

TEAM MACMILLAN RACE DAY GUIDE

JANE TOMLINSON'S YORK 10K

5 AUGUST 2012



Thank you once again for your support of Macmillan in the 2012 Jane Tomlinson's York 10k. 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:

- Where you need to go the morning of the run
- Team Macmillan Cheer Points on the course
- Where to find Team Macmillan on the day

Key timings for the day:

7.00am – Race office open to public

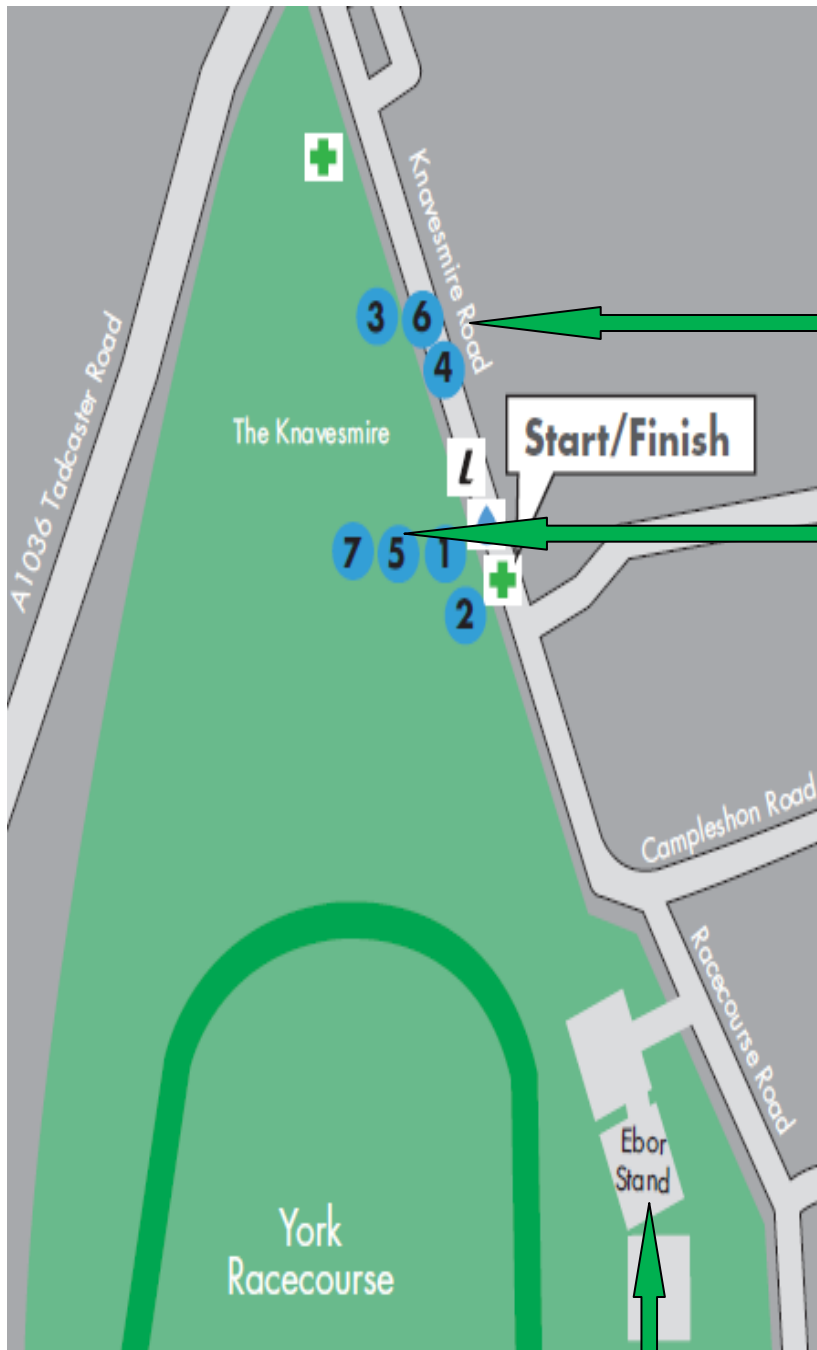
7.30am – Baggage drop and charity marquee open to runners

8.15am – Team photo for Macmillan runners at the charity marquee

8.30am – All runners to be in their starting pens on the Knavesmire

9.00am – The start of the 2012 York 10k!

The York 10k start and finish area:



Runners assembly area

Come and say hello! Team Macmillan will be in the charity area at this year's York 10k. You'll be able to find us near the start and finish line – just look out for our flag! (pictured, right).



We will be taking a team photo at the charity marquee at 8.15am. Please come along to be included in the picture!

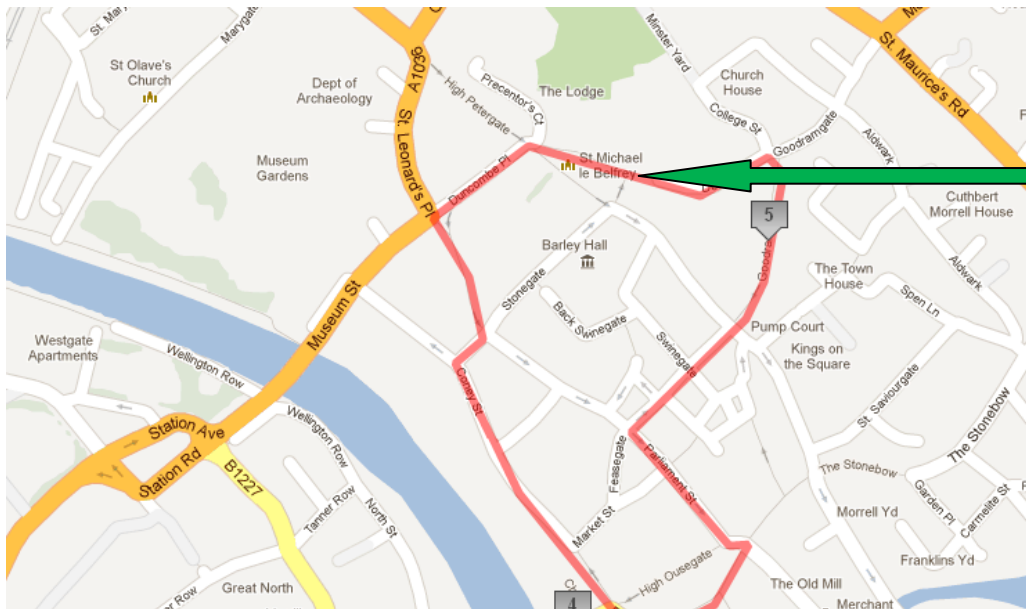
Race Office – for all race enquiries and race number pick up.



Team Macmillan Cheer Points:

This is where you'll find us when you are running on the day – make sure you look out for the banners and green t-shirts so we can give you a big cheer! **If you have any friends or family coming along on the day please send them to one of our cheer points so we can stock them up with a Macmillan t-shirt and some banger sticks to ensure the biggest cheer possible for all Team Macmillan runners.**

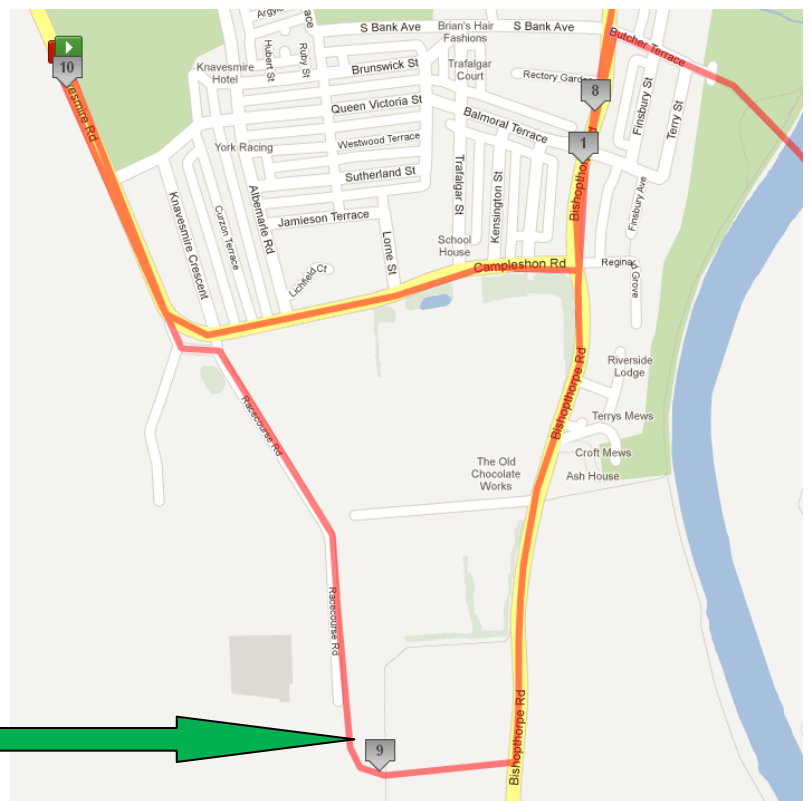
Cheer Point One 4.75km



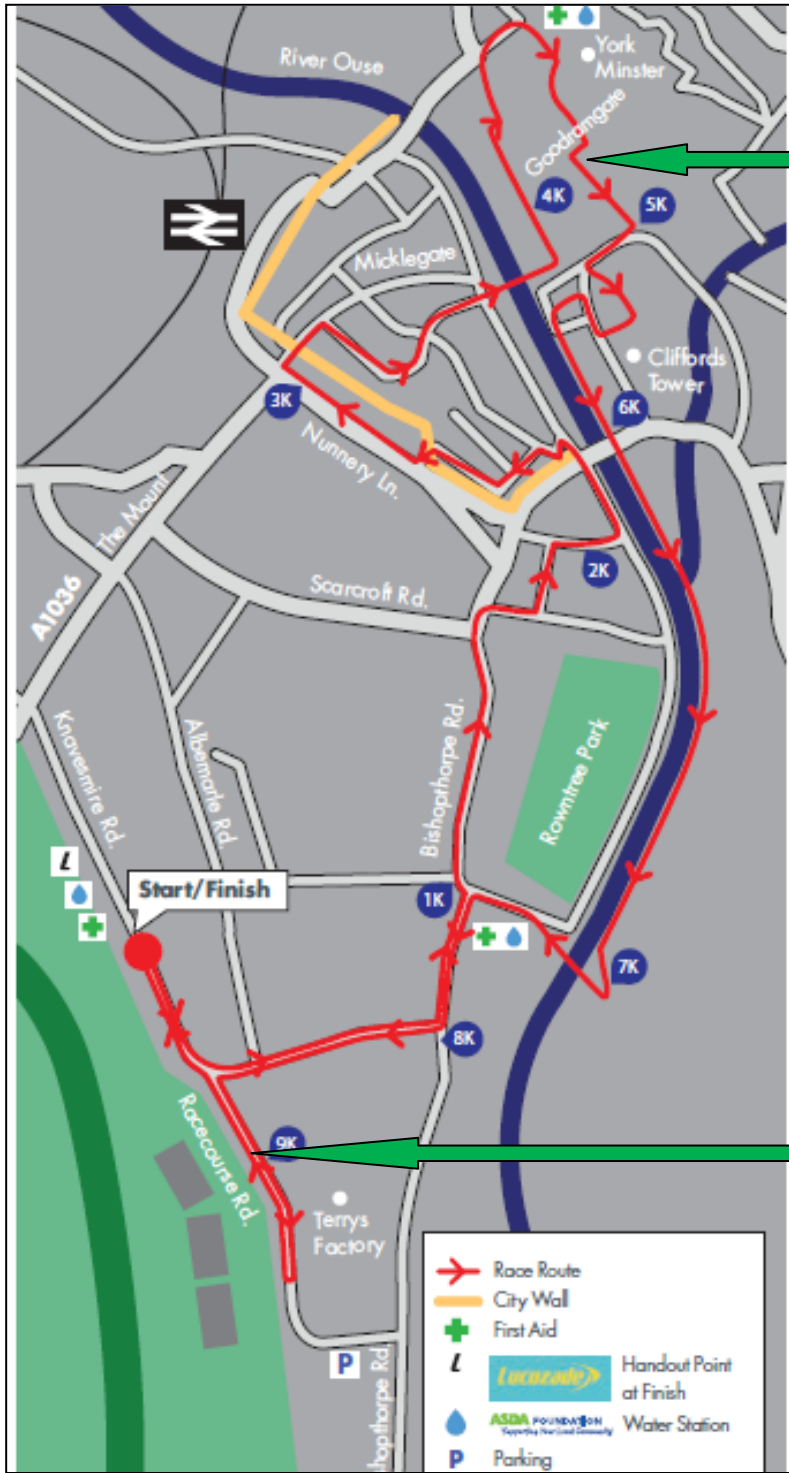
This supporter point is just after runners have passed the York Minster, before the 5km marker

Cheer Point Two 9km

To join this supporter point just follow the course backwards from the start and finish line until you get to the 9km marker



Official Jane Tomlinson's York 10k Course Map:



Team Macmillan
cheer point one

Team Macmillan
cheer point two