carriageway with live traffic. We recommend that spectators do not congregate at these locations.

FINALLY ... THE FINISH LINE IS IN SIGHT!

Please resist the urge to stop as soon as you cross the line. Keep moving as there could still be thousands of runners coming in behind you.

Move through the finish system and follow the signage to the Finisher's Packs. Please take a pack that corresponds to the T-shirt size you indicated on your entry form, so no runners are left disappointed.

Your pack will also contain your well-deserved medal, a space blanket, bottle of Aqua Pura bottled water and other goodies.

PLEASE NOTE IT IS STRICTLY ONE PACK PER FINISHER. NON-FINISHERS ARE NOT ELIGIBLE FOR PACKS.

WHERE CAN I MEET MY FRIENDS AND FAMILY?

The family reunion area is located at the



Savour that finish line feeling

main event site. Follow the signs and meet up under the A-Z banner that matches the first letter of the runner's surname.

You need to keep your run number until you have collected your baggage as only runners will be allowed on board the baggage buses. The buses are parked near the finish area and will be clearly signposted.

Now is a great time to head into the Event Village where there will be charities, food and drink concessions, sponsor and exhibitor marquees and massage, making it a great place for post-run relaxation.

When it's time to head home, the finish area of the Stirling Scottish Marathon is not too far from the car parks. But if you can't face taking another step (and let's be honest, why should you?) a regular courtesy bus will be in operation from 12 noon until 5.00pm and we'll even give your spectators a lift this time!

Please follow the signage to the shuttle bus pick-up point.

I'VE DONE IT AND I WANT TO SHOUT ABOUT IT!

Of course you do and you can! If you'd like Great Run to share your results for free on your personal social media platforms, we can Tweet your results straight after your run or post on Facebook.

All you need to do is register now at socialmediaregistration.greatrun.org You will need your ID number, which can be found just under the barcode at the top of the letter you got with this magazine.

Full results will be available at greatrun.org, together with an event report and details of other Great Runs in 2017.

Official Stirling Scottish Marathon photographers will be there to capture some of your proudest moments.

Visit greatrun.org and follow links to your own Great Run photo album.

HAVE A GREAT DAY AND ENJOY THE RUN!

DON'T FORGET!

YOU WILL ENJOY YOUR GREAT RUN EXPERIENCE ALL THE MORE IF YOU ARE ORGANISED PRIOR TO BEING ON THE START LINE. **PETA BEE** PROVIDES A REMINDER OF WHAT YOU WILL NEED ON EVENT DAY

THE morning of your run is not a good time to realise you haven't washed your running top or that there's a hole in your favourite pair of running socks. Spend the days prior to the big day getting prepared and laying out your kit so that you are ready to run.

EVENT DAY CHECKLIST

- ☐ Your running vest or T-shirt, washed and ready to wear
- ☐ Your trainers – worn-in and run-ready
- ☐ Shorts, leggings or tights that you know are comfortable to run in
- ☐ Sports bra that doesn't rub or chafe
- ☐ Blister-proof socks
- ☐ Your running watch/GPS fully charged the night before
- ☐ Your running number and event information
- ☐ Directions to and from the run
- ☐ Your gels and energy-boosting aids
- ☐ A hat or headband if you wear one
- ☐ Spare (old and disposable) clothing if it's a cold day
- ☐ Sunglasses and sunscreen if it's a hot day
- ☐ Arrangements of where to meet friends and family when you cross the finish line



Don't ruin your run experience by not being prepared