



LOCH NESS MARATHON *and Festival of Running*



6 October 2019

Baxters Loch Ness Marathon

RACE GUIDE

lochnessmarathon.com



contents

- 4** Welcome
- 6-7** Sponsors & Partners
- 10** Race Weekend Timings
- 11-12** Runners' Café, Expo & Festival
- 13** Parking
- 14-23** Race Instructions
- 24-25** Baxters: 150 Years of Goodness
- 30** Run For Charity



11

Runners' Café

coffee, cake, soup...
 come and sit, chill or chat
 to other runners

Sports Expo

leading sports brands to try
 and buy all weekend...

Festival on Race Day...

Scottish music, street food,
 ice cream, kids activities to name a few

BY APPOINTMENT TO
HIS MAJESTY THE KING OF SCOTLAND
BY APPOINTMENT TO
HER MAJESTY THE QUEEN
W.A. BAXTER & SONS (WV) LIMITED



Proud Sponsors of
Loch Ness Marathon and Festival of Running 2019



**SUPER
HUMAN**

Good Luck to everyone running to raise funds for Macmillan Cancer Support. Last year at Baxters, we pledged to raise £100,000 for this great cause and are proud to say we exceeded our target and raised over £117,000!

Working with
**MACMILLAN.
CANCER SUPPORT**



Malcolm Sutherland
Event & Race Director, Loch Ness Marathon

Welcome

We look forward to welcoming you to the 2019 Baxters Loch Ness Marathon & Festival of Running. We have runners coming from all over the world to take part and we hope you enjoy your visit to this stunning part of Scotland.

We would like to thank Baxters Food Group for their fantastic support as title sponsor for the last 18 years, working with us to make the Loch Ness Marathon & Festival of Running the world-class event it is today.

Thanks too to our support sponsors & partners: EventScotland, Hoka, Gore, HIGH5, Run4It, JBT, Highland Council, Police Scotland, Marathon Tours, Walkers Shortbread, Arnold Clark and Scottish Athletics.

A huge thank you is extended to the local residents, communities and businesses along the race routes for their support and cooperation; and a special mention for the many individuals, charities and organisations who volunteer over the event weekend for their invaluable support.

We are delighted to be partnered with Macmillan Cancer Support, Alzheimer Scotland and Highland Hospice and 14 additional charity partners, who are all doing incredible work to help others and improve lives. Over the last 17 years, runners have raised a staggering £10.4m and we wish all those running for charity this year all the very best with their fundraising.

Everything you need to know about the race weekend is here, so please take time to read these important instructions carefully to ensure you have an enjoyable and safe event experience. Please also refer to our website, Facebook, Twitter and Instagram to keep up to date.

There's so much happening over the race weekend, we hope you'll bring your friends and family along to the Event Village to cheer runners on and soak up the festival atmosphere.

We would like to wish you all the very best with your final few weeks of training and look forward to seeing you all at the start line on 6 October.



Audrey Baxter
Executive Chairman
and Group CEO

Baxters is proud to be the title sponsor of the Loch Ness Marathon for the 18th year running.

The event continues to reflect the company's commitment to supporting the local community and providing food full of goodness to encourage a healthy and active lifestyle. We are delighted to have been part of the event from the beginning, working with and supporting the team to help make the Loch Ness Marathon & Festival of Running the world-class event it is today.

Last year we pledged to raise £100,000 for Macmillan Cancer Support as part of our 150th year anniversary celebrations. Many of our staff got involved, doing everything from bungee jumps to mud runs and tackling the Loch Ness Marathon. We also launched an on-pack promotion featured on our famous soups to help raise awareness and funds. We are proud to announce that we exceeded our initial target and raised over £117,000!

The funds raised will help to fund two Macmillan nurses for over a year providing support to 367 people living with cancer in the UK, as well as their family and loved ones. Well done to everyone who is running to raise money for Macmillan or another charity on the day. I'd like to wish all the runners the very best of luck.



RINCON

THE ULTRA-LIGHT,
UBER-CUSHIONED SPEEDSTER

CHASE YOUR AMAZING



HOKA ONE ONE®

TITLE SPONSOR



In 2018 Baxters celebrated 150 years as one of the UK's best-loved food producers, from its inception as a small grocery store in 1868 to the current day, with leading brands and over 150 products to its name. For four generations, the Baxter family has been creating the finest soups, preserves, condiments, beetroot and chutneys with 150 years of family know how and expertise going into every product.

This year Baxters is continuing its long history of sponsoring the Loch Ness Marathon & Festival of Running. The event reflects the company's commitment to supporting the local community and providing food full of goodness to encourage healthy and active lifestyles.

www.baxters.com

SUPPORT SPONSORS



EventScotland is a team within VisitScotland's Events Directorate and is working to make Scotland the perfect stage for events. By developing an exciting portfolio of business, sporting and cultural events EventScotland is helping to raise Scotland's international profile and boost the economy by attracting more visitors. Major events in Scotland this year and beyond include; The 2019 Solheim Cup, LEN European Short Course Swimming Championships 2019 and UEFA EURO 2020.

Follow us @EventScotNews or www.eventscotland.org



HOKA ONE ONE® produces premium performance footwear for athletes of all types. Initially distinguished by their extra-thick midsoles, HOKA shoes were first embraced by competitive ultrarunners because of their enhanced cushioning and inherent stability, and today are designed to meet the running, walking and fitness needs of a wide variety of users. HOKA's road running, trail running, hiking and fitness shoes appeal to serious runners and fitness enthusiasts alike who enjoy the shoes' unique ride and performance characteristics. For more information, visit hokaoneone.eu or follow @hokaoneone_eu #timetofly





For over 30 years **GORE® WEAR** have been engineering products to enhance your experiences. The world leading fabric technologies deliver functional apparel that sets new standards in comfort and protection. Giving you the confidence to set new standards in running, cycling and beyond. Be the first to experience the latest technologies from the inventors of GORE-TEX® products. We are therefore delighted to be associated with the Loch Ness Marathon as the official Sports Apparel partner in 2019 and look forward to meeting with you all at the event and supporting you as the intensity of your training increases ahead of the big day. On behalf of **Team GORE #always evolve**



HIGH5 are a UK leading Sports Nutrition Brand that specialise in endurance sports. We have a range of trusted gels, drinks and bars which help you to be at your ultimate best, any day. At HIGH5 we're passionate about making sure you achieve your goals, however big or small they may be; whether you're a new starter or an elite professional. We've been on the Sports Nutrition scene for over 20 years and love constantly looking for new ways to make our products perform better, taste better and be more convenient. HIGH5 are committed to creating nutritious products with amazing natural flavours. <https://highfive.co.uk/>



Run4It are delighted to support this year's Loch Ness Marathon and are offering participants a 15% discount to help get their training off to the best possible start. Run4It pride themselves on offering great product, quality customer service and expert, honest advice to help improve your running experience! You can use your voucher in Run4It's **8 shops** across Scotland or online at run4it.com. In store, Run4It offer a free analysis and shoe fitting service, called +runlab and can recommend models best suited to your running style and needs.



JBT is a well-established provider of distribution services, and is recognised widely as a Scottish operator that provides unrivalled customer service at competitive prices. Today, JBT has 250 employees, 85 vehicles and 150 trailers and has depots in Inverness, Aberdeen, Bathgate, East Kilbride, Orkney and Shetland. JBT provides nationwide distribution on a daily basis from full loads to single pallet deliveries and has recently opened daily connections throughout Europe. www.jbt.co.uk

PARTNERS



Scotland

The Perfect Stage



© Sandy Young

EventScotland is a proud supporter of the Baxters Loch Ness Marathon and Festival of Running.

Having supported the event since 2005, it is an important part of our annual portfolio of sporting events and has grown to become one of the largest and most prestigious mass participation events in the UK; attracting thousands of runners of abilities from all over the world to take on its picturesque route.



© Sandy Young



© Tim Winterburn

Its breath-taking course along the south-eastern shores of Loch Ness, across the River Ness and to the finish in Inverness showcases one of Scotland's most spectacular locations and why we are the perfect stage for events.

It also provides the perfect build up to the Year of Coasts and Waters 2020, which will celebrate with a year-long programme of events and activities. From water inspired myths and legends to historic harbours, sweeping coastlines to the very best in seafood, whisky, wildlife and wellness – Scotland's enviable reputation for unspoiled beaches, rich natural and cultural heritage and thrill-seeking adventure activities will be showcased throughout the year.

EventScotland is part of VisitScotland's Events Directorate and is working to make Scotland the perfect stage for events. By developing an exciting portfolio of sporting and cultural events EventScotland is helping to raise Scotland's international profile and boost the economy by attracting more visitors.

Future events in the pipeline for Scotland include; LEN European Short Course Swimming Championships Glasgow 2019, UEFA EURO 2020, the Sprint World Orienteering Championships 2022, the 2023 Island Games and the inaugural 2023 UCI Cycling World Championships.

To find what else is on offer visit: [visitscotland.com/events](https://www.visitscotland.com/events)

race

weekend timings

Saturday 5 October

10.00-18.00

Pre-race registration for Marathon, River Ness 5K and Wee Nessie at the Event Village, Bught Park, Inverness IV3 5SQ

10.00-18.00

Sports Expo & Runners' Café at the Event Village - all runners, friends and family welcome!

Free entry.

the festival is a great place for families to hang out before and after the event!

Sunday 6 October

06.45-07.15 Marathon runners arrive at the Inverness Ice Centre, Bught Drive, Inverness IV3 5SR to be transported by bus to the marathon start

07.30-07.45 Buses depart Inverness Ice Centre for the marathon start

08.00-09.30 Pre-race registration for the River Ness 5K at the Event Village

08.00-09.45 Pre-race registration for the Wee Nessie at the Event Village

09.00-16.00 Festival of Running including Sports Expo, street food zone, kids' activities, live music and pipe band, open to the public at the Event Village. Free entry.

10.00 Start of Baxters Loch Ness Marathon

10.00 Start of Baxters River Ness 5K

10.15 Start of Wee Nessie

10.45 Start of Baxters River Ness 10K/Corporate Challenge

12.45 Prize-giving for the Baxters River Ness 10K/Corporate Challenge at Event Village

14.00 Prize-giving for the Baxters Loch Ness Marathon at Event Village





Runners' Café

Kick off your race weekend with a visit to our Runners' Café and Scotland's only Expo dedicated to runners, both open during Registration on Saturday 5 October, 10:00-16:00.

Free entry for all.

Grab a coffee, cake, Baxters soup or whatever takes your fancy from our street food stalls in the Runners' Café, listen to our guest speakers, chat with other runners from around the world or just chill out with some traditional Scottish music.

Join BBC Scotland's **Bryan Burnett** for a series of Q&A sessions throughout the afternoon. He will be joined by **Vassos Alexander**, one of the UK's best known sports presenters, seasoned endurance runner with sub-3hr marathon PB and author of two best-selling books on running.

Also joining them will be **Tom Craggs**, renowned UK running performance coach with a fantastic record of coaching runners from beginners through to GB elite athletes; and **Fraser Clyne**, former international marathon runner and five times Scottish marathon champion.

They will advise you on how to achieve your best performance on race day including a look at the marathon course, race day nutrition, kit, shoes and some exciting giveaways!

SPORTS EXPO

The Sports Expo offers a great range of running products and offers from leading sports brands all weekend. So, whether it's some new gear to run in, something to measure your performance, some fuel to get you around or something to help you recover, we promise you'll be spoilt for choice. There will also be free sampling, product trials, demos, prize draws and some marathon sized offers exclusively for Loch Ness runners. Open all weekend with free entry for all.



Festival on Race Day

Whether you're a runner or a spectator, there is lots going on at the Event Village during the Baxters Loch Ness Marathon & Festival of Running for you to enjoy. **Free entry for all.**

A delicious selection of ready-to-eat food and drink from around the Highlands will be on offer from local producers and our title sponsor. Expect to find soup, venison burgers, stovies, baked potatoes, hog roast to home-baking and ice cream. Expect to find everything from soup, burgers, seafood, curries, hog roasts to pancakes, home-baking and ice cream. You can also sample locally crafted beers and gin.

A range of kids' activities will be on offer including bungee trampolines, bouncy castles, inflatable slide, merry-go-round, balloon modelling and face painting.





OFFICIAL MERCHANDISE

Our exciting new range of official merchandise is now available, featuring t-shirts, hoodies, running tops, beanies and caps, on our online shop and will also be available to purchase at the Expo over the race weekend.

www.lochnessmarathon.com/shop



RUN LOCH NESS IN 2020!

Entry to the 2020 Baxters Loch Ness Marathon & Festival of Running, taking place 4 October 2020, will open on Monday 7 October at

www.lochnessmarathon.com

KEEP IN TOUCH



@lochnessmarathon



@nessmarathon



@lochnessmarathon

www.lochnessmarathon.com

Share your Loch Ness experience with us by using hashtag #runlochness #lochnessmarathon



PARKING

All runners and spectators coming to the Festival of Running are advised to avoid parking in the Bught Park area as it will be very busy. Where possible we recommend:

- **Using public transport**
- **Car sharing**
- **Parking in the centre of town and walking along the river to the Event Village at Bught Park (approx. 1 mile). See map opposite.**

Saturday 5 October

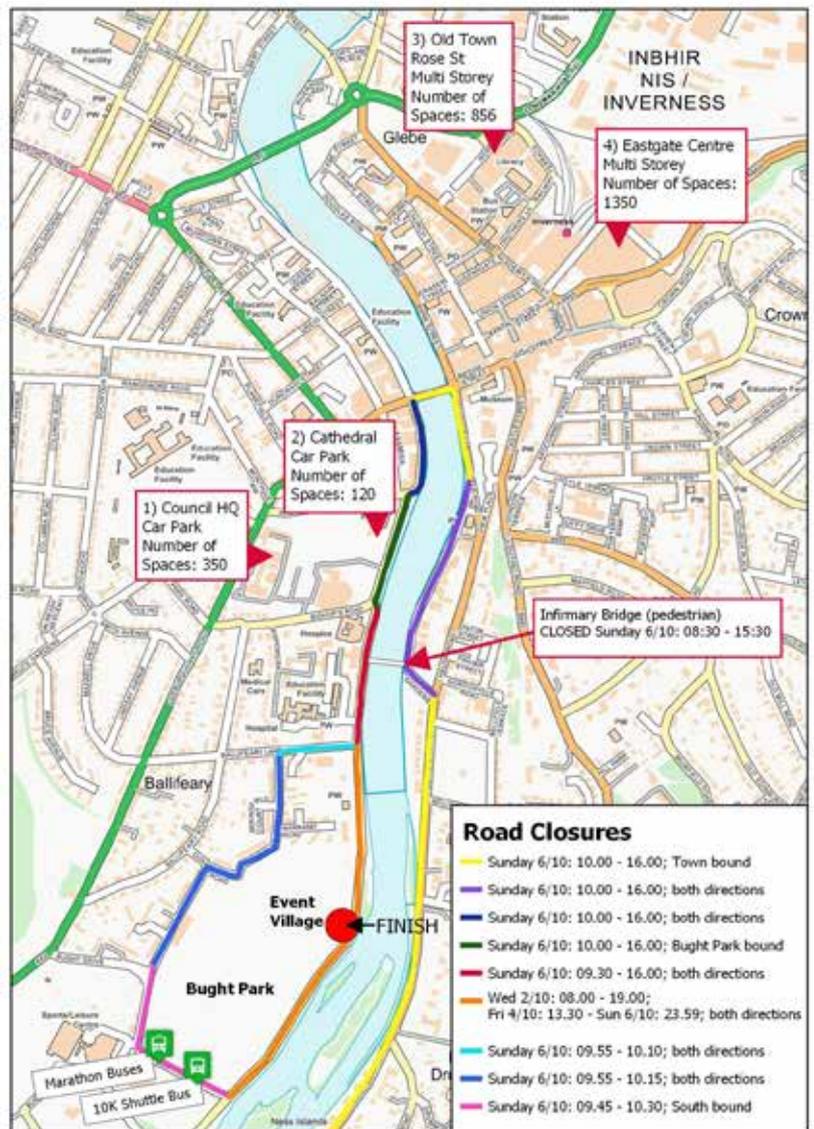
Parking is available at the following public car parks. Please note parking charges may apply.

1. Highland Council HQ Car Park, Glenurquhart Road, Inverness, IV3 5NX
2. Cathedral Car Park, Ness Walk, Inverness, IV3 5NN
3. Old Town Rose Street Multi- Storey, Farraline Park, Inverness, IV1 1NH
4. Eastgate Centre Multi-Storey Car Park, 11 Eastgate, Inverness IV2 3PP

Sunday 6 October

- Marathon Runners – Limited parking will be available for marathon runners ONLY at Bught Park early on Sunday morning. Please note access is from Glenurquhart Road only.
- 5K Runners/Spectators coming to Bught Park – please see map for parking options.
- 10K/Corporate Challenge Runners - parking is limited at the 10K start. Please follow signs and marshals' instructions directing you to parking areas.
- Disabled car parking is available on Sunday at Bught Park, although please note this is located approx. 400m from the Event Village and is on grass. Please follow the signs to 'Marathon Parking'.

We encourage all runners to be dropped off or to car share where possible.



TEMPORARY TRAFFIC RESTRICTIONS

Please note that temporary traffic restrictions will be in place along the race routes and around the Event Village on Sunday, which are detailed on our website. Bught Road which runs alongside Bught Park is the only road closure in place on Saturday.



LOCH NESS MARATHON 2019

RACE INSTRUCTIONS

Saturday 5 October

10.00 - 18.00 Pre-race registration at the Event Village at Bught Park, Bught Road, Inverness, IV3 5SQ

10.00 - 18.00 Sports Expo & Runners' Café at the Event Village – all runners, friends and family welcome (free entry).

Sunday 6 October

06.45 - 07.15 Runners arrive at the Inverness Ice Centre, Bught Drive, Inverness IV3 5SR for bus transport to the Marathon start.

07.30 - 07.45 Buses depart from outside Inverness Ice Centre

07.30 - 08.35 Bus pick-up from various locations on South Loch Ness (pre-booking essential by 24 September), **see page 15**.

08.15 Bus pick-up from Drumnadrochit Tourist Information Centre, IV63 6TX (pre-booking essential by 24 September)

08.40 Bus pick-up from Fort Augustus Tourist Information Centre, PH32 4DD (pre-booking essential by 24 September)

08.45 Buses begin to arrive at Marathon Start

09.00 - 16.00 Festival of Running including Sports Expo, street food zone, live music and kids' activities open to the public at the Event Village. Free entry.

10.00 Start of Baxters Loch Ness Marathon

14.00 Prize-Giving at Event Village

REGISTRATION

All Marathon runners must attend pre-race registration between 10.00-18.00 on Saturday 5 October at the Event Village, to collect your race number (this includes your tear off baggage label and timing B-Tag), safety pins and post-race food ticket.

Please note you will be required to show a form of photo ID in order to receive your marathon race pack. If you are unable to make registration in person, you can get a friend to register for you. They need to bring photo ID for themselves as well as a signed authorisation letter from you confirming that they can collect your race pack; please email us for a template letter.

A small number of massage therapists will be available during registration offering massage and taping in return for a donation to charity.

Please note there are absolutely no race day entries for the Marathon, and strictly no transfers between races or transfer of places to another runner. We do not operate a deferment system.

CHECK YOUR DETAILS

Please visit www.lochnessmarathon.com for a full list of race numbers (available w/c 2 September). Please check that your name, club and age category are correct.

Please note results and prize giving are based on the information provided by you at the time of entering and it is your responsibility to advise the Organisers of any changes or amendments by logging-in to your Active account by 24 September OR telling us at registration.



RACE PACK – IMPORTANT INFORMATION

- Race Number – please complete the emergency contact and medical information on the reverse of your race number and attach it to the front of your running top using the safety pins provided.
 - Please ensure that your race number is attached to the FRONT of your running top and visible at all times during the race and when you cross the finish line.
 - If you have a medical condition, provide as much information as possible on the reverse of your race number and put a red cross on the front. This is so our medical teams are aware of any existing medical condition should you require assistance on the course.
 - Please do not deface your race number or swap numbers with other runners - this is contrary to Scottish Athletics' regulations and will lead to your disqualification.
 - Baggage Label – a corresponding baggage number is attached to your race number. This should be torn off the race number and attached to the top of your kit bag on race day.
 - Timing B-Tag – this is attached to the back of your race number and should not be removed. Please ensure your race number is attached to the front of your running top and is not obscured by anything e.g. water belt or bumbag. The chip will automatically start recording your time when you cross the start line.
-

TRANSPORT TO THE MARATHON START

- All marathon runners are transported by bus to the Start from outside the Inverness Ice Centre at Bught Park which is located a 10 minute walk from the Event Village. Please arrive between 06.45-07.15.
 - Please note that there will be portable toilets located next to the bus departure point, and the bus journey takes approx. one hour. Buses will NOT stop after leaving the Ice Centre until they arrive at the Marathon start.
 - It is not possible for spectators to be transported to the Start.
-

TRANSPORT FROM DRUMNADROCHIT/ FORT AUGUSTUS TO MARATHON START

- For those staying on north-side Loch Ness, buses will leave from Drumnadrochit village car park, IV63 6TX (off A82) at 08.15 and Fort Augustus village car park, PH32 4DF (off A82) at 08.40.
- **Pre-booking essential.** If you require pick up from Drumnadrochit or Fort Augustus, please e-mail info@lochnessmarathon.com by 24 September.
- Please note we do NOT provide return transport to Drumnadrochit or Fort Augustus after the race.

TRANSPORT FROM SOUTH LOCH NESS TO MARATHON START

For those staying on south-side Loch Ness, buses will leave from 6 locations as follows:

- 07.40 Dores (opposite Dores Inn)
- 07.55 Inverfarigaig – junction of Inverfarigaig Pass/B852
- 08.05 Lower Foyers junction with B852
- 08.10 Foyers Stores
- 08.25 Junction of B862 & B852
- 08.35 Whitebridge Hotel

- **Pre-booking essential.** If you require pick up from any of these locations, please e-mail info@lochnessmarathon.com by 24 September.
- Please note we do NOT provide return transport to these locations after the race.

BAGGAGE

- At the Start, you should place your kit bag in the appropriate baggage vehicle. All baggage vehicles will be labelled with a range of numbers corresponding to race numbers.
- Ensure you have securely attached your baggage label to your bag. It is strongly recommended that items are placed in a waterproof bag or plastic bag within your kit bag to protect them from the weather.
- Once your bag is on the baggage vehicle, you will not see it again until the Finish, and will not be able to retrieve items before the start.

THE START

- The Organisers ask that all runners be considerate at the Start, listen to marshals' instructions, and use only the portable toilets provided. We will not tolerate antisocial behaviour.
- Please be aware that weather conditions can change and deteriorate rapidly in the Scottish Highlands and you should bring appropriate clothing to keep warm and dry at the start in case of adverse weather.

THE ROUTE

- The Marathon starts on the high ground between Fort Augustus and Foyers (B862) and drops down to the banks of Loch Ness at Foyers (B852). From there, the route follows the Loch's south-eastern shore, heading north-east towards Dores on the northern tip of the loch. From Dores, the race heads directly into the centre of Inverness (B862), turning left over the main bridge in the town centre, and left again for the last half mile along the River Ness to the finish at the Event Village, Bught Park in the centre of Inverness.
- See Google Map [here](#)
- The marathon takes place on tarmac roads which are closed to all forms of traffic; access is allowed for emergency services and official event vehicles.
- Please note that one section of the route is left lane closure only. This is from the village of Dores to the finish where traffic will be travelling on the opposite carriageway. Runners must take extra care on this section and keep in the left-hand lane at all times.
- The Organisers reserve the right to alter the route if operationally required.

DRINK & FEED STATIONS

Being well hydrated and drinking little and often is essential for achieving your best performance.

2019 will see a phased introduction of paper cups at 45% of drink stations along the marathon course, which includes two water stations and three electrolyte drink stations. For the first time in 2019, we will provide water in a reusable drinks bottle at the finish line to all finishers of the marathon, 10K and 5K.

There are eight water stations along the marathon course.

- Water stations 1-6: water is provided in 330ml bottles.
- Water stations 7-8: water will be provided in paper cups.

There are three HIGH5 electrolyte drink stations providing Zero drink in paper cups and four HIGH5 gel stations providing Energy Gel Aqua. Please refer to page 15 for product information.

2.9 miles water station

6.1 miles High5 energy gel station

6.15 miles water station

8 miles High5 electrolyte drink station

9.6 miles water station

13.5 miles High5 energy gel station

13.6 miles water station

15.8 miles High5 electrolyte drink station

17.3 miles water station

19.9 miles High5 energy gel station

20 miles water station

21.5 miles High5 electrolyte drink station

23.2 miles High5 energy gel station

23.25 miles water station

24.6 miles water station

Some runners may be concerned about how to use cups, having not used them in their training or at other races. Don't worry, thousands use cups in other races and events successfully, including elite athletes – it is unlikely to cause you to lose vital minutes.

A few tips:

- Stop for drinks as you have planned in your training – remember you don't need to drink at every station, forcing yourself to drink too much water during a race is as dangerous as drinking too little.
- Grab the cup and squeeze the top. This will create a funnel to control the pouring of water and also limit the amount of water splashing out.
- Remember, you don't need to get all the water down in a few seconds; you can take your time while drinking and remember to breathe.
- If you can, try this out in your training.
- When done, please throw your cup to the side of the road, within the "Litter Drop Zone", please see page 18 for more information on Littering.

- Marathon Start Point
- Marathon Finish Point
- Marathon Race Route
- Mile Markets
- Built-Up Areas
- Race Direction
- Electrolyte drink and gel stations
- Water Station



LOOK OUT FOR...
 highland hospitality, jellybabies, pipeband, goosebumps, meeting people from all over the globe and any ripples in the loch!

LITTERING

- It is a privilege to run alongside iconic Loch Ness and through Inverness, so please do everything you can to keep it free from litter and dispose of your rubbish responsibly.
- Please keep your rubbish in your pockets and get rid of it at the drink or feed stations where litter bins are available. Please use litter bins and do not drop litter.
- There will be litter bins provided at the start, each drink and feed station along the route and the Event Village.

- **In addition, there are clearly signed 'Litter Drop Zones'**, which will be small sections of the road approx. 1 mile after each drink and feed station where you will be permitted to discard your litter. When using these zones, please take care to ensure you discard your litter at the **LEFT** edge of the road to reduce the risk of hazard to runners behind you.
- Littering in any other locations along the route will **NOT** be tolerated.
- Please help us to keep Loch Ness and Inverness clean and tidy.

TOILETS

Portable toilets are available at the start and at every water station along the marathon route. There are also portable toilets at the Event Village and the bus departure point.

MILE MARKERS

There are ascending mile markers along the route.

TEMPORARY TRAFFIC RESTRICTIONS

We have priority on all roads throughout the Marathon, however please keep to the left hand side of the road at all times as it might be necessary for emergency and official vehicles to travel along the route.

Please note that one section of the route is left lane closure only. This is from the village of Dores to the finish where traffic will be travelling on the opposite carriageway. Runners must take extra care on this section and keep in the left-hand lane at all times.

Details of temporary traffic restrictions are available on our website.



SLOW RUNNERS

We would ask runners expecting to take longer than 5 hours to use the pavement on the left hand side through Inverness as roads start to open again to traffic and race organisers start dismantling the course from 16.00 onwards.

Please note that safety support and water will be available along the route until 17.00.

RETIRING

For runners retiring along the route, there is a sweep bus that follows the rear of the field. Please notify a marshal or an event official at the nearest drink or feed station or one of our medical team if you wish to retire, and then indicate to the bus as it passes that you wish to be collected. For safety reasons, please do not leave the course without informing an event official.

THE FINISH

- The Finish line is at the Event Village at Bught Park alongside the River Ness. The Finish Zone is a secure area with no public access. Once across the Finish line, you will be presented with your finisher's medal, finisher's t-shirt and a goody bag.
- There is also a complimentary post-race meal (Baxters soup and main course) for all marathon runners available in the Runners' Food Tent. Don't forget your food ticket (included within your race pack).
- You should retrieve your own kit bag from the baggage vehicles as quickly as possible. Baggage vehicles will be clearly signed by race number.
- Friends and family cannot enter the Finish Zone but can wait within the Event Village to meet up with runners. A clearly signed Meeting Point is available.

SHOWERS & CHANGING

Showers are located at Bught Stadium within Bught Park, approx. 300m behind the Event Village, refer to map on page 12. A changing tent is located within the Event Village. Please note that showers/changing are NOT available within Inverness Sports Centre.

BOOK YOUR POST-RACE MASSAGE NOW

Did you know post-race massage aids recovery, boosts circulation, removes lactic acid and promotes relaxation? Don't be disappointed and book in now by emailing info@athletesangels.com. A 10-minute massage costs just £10. **You definitely deserve it!**

SPECTATORS

- The final 4 miles through Inverness provide the best vantage points for spectators.
- Everyone is encouraged to come to the Event Village to welcome home all runners, and enjoy the entertainment and festival atmosphere.
- Please note that there is strictly NO spectator or vehicle access to the marathon start due to traffic restrictions and logistical and safety reasons.
- For safety reasons, it is NOT permitted to accompany any runners by bike or to cycle along any section of the marathon route.
- Please refer to the temporary traffic restrictions on our website.



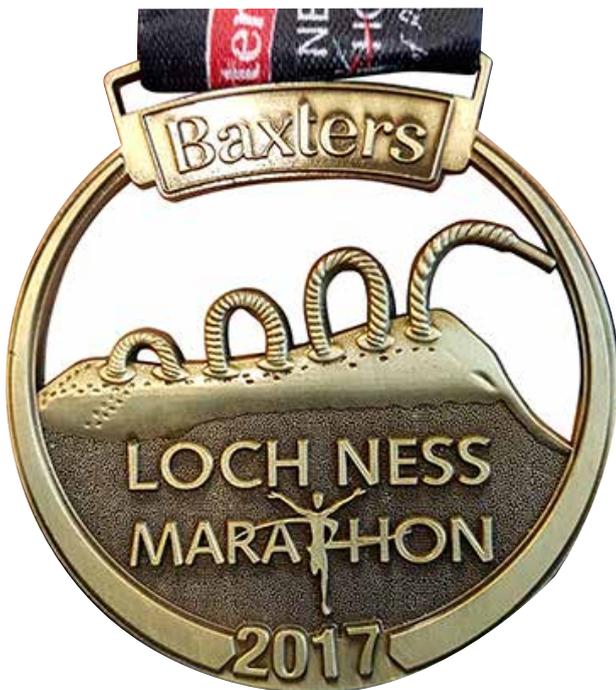
USE OF HEADPHONES OR EARPHONES

Please note that wearing headphones or earphones is NOT permitted in any of the races under Scottish and UK Athletics rules. We DO allow the use of headphones or earphones that use bone conductor technology, which allow the wearer to be aware of their surroundings. However, this is at your own risk and if an incident occurs as a result of, or is made worse by you wearing bone conductor headphones or earphones, you may be held liable.

MEDAL & iTaB

A medal will be given to every runner as you cross the Finish line. If you ordered an iTaB at the time of entry, you don't need to do anything - just wait for your iTaB to arrive in the post after the event. If you still need to order your iTaB, engraved with your name and finish time, visit

www.itab.us.com



FIRST AID & MEDICAL CARE

The Red Cross will provide First Aid and medical care in both static and mobile units. First Aid will be located at the start, every drink station and at the Event Village. If you wish to retire at any point during the race, please approach one of our medical or marshal teams. Should runners not be allowed to continue for medical reasons or require hospital treatment, Event HQ will be notified.

RESULTS

Results for the Loch Ness Marathon will be posted on our website www.lochnessmarathon.com on Monday 7 October.

Please note results and prize giving are based on the information provided by you at the time of entering and it is your responsibility to advise the Organiser of any changes or amendments by logging-in to your Active account by 24 September OR telling us at pre-race registration.

PHOTOS

Marathon-Photos is the Official Event

Photographer, and will capture your exciting moments at the Loch Ness Marathon.

Marathon-Photos is the leading event photography company in the world, photographing over 700 mass participation events in over 35 countries. Participants will be able view their photos and video within 24 to 48 hours after the event, and a FREE personalised Event Certificate will be available to download.

www.marathon-photos.com

points to remember before leaving for the race

- Get dressed in tried and tested gear, pin your race number to the front of your running top before leaving home or your accommodation, and ensure your race number is not obscured e.g. by a water belt or bumbag.
- Remember to attach your baggage label to the top of your kit bag. This is a tear off number attached to your race number.
- DO NOT BE LATE for transport departure to Marathon Start on race day. Timings are very tight and transport WILL NOT wait for late arrivals. If you miss our transport, you will be unable to run due to restricted control of transport at the Start.
- Please be aware that weather conditions can change and deteriorate rapidly in the Scottish Highlands and you should bring appropriate clothing to keep warm and dry at the Marathon start in case of adverse weather.
- Lubricate all moving parts liberally with Vaseline.
- Many runners use a bin liner to keep warm at the start of the race. Please place your liner at the side of the road when you discard it, so that it does not cause a danger to other runners.
- Do not alter direction suddenly, particularly at drink and feed stations, and try to steer a course for a table where there are fewer runners.
- Ensure you rehydrate fully in the days before the event and drink regularly along the route especially in warm weather.
- Do take it easy until you are well past the halfway mark. You should be able to have an intelligible conversation with those around you!
- We hope your training has gone well, and would like to remind you that if you have recently had a bad cold or have been ill it is important to seek medical advice prior to the event. Also if your training has not gone to plan, we ask you give serious consideration to your ability to run the marathon.





SUSTAINABILITY

The Baxters Loch Ness Marathon & Festival of Running is committed to making the event as sustainable as possible and we continuously review our processes to reduce waste and maximise recycling. As part of this, we are aiming to reduce and eventually remove all single use plastic from the event. We're encouraging all our sponsors & partners, charities, runners and volunteers to join us.

2019 will see a phased introduction of paper cups at 45% of drink stations along the marathon course, which includes two water stations and three electrolyte drink stations.

Water will be provided in paper cups at 100% of the drink stations along the 10K route.

For the first time in 2019, we will provide water in a reusable drinks bottle at the finish line to all finishers of the marathon, 10K and 5K.

It is a privilege to run alongside Loch Ness and through Inverness and we encourage all runners, spectators and general public coming to the event to dispose of their rubbish responsibly.

Litter bins are provided at the drink and gel stations along the race routes and there are clearly signed 'Litter Drop Zones' approximately 1 mile after each station where runners can discard their litter. All plastic bottles and paper cups are collected and taken to our recycling partner. There are clearly signed recycling and general waste bins throughout the Event Village.

We ensure all surplus food, water and discarded clothing is collected for reuse, recycling or donated to local charities and those in need.

We are committed to using local suppliers and contractors for the event and buy all supplies locally, wherever possible. We ensure our t-shirts and medals are shipped not flown. We order only what is necessary, to reduce waste.

We are encouraging all our caterers to consider using alternatives to single use plastic, e.g. bamboo cutlery, compostable paper plates and cups.

The goody bag provided to finishers is a Bag for Life which can be reused.

The bag containing the finisher t-shirt is biodegradable and compostable and can be disposed with local food waste, and postage bags for merchandise orders are also biodegradable.

We produce race branding, signage and marshal bibs without dates where possible for re-use in future years.

All runners and volunteers register online, with all our communications via website, email or social media, reducing printing and paper waste.

We encourage all participants, spectators and volunteers living or staying in Inverness to consider walking to the Event Village or 10K start; those coming from further afield are encouraged to use public transport or car share wherever possible.

We provide free bus transport for all marathon runners from Inverness and various locations around Loch Ness to the marathon start and a free shuttle bus is provided to 10K runners to return to the start to collect their vehicles, therefore reducing traffic around Inverness and Loch Ness.

If you have friends and family with you, why don't they enter the Baxters River Ness 10K or 5K. There's also the Wee Nessie for under 5s.

Entry for all races is available online until 24 September, with limited 5K and Wee Nessie entries available over race weekend, subject to race capacity.

www.lochnessmarathon.com



RUN FOR CHARITY

We encourage all runners to fundraise for one of our official charities. Please refer to page 30 for list of official charities or visit: www.lochnessmarathon.com/run-forcharity

GETTING HERE & WHERE TO STAY

The Event Village at Bught Park, Inverness, IV3 5SQ is approx. 1 mile from Inverness town centre bus and train stations, and 11 miles from the airport. Please visit our website for information on getting to Inverness and where to stay. Visit www.trafficscotland.org for regular travel updates.

CAR HIRE

Our official car hire partner is Arnold Clark Car & Van Rental. Arnold Clark is offering all runners and supporters a **20% discount** off their best web rate on car rental. To book, visit arnoldclarkrental.com quoting promotional code **BAXT** or call **0141 567 0561**. Terms and conditions apply.

ACCOMMODATION

Running a marathon, 10K or 5K is enough of a challenge without having to worry about how to get there, where to stay and what to do after. Make sure that your weekend all goes to plan! For travel information, accommodation, where to eat and what to see and do, visit www.visitinvernesslochness.com.

GOVERNMENT ADVICE

In conjunction with the Government advisory messages around the threat to crowded places and mass gatherings, we recommend participants familiarise themselves with the Run, Hide, Tell advice and consider downloading the CitizensAID app here: www.citizenaid.org

Thank You

We would like to extend our special thanks to the many individuals, charities and organisations who volunteer over the weekend, and to all the communities, businesses and organisations located along the race routes for their support and assistance both before and during the event.



Baxters

BEEETROOT

Baxters Beetroot really is the pick of the crop!



It was in 1928 that Baxters first added their secret vinegar recipe to the freshest beetroot and began the journey to producing the nation's favourite beetroot. Since then, we've made it our mission to make every jar of Baxters beetroot the most flavoursome and succulent available. Today, all of our beetroot is grown on the best soils in Britain by a small dedicated group of Farmers, freshly picked from field to factory. That way you can enjoy proper beetroot flavour at its fullest and finest with the right amount of crunch.



It's packed with powerful antioxidants, essential nutrients and is a great source of fibre, it's no wonder we love beetroot at Baxters. Associated with numerous health benefits, including improved blood flow, lower blood pressure, and increased exercise performance, beetroot deserves a place in every marathon runner's diet. Whether you chop it into a salad, add it to your favourite sandwich or blitz it into a delicious hummus, our famous beets will help you go the extra mile.

WE MAKE SUPER



You know all Baxters soups are good, so what makes our 'Super Good' soups even more Super? The secret lies in our 'feel good' ingredients in every can. Perfectly balanced with delicious flavours and fresh veggies, eating well really does feel great!

With flavour and ingredients to support health such as omega 3 fats, antioxidant rich spices, quality protein, fibre, whole grains and an array of nutrient packed vegetables. Each super-good ingredient has been used to make it super easy to reach a nutritionally dense and balanced diet.

To find out more about all of our products and watch our Super new TV ad, visit us at www.wemakesuper.com



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- Running socks
- Running belt
- GPS watch
- Nutrition
- Race number & safety pins

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 0344 824 8180

 contact@run4it.com

 run4it.com



*Excludes sale products, GPS watches & gift vouchers



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MARATHON

and Festival of Running

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**SATURDAY 5 OCTOBER 10AM-6PM
& SUNDAY 6 OCTOBER 9AM-4PM**

Event Village, Bught Park, Inverness IV3 5SQ



THE FUELLING FACTS

During a marathon, more than two thirds of your energy can come from carbohydrate. Unfortunately your body is only able to store a limited amount of carbohydrate and as the miles tick by, you will deplete that store. As your carb levels fall, so does your energy, and you will find it harder to maintain your early pace. You could even hit the dreaded 'wall' – where your carb stores are so depleted that your muscles are forced to rely almost exclusively on fat as fuel.

The body finds it hard to convert fat to energy, which makes it tough to keep running at any pace. To ensure you have optimum carbohydrate levels on race day, you should carbo load in the days leading up to your event and consume carbohydrate during the Marathon.

DURING YOUR MARATHON

Think of your body's store of carbohydrate as a relatively small fuel tank, that starts emptying as you start running. Your muscles use carbohydrate quickly and can easily deplete that store during a Marathon. If you provide your muscles with carbohydrate by consuming gel as you run, they will take less fuel from your carbohydrate store and it will last longer. The purpose of taking gel during your marathon is to delay the point at which you run out of fuel – until you cross the finish line.

Taking too much gel too quickly can and will cause stomach problems. By contrast, taking just a couple of gels at the 17 mile mark, as some people do, will only provide a short lived energy boost. Taking 2 or 3 gels every hour from the very start of your event is optimum and will mean that by mile 17, you should still have enough carbohydrate energy available for a strong finish.

ON COURSE NUTRITION



ENERGY GEL AQUA

Water and refreshing natural fruit juices give Energy Gel Aqua its extremely light consistency when delivering carbohydrates straight to your muscles during exercise.

ZERO

A refreshing, great tasting sugar free electrolyte drink with zero calories for during exercise and throughout the day.

IF YOU'RE TACKLING A MARATHON, YOU WILL HAVE TRAINED HARD FOR MONTHS TO GET IN GREAT SHAPE AND READY TO LINE UP AT THE START OF THOSE 26.2 MILES. ONE OF THE CRITICAL PIECES IN THE MARATHON PUZZLE IS YOUR RACE-DAY NUTRITION STRATEGY...



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<https://highfive.co.uk/high5-faster-and-further/#running>



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RUN FOR CHARITY

Make your marathon miles count by fundraising for one of our official charities. There are lots to choose from, all doing incredible work to help others and improve lives. Take a look below and check out www.lochnessmarathon.com/run-for-charity/

MACMILLAN
CANCER SUPPORT



Life is precious



Team AlzScot needs you!

We rely on fundraised income to support over 90,000 people in Scotland who are currently living with dementia, as well as their families and carers.

Use your place in the Baxters Loch Ness Marathon as a chance to raise vital funds.

Find out more by visiting: alzscot.org/lochness19 or by calling our Fundraising team: 0131 243 1453

Alzheimer Scotland – Action on Dementia is a company limited by guarantee, registered in Scotland 149069. Registered office: 160 Dundee Street, Edinburgh E11 1DQ. It is recognised as a charity by the Office of the Scottish Charity Regulator, no. SC022315

When faced with life shortening illness, death and bereavement, the people of the Highlands deserve the best possible care and support.

Make your run count by helping us to ensure they receive this.

www.highlandhospice.org/baxters

Contact Jenna Hayden on 01463 246474
or j.hayden@highlandhospice.org.uk

Highland Hospice, Ness House, 1 Bishops Road, Inverness IV3 5SB.
Highland Hospice is a registered Scottish Charity No: SC011227

Highland Hospice 



GOOD LUCK



It's not too late to join the team!

Join us and make your Loch Ness experience extra special. We'll give you the best support and cheers along the course. Most importantly every step you take will enable us to help everyone with cancer live life as fully as they can.

To join the team,
click on the links below:

- [Loch Ness Marathon](#)
- [River Ness 10K](#)
- [River Ness 5K](#)

Join Team Macmillan

We're delighted to partner again with the Baxters Loch Ness Marathon and Festival of Running as the official charity. Every year we welcome hundreds of people to run with Team Macmillan and this year we'd love for you to join us.

Every two minutes someone in the UK is diagnosed with cancer.

With your help, Team Macmillan are aiming to raise over £70,000 at the Baxters Loch Ness Marathon and Festival of Running. This could support our front line staff to run our Macmillan Support Line phone service for 15 days. In this time, they could answer 3,585 calls and web enquiries from people who want questions answered, need practical or financial support, or just want to chat.

It's not too late to join Team Macmillan and use your challenge to help everyone with cancer live life as fully as they can.

Good luck and we look forward to welcoming you to the team!

As a thank you, you will receive:

- ✓ a free running top
- ✓ training plans and expert fundraising advice
- ✓ support all along the course from our noisy cheer points
- ✓ a free massage at our hospitality tent once you've crossed the finish line

The difference you could make

Your fundraising could make a real difference to the lives of people affected by cancer:



£506

could support our welfare rights advisors run the welfare rights element of our phone service for 1 hour. In this time they could on average deal with 15 cases and help secure around £20,000 in unclaimed benefits for people affected by cancer.



£335

could pay for a Macmillan Grant that helps a family affected by cancer take a holiday and enjoy precious time together.



£250

could pay for a cancer self-help and support group to set up its own website. The group could then use the website to promote itself, list the dates of meetings and encourage members to keep in touch and chat online.



£112

could pay for a Macmillan Support Worker for 1 day, helping people living with cancer receive the support they need.



£50

could help run a large Macmillan information and support centre for 1 hour, helping people affected by cancer to find information and support.



0300 1000 200 | running@macmillan.org.uk
macmillan.org.uk/lochness


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