

## The Race Guide:

### Before The Run:

We are delighted to have you participating in our 4th edition of the New Year Run 2017

1. The event shall be held at [Punggol Park](#). Do take note that there are limited parking spaces available @ Punggol Park. Alternative parking is available at the HDB carpark located opposite the park.
2. To ensure a smooth flow of traffic during the start of the run, we will be splitting the starting area into different zones according to your respective fitness level. All runners: please line up according to the zone stated at the bottom left corner of your BIB tag.

	Zone 1	Zone 2	Zone 3	Zone 4	Zone 5	Zone 6
Start	10km: Below 40min	10km: 40min – 45min	10km: 45min – 50min	10km: 50min – 55min	10km: 55min – 60min	10km: Above 60min
	5km: Below 18min	5km: 18min – 20min	5km: 20min – 25min	5km: 25min – 30min	5km: 30min – 35min	5km: Above 35min

3. All runners of the same category will start the race together.

Event Schedule			
Time	Activity	Category	Cut Off Time
7:30am	Briefing & Grouping	10km Competitive	9:20am
7:40am	Flag Off		
7:50am	Briefing & Grouping	5km Competitive	9:20am
8:00am	Flag Off		
9:25am	Briefing	Family Fun Run/Walk	-
9:30am	Flag Off		
10:00am	Prize presentation & Lucky Draw		

4. In view of the 10km cut-off time of 1hr40min, the finish line for the 10km will be diverted at 9:10am to proceed with the flag-off for the Family Fun Run/Walk. Runners who have completed the 10km after the cut-off time will still receive the finisher medal.
5. Baggage service will be provided. However, Mileage WILL NOT hold any responsibility for any loss of personal belongings. You are advised to safe keep your valuables with your family members or friends or leave them in your vehicle or home. Kindly pack as minimal as possible. Baggage service will be closed by 1030am.
6. In the event of inclement weather, the race shall be delayed. After a cut-off time which will be advised on the day itself, the race may be cancelled. Runners may collect their finisher medal and refreshments at respective counters directly. There will be no refund of registration fee.
7. In order to keep the race's registration fee low, we will be capturing the timing for all the competitive categories manually. We will try our best to record down all your timing manually and publicize the timing on our website in 3 working days. **Please make sure your number tag is displayed properly on your chest area.**

8. A Seiko Big Timer will be set up on the right side of finishing point, you may record down your gun time by checking out the time on the clock. Please note that 5km runners will be starting 30min after 10km runners.

9. First Aid assistance will be provided by Ambulance Medical Service Pte Ltd located at Finishing point. Please get adequate sleep the night before, get yourself well-hydrated before the run and have adequate breakfast.

#### **During The Run:**

1. Please kindly refer to the map below for the race routes.

2. We have received a permit to use the Park Connector for the event. However, it is not closed for public. Please look out for public walkers/runners/cyclists during the run and **always keep to the LEFT unless you are attempting to overtake another competitor**. The portion between 3km and 4km will be crowded on public holiday.

3. Hydration point will be located @ 2km, 4km, 6km, 8km marks for 10km route, 2km & 4km marks for 5km route. Water and Sports Drink will be served. You are strongly advised to hydrate yourself before and during the run.

4. Please kindly throw all the used cups at the center on the grass patch or somewhere near the hydration point for ease of cleaning up after the event.

5. Please give proper consideration to your fellow runners and to public users of the park, and not throw used cups along the race route.

#### **After The Run:**

1. Water and Sports Drink will be provided at the finishing area. Please recycle the plastic bottles and aluminium cans. There will be a designated recycling bins. Please do not throw waste products into the recycling bins (e.g. banana peel).

2. Please be considerate to the rest of the runners and to public users of the park by not littering. Let's help protect our environment.

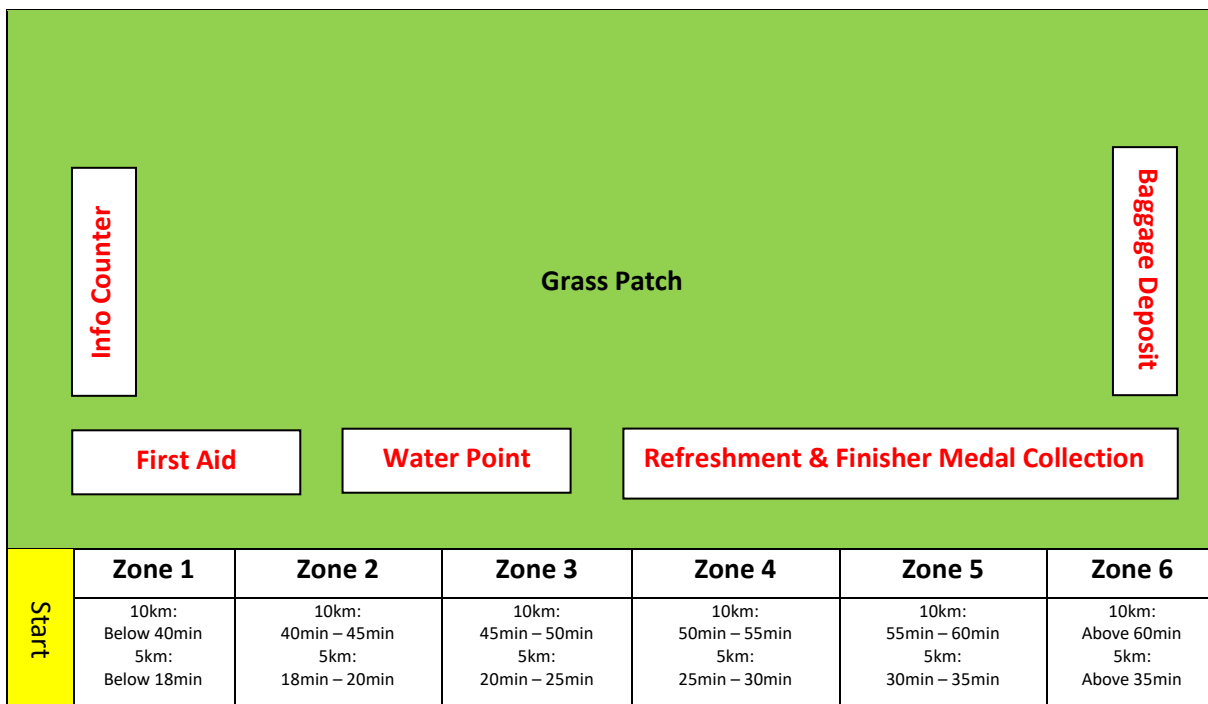
3. A winning medal will be awarded to top 5 runners in both male and female for 5km & 10km category.

4. Enjoy the beautiful atmosphere of the Park and of all the spectators who have turned out just to see you! Thank you and Mileage wish you have a great new year ahead!

**Event Venue:**

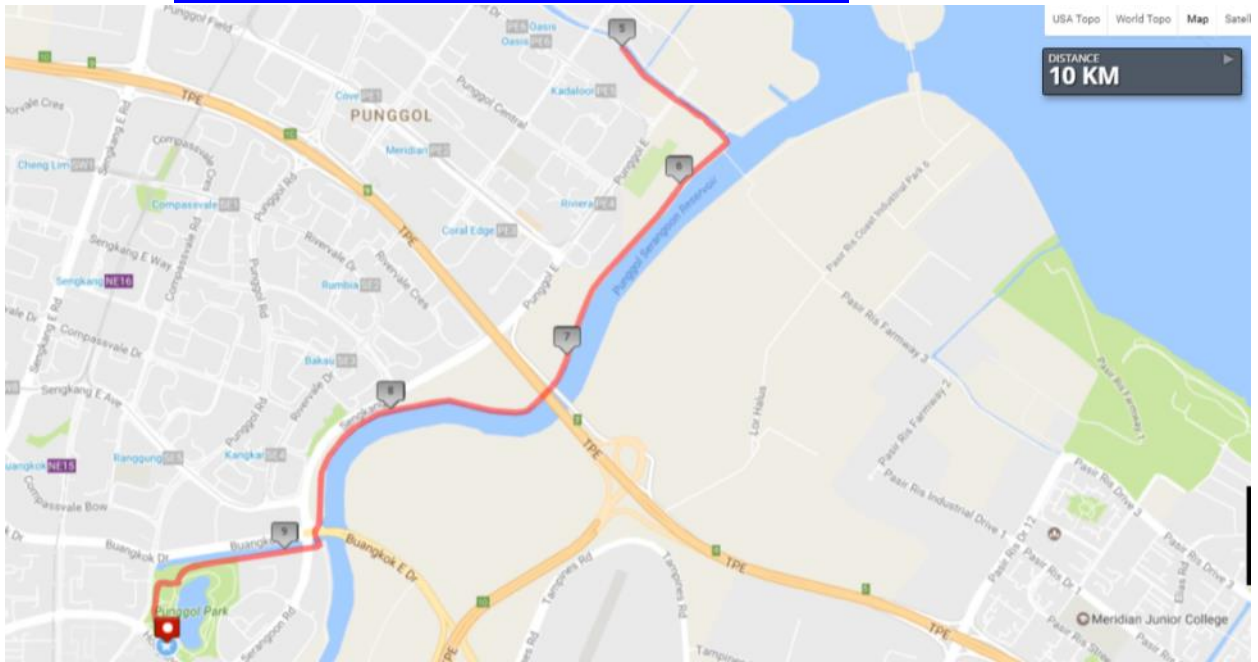


**Event's Layout**

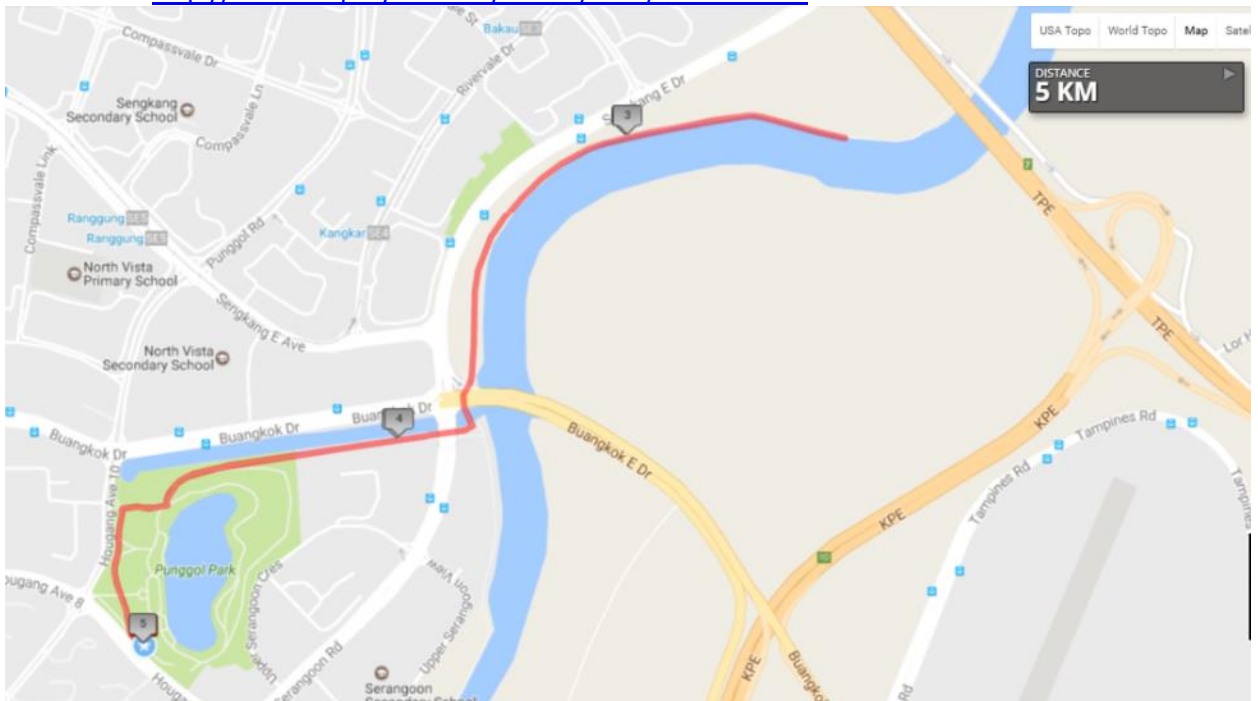


## Race Route

10km Route: <http://www.mapmyrun.com/routes/view/1389542383>



5km Route: <http://www.mapmyrun.com/routes/view/1389546853>



**2km Route:** <http://www.mapmyrun.com/routes/view/1389549520>

