



# EVENT GUIDE

**SUNDAY 26 MAY 2019**

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/great-birmingham-10k](http://greatrun.org/great-birmingham-10k)**

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 make sure you use **#GreatBirmingham10k**



@great\_run



@GreatBirmingham10k



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# ***EVENT TIMETABLE***

- 08:30 Information Point Opens – Located on New Street/Bennett’s Hill Junction
- 09:00 Event and Charity village open
- 09:20 Runner assembly areas open
- 10:00 Warm up starts
- 10:10 English Masters Start and Fast Paced Wave Start - Cathedral Start**
- 10:14 Orange wave start - Town Hall Start**
- 10:20 White wave start – Cathedral Start**
- 10:26 Red wave start – Cathedral Start**
- 10:32 Green wave start – Town Hall Start**
- 10:38 Pink wave start – Town Hall Start**
- 10:42 First finisher expected

# 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](mailto: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

Baggage is located on Waterloo Street. Please use the coloured bus that corresponds to your wave.

There will be 5 baggage buses in total:

- **Blue/Yellow/Striped/White/Red** – Cathedral Start
- **Orange/Green/Pink** – Town Hall Start

The baggage buses and start line are best accessed as follows –

[Cathedral Start](#) – Access from New St and Temple St.

[Town Hall Start](#) – Access from Victoria Sq.

Please follow the signage and directions from stewards to access their baggage buses and start line. Baggage will be moved to the finish area located on Aston Street for you to collect your belongings.

Find the bus that relates to the colour of your run number. Marshals will manage the access doors.

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, baggage buses aren't for changing.

Please move off the bus as soon as you've dropped your bag off to make room for other runners. Remember your bus number, all buses will be numbered, ask the Great Run marshals to write the number on your hand.

Please don't leave valuables in your bags – this is a self-service system and although there are security staff on the baggage buses, organisers can't accept any responsibility for lost or stolen items.

To gain access to the buses you will need your run number, when collecting your bag we will ask you to show your run number and baggage label to ensure they correspond.

**Please note:** Baggage buses will arrive at the finish at approx 10:55



# AT THE START

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

Toilets are available at the start/finish areas and on course, please 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.

A missing person's point is located in the Event Village within the Aston University Campus. If you come across a missing person please contact the nearest event steward, official or police officer.

There will be one warm up at 1000 provided by University of Birmingham.

Please use all the space we have created for you. Waves set off separately to help regulate the flow of runners through the course.

Anyone walking or part walking/running the event should start at the rear of the wave and in the first few kilometres stay to the left-hand side of the road to allow runners 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. Please make yourself aware of the new start line layout on our start map.

**Please note:** As you pass through the start line there is an immediate left or right hand turn depending on which start line you start from.

The start timing mat is located around the corner on Bennett's Hill. This is where the course is measured from.



# START MAP

The start and assembly areas are located on Colmore Row.

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.

Look out for the Great Run pacers, who will be dressed in red within your wave. They'll be helping you make it to the finish line in your desired time.



# ON THE COURSE



## Water Station

Be prepared for the water station at around the 6km point - they will be signed in advance.

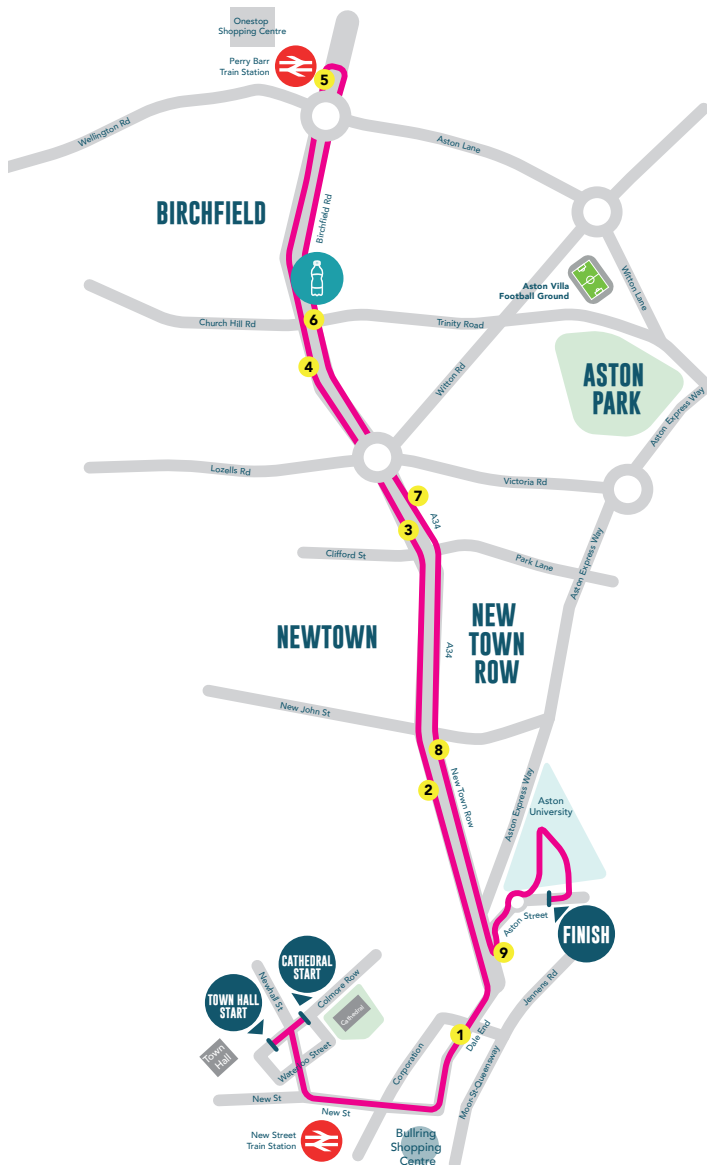
Make sure you are ready to take a bottle - Try not to stop suddenly when there are runners behind you.

Please 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.

## KEY

**1** KM Markers



No matter what your pace everyone is running the same event and everyone will get to cross the finish line. If you're running at less than a 12 minute per km pace you may be asked to move on to the footpath for the later sections of the run.



# AT THE FINISH

Family and friends will be able to wait for runners in Aston University Campus as runners exit the finish system.

Not everyone will be able to stand at the finish line or at the end of the secondary finish system so please arrange to meet them in the family reunion area or elsewhere in the city.

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 finish line.

If you're running at less than a 12 minute per km 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 staff British Red Cross and West Midlands Ambulance 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 water, your medal and other treats from our event partners.

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.





# AT THE FINISH

Once you have finished the run, there are numerous bars and restaurants in Birmingham City Centre to help you celebrate your achievement.

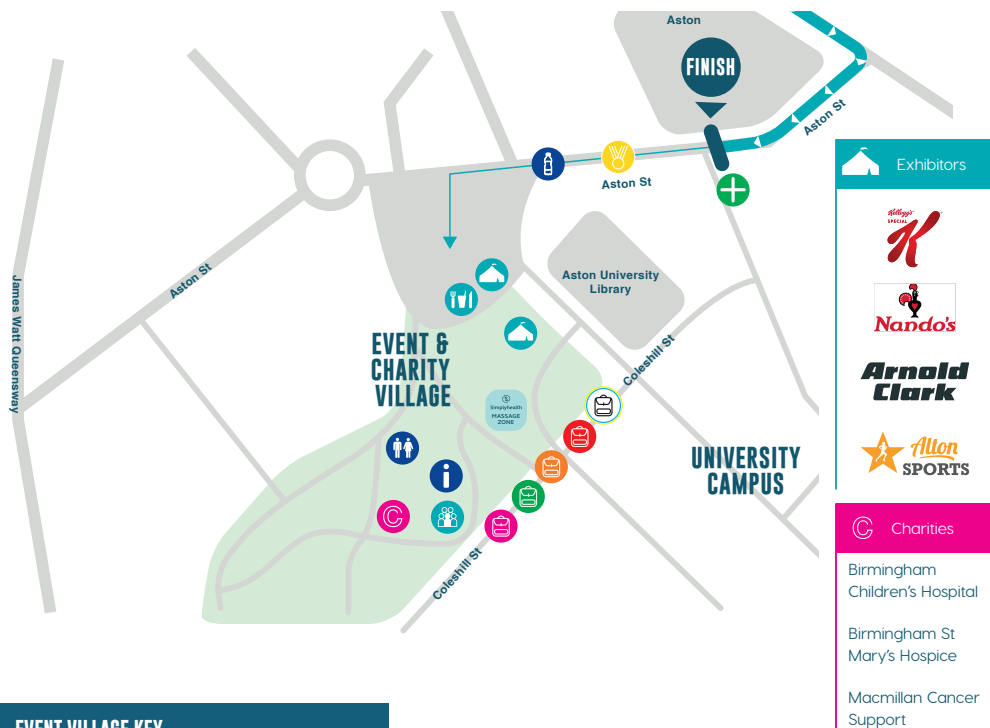
You will be spoilt for choice for food and drink options, however if you are keen to bag a bargain, please see the latest runners only offers at

**[greatrun.org/runners-rewards/Birmingham](https://greatrun.org/runners-rewards/Birmingham)**

Visit **[greatrun.org/photos](https://greatrun.org/photos)** in the days following the run to see if there are any snaps of you.

# FINISH MAP

We have some fantastic stands at the Event and Charity Village ready to reward you with special offers and some tasty treats. Stands include: Special K, Alton Sports, and Nandos.



## EVENT VILLAGE KEY



Toilets



Medical Point



Finisher Packs



Baggage Buses



Missing Persons



Charity Village



Food & Drink



Information Point



# ***RECYCLING***

We are constantly reviewing our sustainability and recycling practices and have made a concerted effort to reduce the amount of waste from plastic and other materials across the entire event.

We work with local partners to remove waste from site. This is not limited to plastic and includes, cardboard, wooden pallets, medals and signage. We ask that you please use the recycling bins on site to discard of any waste accordingly.

We reuse generic signage and keep using it for as long as we can, our outdated signage is fully recycled. Clothing that is discarded at the start of the race is collected and donated to local charities.

As part of our drive to improve the sustainability at the event there will be no bottled water at the start area. Please arrive hydrated, having had enough water before getting to the start. If you feel like you'll want a drink just before you run, we suggest you bring your own supply, which you may carry with you while you run. There will be water stations at around the 6k mark on the course and also at the finish.

If you opt to bring your own standard, single use plastic water bottle, please make sure you throw it in the clearly marked recycling bins that will be available in the start and finish area

# 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  
SIMPLYHEALTH GREAT BIRMINGHAM 10K  
TEAM AND ALL OUR PARTNERS.***