



EVENT GUIDE

SUNDAY 7 JULY 2019

It's finally here, event day has arrived and we want to help you with any on the day questions so you can focus on enjoying your run and soaking up the atmosphere.

Any info you might need before the big day including travel advice, accommodation recommendations or location information can be found at [**greatrun.org/great-north-10k**](http://greatrun.org/great-north-10k)

For on the go event information, selfie filters and live tracking for your family and friends, download the FREE Great Run app from iTunes app store or Google Play Store.

For real time updates and to follow all the action on event day join the conversation on social make sure you use **#GreatNorth10k**





EVENT TIMETABLE

- 0800 Information Point and baggage open
- 0940 Orange and white wave assembly area open
- 0955 Orange and white wave warm up
- 1000 Fast paced club runners and Orange wave start**
- 1005 White wave start**
- 1010 Green and pink wave assembly area open
- 1015 Green and pink wave warm up
- 1025 Green wave start**
- 1030 Pink wave start**
- 1100 Presentations
- 1300 Family Run starts
- 1400 Event site closed

RUN NUMBER & TIMING CHIP

Your run number should be identical to the master number on your covering letter. If it's different please contact Customer Services on info@greatrun.org

This is your unique number, so only you must wear it on the day. Please don't swap, copy or change this number, selling it on or giving someone else access to your number might put them at risk if they're not properly prepared.

Your timing chip is attached to the back of your run number, do not remove or cover the chip as it will affect the accuracy of your time.

The chip will automatically record your time, so you don't need to do anything. Your chip doesn't need to be returned at the end of the run.

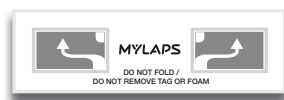
Front



Back



Timing Chip





YOUR BAGGAGE

Baggage is located within the Gateshead Stadium Sports Hall.

- **Marshals will manage the access doors.**

- **Fill in your baggage label (tear off from your run number) before leaving the house.**

- **Make sure your baggage label is secured to your bag.**

- **Sorry, the baggage room is not for changing.**

Please don't leave valuables in your bags - this is a self-service system and although there are security staff, organisers can't accept any responsibility for lost or stolen items.

To gain access to the baggage hall you will need your run number, when collecting your bag we will ask you to show your run number and baggage label to ensure they correspond.



AT THE START

You should use the toilet facilities before you enter your assembly area.

Toilets are available at the start/finish areas and on course, please look for signage or ask one of the information staff on site for directions.

Toilet facilities will be busy before and after the run, so please allow plenty of time.

A missing person's point is located at the information point in the event village. If you come across a missing person please contact the nearest event steward, official or police officer.

There will be two warm ups. Please use all the space we have created for you. Waves set off separately to help regulate the flow of runners through the course.

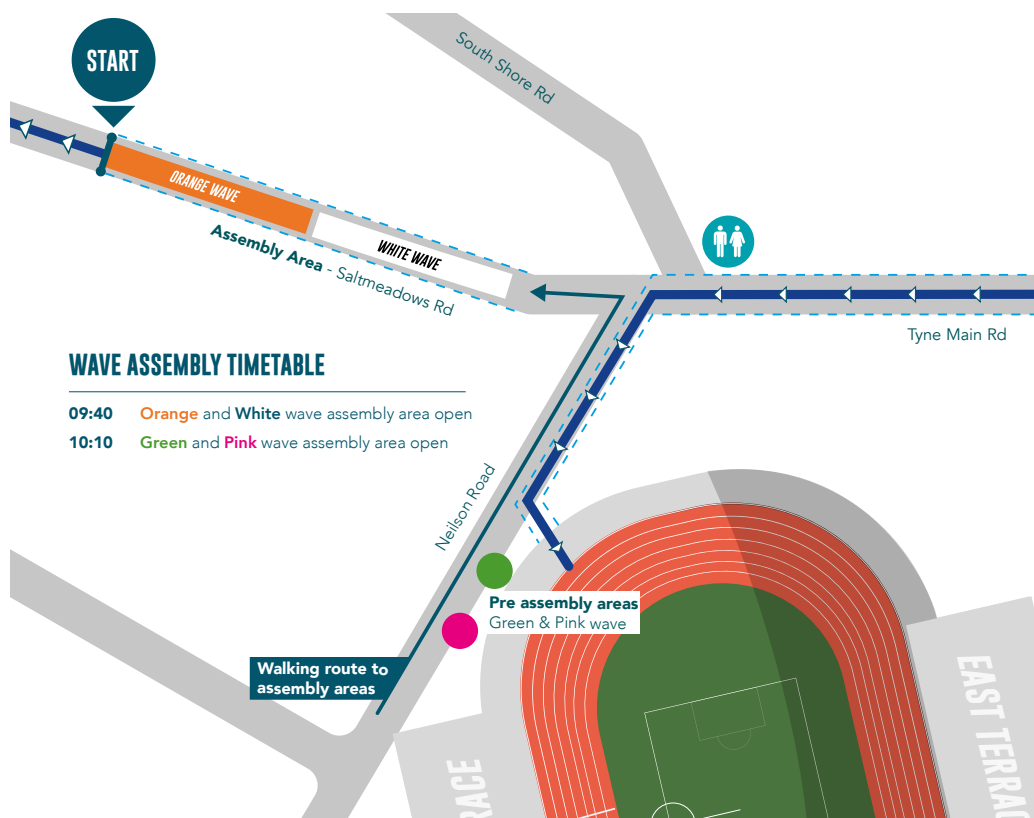
Anyone walking or part walking/running the event should start at the rear of the wave and in the first few kilometres stay to the left-hand side of the road to allow runners who want to pass.

If you want to run with a friend but have different coloured run numbers, you can drop back to run in the same wave but not move forward. Please make yourself aware of the new start line layout on our start map.

START MAP

The start and assembly area is located on Saltmeadows Road.

Please follow the clearly-marked route to the start area. Each area will be managed to make sure the correct coloured run numbers enter.



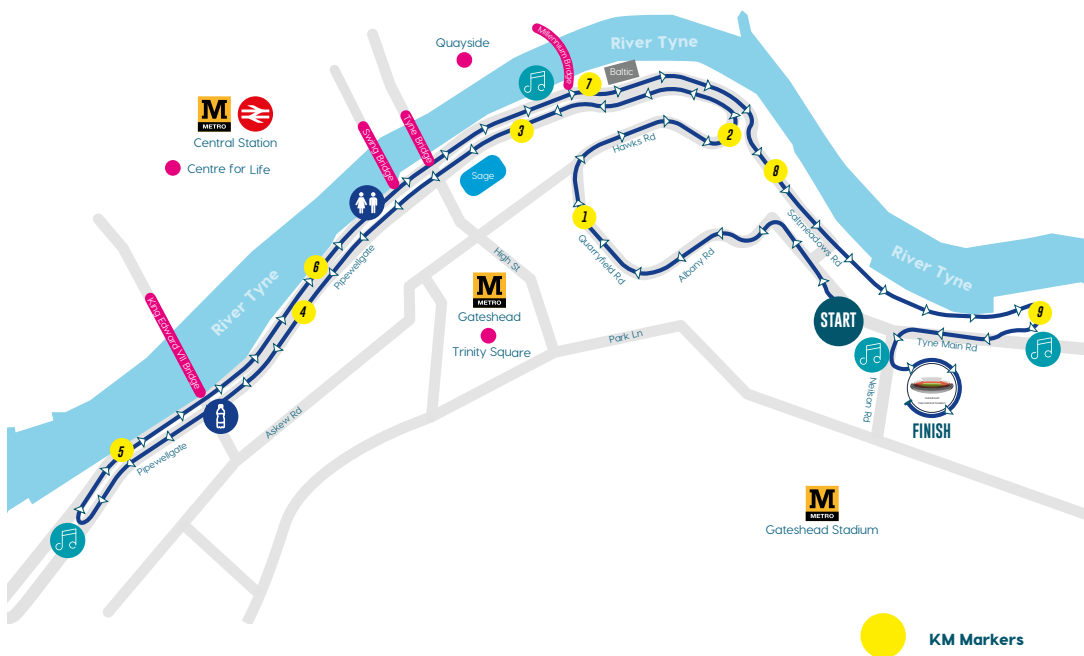
WAVE ASSEMBLY TIMETABLE



09:40 Orange and White wave assembly area open

10:10 Green and Pink wave assembly area open

Orange & White waves will be assembled first at 9:40 followed by Green & Pink waves at 10:10. Until 10:10 Green & Pink waves will be held at Neilson Rd until the Orange & White waves have started.

ON THE COURSE



 Water Station	 Course Entertainment
<p>Be prepared for the water station at around the 4.5km point - they will be signed in advance.</p> <p>Make sure you are ready to take a bottle – try not to stop suddenly when there are runners behind you.</p> <p>Please take only 1 bottle – be considerate of others.</p> <p>When you have finished, discard your bottle in the bins provided or at the kerb edge and try to keep it from the running carriageway.</p>	<p>Sunshine Panners Steel Band – 3k& 7k</p> <p>Metro Radio – 5k</p> <p>North Tyneside Steel band – 9k</p> <p>Wall of Sound – 9.5k</p>

No matter what your pace everyone is running the same event and everyone will get to cross the finish line. If you're running at less than a 12 minute per km pace you may be asked to move on to the footpath for the later sections of the run.



AT THE FINISH

Family and friends will be able to wait for runners within the stadium seating.

Don't stop immediately after you cross the line, you will have to walk a short distance.

Medical facilities will be available near to the start and finish line and staff from British Red Cross and North East Ambulance Service will be positioned around the course should you require assistance. Please contact a medic or steward if you need help at any time.

Finishers' packs will be sorted by t-shirt size and will include a bottle of water, your medal and other treats.

Please take the pack that matches the t-shirt size you chose when you entered the event.

The Event & Charity village is open to everyone and features a range of activities and exhibitors for everyone to enjoy. Be sure to pop in to check out the stands.

Once you have finished the run, there are numerous bars and restaurants in Newcastle and Gateshead to help you celebrate your achievement.

You will be spoilt for choice for food and drink options, however if you are keen to bag a bargain, please see the latest runners only offers at www.greatrun.org/runners-rewards/Newcastle

Visit greatrun.org/photos in the days following the run to see if there are any snaps of you.

FINISH MAP



EVENT VILLAGE KEY



Toilets



Family Reunion



Medical Point



Finisher Packs



Information Point



Baggage Buses

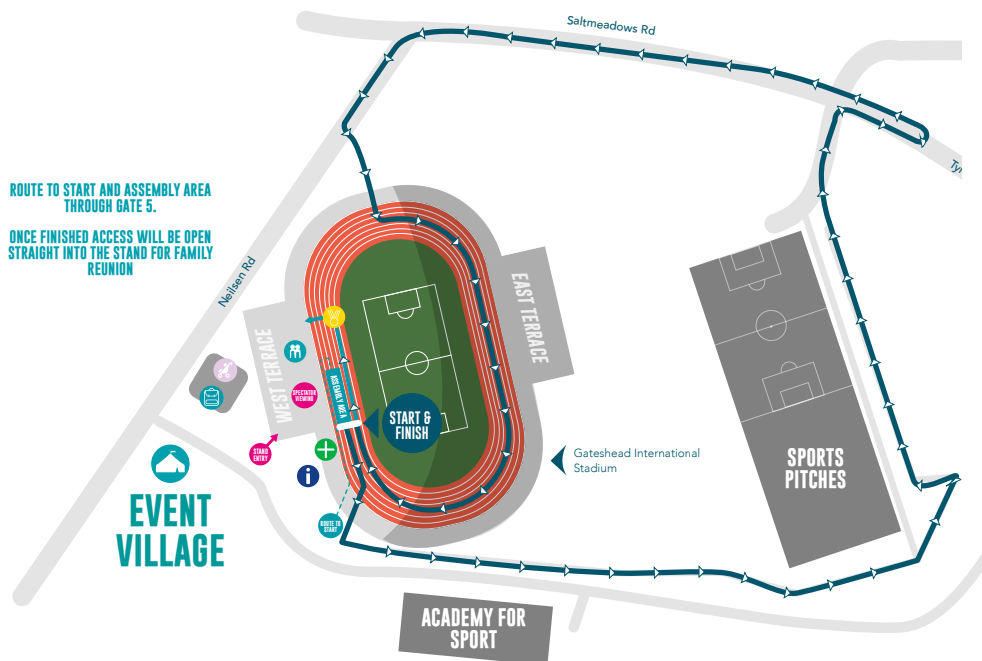


Exhibitors



Buggy Parking

FAMILY RUN MAP



EVENT VILLAGE KEY



Toilets



Family Reunion



Medical Point



Finisher Packs



Information Point



Baggage Buses

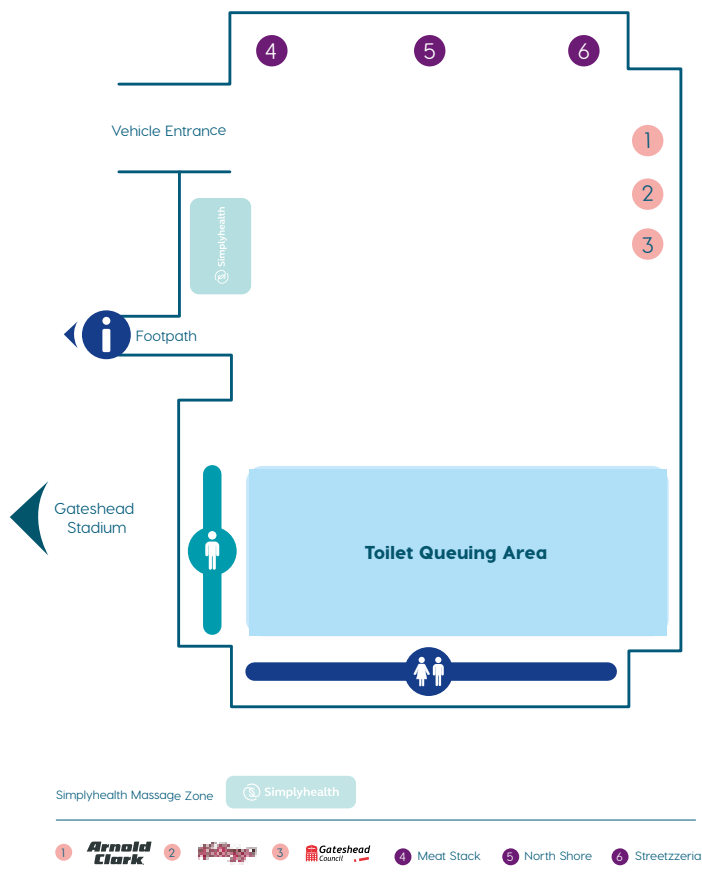


Exhibitors



Buggy Parking

EVENT VILLAGE MAP



Massage zone

Simplyhealth are here to support you every step of the way, so look out for the Simplyhealth Massage Zone as you enter the Event and Charity Village. The Simplyhealth Massage Team are ready and waiting to help you recover in the Simplyhealth Massage Zone, within the village.



RECYCLING

We are constantly reviewing our sustainability and recycling practices and have made a concerted effort to reduce the amount of waste from plastic and other materials across the entire event.

We work with local partners to remove waste from site. This is not limited to plastic and includes, cardboard, wooden pallets, medals and signage. We ask that you please use the recycling bins on site to discard of any waste accordingly.

We reuse generic signage and keep using it for as long as we can, our outdated signage is fully recycled. Clothing that is discarded at the start of the race is collected and donated to local charities.

As part of our drive to improve the sustainability at the event there will be no bottled water at the start area. Please arrive hydrated, having had enough water before getting to the start. If you feel like you'll want a drink just before you run, we suggest you bring your own supply, which you may carry with you while you run. There will be water station at around the 4.5k mark on the course and also at the finish.

If you opt to bring your own standard, single use plastic water bottle, please make sure you throw it in the clearly marked recycling bins that will be available in the start and finish area.

HAVE A HAPPY & HEALTHY RUN



Make sure you are healthy enough to take part in your run.

Talk to your doctor if you have any long-term health conditions or any health concerns.

Don't run if you feel unwell or have been ill recently.

Running can put you at risk of serious illness if you experience heart palpitations, light-headedness or dizziness, chest pain or tightness, shortness of breath, excessive wheezing or severe joint and muscle pain.

Seek advice about taking part in the event after a bout of flu or gastroenteritis. Don't be tempted to start just because you have collected sponsorship to raise money for charity.



Stay comfortable - Don't use new trainers for the first time, ideally, you should have run in your shoes for around a month



Stay warm - You can bring old clothes to wear on the start line and throw them away, when you start (we donate these to charity)



Avoid chafing - Apply Vaseline to any areas where you have had chafing during training - e.g. groin, under your arms, the bra band or toes



Protect your skin - Use weather resistant suncream, but not too much - you don't want it running into your eyes as you sweat.



If the first few miles are crowded, don't tire yourself out dodging in and out of runners.

Try to maintain a steady, even pace – enjoy the event.

When you finish collect your bag as soon as you can.

Put on some warm, dry clothing and don't get cold.

Take a drink as soon as you can after crossing the finish line.

Make sure you are fully hydrated with water or squash before consuming any alcohol.

Try to eat some starchy foods within two hours of finishing the event – your muscles can replace energy (in the form of glycogen) most efficiently during this post-run window.



In the weeks leading up to the event, the colour of your urine is a useful indicator of hydration, pale straw-coloured water is ideal.

Avoid dehydrating alcoholic drinks for 24 hours before you run.

During a run, drink when you need to.

Don't take big gulps if you are not thirsty – you could put yourself in a condition called hyponatraemia where your body salts become diluted, possibly causing confusion and vomiting.

Make sure you know where the drink stations are on route. Bottled water will be available, but only take a drink if you need one.

***GOOD LUCK AND ENJOY YOUR DAY FROM THE
SIMPLYHEALTH GREAT NORTH 10K
TEAM AND ALL OUR PARTNERS.***



GARMIN.



**Arnold
Clark**



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