

# GREAT MANCHESTER RUN –Purple Wave

## FAQs

### **Q1: 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 regularly 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](mailto: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 you race number or you will not be able to run.**

### **Q2: 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 If this is the case please send a doctor's note and covering letter stating that you would like to be withdrawn from the event to: [GMR10K@manchester.ac.uk](mailto:GMR10K@manchester.ac.uk) . You will also be able to sell your entry on to a University staff/student member up until 30<sup>th</sup> March 2018 however you must inform us and send details of the new runner to the above e-mail.

### **Q3: I have already paid a place as an individual runner through the Great Run. 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](mailto:GMR10K@manchester.ac.uk) with the title 'T-shirt Only'

### **Q4: 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](mailto: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

Please note, this will not be available for the half marathon.

**Q5: Does the university discount apply to the half marathon on the same day?**

Yes, the half marathon will have a 10% discount but we will not be having our own start wave in the same way. Runners entering will be given a t-shirt and the opportunity to set off with other UoM runners if they want.

**Q6: 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.

**Q7. 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.

**Q8: Which charities can I raise money for?**

We will be challenging all runners to try and raise money, with the collective aim of over £100,000. You can raise money for any selected charity you choose but we ask that you register with our Raising and Giving team so that we can keep track of how much money is raised across the board.

The selected partner cause this year is the UG Access Scholarships. As part of this, staff and Alumni runners will be able to register for free places should they commit to raising over £100 for this cause, more information on this can be found [here](#).

Students can also redeem their entry fee if they successfully raise over £50 for the UG Access Scholarships. To claim this, students will need to book online and pay through the normal entry system, and contact the Alumni team once they have achieved this amount of fundraising and attached it to the 10k team fundraising page. More details on how to do this will be emailed to runners once signed up.

**Q9: 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 our [Running and Walking webpage](#).

**10: 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](mailto: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 as well as group of administration volunteers who are assisting with such things as promotion, marketing, social media and on the day logistics. 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 UoM 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 through to 8 week courses (starting in 2018) such as Pilates and Yoga from ACTIVE Manchester, can be found on the [UoM Sport website](#).

**Q12: How can I find other people in my area of work / study that are taking part?**

We will be creating a 'UoM Great Run Community' Facebook page and also have an @UoMpurplewave twitter where people can communicate with each other through the #purplewave. The hope is that people can meet and communicate, share routes, training ideas, thoughts on nutrition etc. via these forums. 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.

**Q13: Do I have to wear the purple t-shirt which is provided?**

The purple t- shirt is included in the price you pay and is an integral part of creating the purple wave impact. Therefore, anyone accessing our discount will be expected to wear the t-shirt during the start of the run.

If you wish to wear other items of kit relating to your team/charity, that is fine as long as you are sporting the purple t-shirt as well.

**Q14: 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.

**Q15: 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.

**Q16: Where will we meet on the day?**

We will be hosting a meet point at the Renold building (North Campus) before the event and taking our mass entry over collectively. Most people will meet us here, however you are able to come and meet us at the race start point directly should you wish. Finer details will be sent to you nearer race day.

To book your place - <http://estore.manchester.ac.uk/product-catalogue/sport-manchester/great-manchester-run/great-manchester-10k-run-20th-may-2018>

## **Terms & Conditions Great Manchester Run – Purple Wave**

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:

The Sport Development Team,

William Kay House,

SPORT Office,

333 Oxford Road,

Manchester M13 9PG

Or you can scan it and email to [GMR10K@manchester.ac.uk](mailto:GMR10K@manchester.ac.uk)