

# Event Day

## **ESSENTIAL RACE DAY INFORMATION**

### **PROGRAM**

#### **Race Date**

Sunday, 21 October 2007

**Start Point** - Connaught Drive

**Finish Point** - St Andrew's Road

#### **Flag Off Timing**

10km - 7.30am

5km Fun Run – 8.30am

#### **Prize Presentation**

Results for the top winners will be displayed at the Winners Tent from 9am.

<b>TIME</b>	<b>ACTIVITY</b>
<b>9.30am</b>	<b>Prize Presentation for Top 3 10km Winners (Women Category)</b>
	<b>Prize Presentation for Top 3 10km Winners (Women Masters Category)</b>
	<b>Prize Presentation for Top 3 10km Winners (Women Under-19 Category)</b>
	<b>Prize Presentation for Top 3 Winners (Lancaster Sun Leading Ladies Challenge)</b>
	<b>Prize Presentation for Top 3 Winners (CLEO &amp; Women's Weekly Challenge)</b>
	<b>Prize Presentation for Top 3 Winners (Tiffany Corporate Challenge)</b>
	<b>Prize Presentation for School Challenge</b>

*\*Above timing and sequence subjected to change.*

*Winners are to report to the Winners Tent by 9.00am before the presentation.*

## **RACE INFO**

### **Route**

Participants will now undertake a revised route for both 10km and 5km Fun Run.

**10km** – Connaught Drive, Esplanade Drive, Nicoll Highway (city bound), U-turn before Mountbatten Road, Nicoll Highway (city bound), Republic Avenue, Republic Boulevard, Raffles Avenue, The Esplanade Waterfront, Queen Elizabeth Walk, Singapore River Promenade, Old Parliament Lane, St Andrew's Road (End Point).

**5km** – Connaught Drive, Nicoll Highway (city bound), Republic Avenue, Republic Boulevard, Raffles Avenue, The Esplanade Waterfront, Connaught Drive and St. Andrew's Road (end point).

[Route Map](#)

### **Route Closure**

Rest assured that we have tried our best to minimize any disruption to the traffic. Please [read more](#) regarding details of the affected roads and the period of closure. We apologize for any inconvenience caused during the event and appreciate your cooperation and understanding.

### **Hydration**

**Runners will be able to enjoy the following drinks:**

**Aqua water – 300ml per cup**

**Sportade isotonic drink – 170ml per cup**

**Location of Drinks Points:**

#### **10km route**

Water at 2.4km, water & isotonic drinks at 4.8km, water & isotonic drinks at 7.5km mark.

#### **5km route**

Water & isotonic at 2.4km and 3.9km mark

#### **Finish (Padang)\_**

Aqua water & Sportade isotonic drink

### **Medical Coverage and Advisory**

There are medical posts and first aid points at the Padang and along the race route to render medical assistance to all registered runners of the event.

First aid and ambulance evacuation for registered participants will be provided at no cost to the runners. All medical treatments at hospital and follow up treatment however will be borne by the runner.

Medical Post and First Aid Points are located at the following locations:

## **Medical Points – Padang & Stadium Drive**

## **First Aid Points – Nicoll Highway & Republic Boulevard**

We would also like to remind all participants who feel unwell on race day to withdraw from the race.

It is crucial that you have adequate rest, hydration and energy intake in the days preceding the race.

A well-prepared mind and body will ensure optimal running performance and reduce the risk of injuries.

## **Adverse Weather Conditions**

In the event of adverse weather on the morning of 21<sup>st</sup> Oct. the event will not be postponed. However, the event will be delayed or cancelled.

The race organizers will take all necessary steps to allow the race to continue but shall take the following measures:

### **Delay**

1. The 10km race start time can be delayed until 9:00am.
2. The 5km race start time can be delayed until 9:30am

### **Cancellation**

1. If the 10km race does not start by 8.45 am, the race will be cancelled. 10k runners may then run in the 5k race.
2. If the 5km race does not start by 9:15am, the race will be cancelled.

### **Haze Advisory**

In our efforts to provide participants with a safe and enjoyable experience we advise participants with medical conditions such as asthma; chronic lung disease; chronic sinusitis; allergic skin conditions; individuals who have already or may experience an aggravation of their symptoms to exercise extra caution.

If PSI levels range from 101 to 200 on the morning of 21<sup>st</sup> October 2007, we strongly encourage participants to seek a medical opinion before participating in the race. Alternatively, participants may consider joining the 5k Fun Run if they have signed up for the 10k. If PSI levels rise above 201 on the morning of 21<sup>st</sup> October 2007, the organizers will cancel the race.

This decision is supported by the National Environment Agency and the race's Official Medical Partner, KK Women's and Children's Hospital.

### **RACE BIB NUMBER**

You MUST attach your Race BIB Number to the front of your running shirt. Runners without Race BIB Numbers will NOT be allowed to race. Please remember to enter your personal details on the reverse of the Race BIB Number to facilitate any emergencies.

### **CHAMPIONCHIP FOR 10km RUNNERS**

Ensure your Champion Chip is attached to your shoe according to the instructions. Do step on the electric timing mats at the start (even if you are late), en-route and at the finish line. The Champion Chip timing device will then be able to provide you with a race time and verify that you completed the full distance.

### **HOW TO ATTACH THE CHAMPIONCHIP**

- 1) *The chip should be attached to the shoelace at its lowest part as close as possible to the toes.*
- 2) *Loop lace through the square holes of the Champion Chip and pull tightly to the shoe.*
- 3) *Also when attaching to the shoelace, the central tube of the chip should be pointing in the "running direction".*

*\*\*Unreturned Champion Chips must be returned together with your personal particulars to Enterprise Sports Group Pte Ltd #10-02 by 2 November 2007.. Runners who do not return your Champion Chips are subject to a levy of \$50.*

### **10km FINISHER MEDAL**

All 10km runners who have completed the race will be given a finisher medal. 10km runners will receive their medal at the end point when they return their Champion Chip to the Medal Collection Point

### **BAGGAGE DEPOSIT**

As we have a record entry of 8,000 participants this year, we anticipate there will be a queue at the baggage deposit counters. We encourage "bag pool" with your friends. You are encouraged to bring only the necessities and not to store valuable items in the bag which you wish to deposit.

Baggage deposit service is available at the Padang from 6.15am to 11am. Service is on a first come first serve basis; up to 5,000 bags.

### **LADIES CHANGING ROOM**

A ladies only designated changing room is located at the Padang. You can freshen up and change after the run.

### **TOILETS FACILITIES**

Mobile toilets are available at the Padang. Public toilets facilities are also available at Raffles City, Adelphi, Esplanade, Suntec City, Marina Square and City Hall MRT.

### **RACE CERTIFICATES**

10km Race Certificates will be mailed to all 10km finishers by 5 December 2007. Your race time will be reflected in your certificate.

## **RESULTS**

All race results for 10km runners will be made available on the event website within 48 hours.

## **FINISHING @ PADANG**

Rally your family and friends to cheer you on at the Padang! Turn the morning into a gathering of friends and families! Especially for all the runners, fresh fruits are available to quench your thirst and cool you down. With 'live' commentary & great music, the Padang will be a fantastic venue to enjoy and relax after your race!