

## The Race Guide:

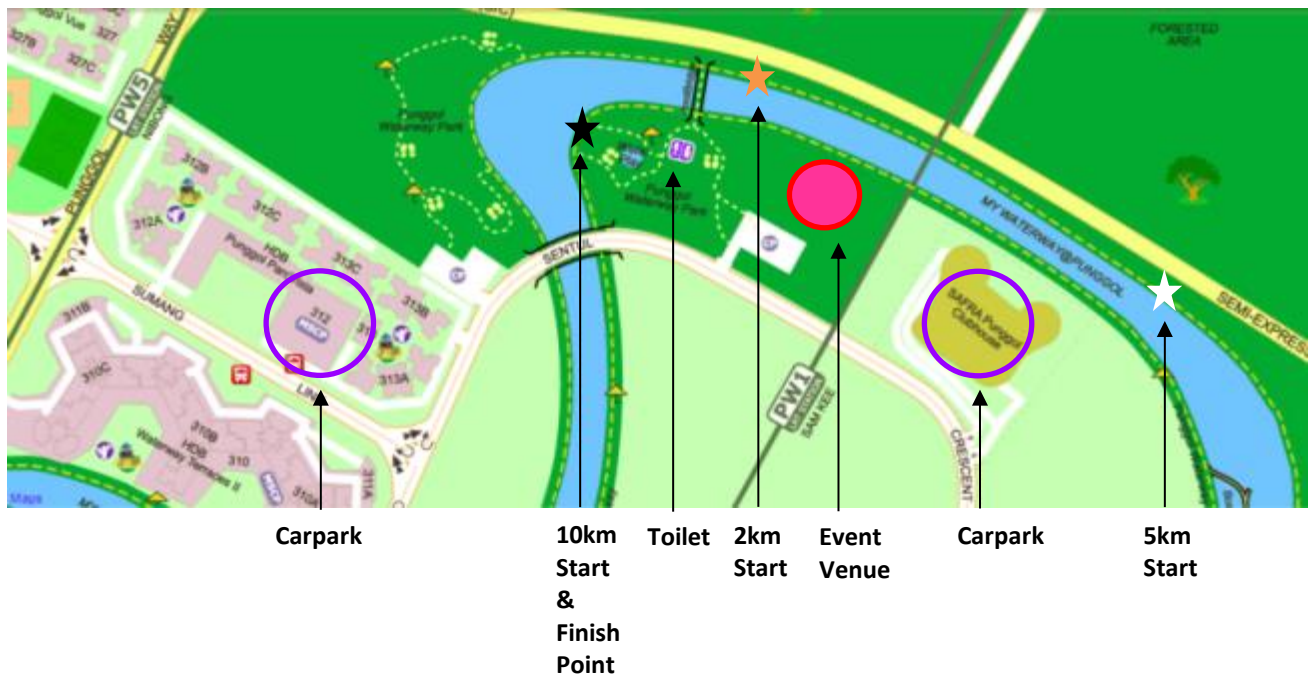
### Pre – Race:

1. The event will be held at [Punggol Waterway Park](#) (Address: Sentul Crescent, Singapore 821313)
2. The flag-off time for the 5km and 10km race is at 7.30am with different starting points (500m apart). The 2km Family Fun Run will start at 8.30am. Runners are to gather **10 minutes before** flag off.

### Event Schedule:

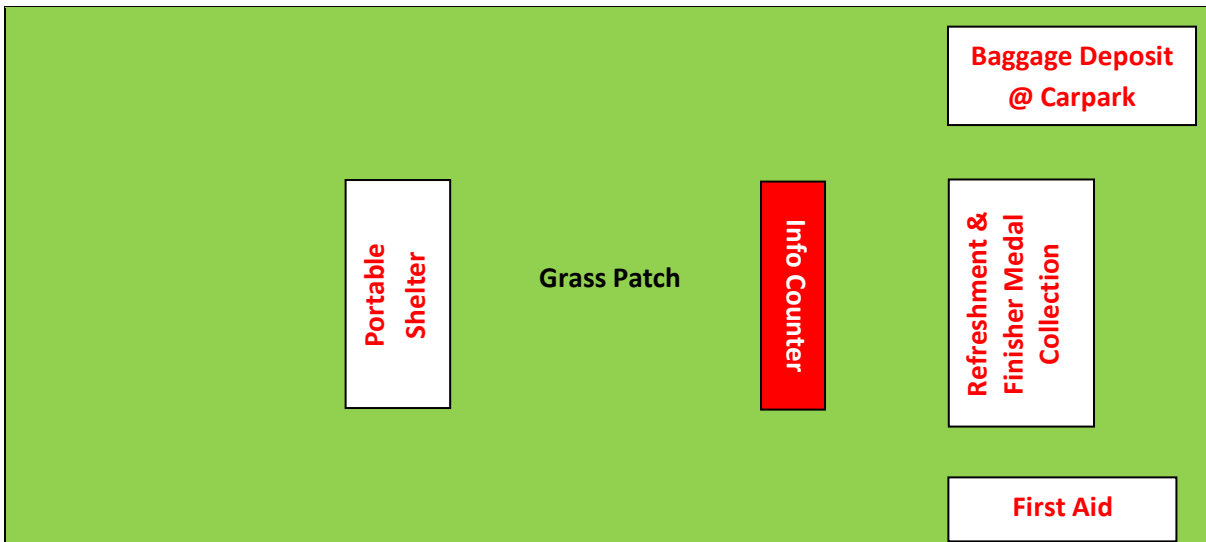
| Time   | Activity            | Category                   | Cut Off Time |
|--------|---------------------|----------------------------|--------------|
| 7.20am | Briefing & Grouping | 10km & 5km<br>Competitive  | 9.20am       |
| 7.30am | Flag Off            |                            |              |
| 8.20am | Briefing            | Family Fun<br>Run/Walk 2km | -            |
| 8.30am | Flag Off            |                            |              |
| 9.30am | Prize presentation  |                            |              |

### Map of Punggol Waterway Park:



3. To ensure a smooth flow of traffic at the start of the run, the starting area is divided into different time zones. All runners are to line up according to the time zone stated at the bottom of your BIB tag.
4. Please refrain from folding the BIB tag as the timing chip is attached at the back of it.

### Event Venue Layout



### Starting Time Zones:

|                            |                           |                           |                           |                           |                          |   |
|----------------------------|---------------------------|---------------------------|---------------------------|---------------------------|--------------------------|---|
| <b>Zone 6</b>              | <b>Zone 5</b>             | <b>Zone 4</b>             | <b>Zone 3</b>             | <b>Zone 2</b>             | <b>Zone 1</b>            | <b>10km Start</b><br><b>Finishing Point for all</b> |
| 810km:<br>Above<br>60min   | 10km:<br>55min –<br>60min | 10km:<br>50min –<br>55min | 10km:<br>45min –<br>50min | 10km:<br>40min –<br>45min | 10km:<br>Below 40min     |   |
| <b>River</b>               |                           |                           |                           |                           |                          |   |
| <b>2km &amp; 5km Start</b> | <b>Zone 1</b>             | <b>Zone 2</b>             | <b>Zone 3</b>             | <b>Zone 4</b>             | <b>Zone 5</b>            | <b>Zone 6</b>                                       |
|                            | 5km:<br>Below 18min       | 5km:<br>18min –<br>20min  | 5km:<br>20min –<br>25min  | 5km:<br>25min – 30min     | 5km:<br>30min –<br>35min | 5km:<br>Above 35min                                 |

5. Baggage deposit is provided. However, Mileage **WILL NOT** be held responsible for any loss or damage of personal belongings. All runners are advised to travel light. Baggage deposit service will be closed by 10.30am.
6. In the event of inclement weather, the organiser retains the right to delay or cancel the event for safety reasons (without any refund). If the rain occurs after the flag-off, you are advised to seek shelter along the race route. You may choose to continue running at your own risk.

In the event that the run is cancelled, all runners may proceed to collect their finisher medals and refreshment at the respective counters.

7. First Aid assistance is provided by Ambulance Medical Service Pte Ltd located at the finishing point. All runners are advised to have adequate sleep the night before, adequate breakfast on the day of the race and keep yourselves well-hydrated.

### **During The Race:**

1. Please refer to the maps below for the respective race routes.
2. A permit to use the Park Connector for the event has been obtained, however, the connector is still open to public. Do look out for public walkers/runners/cyclists during the run and **always keep to the LEFT unless you are attempting to overtake another runner.**
3. Hydration points are located at the 2.5km, 4.5km and 7.5km mark for the 10km route and at the 2.5km mark for the 5km route. Water and Sports Drink will be served. All runners are strongly advised to hydrate themselves before and during the race.
4. Do dispose all used cups in the garbage bags or near the hydration points for ease of cleaning up after the event and refrain from disposing them along the race route.

### **Post – Race:**

1. Runners may collect a bottle of water, a can of Sports Drink, a fruit and a towel at the grass Patch (refer to event venue layout). Do recycle the plastic bottles and aluminium cans using recycling bins provided. Please be reminded **not** to dispose all other waste e.g. banana peel into the recycling bins.
2. Please be considerate to the other runners as well as public users of the park by not littering the area. Let's help to our environment clean.
3. Winner medals will be awarded to the top ten male and female runners in the 5km & 10km categories.
4. Enjoy the beautiful scenery of Punggol Waterway Park and soak in the atmosphere on the race day!

## **Getting to the Race Venue:**

### **By Mass Rapid Transit (MRT)**

Take the North-East Line and alight at Punggol MRT station (NE17). Transit to Punggol LRT and alight at Sam Kee LRT station (PW1). Walk across the road to the event site.

Should you decide to walk to the event venue from Punggol MRT station, please use Exit A, walk down the center alley between Waterway Point East & West Wing until you reach the waterway.

### **By Bus**

Take SBS Service 382G / 382W from Punggol Bus Interchange

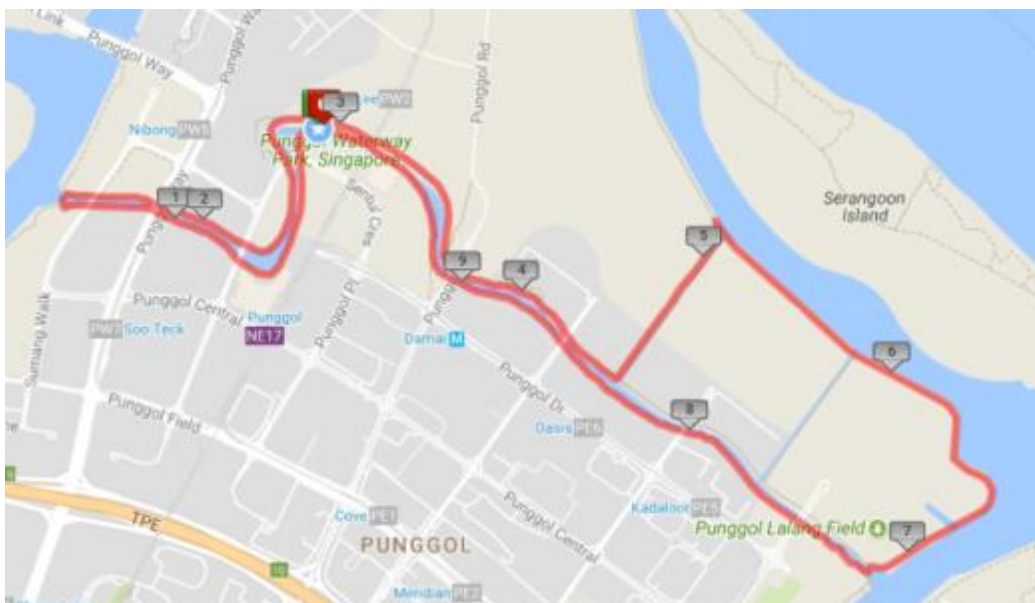
### **By Car**

The nearest public parking is available at SAFRA Punggol (9 Sentul Crescent, Punggol, Singapore 828654). Do note however that parking lots may be limited. Hence, participants are advised to come via public transport.

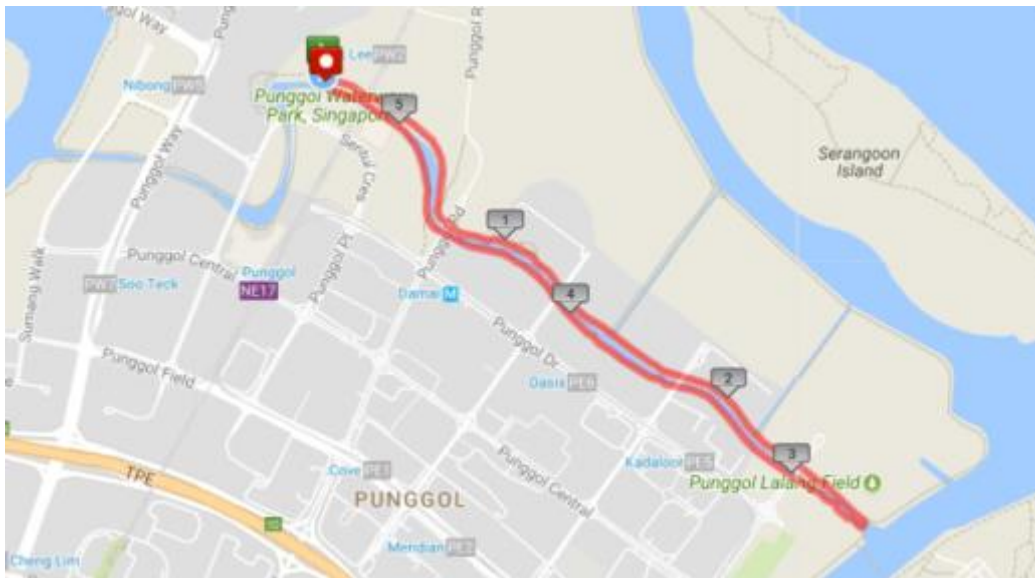
Alternatively, participants can also park at the neighbouring HDB multi-storey car park at Block 312 Sumang Link.

## **The Race Routes**

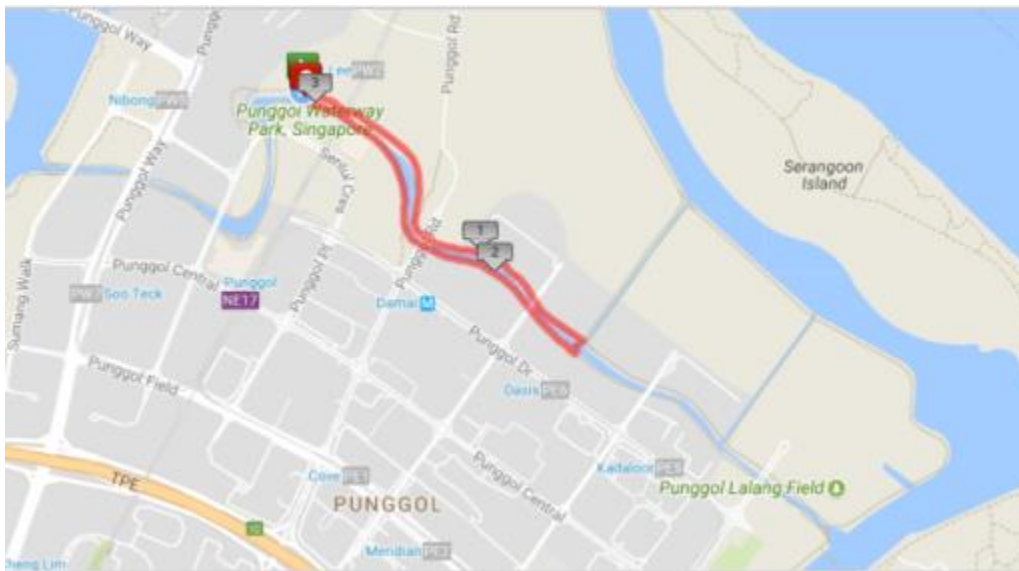
**10km Route:** <http://www.mapmyrun.com/routes/view/1741898396>



5km Route: <http://www.mapmyrun.com/routes/view/1741895204>



2km Route: <http://www.mapmyrun.com/routes/view/1757994092>



**Sponsor Partners:**

We would like to thank the following sponsor partners who have helped to make this event possible.

