

RUNNERS' GUIDE

ALL THE EVENT INFORMATION YOU'LL NEED TO HAVE A GREAT RUN IN GLASGOW

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PHILIP GRANT, CHAIR, SCOTTISH EXECUTIVE COMMITTEE LLOYDS BANKING GROUP

On behalf of Bank of Scotland, I would like to welcome you to this year's Bank of Scotland Great Scottish Run. You can all be very proud of your dedication and commitment in preparing for either the 10k or half marathon.



A special thank you for playing a part alongside the thousands of other runners supporting and raising amazing amounts of money for their nominated charities, including our charity partner, Mental Health UK.

As proud supporter of the Bank of Scotland Great Scottish Run for the last nine years, in 2017 we were on a mission to get Scotland active with our new Community Challenge.

The aim was to have one runner from each local authority selected to embark on a 10-week to 10k training program with support from a Great Run Company expert coach.

We have enjoyed following our



selected runners on their emotional yet inspirational journeys and I would like to wish them all the very best of luck as they finally reach event day.

The Bank of Scotland Great Scottish Run is one of the Bank's key community programmes that helps us deliver our commitment to helping Scotland prosper.

Thank you to our partners at The Great Run Company and Glasgow Life for supporting us and providing the opportunity for people of all ages and abilities to continue to participate in Scotland's biggest mass participation running event.

As well as the main events of the 10k or half marathon, it is always fantastic to see the thousands of young runners getting involved through our Schools Challenge and 'Super Saturday' junior, family and toddler events.

Finally, I would like to wish you good luck and I hope you enjoy your Great Scottish Run!

COUNCILLOR DAVID McDONALD, DEPUTE LEADER OF GLASGOW COUNCIL, CHAIR OF GLASGOW LIFE

Congratulations and a huge well done for signing up to take part in the Bank of Scotland Great Scottish Run in Glasgow – one of the main highlights of the Scottish sporting event calendar.



I'm hugely and undeniably proud of our city: Glasgow is the sporting capital of Scotland and one of the top five sporting cities in the world. We have a proud history of hosting major international events and a track record for excellence and innovation.

The Great Scottish Run attracts some of the best runners in the country, allowing them to participate in a brilliant sporting event which traverses past world-famous historic and cultural landmarks.

From the iconic and bustling George Square in the heart of the city centre, to the peace and beautiful tranquillity of Pollok Park, this race has it all. There is really no other event like it.

Many of you will have completed this run before and will be chasing a PB, while there will be those among you taking on this impressive distance for the first time and just keen to get yourselves across the finish line.

I'd like to wish you all the very best of luck in your training and the race itself.

No matter the time it takes you to cross that line, it'll be a massive achievement for each and every one of you.



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 Bank of Scotland Great Scottish Run 10k and half marathon events 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@greatscottishrun.com

There are White, Green and Pink waves in both the 10k and half and the colour of your number relates to your start wave, which is based on the estimated time you put on your entry form. Basically, the faster you are, the earlier you set off.

If you think you're going to run faster than you estimated, please contact us at info@greatscottishrun.com prior to the event as you cannot automatically move to a faster wave. If you plan to run slower or your mates are in a later wave, you can move back without having to tell us.



WILL THERE BE WIFI?

Of course there will be wifi and it will be free. Simply locate 'Great Run Free Wifi' on mobile devices, enter your email address and start sharing those pictures! Remember to use the hashtag #GreatScottishRun.

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 IT GET TO THE START LINE?

Planes, trains and...subways! Glasgow has an excellent public transport system so we suggest using these options wherever possible, but still allow plenty of time.

If you decide to travel by car visit glasgow.gov.uk/parking or call 0141 287

4040 for parking information as there's no parking available in George Square, on the run route or in the surrounding streets. Please don't rely on satnav devices though – they don't know which roads we've closed for you!

Park n Ride stations can be found at **Shields Road** (800 car park spaces), **Bridge Street** (159 spaces) and **Kelvinbridge** (157 spaces). For more information visit spt.co.uk

For information on air, bus, train and subway services to the city and to the start of the run, visit travelinescotland.com or call 0871 200 2233.

Using the subway means you don't need to worry about the road closures. On event morning all subway stations will be open from 07:30am with the first trains running at 07:45am. The nearest station to the start line is Buchanan Street.

There's lots of cycle routes, roads with cycling facilities and cycle parks available too. Visit glasgow.gov.uk/cycling

WHERE WILL I STAY?

Looking to make a weekend of it? Visit www.ihg.com for availability of city centre accommodation at a variety of prices.

WHAT WILL I FIND WHEN I ARRIVE?

The Information Point is in George Square. You can't miss it, it's the Great Run branded marquee and will be open from 08:00 on the Sunday morning. Any problems that can be sorted in advance though, check the FAQs at greatscottishrun.com/frequently-asked-questions or get in touch with the team at info@greatscottishrun.com so we can sort the issue out and put your mind at rest.



There will be a Missing Persons point in George Square and Glasgow Green.

Temporary toilets will have popped up in George Square for runners and spectators, whilst runners-only toilets will be available within the coloured assembly areas.

WHAT CAN I BRING AND WHAT DO I DO WITH ALL OF MY STUFF?

Bring as little as possible, only the essentials. We do have baggage buses but anyone using them should expect additional security which will mean you need to allow more time to use them.

If possible, please do not bring a bag at all. If you do bring a bag try and leave it with friends or family or locked in your car.

The buses will be clearly marked with signs to show which colour wave should use them and you have to show your run

number to staff to gain access before and after. Buses will move to North Approach, on the North-East side of the main event site at Glasgow Green, for bag collection.

BAGGAGE BUSES

Great Scottish Run 10k
(open from 08:45)
Hutcheson Street – for all runners

Great Scottish Run Half Marathon
(open from 10:15)
Hutcheson Street – for **white** wave runners
Brunswick Street – for **Green** and **Pink** wave runners

I WANT TO GET STARTED

Ok, so you're itching to get over the start line but have you read this magazine, have you made sure you can find the baggage

bus and do you know your coloured assembly zone?

Follow the large coloured signs to your assembly area, which are located on Cochrane Street and the south side of George Square. You will need to show your number to gain access – there's a reminder of arrival and start times on the back.

Once you're in, move forward so other runners can assemble behind you. If you are taking part in assisted wheelchairs please line up towards the rear of the assembly area.

LET'S GET WARMED UP

The Bank of Scotland Great Scottish Run features a 10k course and a half marathon course, both of which have been officially measured and certified. The start line for both distances is in George Square.

Each kilometre/mile will be accurately

marked by large signs at the side of the road.

To make sure you are ready to take on your chosen distance, there will be one warm-up for the 10k run at 9.30am and one for the half marathon at 11.15am, led by our Great Run fitness guru Roy Gayle.

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, they don't just like the sound of their own voices! 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.

There are some low speed bumps on the course that will be clearly marked but please exercise caution in these areas.

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 consisting of doctors, nurses and physiotherapists in place at the start, at key points along the course and at the finish where the main medical facility will be located.

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.

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.

WHAT HAPPENS IF I NEED TO WALK OR I CAN'T CARRY ON?

If you are planning to or find you need to



walk at any point, please keep to the left so runners can pass you with ease.

A sweep vehicle will follow at the rear of the runners, at a 17-minute mile/ 12-minute km pace, to pick up anyone who feels unable to finish. If you fall behind this vehicle you will be instructed to finish the event on the pavement. If you are behind the vehicle at the North side of King George V Bridge (approx 8k) you will be asked to continue straight along the Broomielaw in order to gain time (10k only).

HOW CAN I STAY HYDRATED?

As well as at the start and finish, there will be Strathmore water stations on the 10k course when you reach the 6k point. On the half marathon course, there will be six water stations – just after 3 miles and 5 miles, then again just before 7, 9, 10½ and 12 miles. 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 any 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. Run through the fine mist shower just before the 8k point on the 10k course, or through the one at 12 miles on the half marathon route.

Look out for the large 'shower ahead' signs.

MUSIC TO MY EARS

We've got a great Bands on the Run programme for you, with four music zones and two Powersong kilometre long stretches across the course to help entertain and motivate you, as well as bagpipers marking every km/mile so you can hear how far you are into your run. Not only that but the Bank of Scotland Great Wall of Support, where messages of support from friends and family could appear on the big screen in front

EVENT DAY TIMETABLE

07:30	Glasgow Subway system open
07:45	First trains operating on Glasgow subway system
08:00	Information Point and toilets open in George Square. Toilets and site facilities open on Glasgow Green
08.45	10k baggage buses open on John Street and assembly areas open
09:30	10k warm-up starts
09:38	Bank of Scotland Great Scottish Run elite wheelchair race (10k)
09:45	Bank of Scotland Great Scottish Run 10k start (fast paced runners & white wave)
09:55	Bank of Scotland Great Scottish Run 10k start (green wave)
10:05	Bank of Scotland Great Scottish Run 10k start (Jog Scotland & pink wave)
10.15	Half marathon baggage buses open on Hutcheson Street and Brunswick Street
11.00	LIVE BBC TWO SCOTLAND BROADCAST ON AIR
11:15	Half marathon warm-up starts
11:30	Bank of Scotland Great Scottish Run half marathon start (elite athletes, fast paced runners & white wave)
11:40	Bank of Scotland Great Scottish Run half marathon start (green wave)
11:50	Bank of Scotland Great Scottish Run half-marathon start (pink wave)
12.15	Last 10k runner crosses the finish line (approx)
12.30	Half marathon winner crosses the finish line (approx)
12:55	Elite presentations at Glasgow Green
13:45	LIVE BBC2 SCOTLAND BROADCAST OFF AIR



COURSE MAP
HALF MARATHON



Start Start Line

Finish Finish

- Course route
- Distance Markers
- Bands on the Run
- Charity Cheering Point
- Train Station
- Water Station

of you, will be back! Don't forget to get your friends and family to register their messages of support at **greatscottishrun.com** from three weeks before the event.

WHERE'S A GOOD PLACE FOR SUPPORTERS TO GO?

The start and finish areas are open to spectators, although both areas will be very busy so we can't guarantee the best seats in the house!

You could always begin at St Vincent Street to offer support and encouragement up the hill. For those who would like a bit of a walk, both Pollok Park (covering miles 5-7) and Bellahouston Park (miles 8-9) are good places to watch the action and soak up the beautiful surroundings at the same time.

The Broomielaw is home to mile 12 and the finishing straight, where you can catch the runners' reactions as they spot messages from family and friends on the Wall of Support.

Or head straight to the finish area on Glasgow Green to watch the action live on the big screens and maybe grab a drink and a snack from one of the many concessions while you're waiting.

FINALLY ... THE FINISH LINE IS IN SIGHT!

The Bank of Scotland Great Scottish Run finishes on Glasgow Green and the finish system will remain in operation until the last runner has crossed the line.

Please resist the urge to stop immediately, as there could still be thousands of runners behind you, your time will be automatically recorded by the chip on the back of your run number.

Your Finishers' Pack contains your exclusive t-shirt and medal, please take a pack corresponding to the t-shirt size you indicated on your entry form.

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

Keep moving through the finish area to the Strathmore Water station and take one



bottle per runner. Ask friends and family to bring extra drinks along too and have a spare drink in your kit bag.

WHERE DID I LEAVE MY BAGGAGE AND WHERE ARE MY FRIENDS AND FAMILY?

The buses will be parked on North Approach on the North East side of the event finish site. You will need to show your run number to gain access and collect your bag.

Agree where to meet family and friends in advance or make us of the specified Meeting Point on Glasgow Green. Look for the large A-Z banners and stand by the one that corresponds to the first letter of your surname.

I'VE FINISHED RUNNING. NOW WHAT?

You could head straight home for a well-earned rest! But, better still, complete today's Great Run experience with a trip to the Event Village where charities will be waiting to meet and greet runners, event partners will be activating and you can refuel with goodies from the many concessions.

The Bank of Scotland look forward to welcoming you to their marquee and finish line zone – get a photo with your supporters messages on our Great Wall of Support or stand proud with your time

at our race clock. There's also the chance to meet our race ambassador and find out more about our charity partner, Mental Health UK.

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 **greatscottishrun.com**, together with an event report. Official Bank of Scotland Great Scottish Run photographers will be there to capture some of your proudest moments. Visit **greatscottishrun.com** and follow links to your own Great Run photo album.

SEE YOURSELF ON TV

The Bank of Scotland Great Scottish Run will be shown live on BBC Scotland from 11.00am, so make sure you set your recorder or catch up on iPlayer!.

HAVE A GREAT DAY AND ENJOY THE RUN!