Event day is now in sight and we want to help you with any queries you may have so that you’re fully prepared and ready to go. We hope you have an amazing day - enjoy the run and soak up the on-the-day atmosphere... We’ll see you at the finish!

Further information that you might need before the big day including travel advice, accommodation recommendations or location information can be found at greatrun.org/great-stirling-castle-run

For real time updates and to follow all the action on event day join the conversation on social, make sure to use #GreatStirlingCastleRun
08:00 Event site opens

Great Stirling Castle Run morning session
09:30 Great Stirling Castle Run Orange Wave starts
10:00 Great Stirling Castle Run White Wave starts
10:30 Great Stirling Castle Run Blue Wave starts
11:00 Great Stirling Castle Run Green Wave starts
11:30 Great Stirling Castle Run Pink Wave starts

Great Stirling Castle Run afternoon session
12:30 Great Stirling Castle Run Orange Wave starts
13:00 Great Stirling Castle Run White Wave starts
13:30 Great Stirling Castle Run Blue Wave starts
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 i.e. with a bum-bag or straps, 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 and there is no need to register on the day.

Once you’ve filled in the back of your run number and attached it to your front, you are good to go. You can go straight to your start assembly area and don’t need to queue at the information point.
There will be a baggage marquee in Kings Park near to the finish line. This will be clearly marked with flags and signposted around the site.

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

2. Make sure your baggage label is secured to your bag.

3. Go to the baggage marquee. Marshals will manage access.

4. Drop your bag off and take note of where it is.

Sorry, the baggage marquee isn’t suitable for changing.

Please move away from the baggage marquee as soon as you’ve dropped your bag off to make room for other runners.

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

You should use the toilet facilities before you enter your assembly area. Toilets are located on Kings Park. 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.

Music will be played in the start area to help you to get warmed up and ready for your run. Please make sure you have stretched and warmed up before you start your run.

Check out our pre-run stretching guide for some advice on preparing for your run [Here](#).

Please use all the space we have created for you in the start assembly area. Runners will be asked to assemble and then start according to the start time you have been allocated.

Waves set off separately to help regulate the flow of runners through the course. When you hear the starter gun, please be patient. Your timing chip does not activate until you cross the start line so you will receive a completely accurate finish time.

**Parking**
There is no official event parking but there are a number of Council-run car parks in and around Stirling, more information about these can be found at: [greatrun.org/great-stirling-run/event-info](http://greatrun.org/great-stirling-run/event-info)
The start, assembly areas, finish and event village are located in Kings Park.

*Please note all entrances are on foot only - No vehicle access*
ON THE COURSE

- View of Stirling Castle
- King's Knot
- Beheading Stone
- Cannons
- Start
- Finish
- Stirling Golf Club
- Stirling City Centre
- Gowan Hill
- Mote Hill
- Event Village
- Kings Park
- Stirling Castle

6KM

Cross Country Map
Family and friends will be able to wait for runners in Kings Park as runners exit the finish system.

Not everyone will be able to stand at the finish line so please arrange to meet within Kings Park or elsewhere in Stirling.

Please don’t stop immediately after you cross the line, you will have to walk a short distance.

You will receive your medal, bottle of water and some goodies at the finish line.

No matter what your pace everyone is running the same event and everyone will get to cross the finish line.

Medical facilities will be available near to the start and finish line and staff from Burnside Event First Aid will be positioned around the course should you require assistance. Please contact a medic or steward if you need help at any time.

The Event village is open to everyone and features a range of hot and cold food, and drinks stalls.

Once you have finished the run, there are numerous bars and restaurants in Stirling for you to celebrate your amazing achievement with loved ones.

Don’t forget to check out our runner rewards and race voucher offers for some fantastic deals and discounts to help you celebrate your great achievement. Offers include discounts and goodies from our event partners. Find out more here:

[www.greatrun.org/runners-rewards/Stirling](http://www.greatrun.org/runners-rewards/Stirling)
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.

To reduce plastic use, there will be no plastic bottled water at the start. We suggest arriving hydrated and ready to run, having had enough water before getting to the start.

You can of course bring your own supply, which you may carry with you while you run. There will be a water refill station at the start and you will also receive water at the finish.
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 - Please keep an eye on the weather forecast leading up to the event day and wear appropriate clothing for the conditions. 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.
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.