

SUNDAY 28 MAY  
**CHECKLIST**

#GREATMANCHESTERRUN #RUNFORMANCHESTER

- ☐ **RUN NUMBER**  
Make sure you have filled in the back of your number with your emergency contact details.
- ☐ **SAFETY PINS**  
Bring some spares just in case but our customer services team will have some available on the day if you forget.
- ☐ **SPARE WARM/WATERPROOF CLOTHING**
- ☐ **A SPARE BOTTLE OF WATER TO SIP AT THE START**  
There will also be bottled water available at the start and on the course in case you need more.
- ☐ **TRAVEL PLANS FOR THE DAY**  
Allow plenty of time to get to the start...it will be busy! Take a look at [tfgm.com](http://tfgm.com) for more information.
- ☐ **DOWNLOAD THE GREAT RUN APP**  
On iTunes or Google's Play Store. Your friends and family can track you as you make your way around the course.
- ☐ **MAKE ARRANGEMENTS TO MEET YOUR FAMILY AND FRIENDS**  
The finish is a busy place so keep an eye out for the flying banners with letters of the alphabet on them to help you meet up with your friends and family.
- ☐ **READ THROUGH YOUR RUNNER'S GUIDE**  
This contains maps, travel advice, baggage information and more. Find it online or in your magazine.
- ☐ **DON'T FORGET, THERE WILL BE FREE WI-FI FOR ALL RUNNERS AND SPECTATORS ON THE DAY!**
- ☐ **CHECK THE GREAT RUNNERS WELCOME HERE SECTION OF THE WEBSITE**  
At [greatrun.org/manchester](http://greatrun.org/manchester) for a selection of exclusive offers for runners.
- ☐ **JOIN THE ONLINE CONVERSATION**  
And share your event day photos on social and tag them with [#GreatManchesterRun](#) or [#RunForManchester](#)

**Don't forget, the Simplyhealth Great Manchester Run will be broadcast live from 12:30 - 14:30 on BBC One. Highlights will be shown on BBC Two from 17:00 on Sunday 28 May.**

**GOOD LUCK!**  
**WE'LL SEE YOU ON**  
**THE FINISH LINE**

**GREATRUN.ORG/MANCHESTER**