

SUNDAY 9 SEPTEMBER SIMPLYHEALTH GREAT NORTH RUN CHECKLIST

TRAVEL PLANS FOR THE DAY
Ensure you know where to park, be aware of any road closures and familiarise
yourself with where you need to be in good time for the start of the event.
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 at the start will be collected and donated to charity.
A SPARE BOTTLE OF WATER TO SIP AT THE START
There will be bottled Aqua Pura water available at the start in case you need more
as well as a water station on the course.
DOWNLOAD THE GREAT RUN APP
From the iTunes or Google Play Store. The app allows your friends and family to track
you as you make your way around the course.
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 EVENT GUIDE
This contains maps, travel advice, baggage information and more.
CHECK THE ROAD CLOSURES
There will be a number of road closures in place so make sure you're fully prepared
and check the maps online: <u>greatrun.org/northrun</u>
JOIN THE ONLINE CONVERSATION
And share your event day photos on social media and tag them with #GreatNorthRun
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