

Organized By:

COLUMBIA ASIA

Co-Organized By:

IJM LAND



PROGRAMME OF THE DAY

TIME	ACTIVITIES
6.00am	Carnival kicks off Announcement of categories prizes & sponsors/ partners Announcement of booths activities
6.30am	Reporting of Committee
7.00am	Arrival of Runners & Registration Baggage Deposit Service Starts @ Baggage Tent Medical Tent service starts @ Medical Tent Distribution of Check Point ribbons to 7km Runners Launching of "We Care Charity Fun Run"
7.20am	Warm up Demo for Runners before Run
7.30am	Announcement of gathering time for competitive categories
7.45am	7km All Category Runners (A, B, C & D) to assemble at Start Line (except Fun Run)
8.00am	Start of 7km All Category (A, B, C & D) – Flag Off 3km Fun Run Runners to assemble at Start Line
8.15am	Start of 3km Fun Run Category – Flag Off
9.00am	Estimated Time for Runners to be back - End
9.30am	Prize Giving Ceremony
10.00am	Goodie Bags Redemption
10.30am	End of Event Closure of Baggage Deposit Service

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GUIDELINES

1. CHECK-IN PROCEDURES

Gathering Time and Starting Time are as follows:-

- **7.45am for 7km - Category A – D**
- **8.00am for 3km - Category E**

2. ENTRY INTO THE REPORTING AREA

- 2.1 Participants are required to enter the reporting area (area right behind the Start/Finish), 15 minutes before the start time according to category.
- 2.2 Once you have entered these areas you will not be allowed to leave.
- 2.3 Participants arriving late will not be permitted to start.

3. RACE NUMBERS BIBS

- 3.1 The colour of the number bib and running category are as indicated below:
- 3.2 Pin the number bib prominently, as high as possible on the front of your running vest. Ensure that it is visible at all times.
- 3.3 Tampering with the race number bib in any way (eg. obscuring/removing sponsor's identification) will result in disqualification.

Men's Open	Women's Open	Men's Veteran	Women's Veteran	Fun Run
Green	Pink	Blue	Red	Purple

4. SUBSTITUTION & NON-REGISTERED RUNNERS

Important: Transferring of your number bib to other runners will result in an automatic disqualification. Only registered runners are eligible to participate. Substitution will not be allowed.

5. PERSONAL BELONGINGS

- 5.1 Your personal belongings are to be left in the Baggage Centre and a baggage tag will be issued by the officers.
- 5.2 This tag must be reproduced in order for you to collect your belongings after the run.
- 5.3 Limit your personal belongings to the barest essentials. Do not leave anything fragile or valuable in your bags.
- 5.4 **Important:** Participants deposit their luggage/personal belongings at the luggage canopy at their own risk and are expected to collect any baggage before the centre closes at 7.30am.

6. PARKING FACILITIES

Participants are encouraged to park their cars at the designated area for Car Park and not near to any run route.

7. TOILETS

- 7.1 There are toilets located at the City Park open for public usage.
- 7.2 Additional mobile toilets will also be stationed at the venue.

8. CASH AWARDS WINNERS

All Cash Award winners must produce their identity cards or other valid documents when redeeming their cash award, failing which will lead to automatic disqualification.

9. GOODIE BAG

Goodie bags are to be redeemed upon completion of the run by producing your check point ribbon.

10. CERTIFICATES

Certificates will be distributed at the finishing line.

11. ROUTES

- 11.1 Caution: the routes are not completely closed off, even though they are manned by Traffic Police & Enforcement officers.
- 11.2 Lanes dedicated to runners will be marked with cones when necessary.

12. DRINK STATIONS

Competitive Categories (7km): 1 drink station will be set at approximately 3 - 4km

The "We Care Charity Fun Run" 2012 committee would like to wish all of you **GOOD LUCK IN YOUR RACE & HAVE FUN!**