



BANK OF
SCOTLAND

Great Scottish Run

Proud partner for 10 years running

EVENT GUIDE

30 SEPTEMBER 2018

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 **greatscottishrun.com**

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 - #GreatScottishRun



@great_run



@greatscottishrun



@greatscotrun



**Welcome from Philip Grant, Chair, Scottish
Executive Committee, Lloyds Banking
Group**

On behalf of Bank of Scotland, I would like to welcome you to an extra special Bank of Scotland Great Scottish Run as we reach our 10th year running as proud partner of Scotland's biggest mass participation running event.

Thousands of you have once again taken on the challenge of a 10k or half marathon. You will be running alongside new runners, those returning to do it all again and of course our amazing runners who choose to take the opportunity to help raise millions of pounds for many worthy causes, including our charity partner, Mental Health UK. This is a warm welcome to each and every one of you.

Our Community Challenge will be returning for the second year as we aim to have one member of the public 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 and learning more about their inspirational stories and everyone at the Bank of Scotland would like to wish them all the very best for the weekend. This challenge has proven to be a fantastic addition to the event and adds to our aim to help Scotland prosper and to make a difference in our local communities.

As always, I'd like to express a very special thank you to our partners at the Great Run Company and Glasgow Life for continuing to present an outstanding weekend of running that provides opportunities for people of all ages and abilities to participate in an unforgettable weekend in the City of Glasgow.

Also, let's not forget about the thousands of young runners who will be getting involved through our Schools Challenge and 'Super Saturday' junior, family and toddler events. If you can make it along on Saturday 29 September it's always a great day out.

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



Bank of Scotland Great Wall of Support

The Bank of Scotland Great Wall of Support, where messages of support from friends and family could appear on the big screen in front of you, will be back! Don't forget to get your friends and family to register their messages of support at www.greatscottishrun.com from three weeks before the event.

Not only that but once you cross the finish line at Glasgow Green, head over to the Bank of Scotland marquee and create your very own 3D GIF. This brand new feature will literally bring your social media to life as you “spring” out of the traditional social media post frame in an exciting and unique way.

There's also the chance to meet double Olympic medallist and athletics legend, Dame Kelly Holmes.

If you are running for our charity partner Mental Health UK, look out for their marquee at the finish line. The team are there to thank all their amazing runners who took part and raised valuable funds to support people with mental health issues. There's a mini massage on offer and you can pick up your thank you goody bag.



EVENT TIMETABLE

SATURDAY 29 SEPTEMBER

09:00 - 16:00	Information Point open in George Square
10:00	Bank of Scotland Junior Great Scottish Run (2.5k)
11:00	Bank of Scotland Great Scottish Run Family Mile (Wave 1)
12:00	Bank of Scotland Great Scottish Run Family Mile (Wave 2)
12:45	Bank of Scotland Great Scottish Run Mascot Race
12:50	Bank of Scotland Great Scottish Run Toddler Dash (100m approx)

SUNDAY 30 SEPTEMBER

07:30	Glasgow Subway System Open
07:45	First trains operating on Glasgow subway system
08:00	Information Point open in George Square
	Toilets and site facilities open on Glasgow Green
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	10k green wave start
10:05	10k Jog Scotland wave and pink wave starts
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	Half-marathon green wave start
11:50	Half-marathon pink wave start
12:55	Elite presentations at Glasgow Green

*NB. Timetable is provisional and times are subject to change.

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@greatscottishrun.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 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

The baggage buses are located on George Street for all 10k runners and will be open from 8.30am and close at 10:00am. Half Marathon buses are open from 10.15am and close at 12:00am and based on Hutcheson Street for White wave runners and Brunswick Street for Green and Pink wave runners.

The buses will then move to North Approach on the North East side of the Event & Charity village on Glasgow Green for when you are ready to collect your bag.

Buses to be colour coded White, Green and Pink, as used on race numbers.

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 buses are not for changing.

Please move out of the area 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 present, organisers can't accept any responsibility for lost or stolen items.

You will need your run number to gain access to the buses to drop off and collect your bag, so we can ensure it corresponds to the baggage label.



AT THE START

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.

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.

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

Toilets will be provided in George Square and Glasgow Green for runners and spectators, whilst runners-only toilets will be available within the coloured assembly areas at the start.

There will also be toilets available on course.

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

Roy Gayle will be on site to get you warmed up and stretched out. The Warm-up for the 10k starts at 9.30am and 11.15am for the half marathon.

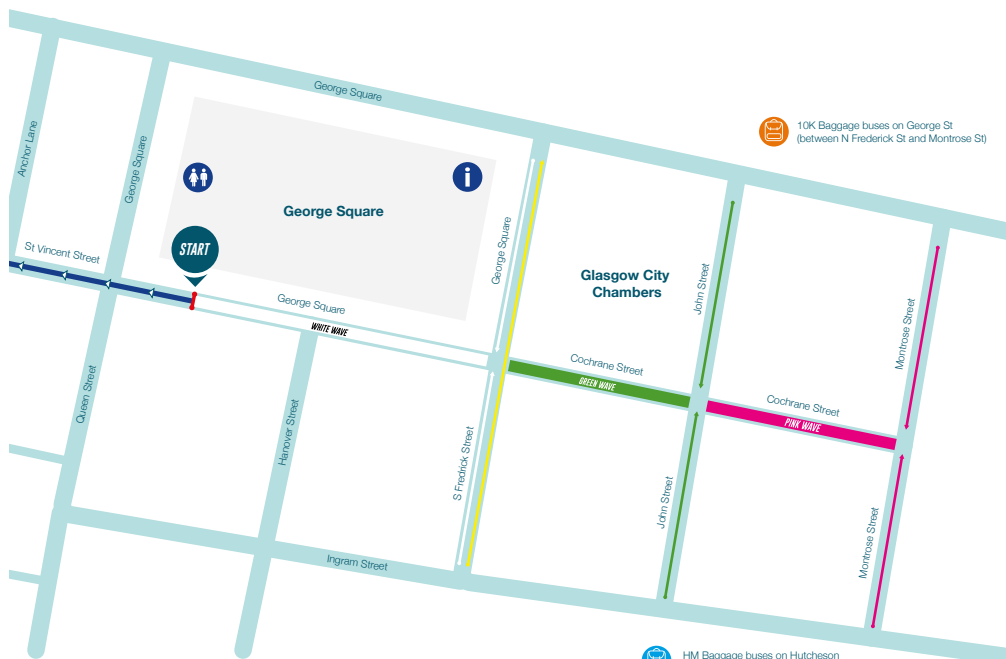
Look for signage or ask one of the information staff on site for directions.

Please use all the space we have created for you.

Waves set off separately to help regulate the flow of runners through the course.

START MAP

The events start in George Square and the assembly areas are located on Cochrane Street and the south side of George Square. Each area will be managed to make sure the correct coloured run numbers enter.



KEY



Route To
Assembly Zones



Pedestrian
crossover point



Toilets



Baggage Buses



Information
Point

ON THE COURSE

10k Course Map



KEY



Every km on the route will be identified by large signs



The Aqua Pura water stations are located along the course



Toilets are located at the start, finish and along the course



4 x Live music points along the course



The shower point is located just before the 7km point

ON THE COURSE

Half Marathon Course Map



KEY



Every mile on the route will be identified by large signs



8 x Live music points along the course



SIS Gel Station



The Aqua Pura water stations are located along the course



The shower point is located just before the 18km point.



Toilets are located at the start, finish and across the course

SIS Gel Station

SIS Gel Station Apart from hydrating with water, it's important to take on fuel during your run. Your body can only store enough carbohydrate for 60-90 minutes of running. SIS energy gels will provide just the carbohydrate boost you need and will be available on the course at approximately 8 miles. Take care when disposing of bottles and gel packets and discard them at the side of the road to avoid any hazards. Toilets are available at all drink stations

Aqua Pura Hydration Station

Be prepared for the water stations along the course – it will be signed in advance

Make sure you are ready to take a bottle – Try not to stop suddenly when there are runners behind you

Please be considerate of others and only take 1 bottle

When you have finished discard your bottle – Discard at the kerb edge or beyond and try and keep it from the running carriageway. Bottles will be collected and recycled after the race.



AT THE FINISH

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

No matter what your pace everyone has ran the same race and everyone will get to cross the finishing line. If you're running at a less than a 17 minute per mile pace you may be asked to move on to the footpath for the later sections of the race.

Medical facilities will be available near to the start and finish line and 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 Aqua Pura 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.

Family and friends will be able to wait for runners on Glasgow Green as they cross the finish line and exit the finish system.

Please arrange to meet family and friends at the 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.

Visit greatscottishrun.com in the days following the run to view your event snaps.

The Bank of Scotland Great Scottish Run will be shown live on BBC 2 & BBC Scotland from 11.00 - 13.45, so make sure you set your recorder or catch up on iPlayer!

FINISH MAP



KEY



Toilets



Family Reunion



Medical Point



Finisher Packs



Big Screen



Bank of Scotland Tent



Mental Health Uk Tent



Clyde Radio Stage



Food & Drink



Hospitality



Baggage Buses



Sponsors & Exhibitors

DURACELL

Arnold Clark

Nando's

wagamama

TRANSPERENNIAL EXPRESS

RUN 4 IT



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. Aqua Pura water will be available, but only take a drink if you need one.

***GOOD LUCK AND ENJOY YOUR DAY FROM THE
BANK OF SCOTLAND GREAT SCOTTISH RUN
TEAM AND ALL OUR PARTNERS.***



DURACELL

GARMIN

Kellogg's



**PEOPLE
MAKE
GLASGOW**

SIS
SPORTS INJECTION SYSTEM

**Arnold
Clark**

**DEEP HEAT[®]
DEEP FREEZE[®]**

wagamama





A decade of proudly supporting Great Scottish Runners.

And running alongside them too.

Thousands of our colleagues have taken part over the years.
Last year they raised over £50,000 for Mental Health UK.



**BANK OF
SCOTLAND**
Decisions well made

A woman with long brown hair is wearing a black hooded cloak with a red interior lining. She is looking directly at the camera with a slight smile.

HERE TO SUPPORT YOU IN THE LONG RUN

As proud supporters of the Bank of Scotland Great Scottish Run,
we'd like to wish the best of luck to everyone taking part.

scottishwidows.co.uk

SCOTTISH WIDOWS



Proud partner for 10 years running

25% DISCOUNT
on select products



Are you entered into a Great Run event this year? If so, you're entitled to a 25% discount on select Garmin products*. For more information, visit:

Garmin.com/en-GB/greatrun

THIS PERFORMANCE MADE POSSIBLE
BY THE FORERUNNER® 645 MUSIC.
YOUR SONGS ON YOUR WRIST.

GARMIN.COM/EN-GB/GREATRUN



GARMIN





Together to stop bowel cancer

JOIN US at the **Great Scottish Run** this September and help us stop bowel cancer

Bank of Scotland
Great Scottish Run
Saturday 29 and
Sunday 30 September



Sign up at bowelcanceruk.org.uk and make sure you don't miss out on one of our exclusive charity places

Join us at this flagship event in Glasgow and be part of the biggest weekend for running in Scotland. Our team will support you all the way, from your initial welcome pack through to celebrating with you at the finish

For more information contact:

emma.boffey@bowelcanceruk.org.uk or call 0131 281 7375

Visit: bowelcanceruk.org.uk

 [@Bowel_Cancer_UK](https://twitter.com/Bowel_Cancer_UK)  [/charitybcuk](https://facebook.com/charitybcuk)

Visit: beatingbowelcancer.org

 [@bowelcancer](https://twitter.com/bowelcancer)

 [/BeatingBC](https://facebook.com/BeatingBC)

Registered charity number 1071038 (England & Wales) and SC040914 (Scotland)
and a company limited by guarantee number





JOIN OUR TEAM
for a free support pack
and running vest!

Thank you and GOOD LUCK

Don't forget to:

1. wear your Breast Cancer Care running vest with pride
2. enjoy a boost from our cheer point
3. recover with well-deserved refreshments in our marquee in the finish area

It's not too late to join our team and help the thousands of people diagnosed with breast cancer each year. Make your Great Scottish Run even more extraordinary.

scotlandevents@breastcancercare.org.uk
0141 353 8330

**breast
cancer
care**



**Cancer
Support
Scotland**



GREAT SCOTTISH RUN



DATE:
Sunday 30th September



LOCATION:
Glasgow



TIME:
9am

Come and be part of Team CSS at this year's Great Scottish Run, either take part in the half marathon or the 10k to help raise funds for our in demand services.

For more information call 0141 337 8199 or email gwen.stewart@cancersupportscotland.org



0141 337 8199



fundraising@cancersupportscotland.org



cancersupportscotland.org

Cancer Support Scotland is a registered charity and relies on the generosity of legacies and donations to provide all its services free of charge. Registered Charity no. SC012867

GOOD LUCK TO TEAM CLIC SARGENT!

Huge thanks to all our runners for your incredible efforts. Every mile you run will help us fight for young lives against cancer.



**YOUNG LIVES
vs CANCER**
CLIC SARGENT

DON'T MISS YOUR CHANCE TO JOIN OUR TEAM!

To sign up, visit clicsargent.org.uk/greatscottish
or we can chat on sports@clicsargent.org.uk / 0845 602 4770

GOOD LUCK

It's not too late to join Team Macmillan.

You'll get the best support, have the greatest experience and most importantly every step you take will help make a difference to people living with cancer.

To join, visit
macmillan.org.uk/greatscottishrun
email running@macmillan.org.uk
or call 020 7840 7878

Join
Adrian
Become an
#MSSuperstar

The Great Scottish Run

30 September 2018 | Glasgow

10K or Half Marathon

As part of the #MSSuperstars team you will also receive:

- Welcome pack with sponsorship forms and loads of fundraising and training advice
- Professional running vest
- Regular eNewsletters
- Cheering pack for your supporters
- Goodie bag and post run massage

“Join me this year and run for a tremendous cause and their incredible team!”

Adrian, runner at the 2018 GSR

To secure your place or for more information contact us on: ☎ 0131 335 4063 ✉ msfundraising@msociety.org.uk

Help us stop the clock on prostate cancer at the Great Scottish Run.

Time is running out. Prostate cancer kills one man every 45 minutes in the UK.

We need you on our team. Help stop prostate cancer being a killer.

Join us and receive:

- specialist training advice
- a welcome pack full of top tips to help you smash your fundraising target
- a technical fibre running vest.

Call us on 0141 218 4765 or email scotland@prostatecanceruk.org



**PROSTATE
CANCER UK**

prostatecanceruk.org/gsr

Great Scottish Run

Sunday 30th September 2018



Join us at the **Great Scottish Run** and help support people affected by stroke.

If you would like to join our team, contact our Supporter Care Team:
supportercare@stroke.org.uk
or call **0300 330 0740**.

Together we can conquer stroke

Stroke
association

"I ran for Chest Heart & Stroke Scotland after my mum had a stroke, to give something back for the fantastic work they do every day with people across Scotland."

Kate, Great Scottish Runner,
Glasgow



Run with Chest Heart & Stroke Scotland at The Great Scottish Run

www.chss.org.uk

NO LIFE HALF LIVED

**Chest
Heart &
Stroke
Scotland**





improve your run

**OFFICIAL
RETAIL
PARTNER**

YOU'VE GOT THIS!

EXCLUSIVE TO ALL GREAT RUNNERS

**SAVE 15% ON YOUR NEXT PURCHASE IN-STORE
OR ONLINE USING CODE: **GRTSCOT1815*****

**THE
RUNNING
AWARDS**



FOUR-TIME **GOLD AWARD** WINNER

BEST UK CUSTOMER SERVICE

BEST UK INDEPENDENT RETAILER

GOLD 2015, 2016, 2017 & **2018**

 0844 824 8180

 contact@run4it.com

 run4it.com



*Excludes sale products, GPS watches & gift vouchers. Valid until 28/10/18.