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A MESSAGE FROM SIMPLYHEALTH

YOU ARE AMAZING! YES, YOU!

You may be asking why a random person you've never heard of is telling you such a thing. I'm a less than perfectly fit and able person who, in January this year stood in awe on the start line of the Simplyhealth Great Edinburgh Winter Run, watching three thousand people of every imaginable shape, size, age and physical ability doing something I think is amazing – getting active by running with friends, family and colleagues, sharing together in moving and being healthier.

I'm also lucky enough to lead Simplyhealth and we're the partner of the Great Run Company, the organisers of the Great Women's Run. We're doing this with one simple aim: to get millions moving. We at Simplyhealth are people with a passion and a purpose that's all about helping people to make the most of life through better everyday health. You might be one of our three and a half million customers who we help every day in lots of ways but, even if you're not, I hope that through our support of the Great Women's Run we can help you in a small way to make the most of life.

My dad, who was a GP all of his working life, told me that if you want to be healthy you should smile a lot, sleep enough and get out of breath at least three times a week doing something you love. So, as you do your final training for the Great Women's Run, I wish you every success for the big day and, of course, to remind you that you are amazing!

Romana Abdin Chief Executive

ACKNOWLEDGEMENTS

The organisers of the Simplyhealth Great Women's Run would like to thank the following organisations for their help and support in staging the event:

Simplyhealth, PUMA, Aqua Pura, Duracell, Glasgow City Council, Glasgow Life, Glasgow Sport, Up α Go, Arnold Clark, Nirvana, Herald α Times, Athletics Weekly, Run4lt, Capital Radio, STV Children's Appeal, Police Scotland, Scottish Fire α Rescue Service, British Red Cross, Ambulance Scotland, Bellahouston Road Runners, Girl Guides and St Mirren FC.

RUN PACK

SIMPLYHEALTH GREAT WOMEN'S RUN OFFICIAL NUMBER

Please check that your run number is identical to the master number on your covering letter. If it is different please contact Great Women's Run at info@greatrun.org. This is your unique number and only you must wear it on the day. DO NOT swap, change or copy this number. Swapping numbers can be dangerous, by selling it onto someone else who may not be properly prepared for the event you could be putting their health at risk.

TIMING CHIP

In order to simplify your running experience your timing chip is already attached to the back of you run number and eliminates the need for attaching and removing chips on your trainer or ankle. Please DO NOT REMOVE this from the run number as doing so will affect your time for your run. You don't need to do anything to activate this chip, just leave it attached and it will automatically scan when you cross the start and finish line to give you your finishing time. Your timing chip does not need to be returned at the end of the run.



Log in to **greatruntraining.org** using your Great Run ID and download the free app from iTunes or Google's Play Store. Great Run Training gives you everything you need for perfect event preparation at your fingertips.

Great Run Training provides you with:

- Interactive training to suit all levels
- A route map to accurately measure your running
- A review of your progress and achievement
- Answers to your questions with help from our Great Run Training experts

GREAT RUN APP

Download the FREE Great Run event app from the App Store or Google Play to take advantage of lots of cool features - from live runner tracking, result time shares on your social media, interactive course maps, selfie frames, event day countdowns and weather updates.

GETTING THERE

TRAVEL INFORMATION

Plan your travel well in advance of the event and aim to arrive at the start around one hour before you are due to run. This will ensure you have plenty of time to familiarise yourself with the facilities, relax and properly prepare for the run.

Please be aware there are numerous road closures and diversions in place for the Great Women's Run and these will be different to previous years. We recommend you use public transport where possible.

We have worked closely with the relevant agencies to ensure that the services are running as fast as they can, however we still recommend that you allow plenty of time for your journey as it may take slightly longer than normal. For more information on air, bus, trains and subway services to the city please visit: www.travelinescotland.com.

By car

Parking is available at the SECC multi-storey – only a 15 minute walk to the start line. It will operate on a first come first served basis and will be open 24 hours. Please note, car parking charges will apply.

Subway

The first train will depart at 10am so be sure to allow yourself plenty of time. Take the subway to Kelvinhall or Kelvin Bridge Station and walk to the start line.

ACCOMMODATION

Glasgow has won numerous accolades such as Commonwealth Games Host City, European Capital of Culture and UK City of Architecture and design. The city is now well-established as a top tourist destination offering extensive shopping, Art Nouveau and contemporary architecture as well as world class museums and galleries.

For further information on visiting Glasgow visit **www.visitscotland.com.**

INFORMATION POINT

On event weekend there will be a Great Run customer services team to take late entries and help with picking up running packs, located as follows:

Location: Run4lt Store, 57 Bothwell Street, Glasgow, G2 6TS

Opening times:

Friday 3 June: 09:30 – 1:.00 Saturday 4 June: 09:30 – 16:00

On Sunday 4 June the customer services team will be based in the Great Run branded marquee in Kelvingrove Park from 09:00.

Please note: no entries will be taken on event day.

Please note that any issues or queries with your run entry, run number or electronic timing chip must be resolved at least I hour before the run starts. If you do encounter a problem we strongly advise that you contact us in advance of the day at info@greatrun.org



EVENT DAY TIMETABLE & START MAP

TIME SIMPLYHEALTH GREAT WOMEN'S RUN TIMETABLE

09:00 Baggage & information Point opens (located in Kelvingrove Park)

10:45 10k Start Assembly Area opens (Kelvin Way)

10:52 10k warm-up starts

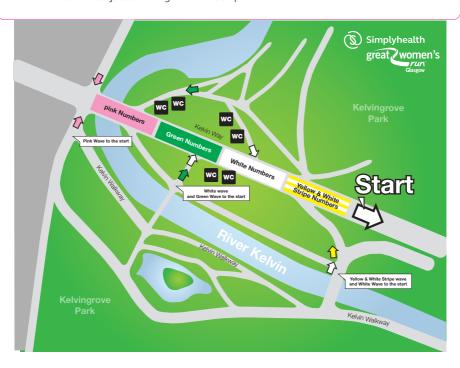
11:00 START of the Simplyhealth Great Women's Run 10k

12:15 3k Start Assembly Area opens (Kelvin Way)

12:22 3k warm-up starts

12:30 START of the Simplyhealth Great Women's Run 3k

*NB: All times are subject to change in the lead up to the event.



AT THE START

BAGGAGE DROP OFF

Due to the large number of runners we cannot provide changing facilities. Please arrive changed and ready to run.

If you do have baggage we advise that you leave it with friends and family, or use the baggage system which is located in Kelvingrove Park and will be open from 09:00 on Sunday.

An A-Z board system will be in use. Place your bag under the letter board that corresponds to the first letter of your surname. You will need to show your run number to gain entry and must use the baggage label attached to your run number (simply tear it off along the perforations) to attach to your bag.

Fill in the details on your baggage label before you arrive at Kelvingrove Park. Please do not leave any valuables in your baggage – the event organisers cannot accept responsibility for the security of these items.

ASSEMBLY AREA

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The start area is along Kelvinway and will be split into 4 coloured waves – Yellow and White stripes, White, Green δ . Pink. (These correspond to your coloured run number). Please follow the signage to the start. Access gates into each assembly area will be managed to make sure the correct colour run numbers enter the correct assembly area. Please follow the map below.

The wave system will be used at the start. This will see each coloured wave set off in pulses. This measured control is to help regulate the flow of runners through the narrow sections of the course. Please be patient when waiting to start your run.

RUNNING WITH FRIENDS OR FAMILY

If you want to run with a friend but have been issued different coloured run numbers, organisers ask that you follow a simple rule – runners can move down a zone (away from the start line) but cannot move up a zone (or towards the start line). For example, a runner wearing a GREEN run number can move back into the PINK assembly area but not forward in to the WHITE assembly area.

TOILETS

Please ensure that you use the toilet facilities prior to entering your assembly area. There will be toilets adjacent to the start assembly area. There will also be toilets in and around the finish area and event village in Kelvingrove Park. It is inevitable that these toilets will be busy immediately before the start of the run so please allow some extra time

MISSING PERSONS POINT

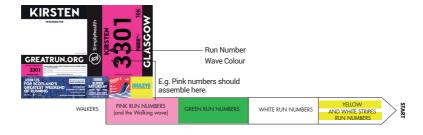
There will be a missing persons point located in Kelvingrove Park. In the event that you come across a missing person please contact the nearest event steward, official or police officer.

WARM-UP

The Great Run warm-up experts will be onsite to get every runner warmed up and stretched for the Great Women's 10K. There will be one mass warm up starting at 10:52.

WI-FI

Participants and spectators will be able to benefit from the FREE WiFi services available near the start and finish areas of the event, meaning you can access useful event information at your fingertips



ON THE COURSE

ON THE COURSE

The course starts on Kelvin Way with the early stages of the run heading through leafy Kelvingrove Park. The wide roads through the first 5km of the course provide plenty of space for running and a great opportunity for spectators to show their support.

As you reach the fantastic finish on Kelvingrove Street you will be cheered on by hundreds of supporters along the final straight, so soak it up and enjoy!

As you run around the streets of Glasgow you will be met with 4 traditional Scottish pipers, 4 Bands on the Run and a Capital Radio Sound Stage to help keep you entertained.

STAY HYDRATED WHEN YOU RUN

There are two water stations on the route, these are located as follows:

Water Station KM Marker (approx.)

5km

Run-through Shower Station KM Marker (approx.)

7.5km

KM MARKERS

Every kilometre on the route will be identified by a large flying banner on the side of the road giving you clear indication as to how far into your run you are.

SLOWER PACED PARTICIPANTS

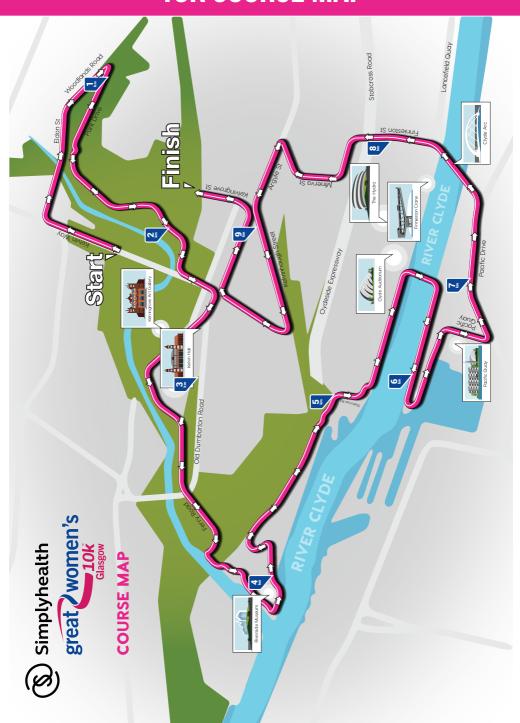
The Police, Local Authority and the people of Glasgow are extremely supportive of the event but we do need to reopen roads to a set time plan. There will be a sweep vehicle at the rear of the event from 6k which can relocate slow paced runners to the finish area on Kelvingrove Park. The vehicle will move at 12 minute per KM pace. If you are passed by this vehicle then depending on where you are on the route you may be asked to move to the footpaths to finish the event or even be required to deviate from the course in order to cross large trunk roads. But don't worry, the finish line and finish system will remain in place so that everyone gets to cross the line to receive a run time and finisher's pack.

MEDICAL SUPPORT

Medical cover will be available across the event. At the start (Kelvin Way) where runners will be assembling, on the course at various intervals and at the finish area where the main medical facility will be located on Kelvingrove Park. Please ensure that you fill out the details on the reverse of your run number before the event day, this information is valuable to medics in cases of emergency.



10K COURSE MAP



3K COURSE MAP



WHEN YOU FINISH

AT THE FINISH

When you cross the finish line please don't stop immediately – there is a little way to walk before you can have your well-earned rest! However, you will be glad to know that you can walk once you've crossed the finish line, so keep moving and follow the instructions of the Great Run marshals who will direct you.

CHIP COLLECTION

There is no need to stop and remove your timing chip – as you know this is on the reverse of your run number and is disposable, therefore just carry on through the finish system. Please dispose of your run number responsibly post event.

AQUA PURA

Next on the agenda is a well-earned drink of water! Please keep moving through the secondary finish system where marshals direct you towards the finishers' packs – your water is inside your goody bag.

FINISHER'S PACK

Your finisher's pack is well-earned so enjoy the goodies inside including that all important souvenir medal. They will be arranged by event distance 3K runners will receive a medal and bottle of water and 10K runners will receive their finisher t-shirt, medal and water.

RFSIIITS

Full results will be available at greatrun.org/results.

OFFICIAL PHOTOGRAPHS

Our official photographers will be at the event to capture all of the action. Visit **greatrun.org/photos**

in the days following the event to see snaps of you. **MEETING FAMILY AND FRIENDS**

Family and friends will be able to wait for runners in Kelvingrove Park as they come through the secondary finish exit. Flying banners will be positioned in the park. Please wait for your family and friends next to the flying banner which has the letter that corresponds to the first letter of the surname of the runner. For example, runner John Smith's family would wait by the letter 'S'.

FOOD & DRINK

There will be a variety of concessions onsite in Kelvingrove Park so spectators can grab a hot cuppa before cheering you across the finish line. If you are eating and drinking in the streets, please dispose of any rubbish in the litter bins provided.

SHANTI YOGA

Our friends at Shanti Yoga Glasgow will be on site at our outdoor yoga studio with drop in sessions running throughout the day to help you strecth out any aches and pains.

JOIN THE CONVERSATION

Like our Facebook page **facebook.com/ greatwomens10k** for top tips, insider info and event day chatter.

Follow us on Twitter **@great_run** for up to the minute event information, and share your photos on Instagram **instagram.com/great_run**.



WHEN YOU FINISH





RESPECT THE CHALLENGE

TO HAVE A FIT, HAPPY AND HEALTHY RUN IN GLASGOW

RESPECT THE CHALLENGE



ELCOME to 'Respect the Challenge'. Over the next two pages you will find some helpful information to assist with preparing for the Simplyhealth Great Women's Run that will help your run go more smoothly. Running is great for your health, but it's important to read the following information to make sure you are ready to take part:

Make sure you are healthy enough to train for your run. Talk to your doctor if you have any long-term health conditions or any health concerns.

See your doctor if you feel unwell at any time in your training, but especially 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 resuming training after a bout of flu or gasteroenteritis.



HYDRATION

Make sure you stay well-hydrated. In the weeks leading up to the event, the colour of your urine is a useful indicator of hydration. Generally, dark urine suggests you are dehydrated (although nutritional supplements can also alter urine colour), with pale straw-coloured water being ideal.

Alcoholic drinks are dehydrating, so avoid them in the 24 hours before you



run. During a run, drink when you need to.

Don't gulp large volumes of fluids if you aren't thirsty – it can result in a condition called hyponatraemia in which your body salts become diluted, possibly causing confusion and vomiting.

Make sure you know where the drink stations are on the run's route. Aqua Pura Water will be available, but only take a drink if you need one.

There will also be a shower on the course, if the weather is hot.

RESPECT THE CHALLENGE

RESPECT THE CHALLENGE

TOP TIPS

IN THE WEEK BEFORE YOUR RUN,
WE'LL SEND YOU A FINAL EMAIL WITH
LAST-MINUTE ADVICE AND THE LATEST
WEATHER FORECAST TO HELP YOU
DECIDE WHICH CLOTHES YOU'LL NEED

1

Never wear new trainers for the first time on the big day. Ideally, you should have run in your shoes for around a month beforehand.

2

You might want to bring along some old clothes to wear while standing on the start line. Once you start the run, you can throw them away.

3

Don't forget to bring your own safety pins to fasten on your run number.

4

Remember to apply Vaseline to any areas where you have had chafing during training – that might include the groin, under your arms, the bra band or toes.

5

Wear weather resistant suncream, but not too much – you don't want it running into your eyes as you sweat.

FIT TO RUN?

Don't run if you feel unwell or have been ill recently. Running can put you at risk of serious illness if you have been vomiting felt dizzy or had chest pains. Don't be tempted to start just because you have collected sponsors to raise money for charity. You can attempt another run in the future.

As a guide, during the weeks before the Simplyhealth Great Women's Run, you should aim to have run four miles continuously in training to be fully prepared for the 10km (6.2 mile) distance. If you can't manage this, you may not enjoy the experience or complete it safely, so please don't run this time.

Remember to fill in the requested information on the back of your run number – including ermegency contact names and numbers for the day of the event. You must run with your own number, nobody else's. Don't let anyone else use your number if you decide not to take part.

NUTRITION

Stick to a healthy, balanced diet during training. In the week before your run, don't



try any new foods and drinks as it may affect your digestion. Pasta the night before and porridge for breakfast are good choices to help get you through 10km.

ON THE DAY

The first few miles of the run can be very crowded. Many people tire themselves out by dodging in and out of runners because they are behind on their personal run plans. Try to maintain a steady, even pace – enjoy the event.

After the run, collect your bag as soon as you can. Put on some warm, dry clothing and don't get cold.

Some runners don't drink enough when they are running and need to rehydrate afterwards, so make sure you 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.

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• For all your training needs visit: greatruntraining.org



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