

SCOTTISH GAS 5K AND 10K ROAD RACES

WHAT HAVE YOU BEEN SENT

Check Your Number

The most important item enclosed is your race number. If there is a problem please call 0131 334 2568.

Don't Lose Your Number

Fasten your number securely to the front of your vest or T-shirt using 4 pins. It is your responsibility to arrive at the finish with your number intact.

At the finish, no number means no result, no T-shirt and no medal.

WHAT CAN I EXPECT AT THE START

Car parking is in the Scottish Gas Car Park, which can accommodate up to 500 cars. The entrance to the car park is from West Granton Road and Waterfront Avenue and can be found to the front and rear of the Gas Board Headquarters.

3rd of August is not the day to solve entry or number problems - telephone the above number before the race day.

The Start - 10.30 am

The run begins near the entrance to the Scottish Gas Headquarters, 1 Waterfront Avenue, Edinburgh. Other runners can't wait for you so **be there for 10.00 a.m. prompt.**

Changing rooms are not available, so come ready for action. You can leave your baggage in your car, with a friend or relative or the secure area provided where you can leave baggage at your own risk. Make sure your baggage is clearly labelled.

Toilets are available at the start. As everyone will wish to go at the same time allow extra time and bring some extra tissue with you.

START

Both races start at the same time.

The assembly line will be 10 metres behind the start line. You will be told when to move forward to the actual start line.

To keep warm at the start wear old clothes which you can throw away just before the start. Don't just drop them where someone may trip over them. Throw them outside the assembly area where they will be collected and donated to a deserving charity.

SCOTTISH GAS

The Route

For the most part the surface is excellent but watch your step particularly if the day is wet.

The race is mainly on the footway or the Esplanade but on some sections of the route runners' share the road with traffic. Cones will mark these areas. Please be careful at these sections and remember to keep to the side of the road unless directed otherwise by the police or a steward. **You must follow the directions of the police and stewards and take particular care to keep to the footway where possible. If you do not follow their instructions you are liable to disqualification.**

Route Closure

At the rear of the field will be a vehicle timed to accommodate the slowest of joggers. Should you fall behind this vehicle then you are advised to complete the race as a pedestrian on the footways as you may find yourself amongst traffic as the police will no longer be holding traffic at crossing points.

Medical Support

This will be provided at the start, finish and on route.

WHAT TO EXPECT AT THE FINISH

We operate multiple finish systems side by side so please be guided by the marshals as to which funnel they direct you to go down. Your time and placing will be specifically worked out for you. You will be kept in single file so do not duck under the tapes, as you will distort the placings. Keep moving down the funnels to prevent a backlog.

If you need medical attention at the finish your number will be removed and passed through the finish system for you.

Collecting your T-shirt and Medal

Once your number has been recorded and you step out of the finish funnel you will be guided to tables to collect your T-shirt and Medal.

Awards

Prizes will be given on the day.

WORKING IN THE COMMUNITY