



EVENT GUIDE

SATURDAY 7 SEPTEMBER 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/tees-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 **#GreatTeesRun**





EVENT TIMETABLE

- 08:00 Event Village and Baggage Area opens
- 11:05 Simplyhealth Great Tees 10k Assembly Area opens
- 11:39 Simplyhealth Great Tees 10k warm-up
- 11:45 Start of the Simplyhealth Great Tees 10k**
(Fast-paced club runners and ORANGE wave)
- 11:50 Start of the Simplyhealth Great Tees 10k (WHITE 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 bag drop is located on the main event site, near to the start/finish.

While we cannot be responsible for lost or stolen items, we do provide security staff at the bag drop at all times. You will use your bib number to mark your bag, so only you can pick it up.

- 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 area is not for changing.

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.

To gain access 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.



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 on A1035 Riverside. If you come across a missing person please contact the nearest event steward, official or police officer.

There will be one warm up at 11.39am.

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.

SITE MAP

The start and assembly areas are located on A1035 Riverside.

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



Baggage



Toilets



Medical Point



Finishers' Packs



Food & Drink



Assembly
Area



CHARITIES

Cryotherapy North East
Co-Op Fairtrade
Stockton Striders
Billingham Marsh House
Harriers



ACTIVATIONS

- Red Balloons
- Butterwick
- British Legion
- Daisy Chain



On The Course

We have seven entertainment areas along the course, plus planned river activity and animation including a flotilla of vessels taking place between noon and 1pm, and a Sprint Regatta taking place between 1.30pm and 3.30pm.

On course entertainment sees an increase in the number of music stations from 2018, and also a very loud cheer zone at the Tees Barrage International White Water Centre and Air Trail, led by Tees Active. Look out for a guest appearance from a monkey and an elephant!

Water Stations

As well as at the start and finish, there will be water stations available along the course at 4K. They will be signposted 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 at the kerb edge or beyond and try and keep it from the running carriageway.



AT THE FINISH

Family and friends will be able to wait for runners in the event village 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 20 minute per mile 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 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.

Please take the pack that matches the t-shirt size you chose when you entered the event.

There will be a small charity village and local running clubs to greet our runners at the finish. Teesside University will also be on site offering pre and post-race massages, as well as Cryotherapy North East bringing along their portable machine to demonstrate the benefits of 'cold' therapy.

Once you have finished the run, there are numerous bars and restaurants in Stockton on Tees to help you celebrate your achievement.

Visit greatrun.org/photos in the days following the run to see if there are any snaps of you.

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. Bottled water will be available, but only take a drink if you need one.

***GOOD LUCK AND ENJOY YOUR DAY FROM THE
SIMPLYHEALTH GREAT TEES 10K
TEAM AND ALL OUR PARTNERS.***



Simplyhealth



TEES VALLEY MAYOR

**ENJOY
TEES VALLEY**



**Stockton-on-Tees
BOROUGH COUNCIL**