

great **edinburgh** winter run®

featuring international xc



EVENT GUIDE

Holyrood Park, Edinburgh
Saturday 7 January 2017

greatrun.org/winter



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RUN INTO A GREAT 2017

The Winter season is well and truly here and if you are anything like us you will have enjoyed one or two extra mince pies and turkey sandwiches, so what better way to start the New Year than with a blast of exercise and fresh air in Edinburgh, Scotland's capital city.

We hope your training is going well and you are not put off by the colder weather, grab a running buddy and your most motivational running track and do a quick half an hour around the block. This will get you inspired and excited about taking on the 5k route around Holyrood Park and the scenic Arthur's Seat.

Did you know that running a 5k will not only help you to get fit and lose weight, but it will also increase the endorphins, known as 'happy cells', produced by your body to make you feel happier!

With the Junior Great Edinburgh Winter Run, the 5k Great Edinburgh Winter Run and the elite Great Edinburgh XCcountry, it's a great day out for the whole family.

EXPLORE EDINBURGH

Looking for amazing things to do before or after you've enjoyed the cross-country action? Then why not discover the incredible range of attractions and activities in Edinburgh and the surrounding area.

Wander through a UNESCO World Heritage site and admire the historic Old and New Towns, visit the iconic Edinburgh Castle, or climb an extinct volcano, Arthur's Seat, for some of the best views of the city – and that's just for starters! With award-winning bus tours, world class museums and galleries, fine restaurants, a wide variety of accommodation and a year-round calendar of events and festivals, Edinburgh has everything for an unforgettable break.

For more on things to see and do, places to stay and travel information, visit www.visitscotland.com.

EXPLORE HOLYROOD PARK

Walk around Holyrood Park and experience some fantastic panoramas. All Edinburgh laid out before you and beyond it, the Forth bridges and northern hills. You're walking on some significant geology – the hill began as a volcano 350 million years ago. And through some ancient history – there are hill forts and cultivation terraces from the Iron age. In medieval times, this was a royal pleasure ground for hunting and hawking close to the Palace and Abbey. Now it is a park for everybody to enjoy and a wildlife haven where swans and ducks winter on the Lochs.

ESSENTIAL INFORMATION

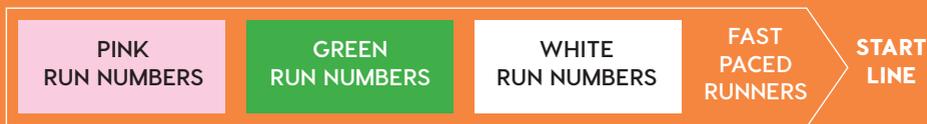
YOUR RUN PACK INCLUDES

1. GREAT EDINBURGH WINTER RUN OFFICIAL RUN NUMBER

Your name and address are pre-printed on the reverse of your number but please make sure you complete the rest of your personal details. Your run number has tear off discount vouchers from our event partners, as well as a baggage tag for those intending to use the baggage area on the XCountry village.

The colour of your run number dictates your position within the assembly area (see assembly diagram below). If you have received a yellow and white striped number you have been allocated into the 'Fast Paced Runner' zone. Please assemble next to the yellow and white signed area at the front of the white assembly zone.

Note: the Great Edinburgh Winter Run wave colours are different to other Great Run events. It is:



Your number must be worn on the front of your t-shirt.

2. TIMING CHIP

A timing chip is attached to the back of your run number and it will automatically scan when you cross the start and finish lines. Please don't remove it or you will not get an accurate time.

EVENT DAY TIMETABLE

- 08:30** INFORMATION POINT/BAGGAGE/EVENT SITE OPENS
- 09:30** ASSEMBLY AREA OPENS
- 09:50** GREAT EDINBURGH WINTER RUN WARM-UP STARTS
- 10:00** GREAT EDINBURGH WINTER RUN STARTS
- 11:38** JUNIOR GREAT EDINBURGH WINTER RUN WARM-UP STARTS
- 11:45** JUNIOR GREAT EDINBURGH WINTER RUN STARTS
- 13:15** LIVE BBC COVERAGE OF THE GREAT EDINBURGH XCOUNTRY BEGINS
- 14.45** LIVE BBC COVERAGE OF THE GREAT EDINBURGH XCOUNTRY FINISHES

* All times subject to change

AT THE START

The start assembly areas will open to all runners at 09:30.

Please ensure that you are in your coloured assembly area no later than 09:45, ready for when the warm-up begins.

Runners are asked to assemble in the clearly marked coloured areas on Queen's Drive. Fast paced club runners and white numbers should assemble on Queen's Drive nearest to the start gantry while those with green and pink numbers should assemble adjacent to the relevant coloured signs and banners, which clearly mark each coloured assembly area.

You have been assigned a coloured number based on your predicted running time; this is the time that you identified during the entry process. This system means you should be running with people of similar ability, thus improving your running experience.

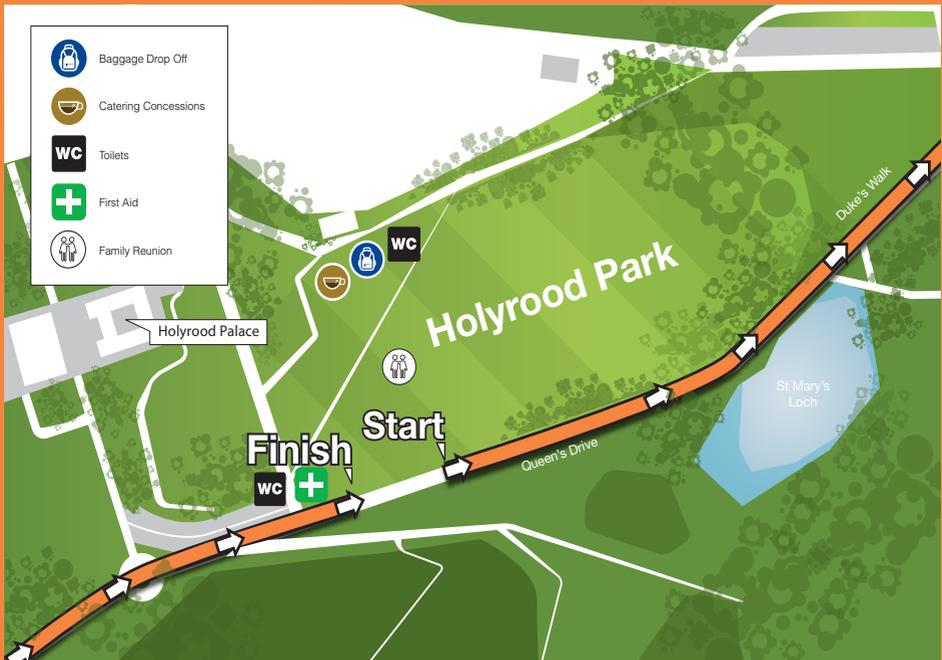
Once the mass run starts at 10:00 there will be a gradual release of runners across the start line. The start gantry is narrower than the road to give you space to enjoy your run and prevent any bottlenecks on the route. Please be patient at the start area, your time and result will be accurately calculated by your electronic timing chip on the back of your run number.

RUNNING WITH FRIENDS AND FAMILY

If you want to run with a friend but have been issued different coloured numbers organisers ask that you follow a simple rule – runners can move back a zone (away from the start line), but cannot move up a zone (towards the start line).

WARM-UP

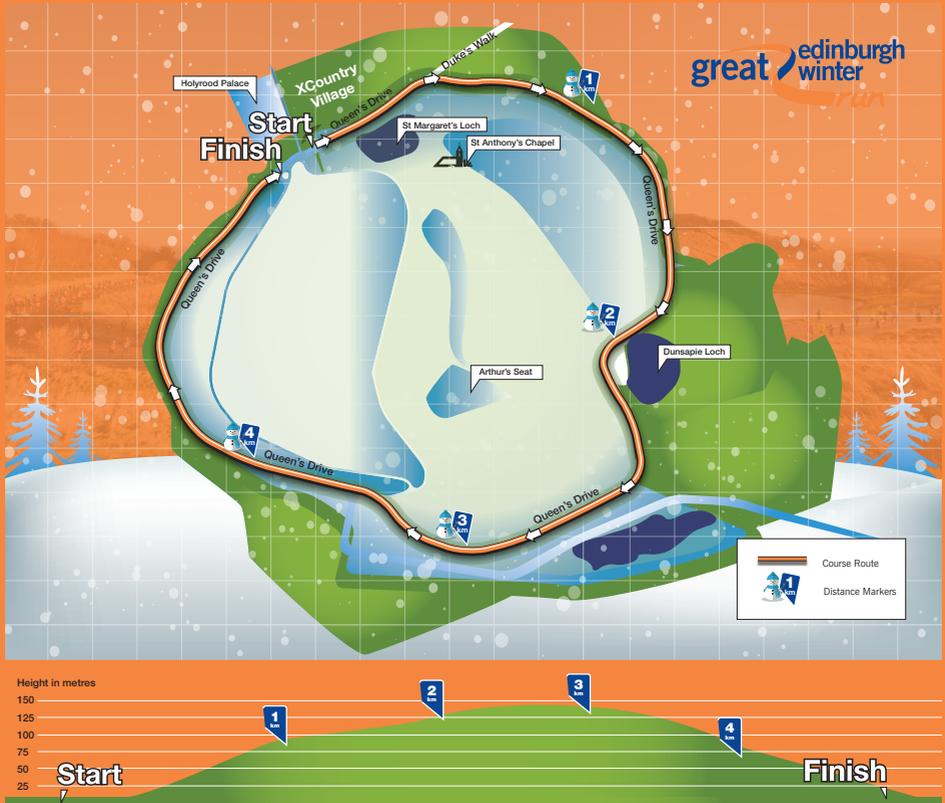
Great Run warm-up expert, Stella, will be on-hand to get every runner ready for the Great Edinburgh Winter Run. From her platform high above the start area, Stella will lead you and thousands of other runners through the right stretches to get you ready to run. The warm-up starts at 09:50.



ON THE COURSE

As well as a testing hill, breath-taking views and a fantastic final km that is all downhill, the Great Edinburgh Winter Run course will have lots more to keep you motivated.

Each KM point will be marked by a large banner and a bagpiper so you know exactly where you are on the route.



* Organisers reserve the right to use the contingency course in the case of bad weather



AT THE FINISH

When you cross the finish line please don't stop immediately, keep moving and follow the instructions from the Great Run marshals who will direct you to the finish area and your finisher's pack. There is no need to return your timing chip from the back of your run number.

FINISHER'S PACK

Finishers' packs will be sorted by T-shirt size. Please take a pack with the T-shirt size you specified when you entered the event. Enjoy the contents of the finisher's pack, which includes a bottle of Aqua Pura and Lucozade Lite, as well as that all-important souvenir medal.

RESULTS AND PHOTOS

Your results and photos will be available via greatrun.org following the event.

You can also share your results for free on your personal social media platforms. If you'd like Great Run to Tweet your results straight after your run or post on Facebook, register now at socialmediaregistration.greatrun.org. Please note: this service is only available for 5k participants.

GREAT RUN APP

Download the new Great Run app from iTunes or Google Play. It's great for tracking runners, handy maps, as a guide for spectators and of course, for sharing those event day selfies!

FREE WIFI FOR YOU!

There will be free wifi available to all runners and spectators on event day at both the start and finish areas and around the event village. Simply locate 'Great Run Free Wifi' on mobile devices and enter your email address.



@Great_Run #greatwinterrun



/greatedinburghrun



GREAT EDINBURGH XC

The best way to recover after your 5k run is to watch double Olympic and World Gold-medallist Mo Farah, along with some of the world's best athletes, stride through the muddy hills of Arthur's Seat and Holyrood Park while staying wrapped up with some hot food and drink.

The elite races are broadcast live on BBC from 13:15, so set your recorder and try and spot yourself on TV as the elite athletes speed by on the gruelling course.

If you are competing we recommend that you bring a change of clothes – you can leave a bag at the baggage marquee or with your friends and family. Wear plenty of layers and stick around to show your support for the wealth of international and local talent on display. Entry into the Great Edinburgh XCountry is free of charge.

For more information on the XCountry event and up to the minute team announcements, visit greatrun.org/winter.

Follow live results on Twitter (@Great_Run) using #GEXC2017



EVENT VILLAGE

On the main event site in Holyrood Park you'll find everything that you need for an enjoyable day.

CUSTOMER SERVICES POINT:

If your run pack hasn't arrived or you have any questions about the Great Edinburgh Winter Run then head along to the customer services point near to the start line where they will be happy to assist. Please note that entries will not be available on the day.

BAGGAGE MARQUEE:

We recommend that you leave your bags with your friends and family while you run, but if this is not possible then you can make use of the baggage marquee. Simply leave your bag beside the letter that corresponds to the first letter of your surname. Staff will be on hand to answer any questions and to carry out spot checks to ensure that people are only leaving with their own bag.

Please fill in your details on the baggage label provided on your run number and attach to your bag before dropping it off in the baggage marquee

There are no changing facilities available for this event and we recommend that you don't leave any valuables in your bag if you are using the baggage facility.

FAMILY REUNION AREA:

After your run, please arrange to meet your family and friends at the A-Z banners close to the finish line. Stand under the lettered banner that corresponds with the first letter of your surname; so if your name is Usain Bolt you should meet under the 'B' banner.

Please do not arrange to meet your family and friends 'at the finish line', as this area gets very busy and can make it difficult to spot your loved ones.

FOOD COURT:

This year we have teamed up with some fantastic local retailers and well-known Edinburgh-based brands to bring you a great range of food and drinks so you can fuel-up, fill-up or just warm-up!

Stoat's Porridge Oats, Union of Genius Soup Kitchen, Risotto to Go and Coffee Trike are some of the stalls providing fresh and tasty food throughout the day. The food court is located right beside the XCountry course so bring the family, borrow a couple of our fleece blankets (please return them when you're finished) and find a seat at our picnic tables to enjoy your food as you watch the racing.

TOILETS:

Toilets will be clearly signposted and will be available near to the start assembly area of the Great Edinburgh Winter Run, and beside the baggage marquee and customer services point.

FIRST AID AND MEDICAL FACILITIES:

Medical facilities will be available near the start line and staff from the British Red Cross and the Scottish 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.



GETTING THERE

TRAVEL & PARKING

BY CAR:

Great Edinburgh Winter Run starts and finishes on Queen's Drive, located on the north side of Arthur's Seat beside Holyrood Palace. There are plenty of well signposted public car parks in Edinburgh City Centre within easy walking distance of Holyrood Park.

Please note that there will be no parking within the park on event day. Road closures on Queen's Drive will also be operational from 06:00 on the day of the event.

BY BUS:

Edinburgh is well served by buses and many routes pass close to the event site at Holyrood Park. For more information about public transport in the city, please visit transportforedinburgh.com.

BY BIKE:

There are a number of bike racks in Holyrood Park and the local area – including in front of the Scottish Parliament building.

See you on Saturday!



IMPORTANT INFORMATION

TRAINING & MEDICAL ADVICE

- It is strongly recommended that you train for the run and prepare for the challenge of completing the 5k course (3.1 miles).
- If you have not exercised before, or for some time, consult your doctor for a check-up.
- Do not run if you feel unwell or have just been unwell. Most medical emergencies occur in people who have been unwell but do not wish to miss the event.

RUN WHATEVER THE WEATHER

Because this is winter and the weather can be challenging, we wanted to remind you to dress appropriately for the event. In the past, the event has seen rain, wind, snow and sunshine so ensure you bring warm and waterproof clothing, and a change of warm clothes to put on after you're finished. Of course, we are unable to control the weather, but don't worry as we have a contingency course in place if required. We look forward to seeing you on the start line.

The exact route will be confirmed prior to the event, check greatrun.org/winter for details.



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EventScotland is proud to support the Great Edinburgh International Cross Country 2017.

Scotland is the perfect stage for events and our sporting and cultural scene is as legendary as our crowds.

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