

The Race Guide:

Schedule:

Assemble Time	Flag-Off Time	Distance	Cut-Off Time	Categories
6:50am	7:00am	5km	55min	Pioneer, Men's Women's Open Run with Pioneer, Father with Child
7:50am	8:00am	3km	40min	Father with a Stroller
8:45am	8:55am	1km	-	Kids Dash

For All Categories:

Before The Run:

1. The event venue will be @ Pasir Ris Park – Event Venue 6. 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 20 June 2015, 12pm – 5pm @ Activ360 by Zen'Yu 238 Thomson Road #03-42, Novena Square, Velocity. Only NRIC or Race Confirmation Slip is needed.
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 connector 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 the center on the grass patch or 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 on the left side of 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 our Facebook page- Mileage Runner.
5. Trophies will be awarded to top 3 winners in all categories. Winners are required to produce their identification card upon request.

Team Categories: “Father with Child” & “Run with Pioneer”

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.

“Father 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. Both “Kids Dash” (Competitive and Fun Run) categories will be combined into one category.
2. Parents are allowed to run with the kids during the race.

Thank you for your participation and support. Mileage wishes you have a great run on Father’s Day!

Event Venue:

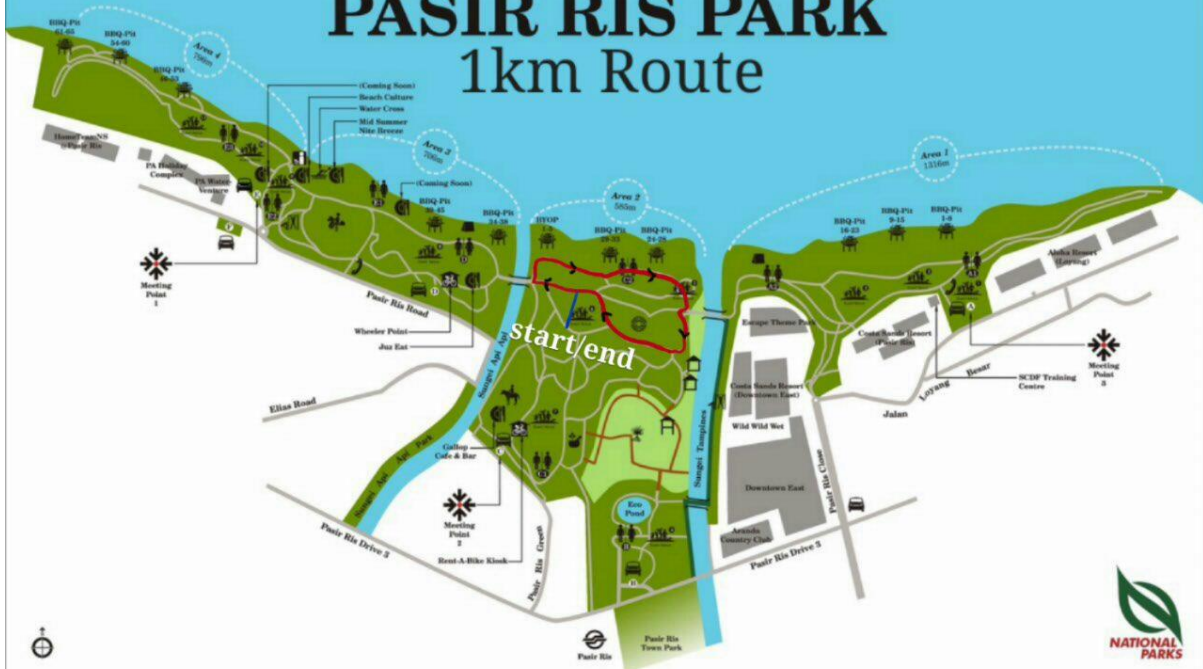


Route:



PASIR RIS PARK

1km Route



LEGEND						
Track	Car Park	Info Kiosk	Weekday Campsite	Kitchen Garden	Jalan Layang Besar	Tribal Council
Park Connector	Toilet	Bicycle Kiosk	Fitness Corner	Maze Garden	Aloha Lawn	Viewing Plaza
Boardwalk	Public Phone	Sea Sports Kiosk	Stable	Wild Wild Wet	Costa Lawn	Native Lawn
Bridge	F&B	Bird Watching Tower	Playground	Downdown East	Pial Plaza	Green Lawn
Building	BBQ Pit	Bird Watching Hut	Mangrove	Artistic Country Club	D' Space	Elias Lawn