



EVENT GUIDE

SUNDAY 22 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/East**

For on the go event information, selfie filters and live tracking for your family and friends, download the FREE Great Run app from **[Apple 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 **#GreatEastRun**





EVENT **TIMETABLE**

- 08:00 Information Point opens in the event village (located in Ipswich Town Football Club) Baggage and changing facilities open in the event village
- 09:00 Start assembly area opens
- 09:45 Simplyhealth Great East Run mass warm-up starts
- 10:00 START of the Simplyhealth Great East Run**
(fast-paced runners and orange wave)
- 10:05 START of the Simplyhealth Great East Run (white wave)**
- 10:10 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. 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 don't need to queue at the Information Point. You can just go straight to your start assembly area.

Front



Back



Timing Chip





YOUR BAGGAGE

Baggage and changing facilities are provided within the event village in Ipswich Town Football Club.

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.

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

Toilets will be provided in the event village and a small number at the start adjacent to each starting wave

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 at Ipswich Town Football Club. If you come across a missing person please contact the nearest event steward, official or police officer.

There will be one warm up at 9.45am.

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

Anyone walking or part walking/running the event should start at the rear of the wave and in the first few miles 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.

START & FINISH 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.



CLIF FEED STATION

Clif Bar feed station: Apart from hydrating with water, it's important to take on fuel during your run. Your body can only store enough carbohydrate for 75 -90 minutes of running. There is a Clif feed station at approximately 8 miles giving out Clif Shot Energy Gels and Clif Bloks Energy Chews - these will provide muscles with easy-to-digest carbohydrate in as little as 5-10 minutes.

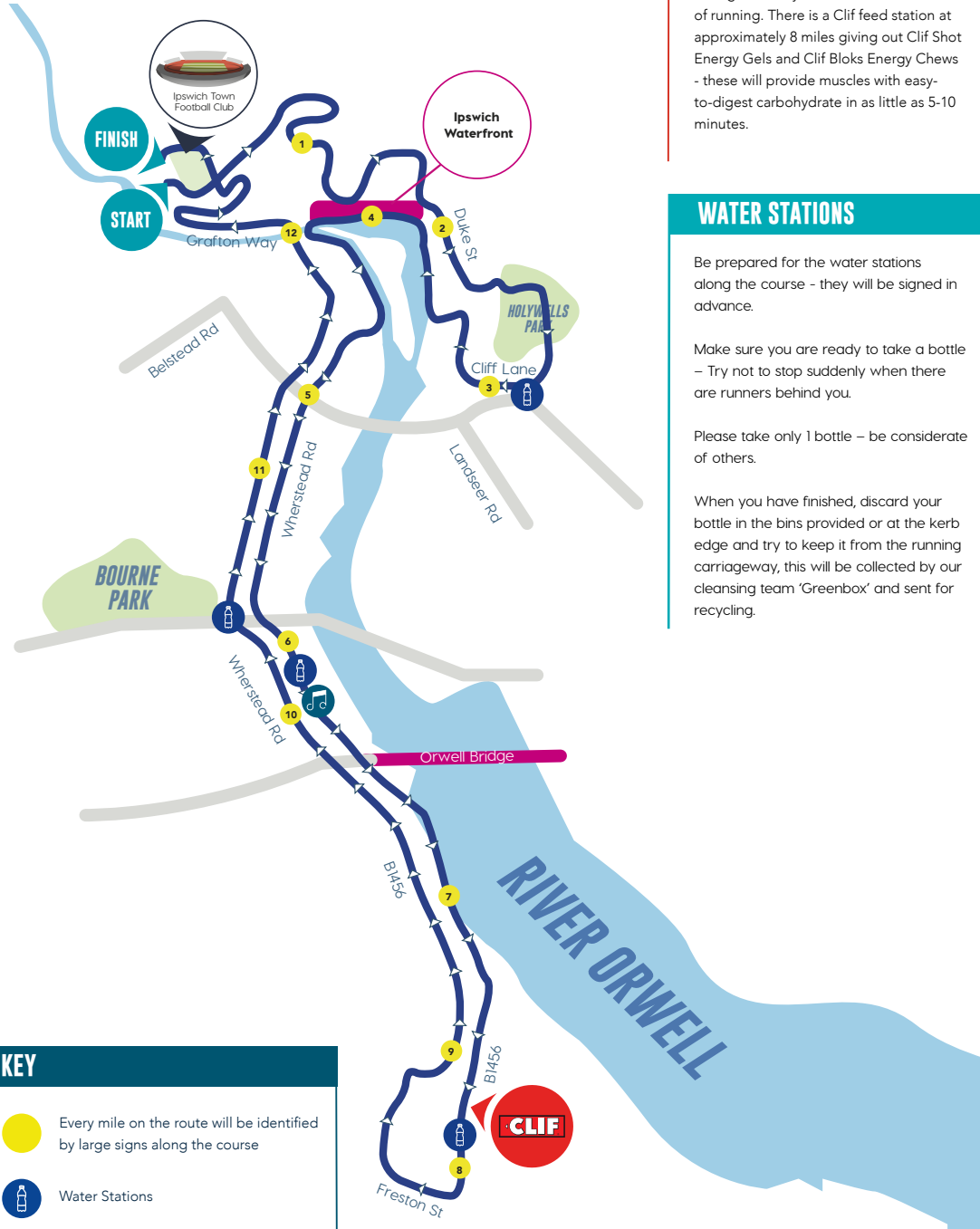
WATER STATIONS

Be prepared for the water stations along the course - 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, this will be collected by our cleansing team 'Greenbox' and sent for recycling.



KEY

-  Every mile on the route will be identified by large signs along the course
-  Water Stations
-  Music Zone



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 town.

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.



AT THE FINISH

There will be complimentary post-event massage and stretch zones provided by Simplyhealth. To avoid queueing, book your Simplyhealth Massage in advance by visiting: www.find-a-physio.com/booking

Special K will be sampling their new range of Special K everyday protein bars designed to help power you through everyday #poweringyou.

Visit Clif Bar and try the wrapper grab game and sample their fantastic sports nutrition products.

If you've worked up an appetite pop over to the Nando's stand where they'll be handing out delicious post-run treats.

Once you have finished the run, there are numerous bars and restaurants in Ipswich 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.



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.

To reduce the need for plastic water bottles at the start we suggest arriving hydrated and ready to run, having had enough water before getting to the start.

You can of course bring your own supply, which you may carry with you while you run. There will be water stations along the course, see course map for locations of these.



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. 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.***