

The Race Guide:



Schedule:

Race Pack Collection	Assemble Time	Flag-Off Time	Distance	Cut-Off Time	Categories
6:00am – 7:15am	7:20am	7:30am	5km	55min	Women's Open Mother with Child
7:15am – 8:15am	8:20am	8:30am	2km	30min	Mother with a Stroller
7:15am – 8:45am	8:50am	9:00am	1km	-	Kids Dash (Girl)

10:00am Prize Presentation for all categories

For All Categories:

Before The Run:

1. The event venue will be @ West Coast Park – Grand Lawn. Please kindly refer to the map for exact location.
2. Baggage service will be provided but Mileage will not hold any responsibility for any loss of valuables. Please refer to the map for exact location of the baggage deposit counter.
3. Race pack collection will be on event day 8 May 2016 @ West Coast Park. Only NRIC or softcopy event's registration confirmation is needed for verification.
4. In the event of inclement weather, the flag off shall be delayed. Race will be cancelled if the weather does not improve after one hour.

5. Hydration is very important in all sports performance. Please make sure you are well hydrated before the race.
6. Please attach your number tag/BIB on your chest level.

During The Run:

1. On the day of the race, the park will still be opened to other public users. Please look out for public walkers/runners/cyclists during the run and always keep to the left.
2. Hydration point will be located @ 3km mark of 5km route and only water will be served.
3. Please kindly throw all the used cups at somewhere near the hydration point for ease of cleaning up after the event. Refrain from throwing cups on the running path.

After the run

1. Water and 100Plus will be provided at the end point.
2. Please keep the park clean by throwing your personal rubbish to the bins found around the park area.
3. Timer Clock will be set up at the finishing point; you may check your finish time on the clock as you cross the line.
4. We will try our best to record down all your timing and publish the timing later on our website. Announcement will be made through email.
5. Trophies will be awarded to top 3 winners in all categories and the winner of couple challenge. Winners are required to produce their identification card upon request.

“Mother with Child” Category:

1. Both team members will need to start and finish the run together. Only 1 finishing time will be recorded.
2. Failure to do so will result in disqualification.

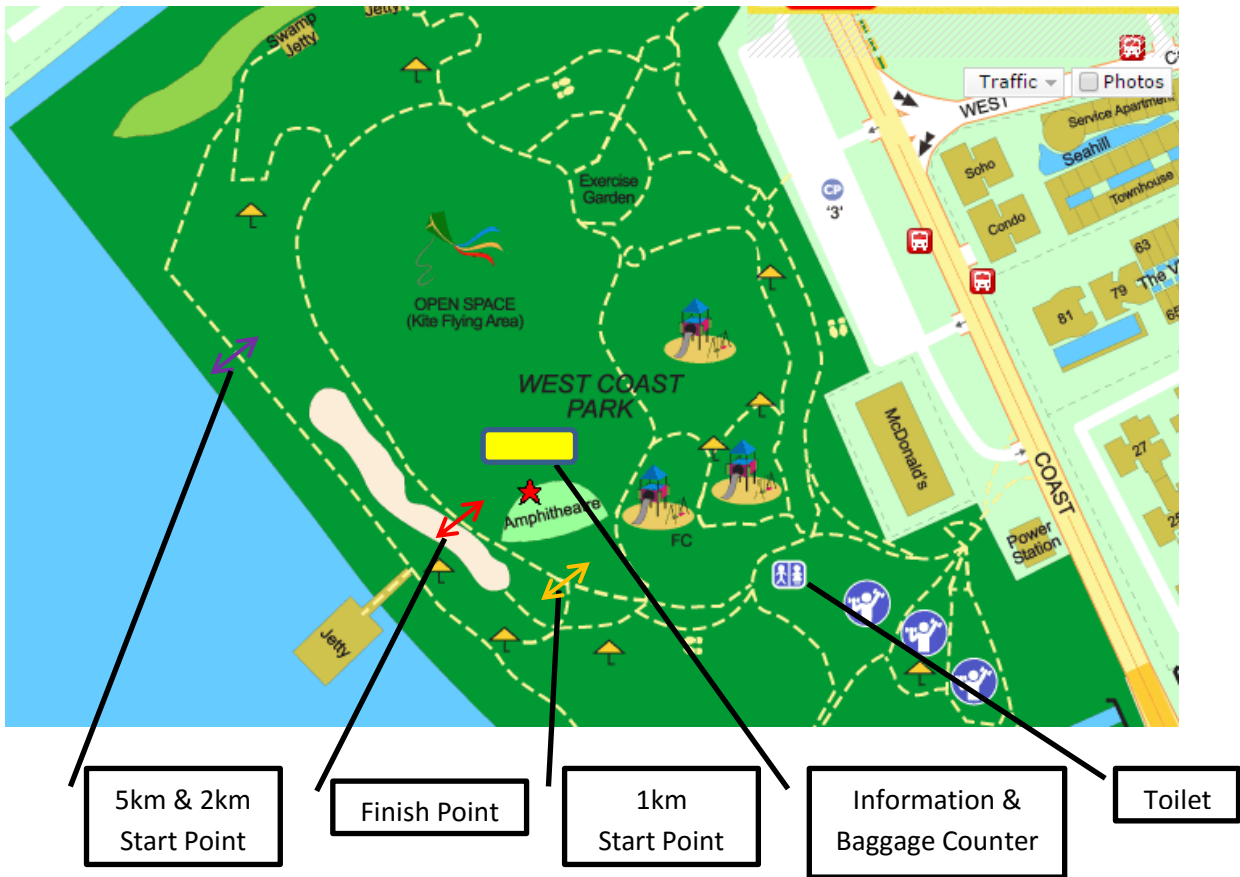
“Mother with Stroller” Category:

1. Please make sure your kid is well hydrated before the run.
2. Having a pacifier prepared is definitely a good idea if your kid needs one.
3. Prior to the event day, parents should ensure that strollers are in good condition.
4. All safety straps should be put on to ensure the kid’s safety during the run.

“Kids Dash” Category:

1. Parents are allowed to run with the kids during the race.

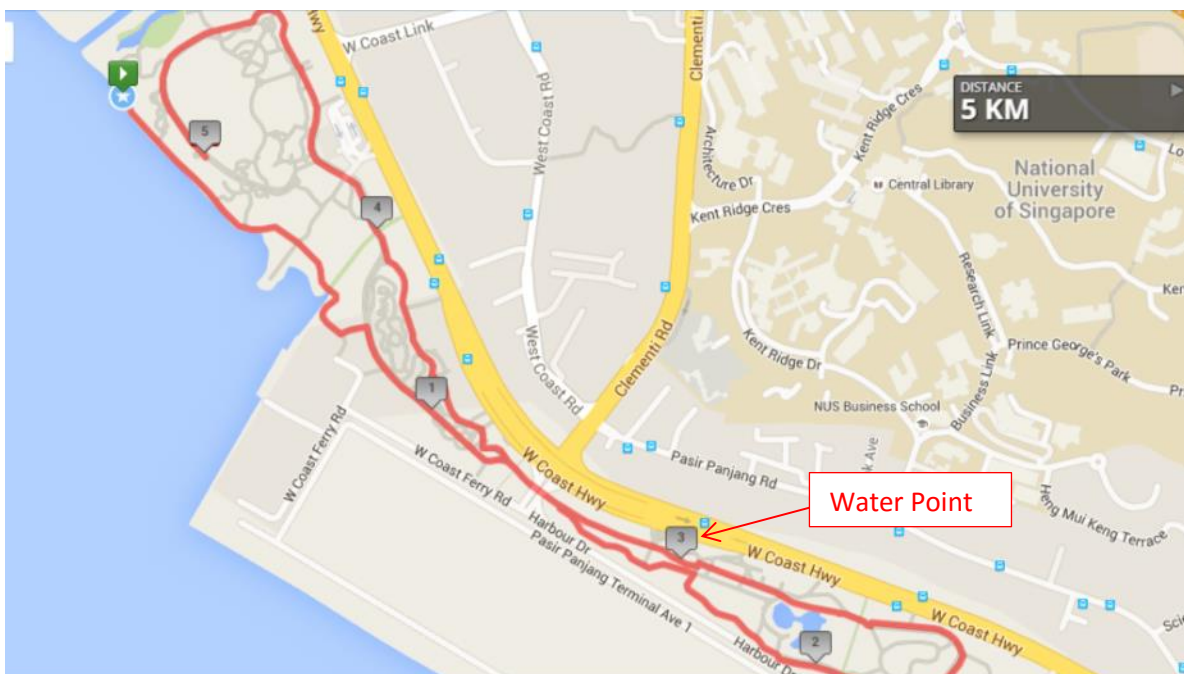
Event Venue:



Race Route:

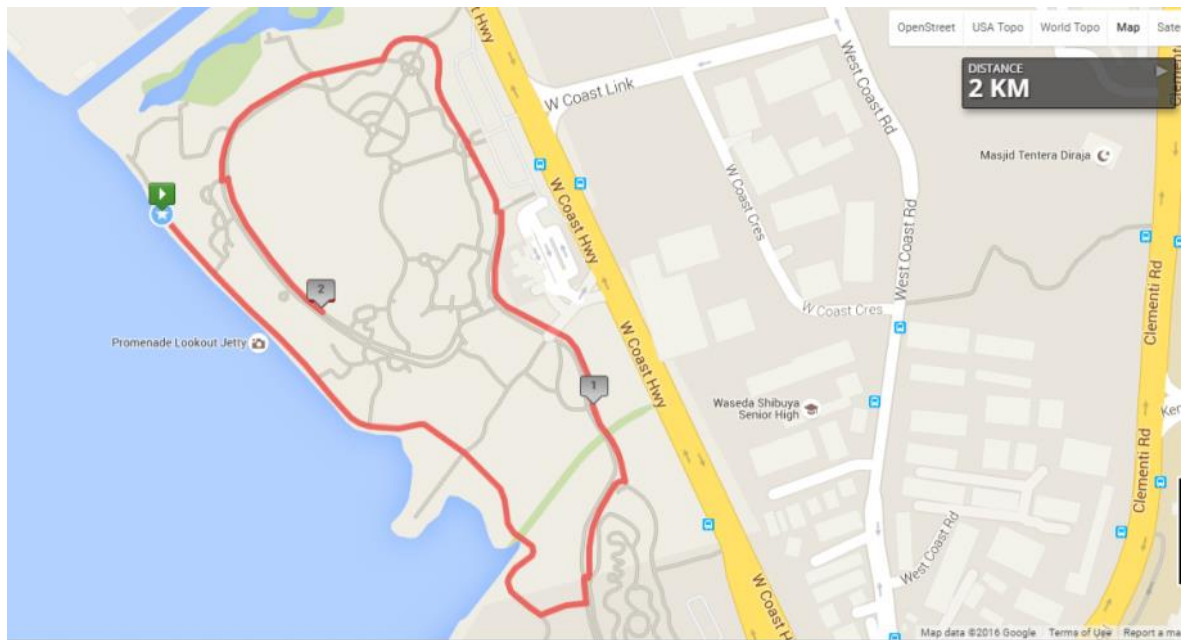
5km Route

<http://www.mapmyrun.com/routes/view/1056421177>



2km Route

<http://www.mapmyrun.com/routes/view/1056416581>



1km Route

<http://www.mapmyrun.com/routes/view/1056425947>

