



Simplyhealth
great *east*
run
Ipswich

EVENT GUIDE

SUNDAY 16 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 **greatrun.org/East**

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 the Google Play Store.

For real time updates and to follow all the action on event day join the conversation on social - **#GreatEastRun**



@great_run



@greateastrun



@great_run



EVENT ***TIMETABLE***

0800	Event Village, Information Point and Baggage Area opens
0900	Assembly area opens
0945	Mass warm-up starts
1000	Start of the Simplyhealth Great East Run (orange wave)
1005	Start of the Simplyhealth Great East Run (white wave)
1010	Start of the Simplyhealth Great East Run (green wave)

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@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 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 area is located in the event village in Ipswich Town Football Club. The area will open at 8am.

Follow the A-Z signage in the baggage hall and drop your bag at the letter corresponding to your surname.

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 hall isn't 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 tent to drop off your bag and again to 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 the event village in Ipswich Town Football Club and a small number at the start adjacent to each wave assembly area.

There will also be a small number of toilets available on course.

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.

Fitness instructors from Pure Gym will be on site to get you warmed up and stretched out. The warm-up starts at 09:45am.

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 start and assembly areas are located on Russell Road. Please follow the clearly-marked routes to your coloured start area access gates into the rear of each assembly area.

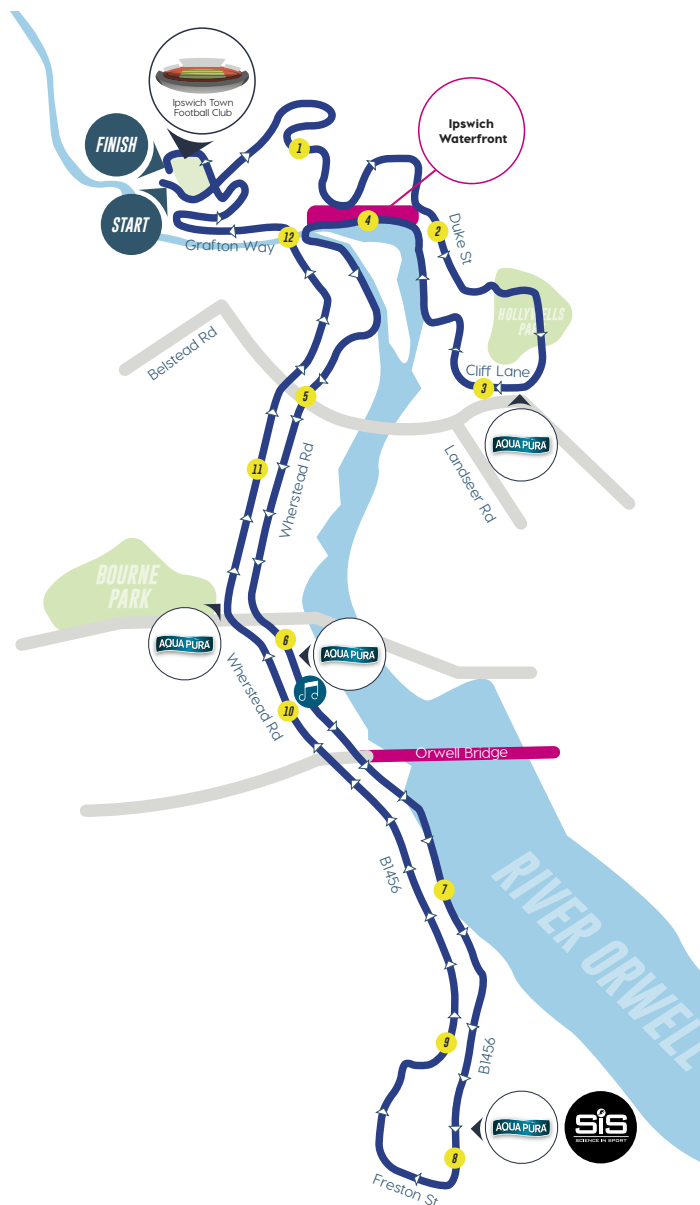
Each area will be managed to make sure the correct coloured run numbers enter.







KEY

	Information Point		Changing		Assembly Area
	Toilets		Finishers Packs		Route to Assembly Area
	Medical Point		Baggage		

ON THE COURSE



Key

-  Mile Markers
-  Aqua Pura Hydration Station
-  Bands On The Run
-  SIS Gel Station

Aqua Pura Hydration Station

Be prepared for the water stations at three miles, six miles, eight miles and just after 10 miles - they will be signed in advance.

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

Please take only 1 bottle – be considerate of others.

When you have finished, discard your bottle in the bins provided or at the kerb edge and try to keep it from the running carriageway.



AT THE FINISH

Family and friends will be able to wait for runners inside Ipswich Town Football Club's practice pitch complex as they cross the finish line and exit the finish system.

Please arrange to meet in the family reunion area on the turf inside Ipswich Town Football Club's complex.

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 event and everyone will get to cross the finish line.

If you're running at more than a 17 min per mile pace, you may be asked to move on to the footpath for the later sections of the run.

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

Visit greatrun.org/photos in the days following the run to view your event snaps.

FINISH MAP



Suffolk Market Events

- | | | |
|-----------------------|-------------------|-------------------------|
| 1. Suffolk Coffee Pod | 4. Tuk In Cantina | 7. Fox and the Field |
| 2. Crepe de Paris | 5. Curry Pie | 8. Samu Kitchen |
| 3. The Flying Chef | 6. Mac St Kitchen | 9. Poured to Perfection |



Partner activation



PUREGYM



Kellogg's

wagamama

Arnold
Clark



Simplyhealth Stretch & Massage zones

Simplyhealth are here to support you every step of the way, so look out for the Simplyhealth Stretch Zone as you enter the Event Village.

A fitness instructor will be on stage to guide you through a number of simple stretches. This area is open and completely free to all runners, helping you to stretch out, avoid injury and recover more quickly following your incredible achievement.

The Simplyhealth Massage Team are also ready and waiting in the Event Village offering complimentary massages to help you recover after your run.



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 station is 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
SIMPLYHEALTH GREAT EAST RUN TEAM AND
ALL OUR PARTNERS.***





***BRING YOUR
INCREDIBLE***

JOIN US ONLINE AT [PUREGYM.COM](https://www.puregym.com)