

FINAL INSTRUCTIONS

300

RUNNERS!

Please read these instructions very carefully. In the following pages you will find all the information you need to have an enjoyable Race on Saturday 22nd June 2019. We will do our utmost to look after you all the way through this years Aberdeen Runway Run. All you need to do is follow the simple guidelines here...

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The primary reason for this event is raise awareness and funds for 3 fantastic charities.



**Aberdeen International
Airport**

ON RACE DAY

ON RACE DAY runners should arrive at the CHC Terminal from 2130 hours. All runners must be at the terminal for 2200 hours to complete registration.

DIRECTIONS AND PARKING:

The event will be held at CHC Helicopters Terminal, Buchan Road AB21 0PD. Do not go to the airport terminal. Please share lifts where possible. The CHC terminal car park has a barrier and can only be opened by race officials. Only registered runners will be permitted entry. The CHC car park will reach capacity very quickly! From here you will be directed to other areas suitable for parking. So please allow time. No payment necessary! **DO NOT PARK AT DROP OFF ZONES!** Cars left in these areas may be removed by airport security. For more information please see page 08.

REGISTRATION:

During registration all runners and approved spectators will require photo identification to be checked. You will then be issued a unique numbered wristband. This wristband will provide your security clearance. Duplicates will not be issued so please do not lose this. Next of kin details will be added to the reverse of your wristband.

Once registered, all runners will receive a unique race T-shirt, which must be worn for the race. Changing rooms are not available, so consider wearing something suitable underneath the Race-T shirt. Sizing will be as per your request on your registration form. If this does not fit, then you will have the opportunity to swap at the designated swap desk.

SAFETY BRIEFING:

All airports are highly restricted areas, and it is vital that all runners observe and take note of the airside briefing delivered by the Race Director at 2230 hours. This will explain the etiquette required from all personnel once airside.

You **MUST** bring I.D. either a Passport or Driving License

TIMETABLE

2130 HRS

2130 - RUNNERS ARRIVE
CHC Terminal Buchan Road

2200 HRS

2200 - REGISTRATON:
All runners and guests complete registration and receive Wristbands.

2230 HRS

2230 - BRIEFING AND SECURITY:
Race briefing completed by Race Director. Runners begin to pass through security.

2315 HRS

2315 - TRANSFER:
All runners and spectators will be transferred to START/FINISH line.

0000 HRS

MIDNIGHT - RACE BEGINS:
All runners **START** the race from Northern Runway Threshold.

0115 HRS

0115 - CEREMONY:
The Race Director will present awards and prizes.

0145 HRS

0145 - END

KEY DROP

It is advised that only car keys are left here.

ALL other valuables should be left in cars or at home.

CHC will not be responsible for any items lost or damaged.

SECURITY

ACCEPTED

WATCHES
WEDDING RINGS
RACE WRISTBAND
CHIP TRANSPONDER

NOT ACCEPTED!

ELECTRONIC EQUIPMENT
LIQUIDS
FOOD
BAGS
JEWELLERY
ADDITIONAL CLOTHING

STAGE II

PASSING SECURITY: Wristband holders only!!

Participants will begin going through security from 2300 hours. Runners and Spectators will be called according to your race number, so please pay attention to all announcements. You will need to display your race wristband to the security personnel and they will ensure you have no Foreign Object Debris (FOD) that can cause harm to air traffic. Toilets will be available after this point!

Runners will only be allowed airside with the clothing they require for the run. No electronic equipment, additional clothing, water or anything that may cause harm to aircraft is allowed to pass security. Water can be provided by race marshals in an emergency. We recommend you monitor your hydration levels and prepare correctly. Water will be provided in the Terminal before and after the run.

Security have the right to refuse any participant or spectator that they feel will be a risk to safety or security.

TRANSFER TO THE RUNWAY:

Runners will in turn get a bus transfer to the **START/FINISH** line. This journey will take approximately 5 minutes. Once dropped off runners can begin to prepare for the run within the designated area.

A warm-up will be conducted by our personal trainer Andrew Hunter at 2345 hours.

Remain on the
LEFT HAND SIDE
of the runway.

FUNDRAISING:

With your incredible work we have managed to raise thousands of pounds for 2 wonderful charities. **On behalf of everyone involved we thank you.** We will close the fundraising on the night of the run, so please keep working and ensure all donations are in before the run.

STAGE III

VELCRO ANKLE CHIP TIMING STRAP.

In order to accurately measure each runner's time we have the latest technology in timing chips. The electronic chips are wrapped around your ankle by velcro to cause minimum impact on your running style. Your chip will be provided to you at registration and must be returned after the race. Please see a race marshal if you are having trouble fitting the strap. Your individual and team time will be available with a unique QR code.

FOR ACCURATE RACE TIMING!



SIMPLE TO USE!

THE RUNWAY RUN:

The run will begin at Midnight. All runners will begin the race at the same time from the designated point 'MIKE NINE'. All runners must follow the lead cart, remaining on the left hand side of the runway at all times. Please take care throughout the run, particularly at the start as all runners will start enmasse.

Remain on the
**LEFT HAND
SIDE** of the
runway.

Runners must NOT leave the runway at any time!!

The run length is 3.5km which is down and back on the runway. This means all runners will have a turning point indicated by fire trucks. Please page 05 for details. If you notice any litter or FOD on the runway please inform a marshal at the START/FINISH line.

WRISTBANDS:

Wristbands are required to pass through security. Please add your next of kin details to the reverse using the pens provided. Wristbands will not be replaced, so please do not lose it.

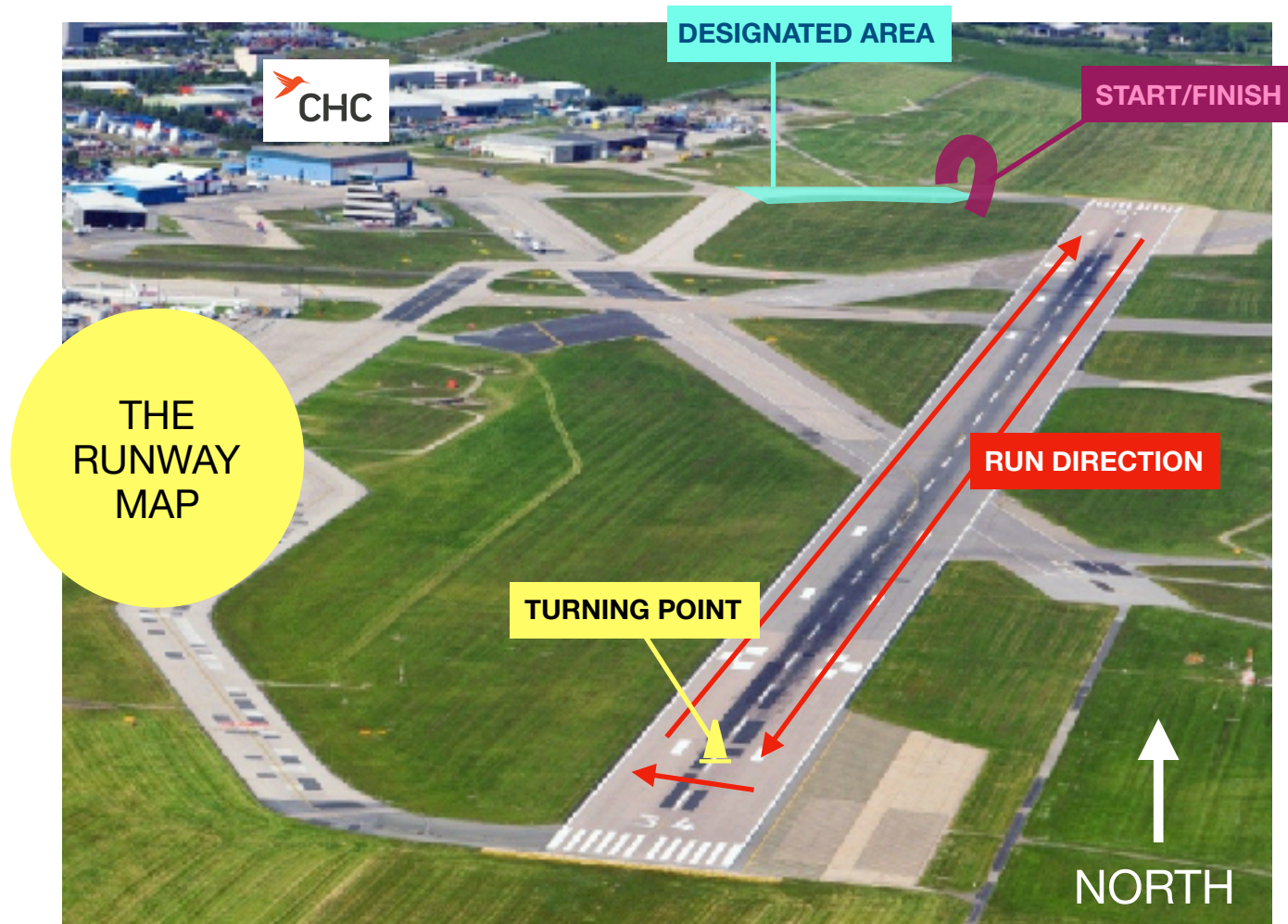
EMERGENCY AIR TRAFFIC:

In the unlikely event of an emergency or an aircraft requires the runway to land or take-off, please adhere to the instructions of race marshals. You will be informed of this by the **FLASH of the runway lights 3 times!!**

Please go to your nearest race marshal. They will arrange for collection and transfer to the CHC terminal.



05. THE RUNWAY



DESIGNATED AREA

The '**Designated Area**', also known as **MIKE NINE**, is the protected area where runners and spectators will be dropped off by the transfer buses. This is where the warm-up will take place and also the point in which everyone will be picked up for transfer back to the Terminal. Spectators must remain here!

RUN DIRECTION

The red arrows on the map display the run direction. All runners must adhere to this. Race marshals will be situated at different locations of the run for your safety and assistance.

START/FINISH

The **START/FINISH** line will be clearly displayed by a large inflatable gantry, which all runners will pass in order to commence the chip timing. On completion, all runners must again pass through the gantry in order to stop the chip timing for accurate measurement.

TURNING POINT

The turning point will be clearly marked by the use of **airport fire trucks**. Please follow the guidance of the marshals so that you pass the split timing mats in the turn. All runners must pass over these timing mats for accurate measurements of your course completion time.

CHC Terminal is where the registration and prize ceremony are conducted.



10 GOLDEN RULES

1. Have fun!
2. Write your Next of Kin details on the reverse of your wristband.
3. You must NOT swap your wristband with anyone.
4. Monitor your hydration. Do not let yourself get de-hydrated but also do not aggressively over-hydrate.
5. Adhere to the race direction at all time. On the left!!
6. Do not turn before the turning point. Your time will be disqualified.
7. If the runway lights flash 3 times, go to your nearest marshal.
8. Do not attempt to bring anything other than yourselves Airside.
9. Do not go to the airport terminal.
10. If you are concerned about your health before the run, please do not take part.

WATER:
Think before
you drink

THE FINISH

THE FINISH:

The finish line is clearly displayed by the gantry and is also the start position. Upon completion and passing the finish line all runners must continue moving towards the designated area. If you become distressed or require medical attention, please inform a race marshal immediately.

Once in the designated area, each runner will be able to get a race photo at the photo stand. Here, you can get a photograph with the start/finish line, a CHC helicopter and not to mention the glowing lights of the runway itself.

When you have completed this you will be able to get together with spectators and return to the CHC Terminal.

RETURNING TO THE CHC TERMINAL:

The buses will wait to be at capacity before returning to the CHC terminal. It is here that runners will receive an Aberdeen Runway Run 2019 sports bottle for completing the Aberdeen Runway Run. This will contain your food voucher.

The night does not end here, we will have entertainment and also a breakfast bacon or sausage sandwich including coffee or tea. Vegetarian options are available.

THE CEREMONY

Please do not rush off home because once all runners have returned to the CHC Terminal and all run times have been accurately collated, the prize ceremony will begin (at approximately 0115 hours). This is where the fundraising prizes, and running prizes will be presented.

MEDICAL SUPPORT

MEDICAL SUPPORT:

Onsite we will have numerous first aid qualified officials for your safety. If you have any medical requirements that may require our assistance, please let us know. Such requirements could be an asthma inhaler or medication that may be needed once airside. This will require special security clearance so please give the race officials plenty of warning.

PHYSIOTHERAPIST:

Our physiotherapist Ashley Armstrong will be in the CHC terminal for race preparation and also during the event incase of injury. She has kindly offered discounted treatments to all fellow Runway Runner. Please see Ashley for details.

AT THE FINISH:

Once the runners have completed the course, they are encouraged to keep moving in order to stay warm. Refreshments will be provided back at the CHC terminal.

Some runners may feel faint more than half an hour after finishing a race, often because they have taken insufficient fluid and/or not eaten anything. Food and drink will be provided on return to the CHC Terminal.

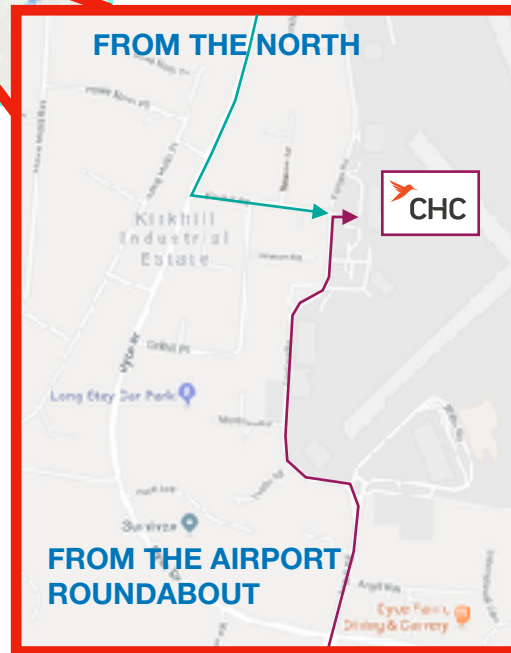


**A MILE OF ROAD
WILL TAKE YOU A MILE BUT,
A MILE OF RUNWAY
CAN TAKE YOU
ANYWHERE!!**

08. DIRECTIONS



The Aberdeen Runway 2019 Run registration and ceremony will take place at **CHC Helicopter Terminal, Buchan Road, AB21 0PD**. Parking will be available here, but spaces are limited, so please share lifts where possible.



Please
share lifts
where
possible!

DO NOT GO TO THE AIRPORT TERMINAL!!



You will be expected to arrive from 2130 hours on Saturday 22nd June 2019. Marshals will show you where to park. Please allow time for parking.

Only pre-authorised and registered guests will be admitted to the terminal. If you are being dropped off, your driver can proceed to the drop-off area outside the CHC terminal, for drop-off purposes only.

SPECTATORS

SPECTATORS/GUESTS: Spectators/guests are only allowed with event organisers agreement. If you have been contacted by the race organisers and have successfully registered a guest then they should have received a ticket. **Only one guest per runner is permitted.** If you have not registered a guest then please do not attempt to bring spectators on the evening - they will not be permitted entry.

Any unregistered guests will be turned away.

Spectators/guests with the required approval will be allowed to join in the fun and come airside to help cheer on the participants. In order to get airside, all spectators will need to bring photo identification to get the airside pass on the night.

Spectators/guests must not bring bags through security.

SECURITY:

The spectators will be marshalled to the START/FINISH line via bus, but must remain in the designated area.

Security have the right to refuse entry to any spectator or participant that they feel will be a risk to safety or security.

PHOTOGRAPHY:

We will have many photographers on the evening taking photos through the night. All runners will get the chance to have a finishers photo on the runway.

Spectators (not runners) will be allowed through security with mobile phones, keys etc, but bags are not permitted. Please leave these at home or in your car.

If you wish to take photos, please feel free!! Don't forget to tag us!

#abzrunwayrun @abzrunwayrun



DRONE

We have approval for the use of a Drone to film the run from all angles, so please give us a wave.

CHANGING ROOM TOILETS

The terminal has both male and female toilets, but no changing rooms. Please think about your fellow participants if using the toilets.

There will not be any toilets once airside. Do not urinate at the START/FINISH line.

THE DON'T LIST:

Do not go to the Airport Terminal. The run takes place from CHC Terminal.

Be careful not to start too quickly - pace yourself.

Do not consume alcohol before the run.

Do not urinate on the runway! Use the toilets in the Terminal before the run.



befriend a child



turn a frown upside down