



EVENT GUIDE

SUNDAY 13 OCTOBER 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**

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 **#GreatBirminghamRun**





EVENT TIMETABLE

- 09:00 Event & Charity village & Information Point Opens – Located in Victoria Square for HM
- 09:00 Event site & Information Point Opens - Located at Aston University for Junior & Mini events.
- 09:30 Start assembly area opens on Jennens Rd - Simplyhealth Junior Great Birmingham Run
- 09:30 Start assembly area opens on New St - Simplyhealth Great Birmingham Run
- 10:00 Start of the Simplyhealth Junior Great Birmingham Run**
- 10:20 Warm up for the Simplyhealth Great Birmingham Run Orange and White waves
- 10:30 Start assembly area opens on Jennens Rd - Simplyhealth Mini Great Birmingham Run
- 10:30 Start of the Simplyhealth Great Birmingham Run (Orange wave)**
- 10:43 Start of the Simplyhealth Great Birmingham Run (White wave)**
- 10:45 Start of the Simplyhealth Mini Great Birmingham Run**
- 10:49 Warm up for the Simplyhealth Great Birmingham Run Green and Pink waves
- 10:57 Start of the Simplyhealth Great Birmingham Run (Green wave)**
- 11:05 Start of the Simplyhealth Great Birmingham Run (Pink 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

At the start your baggage buses are located on Waterloo Street and will be open from 8:00 - 11:00am

The buses will then relocate to Jennens Rd for when you are ready to collect your bag.

Buses will be numbered so please remember which one you use.

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 buses are not 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 buses to drop off and collect your bag, so we can ensure it corresponds to the baggage label.



AT THE START

The Information Points are based at Victoria Square (open 9am) for the Half Marathon and Aston University Campus grounds (open 9am) for the Junior & Mini events. The missing persons point will be located in the Event Village on Aston University Campus.

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

Temporary toilets will have popped up in the streets leading to the start and in the assembly areas on New St and in Victoria Square.

There will also be toilets available on course.

Toilet facilities will be busy before and after the run, so please allow plenty of time.

Warm-up artists will be on site to get you warmed up and stretched out. Orange and White wave runners will warm up at 10:20am with Green and Pink warm-up at 10:49am.

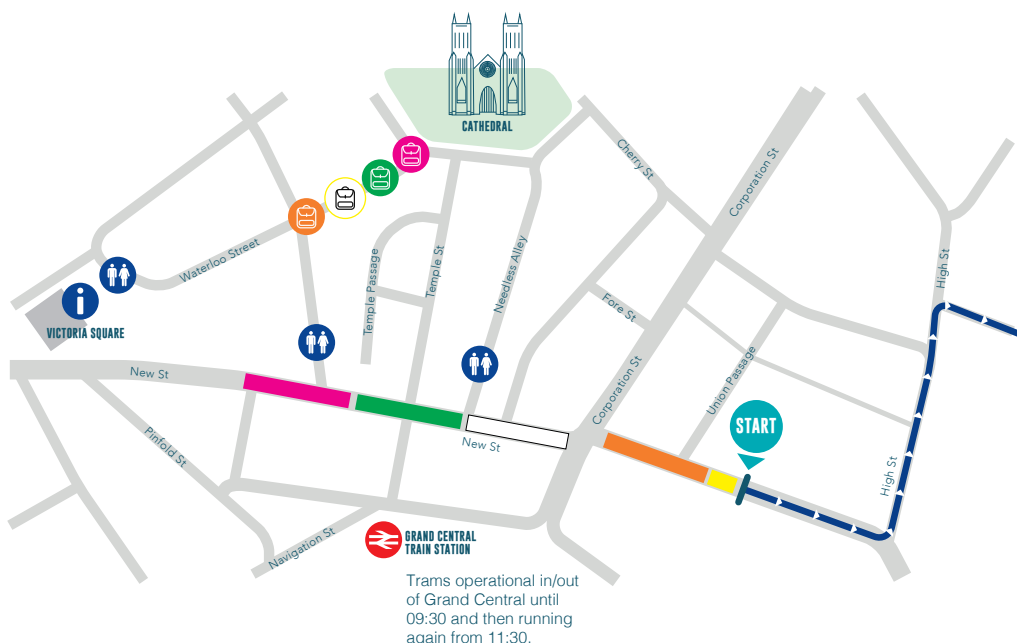
Look for signage or ask one of the information staff on site for directions.

Please use all the space we have created for you.





Waves set off separately to help regulate the flow of runners through the course.

HALF MARATHON START MAP

The event start and the assembly areas are located on New Street. Each area will be managed to make sure the correct coloured run numbers enter.



KEY

-  Assembly Zones
-  Baggage Buses
-  Toilets
-  Information Point

*See website for Junior & Mini course information
(Start & finish on Jennens Road).

ON THE COURSE



Water Station

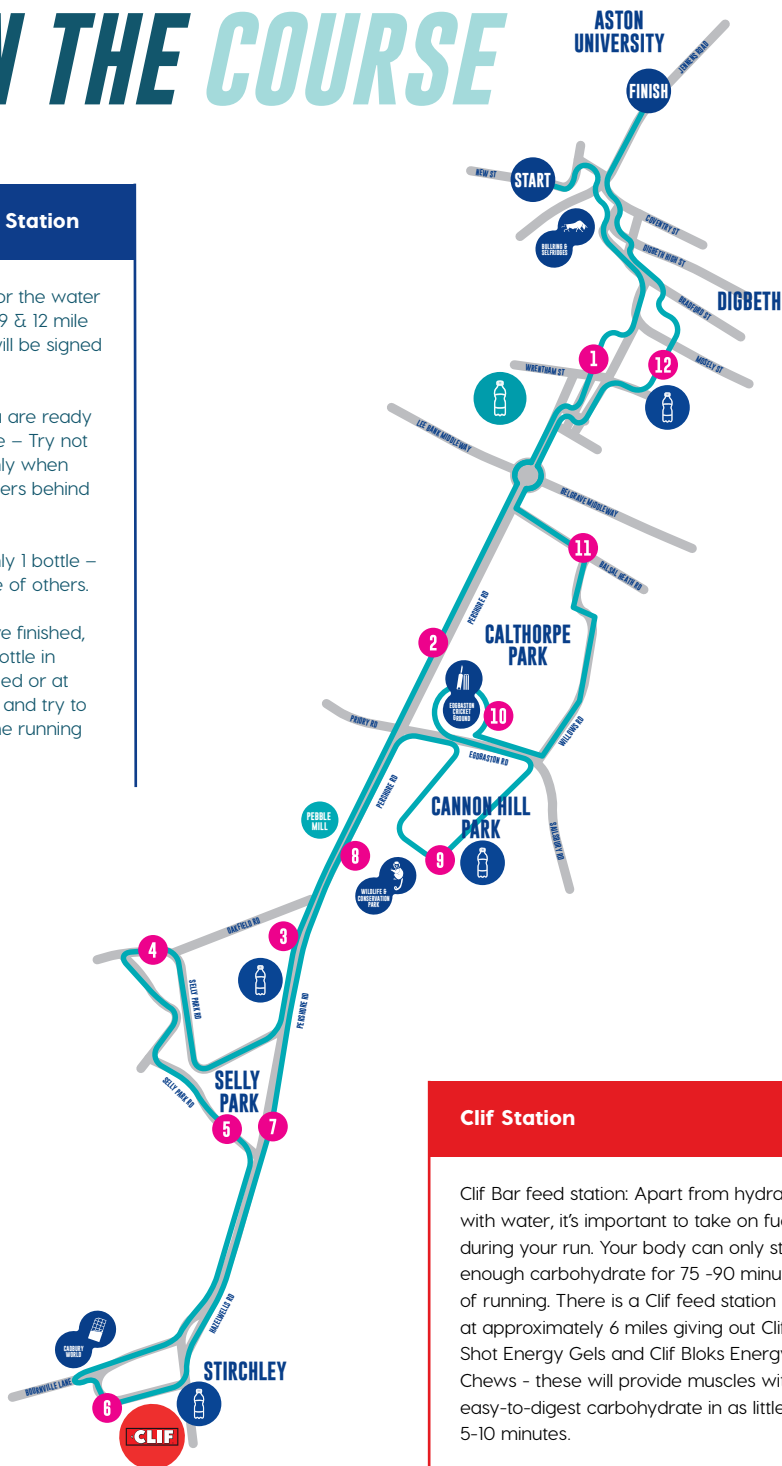
Be prepared for the water station at 3, 6, 9 & 12 mile points - they will be signed in advance.

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.

1 Mile Markers



Clif 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 6 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.



AT THE FINISH

Don't stop immediately after you cross the line, you will have to walk a short distance.

No matter what your pace everyone has run the same event and everyone will get to cross the finish line. If you're running at less than 17 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 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. Junior & Mini runners get a medal and bottle of water.

The Event village, located at Aston University, 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.

Family and friends will be able to wait for runners on Jennens Road as they cross the finish line and exit the finish system.

Please arrange to meet family and friends at the Meeting Point at Library Boulevard at Aston University. Look for the large A-Z banners and stand by the one that corresponds to the first letter of your surname.

The family reunion area for the Junior & Mini events is on Jennens Road.

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



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**

Visit **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: Simplyhealth, Clif, Special K, Alton Sports, Arnold Clark, ENGIE, John West, Wagamama, Scimitar and Nandos.



KEY



Toilets



Medical
Point



Finisher Packs



Baggage Buses



VIP/
Hospitality



Family Reunion



Charity
Village



Food &
Drink



Information
Point



Exhibitors



Exhibitors



Simplyhealth



**Arnold
Clark**

wagamama





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 3, 6, 9 & 12 miles 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. Water will be available, but only take a drink if you need one.

***GOOD LUCK AND ENJOY YOUR DAY FROM THE
SIMPLYHEALTH GREAT BIRMINGHAM RUN
TEAM AND ALL OUR PARTNERS.***



Simplyhealth



GARMIN



**Arnold
Clark**



25% DISCOUNT
on select products



Are you entered into a Great Run event this year? If so, you're entitled to a 25% discount on select Garmin products*. For more information, visit:

Garmin.com/en-GB/greatrun

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BY THE FORERUNNER® 645 MUSIC.
YOUR SONGS ON YOUR WRIST.

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