

Competitors Safety Briefing

Aviemore Half Marathon & 10K - 15th October 2017

Runners must:

1. Keep within 1 meter of the left hand hard shoulder.

Public Road Width is restricted by 2-way traffic.

2. Stay within the cones.

On blind corners and pinch points on the road.

3. Use manned road crossings only.

There are 3 busy public road crossings.

4. Leave no gel wrappers or litter.

5. No ipod/mp3s on the public road.

PENALTY - Disqualification

6. **Please follow:**
 - **The Highway Code**
 - **Instructions from Course Stewards**

7. **Follow the marked route.**

Take special care along the riverside trail at Loch Morlich. The path is rough underfoot (1/2M)

8. **Be aware of other runners.**

Allow overtaking.

9. **Respect other walkers and cyclists.**

Water Stations:

- 1) ~ 9 miles to go. (1/2 M)
- 2) ~ 5 miles to go.
- 3) ~ 2 miles to go.

Carry your own water and drink often.

IN AN EMERGENCY (or if dropping out)
Make sure a steward is informed.