



The Guide Dogs Run

Event guide



**Glasgow
Green**

**Saturday 10
June 2023**

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Welcome

We are excited to welcome you to Glasgow Green on Saturday 10 June 2023. To make sure your day is pawsome please ensure you read this event guide.


Get your ears, paws, tail and nose ready and join the pack to run, walk or jog 5K dressed as a dog!

After you're done, the fun's just begun. Stick around for music, face painting and doggy demonstrations as we celebrate our amazing charity. Plus, you'll get to meet our incredible dogs too. Now that's what we call motivation.

Whether you are taking part on your own, with friends, family or your four legged friends thank you for raising vital funds for Guide Dogs.

Our team are always happy to help, so do get in touch if you have any questions.

 events@guidedogs.org.uk

 0345 143 0200

Your race pack

All race packs and fundraising rewards will be sent out two weeks prior to the event in the post. For those who sign up after Friday 26 May, these will be available for collection in the Event Hub on the morning of the event.

If you purchased more than one entry, all race packs and event emails will be sent to the lead booker.

Please ensure you complete the emergency contact details on the back of your race number for all participants.

There are plenty of additional resources also available to download at guidedogs.org.uk/eventresources such as a selection of fundraising resources and your bespoke 5K training plan.



Fundraising

Guide Dogs wouldn't be here without you. Our life-changing services depend on donations. Your fundraising will help us train more puppies and transform the lives of people living with sight loss.

Here's a few tips to get you started

1

Set up your JustGiving page, it's quick and easy to do. Simply visit justgiving.com/campaign/TheGuideDogsRun23



2

Shout about your challenge. Spread the word, sharing your link so everyone can sponsor you.



3

Download our fundraising resources at guidedogs.org.uk/eventresources



No matter where you are on your fundraising journey, we're here to help. Our team are full of top tips and ideas for fundraising, please get in touch to pick our brains.

Fundraising rewards up for grabs!

To thank our fabulous fundraisers, we have a selection of Guide Dogs goodies up for grabs.

All fundraising rewards will be sent out two weeks prior to the event in the post with your race pack. Totals will be taken on Friday 26 May. Those who meet their target after this date can simply collect their fundraising rewards in the Event Hub on the morning of the event.



Simply hit your £75 fundraising target to receive a bespoke fundraising star race number.

Raise £100 and you'll get the chance to have a professional printed photo with our dogs on the day.



Raise £200 and you'll be invited to attend a tour at your local Guide Dogs centre.

Your donations will help children like Caitlin

Caitlin was born with congenital glaucoma and underwent almost 50 operations before her fifth birthday. Caitlin says:

“ I knew a guide dog could help me be even more confident and independent, but I never expected to gain a best friend as well. Honey puts a smile on my face every day with her puppy eyes and wagging tail. She’s my reason to get out of bed in the morning and have a great day. We’re a perfect match.”



Getting there

**Address: Glasgow Green,
Greendyke Street, Saltmarket,
Glasgow G1 5DB.**

The Event Hub is located just off Templeton Street, near the kids play area.

There is limited parking available around Glasgow Green, where possible we advise you travel via public transport. Please visit **cityparkingglasgow.co.uk** to find further parking information.

The nearest main line stations are Queen Street and Central Station.

The nearest train stations are Argyle Street, High Street and Belgrove.

The nearest Underground Stations are St Enoch and Bridge Street.

For bus, train and underground information please call **0871 200 2233** or visit **travelinescotland.com**.



Event day schedule:

10am – Event Hub opens

Come say hello, have a look at our stalls and drop off your bag!

10.50am – Warm-up

You don't need to sign in, but make sure you arrive in time for our fun warm-up to get you prepared.

11am – Event starts

The hooter sounds and the race commences. You may be set off in waves at this point.

2pm – Event Hub closes

Cheering point



Glasgow 2014
Monument

Nelson's
Monument



People's
Palace

Start/Finish

Event
hub

Glasgow Green

Route map

● KM Marker

★ Event Hub

Kings Bridge

A74

Turning point



Event Hub amenities

Here you will find:

- Toilets
- Catering
- Information point
- Warm-up area
- Bag drop
- First aid
- Plenty of stalls and activities to get involved in
- Guide dog demonstrations



Plus, you'll get to meet dogs just like Rosie


When Rosie arrived at training school, she settled in well – her fun personality was loved by all the staff! During her time at training school, Rosie consolidated the skills that she had previously learnt with her puppy raiser, and she also learnt new skills specific to her future role as a guide dog. Rosie was introduced to the guiding harness, learnt how to avoid obstacles, and learnt how to locate objects such as a chair or crossing box.



Join the conversation

We want to share your day! Selfies, pre and post run photos, fundraising progress – please join our #GD5K community.



-  @GuideDogsEvents
-  @GuideDogsEvents
-  @Guide_Dogs_Events



For all the latest event updates, like us on Facebook.

Photos will be taken on the day, if you would prefer not to be part of these simply pick up a sticker from the information point on the day.

Bringing your dogs

Dog care and welfare is at the forefront of everything we do. We ask all attendees to please follow these guidelines as there will be guide dogs and pet dogs attending the event.

When a guide dog is in their white guiding harness it means they're working, so it's very important that you don't distract them by touching, feeding or talking directly to the dog.

Please always ask the owner if they're happy for you to interact or talk to their dog before doing so.

If you're planning to bring your pet dog:

- We ask that you only bring one pet dog per participant, and make sure you always have full control.
- All dogs need to be kept on a lead throughout the event. Please don't use a flexi lead.
- All dog waste needs to be cleared up and correctly disposed of throughout the event. Please bring your poo bags with you on the day.
- If your dog is planning to take part in the race with you, please make sure your dog is fit, healthy and able.
- If your dog becomes stressed during the run or within the Event Hub, it's important that they don't continue. Please speak with a member of our Events Team who can help direct you to a calm area.
- Please don't bring your dog if she is in season.



For FAQs please visit
guidedogs.org.uk/guidedogsrun



events@guidedogs.org.uk



0345 143 0200



Registered with
**FUNDRAISING
 REGULATOR**



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