

# CHECKLIST

**SUNDAY 08 SEPTEMBER 2019**  
**SIMPLYHEALTH GREAT NORTH RUN**

- ☐ **TRAVEL PLANS FOR THE DAY**  
Ensure you know where to park, be aware of any road closures and familiarise yourself with where you need to be in good time for the start of the event.
- ☐ **RUN NUMBER**  
Make sure you have filled in the back of your number with your details. You don't need to hand this in and there is no need to register on the day. Once you've filled in the back of your run number and attached it to your front, you are good to go and you don't need to queue at the Information Point. You can just go straight to your start assembly area.
- ☐ **SAFETY PINS**  
Bring some spares just in case but our customer services team will have some available for emergencies on the day of the event.
- ☐ **SPARE WARM/WATERPROOF CLOTHING**  
All clothing left at the start will be collected and donated to charity.
- ☐ **A SPARE BOTTLE OF WATER TO SIP AT THE START**  
There will be bottled water available at the start in case you need more as well as water stations along the course.
- ☐ **DOWNLOAD THE GREAT RUN APP**  
From the **Apple App Store** or **Google Play Store**. The app allows your friends and family to track you as you make your way around the course.
- ☐ **PACK YOUR BAG THE NIGHT BEFORE**  
With spare clothes, attach your baggage label (attached to your run number) and any other essential items you need. Make sure you don't leave any valuables in your bags.
- ☐ **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 DOWNLOADABLE EVENT GUIDE**  
This contains maps, travel advice, baggage information and more: download [here](#)
- ☐ **CHECK THE ROAD CLOSURES**  
There will be a number of road closures in place so make sure you're fully prepared and check the maps online: [greatrun.org/north](http://greatrun.org/north)
- ☐ **JOIN THE ONLINE CONVERSATION**  
Share your event day photos on social media and tag them with **#GreatNorthRun**

**BE YOUR GREATEST**