

Brighton Miles Easy Read Guide

An Easy Read guide
to your day out at
Brighton Miles



About this guide

Brighton Miles is a fun day out in Brighton.

In this guide, we show you how to:



Get to the Start Line.



Wear your bib and run with your friends.



Cross the Finish Line.

Arriving at the event



There will be lots of people and it will be very noisy.



You may notice:

- the sound of trees rustling
- wind on your face
- grass under your feet



Check your bib and find your **wave number**.

It is in the yellow circle on this picture.



Your wave is your group for the event.

Find your wave Start time on the large notice board.

The Event Village



At the Event Village you might see:

A place to **refill your water bottle.**



A Sensory Calm Tent

This is a quiet space where you can take a break from the crowds.



An Information Point

Here you can get a sticker that says "Give Me Space" to stick on your T-shirt.



Accessible toilets

There will be toilets at the Start and Finish Areas.

At the Start Line



Ask a grown-up to write on your bib and tear off the collection strip on the side.



Ask a grown-up to help pin your bib to your top.



Follow along with the warm-up with moving and stretching.

Music will be playing.



A loud horn starts the race.

Run along with the other people in your group.

Running or Walking the Mile



You may see lots of people running beside you.



People will be waving and cheering you on.



You may be in the **Welcome Wave**.

The Welcome Wave is calmer and quieter.



You see the Finish Line up ahead.

Well done, you're nearly there.

The Finish Line



You cross the Finish Line.

You did it!



You will be given a medal and some water to drink.



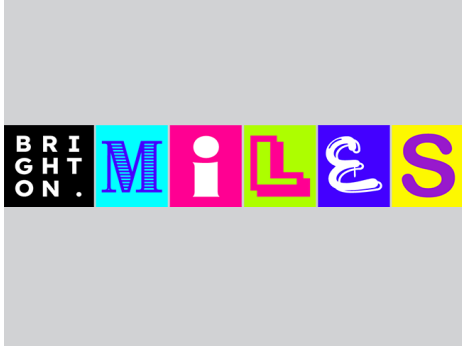
A grown-up will show you to your Collection Point.

Your Collection Point is the same colour as your bib number.



At your Collection Point, your grown-up is waiting for you.

More Information



For more information, see our website



[londonmarathonevents.co.uk/
brighton-marathon-weekend/
brighton-miles](https://londonmarathonevents.co.uk/brighton-marathon-weekend/brighton-miles)

