

THE COUNTDOWN IS ON...

Good afternoon runners,

Welcome to your race brief for Sunday 27th August. We hope you have enjoyed your training so far and are feeling ready to face Sunday head-on.. with nothing but positivity! We can't wait to see you all down at Seaton Park.

Before we get into the nitty gritty's, we just want to thank all of you for the support so far, whether you bought a ticket months ago or in the last five minutes, we are all here for the same reason. To raise awareness, to support one another and to push ourselves out of our comfort zone. Running calms a busy mind and can be momentum for change!

The Race Brief:

- All runners should arrive at Seaton Park flower beds at 8.00 - 8.20 am
- Check-in by 8.30 am
- Runners will check in and receive their number at the check-in desk
- The Mount Marathon will set off at 9.00 am from the start line in Seaton Park
- The Marathon is made up of 4 routes, all routes will start and finish in Seaton Park at the same location
- Each route is colour coded, all runners will have to know which route/colour they are running. The routes will have a colour-coded ribbon throughout the distance for runners to follow, these will primarily be where the direction is required ie: crossroads, junctions, etc.

RED = Route 1

BLUE = Route 2

YELLOW = Route 3

GREEN = Route 4

- The run will not be marshalled and runners will be running at their own risk

- There will be an aid station in Seaton Park for hydration and fuel for runners. Those running the half or full marathon can use this station as and when required
- There is NO time cap on the run, please take as long as you need to complete the route
- This run is NOT a road race, some parts of the run will be on track and trial
- This event is open road, and runners will be responsible for their safety at ALL times, please be respectful and cautious of traffic, pedestrians, bikes and other runners
- Littering is PROHIBITED at all times
- Runners that have entered as a team of two or four are not expected to stay in Seaton Park all morning although this is advised. If you are aware of your team's timings and would like to come back at a suitable time to start your run this is fine as long as you have checked in and have your race number
- If you haven't checked in or received a race number you will not be able to run
- Although the Marathon will be marked out, the run will be self-navigated, please make sure you have a fully charged device on you at all times with the route downloaded or able to access it on the day. We strongly advise you to download Strava and join the Mount Marathon group to access the route: Strava Group
- If at any stage of the run, you feel unwell, injured, or unable to finish, please put your well-being and safety first, we advise you to contact us or your emergency contact and stop the run immediately.

Mount Marathon KIT LIST

Compulsory:

- Running shoes
- Smartphone / Smartwatch (Access to calling race directors/emergency contacts)
- Race Number (Received at check-in)

Optional:

- Water packs/bottles

- Sun cream
- Running glasses
- Headphones (not recommended for safety reasons)
- Food, gels, snacks (kcal)
- Strava, running app with the route and live location

Any questions, queries, or concerns please do not hesitate to get in touch with us: mountcafeaberdeen@gmail.com

THANK YOU AND GOOD LUCK!

Jack and Lauren