



asics

2019

# M GREATER MCR MARATHON

# EVENT GUIDE 2019 SUNDAY 7TH APRIL

#MANCHESTERMARATHON

Lancashire Cricket Club, Talbot Road,  
Old Trafford, Manchester, M16 0PX



JOIN US ONLINE:

 ASICSMANCHESTERMARATHON

 @ManchesterMarathon

 @Marathon\_MCR

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# MARATHON CHECKLIST

Your ASICS Greater Manchester Marathon race day checklist is below. Please plan ahead and prepare well to get the most of your event day experience.

1

## READ

This race booklet before the race, it contains essential and important information!

2

## ARRIVE IN PLENTY OF TIME

Where possible we advise using Metrolink to travel to the event, Old Trafford Metrolink stop is the closest to bag drop but others are available near the start - plan your journey here [www.greatermanchester-marathon.com/event-info/travel-and-parking](http://www.greatermanchester-marathon.com/event-info/travel-and-parking)

4

## RACE NUMBERS

Bring your race number and make sure the emergency information is filled in on the back

3

## BRING YOUR PRE-BOOKED PARKING TICKET OR METROLINK PASS

5

## YOUR RACE KIT

Exclusive 20% off ASICS with code ASICSGMM20 [www.asics.co.uk](http://www.asics.co.uk)

9

## BRING A CASH DONATION FOR PRE & POST RACE MASSAGE

6

## BAG DROP

If using the bag drop put your kit in a small back pack or gym bag with easily accessible handles. To avoid queues we suggest you leave it with friends and family

7

## RACE PINS

Safety pins or other way of attaching your number, such as race pins.

8

## SPARE KIT

Warm top or even a bin bag to discard at the race start if it's cold or wet. Plus spare kit to change into afterwards.



# INTRODUCTION

**T**hank you for choosing to race with us at the eighth ASICS Greater Manchester Marathon. The organising team thank you for entering and promise that we will do everything we can to make this race the most enjoyable one you enter this year. Whether you are taking

part for personal reasons or a physical challenge, whether it's your first marathon or your 50th, we wish you all the best with achieving your goals.

This event guide aims to

cover every aspect of the ASICS Greater Manchester Marathon. It contains important details concerning your safety, how to get the most out of the weekend, and what to do if your run doesn't go to plan. Please take the time to read the information carefully in advance of the run. You have trained so hard to get to this day, please make sure you know the location of the start line, finish, medical and refuge points on route.



## YOUR ASICS GREATER MANCHESTER MARATHON EXPERIENCE INCLUDES

- Entertainment and designated charity cheering points along the route.
- 11 on course water stations.
- Pace runners to help you get around in your target time.
- The course is one of the UK's flattest marathon courses and is measured and certified to IAAF/AIMS standards (certificate No 18/598).
- A hangout zone at Lancashire Cricket Club for all the family to wait for your runner. Including food, live marathon coverage and more.

## PLUS

Event Villages at Lancashire Cricket club with:

- Bag drop
- Pre & Post race massage
- ASICS technical finisher t-shirt
- Your iconic finishers medal
- Goodies hand out
- Finishers photo opportunities
- Hangout area for friends and family

# ABOUT THE ASICS GREATER MANCHESTER MARATHON

This is an event that aims to truly represent all the wonderful people of Manchester, and celebrate our achievements. Since its launch in 2012 it has received rave reviews from participants, thanks to its professional delivery, flat route and amazing support from crowds around the course.

You've helped make this one of the largest marathons in Europe, and the 2nd biggest in the UK. We are equally as proud to welcome world beaters such as Brendan Rendall (who ran 4000k across Africa last summer),

and Susannah Gill (who broke the world record for 7 marathons in 7 continents), as we are the brave 5,000 of you who are attempting a marathon for the first time. You really are all heroes.

Together with our sister run, the Wiggle Manchester Half, we are proud to say that these events raise over £3,000,000 for charity, and bring an even larger financial benefit to the local communities. Additionally, this run supports the Trafford Active Fund which helps young athletes from Trafford to achieve and fund their

sporting dreams.

Moving forward we have an ambitious vision to make the ASICS Greater Manchester Marathon one of the world's premier running events. Further becoming a best in class experience for our runners of all abilities, spectators, and in the eyes of the millions watching. We look forward to sharing further plans with you, and hope you will be part of that journey.



## A FEW WORDS...

“ From myself and the rest of the ASICS Greater Manchester Marathon Team we wanted to wish you all the best of luck on your race day, and truly hope you have a wonderful day, whether it's to finish your first marathon or get a PB.

This course will spur you on with the entertainment and brilliant spectator support from the local residents of the Greater Manchester areas.

A huge thank you is in order to all our event partners, marshals and the communities from the local areas, without your help and support this race would simply not be able to take place. And finally, a personal thank you to all my team for all the hard work and

hours put in to deliver this great race.

GOOD LUCK, AND MOST IMPORTANTLY, ENJOY YOURSELVES! ”

Aimée-Louise Baker, Race Director



## POST-RACE SURVEY/ FEEDBACK

We have lots of entertainment and activities planned for the big day and we'd love to hear your feedback. Every participant will be sent a post event survey via email after the race and we'd be very grateful if you could fill it in. In return for your time and responses you will be entered into a prize draw with the chance of winning some great prizes, and places into future events such as the 2019 Wiggle Manchester Half and 2020 ASICS Manchester Marathon.

# RACE WEEKEND TIMETABLE

## SATURDAY 6TH APRIL

15:00-19:00 Race pack collection point open at First Street (Manchester City Centre)

17:00 - 20:00 Marathon Eve Meet-Up

## SUNDAY 7TH APRIL

06:00 Pre-paid Car parks open at Manchester United FC

07:00 Athlete's Village at Lancashire Cricket Club opens

07:00 The Hangout opens at Trafford Town Hall

08:00 Start areas open

08:00 Mancunian Mile start

08:55 Wheelchair athlete's start

09:00 Start of ASICS Greater Manchester Marathon, following ASICS Warm Up

09:35 Last runners cross the start line

09:40 Relay teams event starts

10:30 First wheelchair racers approach finish line

11:10 - 16:00 Runners finish

12:30 Prize ceremony at the Hangout on Main Stage

16:15 Athlete's Village at Lancashire Cricket Club closes

16:00 The Hangout at Trafford Town Hall closes





# GETTING TO THE EVENT

For more information on any of the below please head to the Parking and Travel page on our website [www.greatermanchester-marathon.com/event-info/travel-and-parking](http://www.greatermanchester-marathon.com/event-info/travel-and-parking)

## METROLINK

We advise getting to the event via the reliable tram network. There are a number of cost effective ticket options for both runners and spectators. The nearest stops to the start area are **Pomona, Exchange Quay and Trafford Bar**. The nearest stops to the finish line, event villages, bag drop, main toilets is **Old Trafford & Trafford Bar**.



## RELAY RUNNERS FREE METROLINK TRAVEL

All relay runners will be able to get free Metrolink travel to and from the Old Trafford stop for their race, to help transport you and your group to the marathon hassle free. The relay race numbers have a Metrolink branded race number to use as your ticket on the day.

## PARK & RIDE

There are over 100 park and ride locations in Greater Manchester. It's easy to park up and hop on the tram for a hassle free journey to the event. Parking at tram stops is free for all Metrolink customers.

## RAIL SERVICES

If you are travelling to the event from outside Manchester by rail we recommend using either Manchester Piccadilly or Manchester Victoria stations. Both stations have Metrolink connections so you can quickly hop on a tram to continue your journey.

## PARKING

Please contact us; [Info@manchestermarathon.co.uk](mailto:Info@manchestermarathon.co.uk) if you need disabled car parking. Pay on the day parking will **NOT** be available at Manchester United Football Stadium (MUFC). Some pre-paid car parking is available at MUFC - please head to our travel and parking page on how to purchase this. The number of spaces available is limited and is being sold on a first come first served basis.



# RACE NUMBERS

**R**ace numbers and timing chips will be posted out to all runners except \*international runners. (\*anyone outside the United Kingdom).

Race packs will arrive from 15th March onwards, right up until a few days before the event. If your race pack does not arrive before Sunday 7th April, you will be able to collect a replacement pack from the pick-up point **INNSIDE Manchester Hotel** (M15 4RP) between 15:00 - 19:00 on Saturday 6th April.

## INTERNATIONAL RUNNERS

Race packs are not posted to address outside of the UK. Please visit the Pack Pick point on Saturday 6th April.

**When:** 3 - 7pm on Saturday 6th April (day before event)

**Where:** INNSIDE Manchester Hotel, 1 First St, Manchester, M15 4RP

**Nearest Station:**  
Deansgate Train Station  
(5min walk)

## LOST RACE NUMBERS

Keep your number safe and remember to bring it on race day. If you misplace your race pack or lose your race number, you will be able to collect a replacement pack from the pick-up point **INNSIDE Manchester Hotel** (M15 4RP) between 15:00 - 19:00 on Saturday 6th April.

## PRE-RACE UPDATES AND INFORMATION

Your race number (with timing chips attached) is the only item that will be sent out to you by post. All the other race information is provided in this booklet and on the ASICS Greater Manchester Marathon website. Any changes or information relevant to the race will be announced by email, sent to the address you provided and via social media. We will be sending out messages and information in the weeks leading up to the race. Please take the time to read this booklet thoroughly.

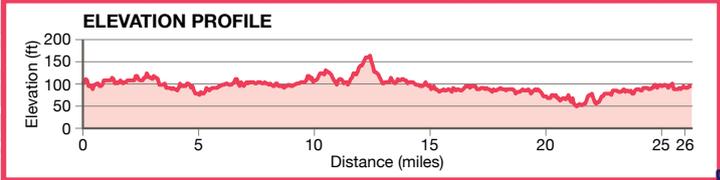


## NEED ANY HELP?

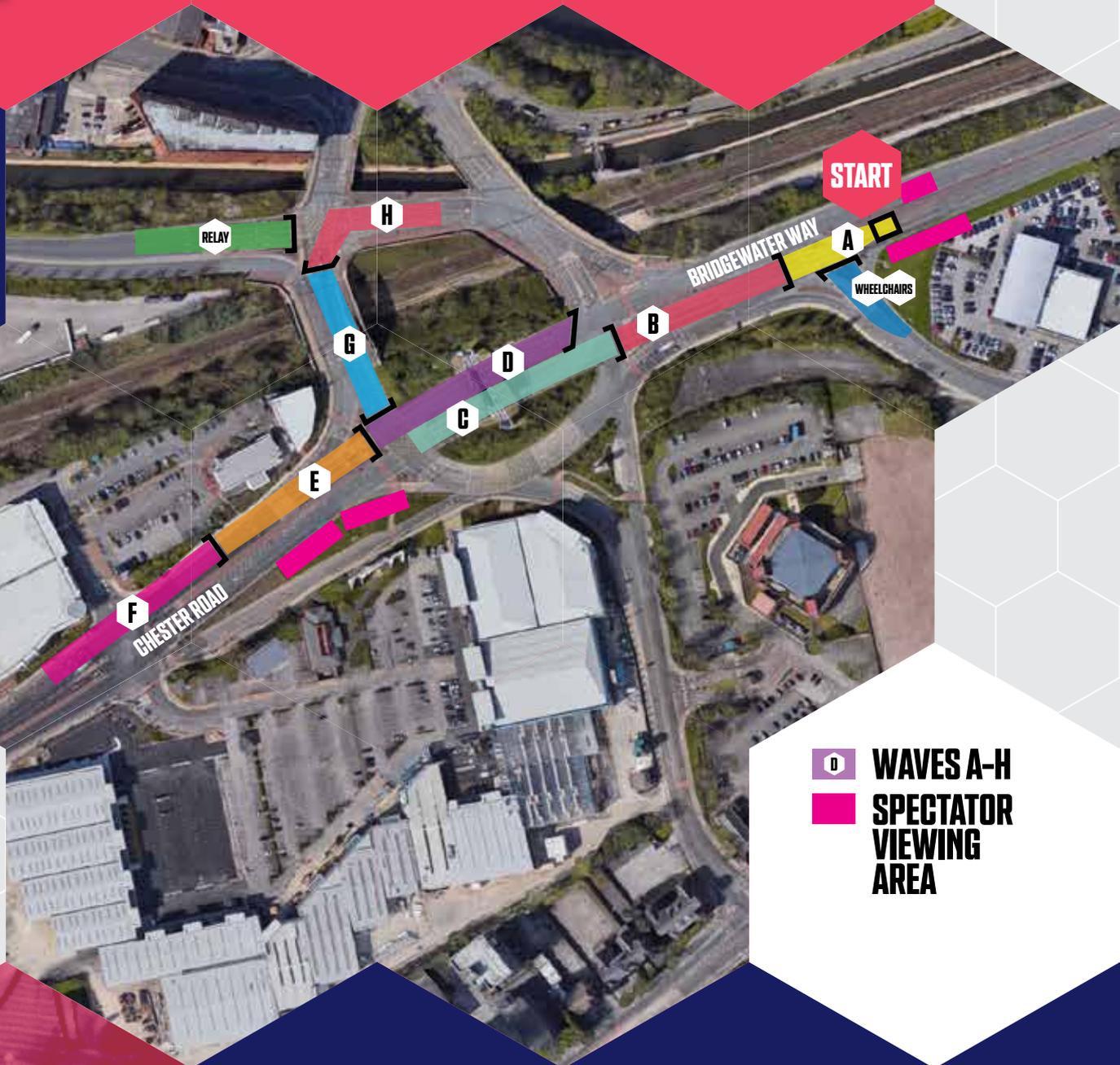
If this is your first race, or if you are unfamiliar with the area, we understand you might have a lot of questions. We've tried to answer as many queries as possible in this booklet and on the website, so please look here first and you might find what you need. If you have any remaining questions, please visit [gmm.zendesk.com](https://gmm.zendesk.com)

If you can not find your answer to your question, please feel free to contact our customer service team via email [info@ManchesterMarathon.co.uk](mailto:info@ManchesterMarathon.co.uk)

# ROUTE MAP



# PACER AND START INFORMATION CONTENT



- D WAVES A-H
- SPECTATOR VIEWING AREA

## PACERS

A great team of pace runners is available to help you achieve your goal finish time.

Pacers will run the following times:  
3:00, 3:15, 3:29, 3:30, 3:45, 3:58, 3:59,  
4:00, 4:15, 4:30, 4:45, 5:00, 5:30.

There will be 3 pacers for the 4:00 hour runners: 1 at 3:58, 1 at 3:59, and 1 at 4:00 pace. This is to spread you out along the course and make running more comfortable for you and your fellow

runners. They will be easy to identify with back packs and flags showing their time and will be standing in the relevant start pen areas.

For more information, please visit [www.greatermanchestermarathon.com/prep/pacing-team/](http://www.greatermanchestermarathon.com/prep/pacing-team/)

### START TIMES

More information on waves and start process will be available to view on the website from Monday 4 March.

# MARATHON NUTRITION AND WATER STATIONS

**C**arb Energy Gels will be available at specific water stations across the route, starting at the water station near mile 9. Details of their nutritional content of these gels can be found here [www.greatermanchestermarathon.com/prep/nutrition](http://www.greatermanchestermarathon.com/prep/nutrition)

Please note, these are not currently available to purchase, and therefore we advise that if you are concerned that not testing gels before an event may impact on your performance, then please bring your preferred gel. There will also be Optimum Nutrition recovery products available in the Athlete Village to support your recovery post-race.

## WATER STATION LOCATIONS

STATION	MILE	PRODUCT
1	3.1	Water
2	6.2	Water
3	8.7	Water and gel
4	11.4	Water
5	13.3	Water
6	15.4	Water and gel
7	18.3	Water
8	20.2	Water and gel
9	21.8	Water
10	23.2	Water and gel
11	25	Water



# FURTHER ROUTE INFORMATION

## UKA RACE RULES

The race is licenced by UKA and their race rules apply. Please click here for the rules. [www.britishathletics.org.uk/competitions/rules](http://www.britishathletics.org.uk/competitions/rules)



## SHELTER AND REFUGE POINTS

There will be 3 shelter and refuge points on the course, where you can have a rest and either carry on, or withdraw if you wish. We want you to enjoy the race and please don't feel pressured to continue because of sponsorship monies, or for any other reason.

The refuge points are located at the below points:

- Timperley Sports Club, Stockport Road, Timperley WA15 7LU
- Manor Academy, Manor Avenue, Sale West, M33 5JX
- St Clement Court, 9 Manor Avenue, Urmston, Manchester M41 9JE

## DROPPING OUT

If you cannot continue, there will be buses to take you back to the Athlete's Village and you can wait at the refuge point to stay warm. If you do drop out, please make sure you inform a marshal and that they note your number, this is to prevent your friends and family worrying if you are not back in the expected time.

## TOILETS

There are a large number of toilets near the Athletes village, Talbot Road. There are limited toilets at the start, and at each drink station on route.

## ROUTE CUT OFF TIMES

Please be aware that the finish gantry and finish straight will remain open until 16:00\*. However, due to our staggered road closures, you may be asked to move onto the pavement before this time so we can appropriately facilitate the roads reopening for business and resident access.

\*Please be aware that although the main race begins at 09:00 you may not cross the start line until after 09:40.

This allows for a finishing time of 6:20mins to 7hrs.



## HEADPHONES

Headphones are permitted according to UK athletics rules if you are not competing for a prize. However, we ask you to consider that headphones prevent you from hearing what's going on around you, possible emergency instructions and most importantly the cheer from spectators.

# EVENT VILLAGES

ACTIVITIES  
AT THE  
TOWN HALL

TRAFORD  
TOWN  
HALL

TALBOT ROAD

THE  
HANGOUT  
MEET YOUR RUNNER HERE

BRYAN STATHAM WAY

THE  
ATHLETES  
VILLAGE

THE  
FINISH  
LINE

THE  
ATHLETES  
VILLAGE

LANCASHIRE  
CRICKET  
CLUB



# EVENT VILLAGES INFORMATION

At the finish line you'll be receiving  
A top quality finishers medal and an ASICS finisher top



## THE EVENT VILLAGES OPEN AT 07:00 AND CLOSE AT 16:15

### ATHLETES VILLAGE (Runners only)

Bag Drop  
Pre/post race massage  
Optimum Nutrition  
Erdinger AlcoholFree

### THE HANGOUT

(Runner and Spectator Area)  
Charity area for runners  
Official Merchandise  
Catering  
Prize giving on the stage at 12:30 And more!

### ACTIVITIES AT THE TOWN HALL

Various fun activities for families  
Repatriation for the Mancunian Mile

## PRIZES

Prizes will be awarded at 12:30pm on the stage in The Hangout of Lancashire Cricket Club. This ceremony will be for 1st, 2nd & 3rd male and female in the open and wheelchair categories. Monetary prizes and age group vouchers will be awarded following the event. For more information please see the elite page on the website.

## OFFICIAL RACE PHOTOS

There will be photographers on the course and waiting for you at the finish line. In the Athlete's Village wear your medal with pride and take a professional image against the official photo board. Photo bundle costs £20 until midnight April 6th where the price will go up to £35. Book your bundle now at: [www.awoladventure.com/events/humanrace/greatermanchestermarathon2019](http://www.awoladventure.com/events/humanrace/greatermanchestermarathon2019)

Deliciously Squidgy Energy  
**Soreen**



Soreen will be waiting at the finish line to greet you with a well-deserved Malt Loaf Bar which are low in fat and contain 31% less sugar than the average snack bar. Plus they are made up of 2/3 slow release carbohydrates & 1/3 fast release carbohydrates, making them popular with professional athletes across the country.

## WATCH LIVE

If friends and family cannot make it down on the morning of the event in person, they can follow a live broadcast of the event on our website [www.ManchesterMarathon.co.uk](http://www.ManchesterMarathon.co.uk) The stream will include interviews, and updates throughout

the event, as well as being able to look out for you amongst the crowds thanks to our dedicated start and finish line cameras. You'll also be able to watch this live through your Smart TV using the YouTube app.

# RELAYS

## TRAVEL TO POINTS

All relay runners will be able to get free Metrolink travel to and from the Old Trafford stop for their race, to help transport you and your group to the marathon hassle free. The relay race numbers have a Metrolink branded race number to use as your ticket on the day.

## RUNNER A

The start time for the relay race is 09:40 after the main field has departed. The first runner (A) will need to congregate behind the main field.



## ALL OTHER RELAY RUNNERS

The other runners in the team will need to make their own way to the designated start points on the route. All of the points are within 3km of a Metrolink. The relay locations will be signposted, and marshals will be in place to point you in the right direction.

Do not travel to the changeover points by car as there will be road closures in place for the event and you will not get through. We have provided jogging

maps (to the nearest tram stop) on the website that you can use to get to the start point and back to the Athlete's Village at the end of your leg. These maps can be found at: [www.greatermanchestermarathon.com/route/relay-return-info/](http://www.greatermanchestermarathon.com/route/relay-return-info/)

It is imperative that the person wearing the **RUNNER D NUMBER DOES THE LAST LEG**; otherwise you will not get a time for your team.

Event and leg	Start point	Nearest Tram stop	Distance from Tram to start
<b>2 LEG RELAY</b>			
Runner A	Race Start Line, Bridgewater Way	Trafford Bar	500 metres
Runner B	Timperley Sports Club	Navigation Road	1100 metres
<b>4 LEG RELAY</b>			
Runner A	Race Start Line, Bridgewater Way	Trafford Bar	500 metres
Runner B	Styles and Wood, Cavendish House	Dane Road	500 metres
Runner C	Timperley Sports Club	Navigation Road	1100 metres
Runner D	Manor Academy, Manor Road	Brooklands	2800 metres

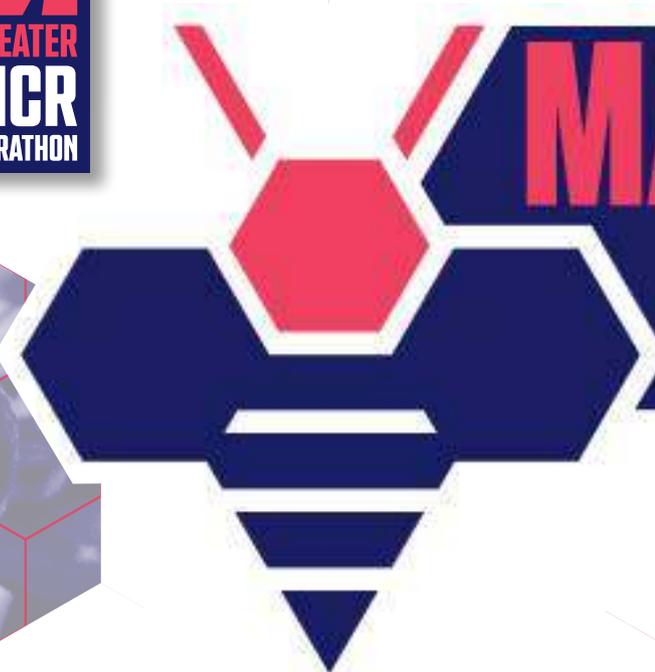
## FINISH

Runners A, B and C will collect their finisher packs and medal at the relay changeover point before returning to the Athlete's Village at Lancashire Cricket Club. **Runner D** will collect theirs from the main finish line.

## BAGGAGE ARRANGEMENTS FOR RELAY TEAMS

Rather than leave all bags in the bag drop, think ahead and make sure that your bag is ready for you at the changeover point:

- Runner A:** give your bag to runner B to take to the changeover point
- Runner B:** give your bag to runner C to take to the changeover point
- Runner C:** give your bag to runner D to take to the changeover point
- Runner D:** leave your bag in the bag drop at the Athlete's Village, in your car or with friends and family.



# MANCUNIAN MILE 2019

**T**he Mancunian Mile at the ASICS Greater Manchester Marathon allows runners of all abilities, and from as young as 4, to experience the incredible atmosphere of the event.

Whether you are 7 or 70 the run is a fantastic opportunity to get active, whilst experiencing the thrill of taking part in a large sporting event and the glory of receiving a medal as you cross the finish line. The course covers a one mile route with excellent spectator viewing points making it easy for you to cheer your young runner on as they race past. We welcome runners of all abilities over the age of 4, with the run being non-competitive.

Places are limited to a set capacity, and can only be booked in advance on a first come first served basis. So if you'd like your friends and family to join in your marathon day glory, head to: [ManchesterMarathon.co.uk/MancunianMile](http://ManchesterMarathon.co.uk/MancunianMile)



## SUNDAY 7TH APRIL 2019

**TIME:** 8:00am

**LOCATION:** A56 Chester Road near Tesco Stretford/Arnold Clark

**COST:** £7.50 per person

(adults accompanying young children are free)

### WHAT'S INCLUDED

- Race number
- Bespoke Mancunian Mile medal
- Chance to meet Manny the Bee



2019  
**M**  
GREATER  
MCR  
MARATHON

# MARATHON EVE MEET-UP

All runners are invited to join us the evening before the event in central Manchester for our Marathon Eve meet up.

This is the perfect opportunity to put any last minute nerves to rest, and meet your fellow runners. You can expect...

**Q&A AND  
ADVICE FROM  
VASSOS ALEXANDER,  
CLARE LOMAS  
AND OTHER  
INSPIRATIONAL  
SPEAKERS**

**OFFERS ON  
PRE-EVENT FOOD,  
THAT WILL FUEL  
YOUR RUN THE  
NEXT MORNING**

**MEET OUR  
PAGERS, AND  
ASK THEM  
QUESTIONS**

**LIVE  
MUSIC**

**INJURY  
PREVENTION**

**INTERNATIONAL  
RACE PACK  
COLLECTION**

**SATURDAY 6TH APRIL 5PM-8PM**

Home Plaza 2 Tony Wilson Place, Manchester M15 4FN  
Further details will be available through our website,  
and in forthcoming email updates.

# THANK YOU

It takes a large number of organisations working together to make a successful large-scale event and we are so grateful to the following:

## OUR AMAZING TEAM

Our great event team and marshals from across Greater Manchester and further afield.

## TRAFFORD COUNCIL

Councillors and staff for their continuing support and help in making the race such a success.

## OUR PARTNERS FOR THEIR SUPPORT

## LOCAL COMMUNITIES

The residents, places of worship and businesses from the local communities on the course for their support.

## THE SUPPORTERS

All the entertainers and support on the race route, and all those supporting you along your training journey.

## THE CHARITIES

The charities who have runners taking part.

## PARTICIPANTS

Thanks to you for entering and for all your preparation and training.

## LOCAL SERVICES

The local police and emergency services.



A large red hexagon is centered on a dark blue background. Inside the hexagon, the text "TRAINING & ADVICE" is written in white, bold, uppercase letters.

**TRAINING  
& ADVICE**

# ASICS WOULD LIKE TO WISH ALL THE RUNNERS GOOD LUCK TAKING PART AT THE EVENT

You have all done an amazing job training and getting to the start line. To ensure you are prepared for race day check out ASICS' preparation tips and advice below.

## STRETCHING BEFORE A RUN

Stretching is essential whatever the weather. As well as preparing the muscles you're about to use it:

- Raises your heart rate
- Informs your body and brain via stretch receptor nerves that you're about to start exercising, helping to minimise the risk of injury increases the production of adrenaline

## QUICK TIPS FOR STRETCHING

- Never stretch a cold muscle – you need to get blood in to it first
- Hold stretches for 30 seconds to get the most out of them
- Don't hurt yourself – stretching should loosen up your muscles, not be painful
- Stay still when you stretch – bouncing or hopping can cause injury
- Stretch after a shower if your muscles are tight – the hot water can warm the muscle up and help you loosen up before a run



## HOW TO AVOID RUNNING INJURIES 4 WAYS TO IMPROVE YOUR RUNNING

### 1. Vary your running route

For most runners, pavements and roads tend to be the surfaces of choice. But it's also the hardest and most unforgiving surface. So try to vary where you run to reduce the strain on your body:

- **Unpaved paths in the park or nearby forest trail can offer you a more scenic and interesting running route**
- **Running tracks in your area can also break up your training**
- **Trail running or mountain running can be a great way to see the sights and give you a more motivating route**

Varying your run is not only easier on your feet and legs, but it also breaks the repetitiveness of running and can give you that bit of extra motivation.

### 2. Break the training habit

Variation in your training is key. Some runners slip into a set routine of running a particular distance at a certain speed time after time. The easiest way to vary your training is to follow a running schedule.

A training plan creates balance and variety with a combination of longer and shorter runs as well as various training types like interval running and pace running. This will gradually add speed and distance to your training which will help you progress further in your running.

Challenge yourself and start a My ASICS training plan

### 3. Make sure you have the right running shoes

Your running shoes are the only things cushioning your impact with the ground and can minimise your risk of injury.

At ASICS, we've designed a range of technologies to protect your feet and help absorb the shock of impact:

- **GEL Cushioning in the heel and forefoot helps absorb impact shock with each stride**
- **Adaptive Heel technologies create a personalised fit with the best support for your feet**
- **Technologies like the Space Trusstic in cooperation with the Dynamic DUOMAX provide you with support and stability during the mid stance of your gait cycle**

### 4. Exercise your feet

Doing exercises to strengthen your foot muscles will protect your feet by building up a strong muscular system. It can also improve your performance as your push-off power increases.



Claim your exclusive ASICS Greater Manchester Marathon 20% discount at the [www.asics.co.uk](http://www.asics.co.uk) today using code ASICSGMM20 until 6th April

# ASICS RUNNING ADVICE



## RUNNING RACE DAY EATING

### WHAT TO EAT FOR A RUNNING RACE

What you eat on the days leading up to an event or on event day itself can impact directly on how you perform. ASICS PRO Team dietician Ruth McKean talks us through techniques for competition day eating.

#### The week before your race

If you're taking part in an event such as a marathon, your decision to carbohydrate-load should consider your circumstances, such as:

- your current diet
- your motivation level
- any medical reason for it to be problematic for you to consume a very high carbohydrate diet

There are several strategies which can be used to super-compensate muscle glycogen stores, many which vary in duration, extent of dietary changes and the amount and type of any exercise that is taken during this loading period.

#### The morning of your race

Your pre-event meal should consider issues such as:

- time of the event or events
- if you're prone to stomach discomfort
- tried and tested foods
- the psychological value of the food
- travelling issues

You should start well hydrated by drinking extra fluid in the days leading up to the events. Effective rehydration during exercise can be enhanced by priming the stomach with a bolus of fluid prior to the event to take advantage of a full stomach of fluid (gastric distension).

Whilst water is adequate for shorter events, the use of CHO-electrolyte drinks prior to exercise and during a longer event can assist in meeting fluid levels, CHO and electrolytes and help retain this fluid better than water alone.

#### During the race

If you have eaten well in the days leading up to an event lasting 90 minutes or less, you might not need any additional energy during the event.

However, in events lasting longer than this it is advised to take some energy in the form of CHO as well as fluid throughout the event. The race eating strategies do not need to be complicated but the foods or fluid must be tried and tested prior to event and should be suitable to get the best optimal strategy for any individual.

In sprint events the above advice would differ, in fact, it may be useful to be slightly dehydrated for sprinters before an event or those events that require lifting your body weight such as high jump or long jump. In addition the eating before an event may be different for sprint/explosive type athletes in the carbohydrate content of the diet compared to a sprinter winter training diet.

## COOLING DOWN AFTER RUNNING

### WHY YOU NEED TO COOL DOWN

Like warming up, cooling down is an essential part of running. While you might just feel like dropping on the couch after a run, you'll be thankful later for a proper cool-down, which can reduce muscle stiffness and soreness.

Cooling down consists of about 5 to 10 minutes of relaxed jogging or walking at the end of your race or training session. Basically, the more vigorous your running session, the more your body has to cool down.

### HERE'S WHY YOU NEED TO INCLUDE COOLING DOWN INTO YOUR TRAINING ROUTINE:

#### PREVENT DIZZINESS

The most important reason for cooling down is that a gentle jog will gradually bring your heart rate back to a resting state. If you just stop running suddenly, the muscles stop but your heart does not adjust as quickly. It will continue to pump blood at a high rate which will pool or collect in the legs, leaving other areas of your body lacking blood, for example your brain. This is why some people feel dizzy after a long run.

#### REDUCING MUSCLE SORENESS

A cool-down will also counter the tendency of muscles to tighten after exercise. In many cases it will reduce muscle stiffness after running, more formally known as Delayed Onset Muscle Soreness.

## MARATHON CHECKLIST

### EVERYTHING YOU NEED AT THE START LINE

#### The essentials

- Bib number
- Timing chip
- Race entry information (location, bib number pick-up, etc.)
- Identification (passport or driving license)
- Money (bring notes not coins)
- Mobile phone
- Any prescription medication

#### Marathon running gear

- Shoes (your best running shoes for long distances)
- Socks

- Shorts or running tights
- Running top
- Jacket
- Safety pins (to pin on your bib)
- Food for during the race

#### Extras (depending on the weather):

- Hat
- Gloves
- Sunglasses
- Sunscreen

#### Before and after the race

- Rain coat, poncho or

- bin bag for staying dry before the start
- Warm top and bottom for before and after the race
- Drinks and food for after the race
- Towel
- Bag for all your gear
- Music player and earphones

#### Personal care

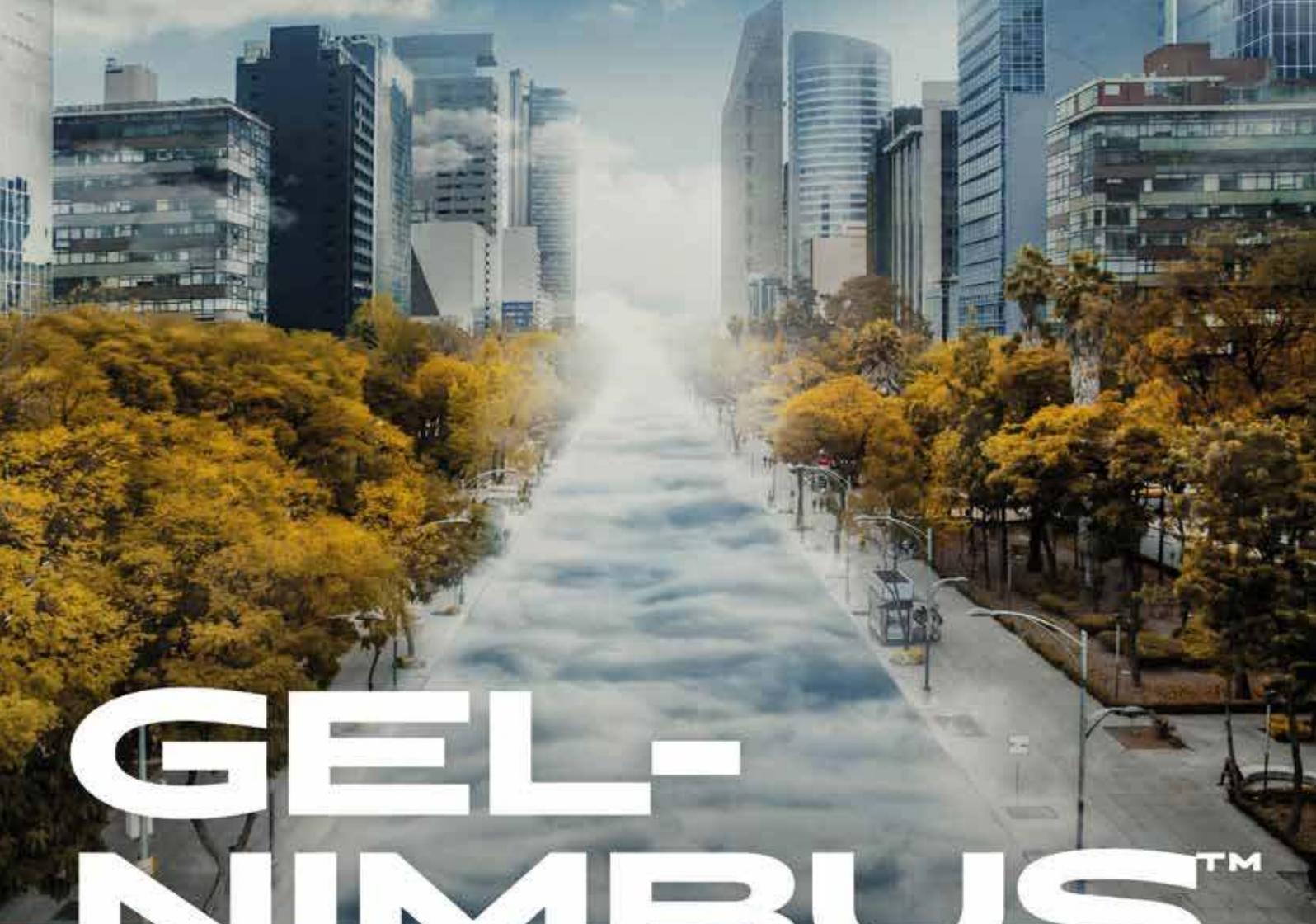
- Vaseline and other anti-chafing products
- Tissues
- Band-Aids
- Massage oil
- Pain relievers



Everyone. Every run. Join the community that helps people get out the door and stick with running forever! Track exercise, set goals, sweat, and see progress along the way. Whether you're working your way up to tracking a 5K goal or deep into marathon training, use the GPS app trusted by 50 million users and counting.



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DISTANCE RUNNING,  
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# THE MENTAL SIDE OF ENDURANCE

7 TOP TIPS TO HELP MANAGE THE BIG MILES



There is no doubt, training for a marathon is a huge physical and mental challenge **but also one of the most rewarding.**

Team OPTIMUM NUTRITION Expert, Kim Ingleby is an Award Winning Mind & Body Coach with 10 Marathons Ticked! We asked Kim for her advice when it comes to tackling those big miles.

**BE ACCOUNTABLE** Even if it is your worst training session, you will have done what you can. Write down the top 3 things that you were not happy with, and then next to them plan of action on how to improve them. Write down what you are going to do, how it will make you feel and how you will gain from it. Be specific, clear and accountable.

**FIND THE POSITIVES** However good or challenging the training session was, I want you to write down 3 positives from the session, however small, find them, write them down and how they made you feel. Remember this and share with your family and support team.

**RECOVERY** Always make time for stretching, foam roller, functional strength exercises and core, they are the key to strengthen and lengthen the muscles, reduce the risk of injury and increase stability. Regular sports therapy treatment will also help keep your muscles in great condition. GOLD STANDARD 100% WHEY™ protein shake taken after training can help too, something which endurance athletes often miss out or get confused with. It all depends on your end goal, but the key to lean, efficient, energised bodies is quality training, nutrition, sleep and positive stress levels.

**FUEL** Be mindful of your nutrition and the levels of energy you are burning. For a week write down everything you are eating, and also your energy levels, mood, hunger and sleep. Once this is in balance your performance, recovery and energy should improve, keep it simple with lots of little changes every week.

**FIRE** Whatever your goals are, make sure they give you some 'fire' in your belly, something that excites you, makes you a little bit nervous, motivates, inspires and kicks you to edge of your boundaries. Write down all the reasons why you want to complete the marathon, why it really matters to you.

**FUN** Keep in mind that you have chosen to take on this challenge, so make sure you keep it fun. Even if you are aiming to complete your first ever race, beat your PB or win a gold medal, if you enjoy it you will be more motivated, focused and in the moment, therefore making better use of your energy, gaining better results and having more fun.

**FRIENDS & FAMILY** Make sure you make time to have fun outside of your goal, with friends and family. Yet also communicate to them what you have to do for the peak training which will consume some of your potentially 'free' time! This will keep expectations clear for everyone, and help you be motivated, allow for time out for rest and relaxation.

**GOLD STANDARD 100% WHEY™ PROTEIN from OPTIMUM NUTRITION was voted Best Post Race Nutrition Product by Men's Running Magazine.**

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OPTIMUM NUTRITION recommends that all healthy adult athletes obtain a medical clearance from his/her healthcare provider before attempting a half marathon.





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# GOOD LUCK TEAM CHRISTIE

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or visiting [www.christies.org/gmm](http://www.christies.org/gmm) #TeamChristie



Join The Christie  
against cancer

# Go Team Humphrey!

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