

GREAT MANCHESTER RUN – GMR10K Purple Wave

FAQs

Q1: I have just signed up on the University online store and realised that I am away on the race day, please can I have a refund?

Once your payment is accepted, your fee is not refundable unless supported by a doctor's note. If this is the case please send a doctor's note and covering letter stating that you would like to be withdrawn from the event to: GMR10K@manchester.ac.uk . You will also be able to sell your entry on to a University staff/student member up until 31st March 2017 however you must inform us and send details of the new runner to the above e-mail.

Q2: I have already paid for the race as an individual runner. If I take part as team member with the University can I get a refund for the difference between the full price and the discounted price please?

Unfortunately we are not able to refund any entries fees already paid to Great Run. You are however welcome to apply for a t-shirt and run with the UoM wave. Please register your interest to do so by emailing GMR10K@manchester.ac.uk with the title 'T-shirt Only'

Q3: I have friends / family who are not university employees or students, can they join the group?

The discounted rate is only available to students and staff of the University of Manchester. If you have contacts that have entered the event with Great Manchester 10K and would like to join the wave please contact: GMR10K@manchester.ac.uk with the title 'Non-Uni Runner' stating:

- a. Full name
- b. Email address
- c. GMR Unique reference numbers
- d. T-shirt Size –Please note T-shirts are Unisex and on the generous size and will cost £5.00

Sizes:

Small 38"-40"

Medium 40"-42"

Large 42"-44"

X Large 44"-46"

Q4: Does the university discount apply to the half marathon on the same day?

No the university subsidy is for the 10k only. This resource is targeting the building of purple community through 1 wave and increasing participation through a more entry level offer such as a 10k.

Q5: Can I enter if I plan to walk the route?

We are advertising and promoting the event as a run (or jog) and hope that everyone entering will challenge themselves to achieve the distance in this way. We will be able to support all new runners through a tailor made training plan which will help build people up to the 10k from having never done anything before.

We understand the idea of a run may well put some people off and understand that some people will be keen to do a combination of walking and jogging the distance, something which we are very supportive of and would expect all entrants to try during the challenge.

Q6. What if I have disability that limits my mobility e.g. I can only walk and not run

We would love anyone with any disability to join in with the event and are keen for as many people as possible to be included. We just ask that you make sure you flag your disability and any need for extra support on the online store booking form so that we can make sure these are catered for.

Q7: Which charities can I raise money for?

You can raise money for your own Charity but we ask that you register with our Raise and Give team so that we can keep track of how much money is raise across the board.

We will be challenging all runners to try and raise at least £50, collectively aiming to raise over £100,000. Our partner charity causes will be announced in the near future but people can raise money for any charity.

Please register your charity choice with Manchester RAG at:

https://docs.google.com/forms/d/1M_RZGMEAK6MVIQ6j0aJ-WoYAfJ1VfdtW7z3ZcbSiz6c/viewform?c=0&w=1

RAG will then send you information on joining our fundraising community page.

Q8: I am a new runner, what support can I get from the University?

The University has increased its offer of group run training especially for the event. We have collated a list of run leaders and sessions that will be running on a weekly basis. For full details please see webpage : <http://www.sport.manchester.ac.uk/fitness/runwalk/>

The UMRun group will also be continuing its monthly events and support for those who are using their commute as part of their run training. To find out more about this group and their events please go to <http://www.estates.manchester.ac.uk/services/es/travel/running/>

Q9: I already run but need help to get out and train, can the University help?

The University has two existing running groups, on the main campus, which welcome and cater for a mixture of abilities. We also have an established run leader also taking groups from North Campus. For full details on all running groups please see webpage <http://www.sport.manchester.ac.uk/fitness/runwalk/>

You can also find support and advice through our dedicated Facebook event group: UoM Great Run Community: <http://www.estates.manchester.ac.uk/services/es/travel/running/>

The UMRun group will also be continuing its monthly events and support for those who are using their commute as part of their run training. To find out more about this group and their events please go to.

Q10: How can I help out with the organisation of the team?

If you would like to be involved in any way, as well as or instead of, running in the event then please contact us on: GMR10K@manchester.ac.uk with the title 'I want to volunteer'. We have a group of volunteer run leaders and supporters for the running groups and also a group of administration volunteers who are assisting with such things as promotion, marketing, social media. If you think you could help we would love to hear from you!

Q11: Are there any other programmes offered by the University which may help me get fit for the run?

The SPORT office offers a whole range of different programmes and activities which can help prepare your mind and body for the run (alongside your run training). Information about free activities in SPORTICIPATE and HALL SPORT through to 8 week courses (starting 30th January 2017) such as Pilates and Yoga from ACTIVE Manchester, can be found on the SPORT website <http://www.sport.manchester.ac.uk/>

Q12: I cannot run / don't want to run are there other ways I can get involved?

If you would like to be involved in any way other than running in the event please contact us on: GMR10K@manchester.ac.uk. We have a group of volunteer run leaders and supporters for the running groups and also a group of administration volunteers who are assisting with such things as promotion, marketing, social media. If you think you could help we would love to hear from you?

Q13: How can I find other people in my area of work / study that are taking part?

We have created a Facebook event group called 'UoM Great Run Community'. The hope is that people can meet and communicate, share routes, training ideas, thoughts on nutrition etc. via this page. If you find people on here and want to set up individual groups please feel free to do so but ensure you let the organising committee know of any activities you want to advertise relating to training etc.

Q14: Do I have to wear the purple t-shirt which is provided?

The purple t-shirt is included in the price you pay and must be worn during the event. We are aiming for maximum impact and the mass purple wave will contribute to this. If you wish to wear other items of kit relating to your team, that is fine as long as you are sporting the purple t-shirt as well.

Q15: I don't know what size t-shirt I should order

The t-shirts are technical running shirts (not thick cotton) they are unisex so please bear this in mind when ordering that they are on the generous side.

Q16: I am not sure of my running ability; will I be able to keep up if I join one of the groups running sessions?

It is recommended that you attend one of the Beginner sessions to start with if you are unsure of how you will manage. These groups will accommodate all abilities and speeds and you will never be too slow. If you cannot run all through the session to start with this is fine and you should not worry. These sessions are here to help everyone improve.

Q17: What will our start time be on event day?

All 3000 UoM runners will start the race together in the same wave. If runners decide to then race to their own pace this is fine. We do not yet have our wave start time confirmed by Great Run but will communicate this as soon as it is available.

Q18: Where will we meet on the day?

You will have a choice you can meet at the event at the purple wave or you can meet at the Renold building, North Campus, where you can leave your bags and stroll down to the start. Finer details will be sent to you nearer race day.

Q19: Once I have signed up and paid for my entry online what happens next?

You will be added to our purple wave listserv where you will be contacted monthly with training and other relevant information. We will also send your e-mail address to the race organisers who will e-mail you from info@greatrun.org around 6 – 8 weeks before the event date. This e-mail will contain a link to redeem your token. **Please note this token will need to be redeemed to generate your race number or you will not be able to run.**

Q20: Where can I sign up?

If you are a **current student or member of staff**, you can sign up at the below link.

<http://estore.manchester.ac.uk/product-catalogue/sport-manchester/great-manchester-run/great-manchester-10k-run-28th-may-2017>

If you are part of the University of Manchester **alumni**. Please sign up here:

<https://your.manchester.ac.uk/news-and-events/events/forthcoming-events/great-manchester-10k-purple-wave/>

If you are a **non-university runner** you will need to sign up with Great Run. You will then be able to follow the steps in Q3 to purchase your purple wave t-shirt.

https://entry.enteronline.org/Login.aspx?StreamID=1852&tmsuv=38&tmsc=n3ko4s3472&_ga=1.138368820.529830727.1488361630