



TEAM MACMILLAN
GUIDE TO RACE DAY

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The week before marathon day

Drink lots of water!

It's important to ensure that your body is suitably hydrated for the challenge ahead. From Wednesday 21 September you should be aiming to increase your intake of water to at least 3 litres a day and attempting to cut out diuretics such as alcohol, coffee and tea.

Put your name on your t-shirt or vest

This will ensure you get loads of cheering support, especially at Team Macmillan cheer points. These cheer points can give you a huge lift, in particular towards the end of the race when you're feeling tired

Berlin Vital Expo – COMPULSARY ATTENDANCE REQUIRED BY ALL RUNNERS

Please allow time in your schedule to attend the Berlin Vital Expo to collect your race number and ChampionChip! The Expo is located at the former Tempelhof Airport and is open from **Thursday 22 – Saturday 24 September**. You will need to present your original registration confirmation to collect your race number.

**Flughafen Tempelhof
Platz der Luftbrücke 5
12101 Berlin**

<http://www.berlin-vital.de/english/2011/fall/home/index.html>

Opening times

Date	Time
Thurs 22 Sept	2.00pm – 8.00pm
Fri 23 Sept	12.00noon – 9.00pm
Sat 24 Sept	9.00am – 6.00pm *

*This is a strict finishing time and numbers will not be distributed on race day.

Help desk at the expo:

There is a map of the Expo available on the official marathon website. The start numbers will be in the last hall at the Expo. There, you will also find the helpdesk. If you need any help or questions once there, please ensure you ask for either **Ms Ines Rensch**, **Ms Halbach** or **Ms Köpcke**.

The day before marathon day

Pack your 'clothing bag' the night before the race

Attach your running number to the front of your t-shirt / vest (making sure it's clearly visible), your ChampionChip to your running shoelaces and pack your 'clothing bag'! You must drop off your clothing bag by **8:30am** (at the very latest) on race day to the tent allocated for your race number. Please **only** use the clothing bag, which you received with your race materials, which has your race number on it. Do not leave any valuable or breakable items in your clothing bag. **Top tip** – pack some comfy shoes and a warm top (that's easy to put on) in your bag to so you can pop these on once you've finished the big race!

Eat a good meal the day before

This should be loaded with carbohydrates (pasta, potatoes etc). The Team Macmillan Pasta Party provides the perfect opportunity to stock up on some much-needed energy the evening before the big race.

Get an early night

You may find that you don't get the best night's sleep you've ever had, but it is important to try and ₂rest in preparation for the following day.

Friends and family in Berlin

If you have friends and family who are planning to watch you on race day, please make sure they know where they're going and in plenty of time. Alice and Joe will be at the cheer points located at the **12km** and **41km** marks, (please see the enclosed Race Weekend brochure for the exact locations.) We'd love for them to join us – not only will they make the Team Macmillan cheer-points more visible, you'll be able to spot them much more easily in the crowds of thousands lining the streets as we'll kit them out in green Macmillan gear and make sure they have a fun day out too!

The morning of the race

Stick to your routine

'To have breakfast, or not to have breakfast that is the question'. Our simple advice is – stick to your usual routine! Don't eat anything new or different on race day. It's also best to eat at least three hours before the start of the race (i.e. no later than 6.00am).

Get to the start early

All runners must be at the starting area by 7.30am! Whilst this may seem early it does allow you time to soak up the atmosphere, relax and warm up properly. Hopefully everything will run smoothly on the day but you should allow time just in case. The race starts at **9.00am at Straße des 17. Juni, between Brandenburg Gate and Victory Column ("Siegessäule")**. Without trying to alarm some of you, please note that the finish closes for runners at **3:15 p.m.** (time limit: 6:15 hrs).

Beware of chafing!

There are few things worse than trying to run with 'sore bits' caused by the constant rubbing of seams, hems and stitches. To avoid this discomfort put Vaseline on **every** area which might be affected.

Keep warm

You will be required to put your clothing bag in the clothing drop-off area before the start of the race, so if it's a cool day you may get cold. Your Macmillan running sack (included in this mailing) is ideal for keeping you warm and can be easily discarded once the race has begun. Alternatively take some old clothes which you're happy to discard, though please respect other runners when discarding your warm clothing.

Toilets

Make use of the toilets in the starting area. Given the amount of water everyone's been drinking, the queues will be massive (!) But the queues for the portaloos around the course will probably be even longer.

Starting Pens

You will be notified of your allotted starting pen by the real,-Berlin Marathon Race Organisers. The start will be divided into 8 designated blocks according to the personal best times submitted. The letters **A – H** on your race number show which block you are to go to. All runners who are participating in their first marathon will probably be in the last block. Please follow the helpers' instructions to assure a smooth start.

Pace Makers

Each starting block will have a pacemaker to help set the tempo. They will be carrying yellow balloons for the first 10km's and can be identified by their yellow shirts with the texts: **PACE 3:00, 3:15, 3:30, 3:45, 4:00 or 4:30.**

During the Race

Start slowly!

This sounds like a really obvious statement! However, it is very easy to start too quickly - especially when you've been stuck in a pen for 30 minutes and you're in a new city. Before you know it the adrenaline takes over and you discover you've smashed your personal best for the first mile – just 25.2 to go! When the gun goes, stay calm, avoid jostling and take it easy - indeed many experts suggest starting at a slightly slower pace than your normal running pace.

Drink regularly

Waiting until you're thirsty to take on fluid is a sign of dehydration - ensure you take regular sips. Refreshments will be available starting at the 5 km mark and then from the 10 km mark they will be available every 2.5 km. **Make sure you keep drinking, especially if it is warm. Toilets will be available at the end of each refreshment stand.** Sponges will only be distributed with the race numbers. In order to protect the environment, you will receive one sponge with your race number.

Timekeeping

Times will be measured exclusively using a **ChampionChip**. The ChampionChip is a plastic transponder that is attached to your running shoe and registers your personal time. The ChampionChip is used at the majority of the large marathons throughout the world. If you are hiring your ChampionChip, please note this chip **must be returned** undamaged within 2 hours of you finishing the marathon or you will be charged 25 euros.

Have fun!

For most of us there will be few times in life when we'll experience the cheers and support of thousands of spectators lining the streets in Berlin, so make the most of it. Talk to fellow runners (especially your fellow country men & women), give plenty of encouragement to your fellow Team Macmillan runners or even run with each other for a few yards, interact with the crowd and enjoy over 70 music bands along the route! Plus make sure you give us a wave as you go by the Team Macmillan cheer-points, we love it!

After the Race

The Finish Area

This is right in the heart of the city between the Federal Chancellery, the Reichstag and the Brandenburg Gate, where drinks, refreshments, massages and hot showers will be available.

The finish is on the right side (in the race direction) of the street on the Straße des 17. Juni in front of the Soviet Monument and will remain open until 3:45 p.m. Your time will be registered by your ChampionChip from when you crossed the start line to the finish line.

Please do not stop after you cross the finish line, but continue slowly to the end of the finish area. Then you will receive your medal. You'll then be required to **remove and hand in your ChampionChip**. For those runners who are running on a Macmillan Charity Place, please remember that Macmillan has paid a deposit for each of these ChampionChip's so it is **essential** that you **return** your chip undamaged **within 2 hours of finishing** the race to ensure that we are not charged for your chip (a total of 25 euros per chip).

From there, students from the Berlin schools of massage await you to loosen up your stiff muscles. They are there to help you, but remember there are other runners who would like to enjoy their 'helping hands' too.

Then go to collect your clothing bag. The clothing pick-up is only possible in the finish area until 4:00p.m. upon presentation of your race number. All clothing bags remaining will be at **the lost and found booth** until 6:00p.m., or they can be picked from Monday on, 26 September, at the organisational office at Glockenturmstraße 23, 14055 Berlin

Family Reunion Area

You will be able to meet up with your family and friends, who understandably cannot be in the immediate finish area, in the family reuniting area on the connecting roads between the Reichstag and the Brandenburg Gate, at the sign with the first letter of your last name.

Team Macmillan Celebration Drinks

Then, after a well deserved shower and rest, it's time to celebrate your amazing achievement with your fellow team-mates at **Brauhaus Lemke am Hackeschen Markt Pub**, Dircksenstr., S-Bahnbogen 143 in 10178 Berlin – Mitte, from **6.30pm**! Feel free to bring any of your supporters along too!

GOOD LUCK AND ENJOY THE AMAZING MARATHON EVENT IN BERLIN!