

TEAM MACMILLAN

BUPA GREAT SOUTH RUN – 30 OCTOBER 2011



**WE ARE
MACMILLAN.
CANCER SUPPORT**



Thank you once again for your support of Macmillan in the 2011 Bupa Great South Run. In order to show our gratitude we want to ensure you have as memorable a day as possible, so please read this booklet for information on where you will find Team Macmillan over the event weekend, including:

- What time and where you are setting off
- Team Macmillan Cheer Points on the course
- Find Team Macmillan at the start and finish line

Important Info for the Day:

Start Times:

Your running number will detail which wave you are starting off in. Please make sure you note this so you know where to get to on the day:

10.53am – start of Orange Wave

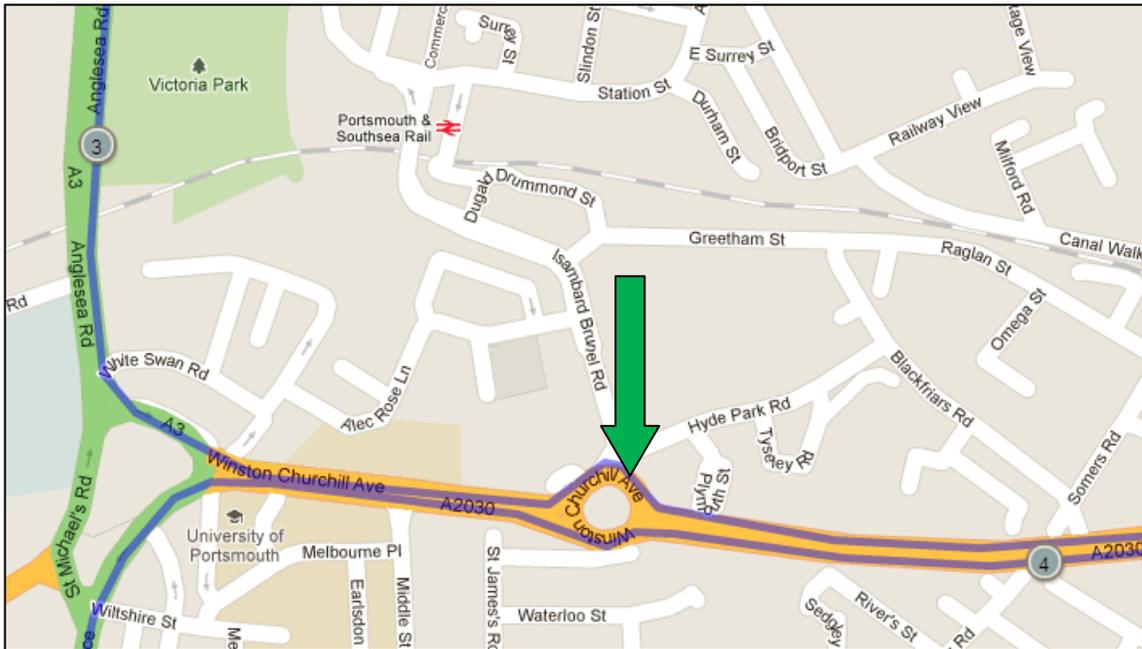
11.03 – start of White Wave

11.12 – start of Green Wave



Team Macmillan Cheer Points

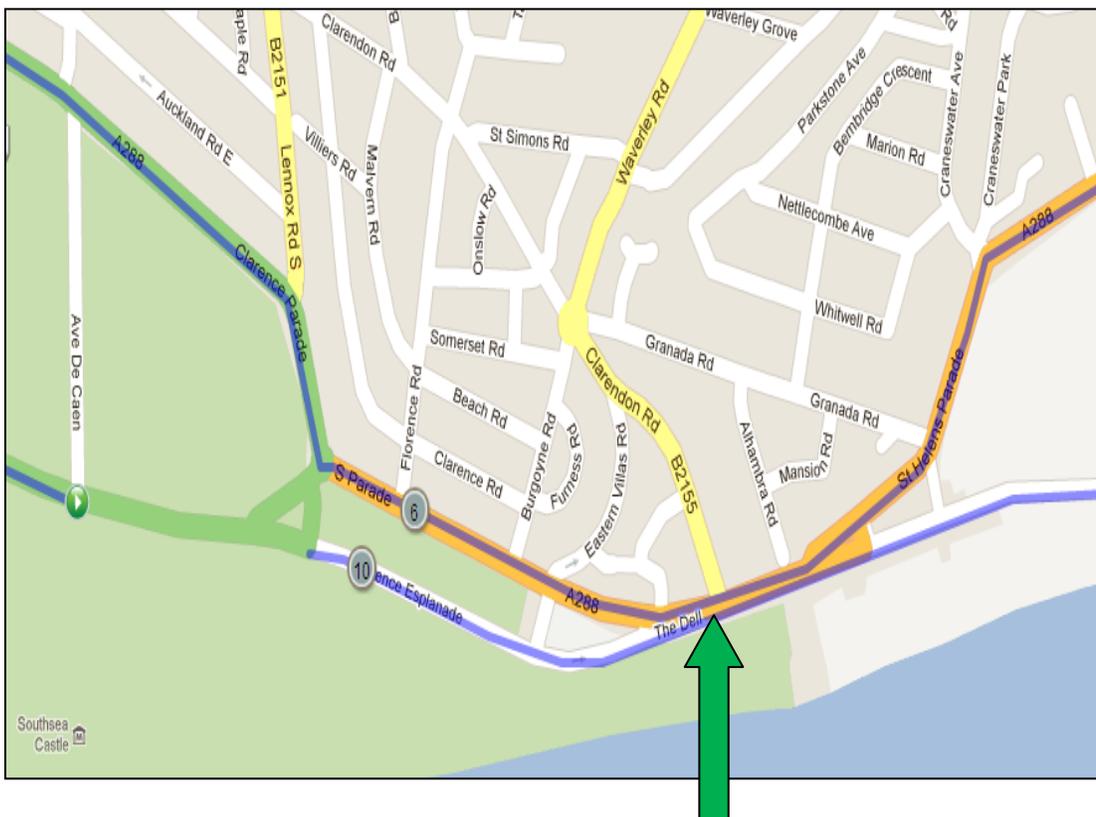
CHEER POINT ONE – 3.5 MILES



The first supporter point will be at the 3.5 mile mark, on Winston Churchill Avenue.

Runners will pass this point between 11.05am and 12pm

CHEER POINT TWO – 6.25 & 9.5 MILES



You can find the second cheer point on South Parade, on the corner of Clarendon Road.

Runners will pass here between 11.20am and 1.30pm

CHARITY MARQUEE: START AND FINISH LINE:



Come and say hello! Team Macmillan will be in the charity area, near the family reunion area at this year's Great South Run. We are in Marquee Number 9 – to find us just look out for the flags! (pictured, right)



TOP TIPS FOR RACE DAY

-  Eat your normal breakfast at least 2-3 hours prior to the race start and don't try anything new on race morning
-  Drink plenty of water in the days leading up to race day and avoid drinking any caffeine or alcoholic beverages
-  To prevent any chaffing, rub Vaseline anywhere where your clothes, trainers or socks are likely to rub
-  Wear the Macmillan plastic running sack at the start of the race to keep you warm and discard thoughtfully before you start running
-  Only drink energy drinks or take energy gels if you have used them during your training runs
-  Avoid starting too fast at the beginning of the race and pace yourself
-  Encourage and chat to your fellow Team Macmillan runners en-route
-  Watch out for discarded water bottles on the course
-  Enjoy and lap up the fantastic atmosphere and give the Macmillan cheer-points a wave as you go past
-  Pack some warm clothing and any favourite snacks in your kit bag for after the race

THANK YOU TEAM MACMILLAN AND GOOD LUCK IN THE BUPA GREAT SOUTH RUN!