

Run for Inclusion 2022 Runners' Handbook

1. Event schedule

Time	Programme
3:00 pm	Registration Opens ¹
4:30 pm	Event Start (Warm-up activities)
5:00 pm	Flag Off ²
8.00 pm	Event Ends

1. Cyclists advised to report for early registration at 3pm, to ensure sufficient time to test out the bikes.
2. Participants will be flagged off in waves of 100pax with 15-minute intervals between each wave

Note:

****Flag-off timing is subject to change, and all participants will be informed of any changes during race day.***

****Information is accurate as of the date of publishing on 09 June 2022.***

2. Getting there:

Please refer to the link [here](#) for directions to Singapore Turf Club

3. Before arriving at the venue

3.1. Registration

- All participants of Run For Inclusion 2022 need to register for their preferred race category via www.runninghour.com.

3.2. Vaccination status

- To ensure the safety of all runners, all participants must be fully vaccinated prior to the event.

3.3. Race-Pack Collection

- Race-packs will be available for collection on the 19th & 20th of November at the Singapore SportsHub. More details on the location and collection time slots will be posted online closer to the date.
- The race-pack will include your Race-Tag, which you will be required to bring during RFI 2022.

3.4. Integration Workshop

- Integration workshop will be held on the 19th & 20th of November at the Singapore SportsHub. Participants who wish to learn more about Persons With Special Needs may indicate your availability in the registration form. More details on the location and time will be posted online closer to the date.

4. Upon arriving at the venue

4.1. Runners registration

- Participants will need to show their **Race-Tag** and **Proof of Vaccination**.

4.2. Bag Deposit

- Please proceed to the bag deposit counters if you would like to store your bags during the run.

4.3. Cyclists

- Cyclists will be guided to the *Marquee*, where they can collect and test their bikes.

5. Event day

5.1. **At the start line**

- The flag off for the event will be a 'rolling start'.
- Participants will be released in waves of 100pax instead of the traditional mass start. There will be a 15 minute time interval between each wave. Participants will be directed by the race marshals to the start line from the holding pen.

5.2. **During the run**

- Directional signage and route marshals will be deployed at different parts of the racecourse to provide support and directions. There will also be aid stations and a medical team placed around the route for support. Should any participants require any assistance during the run, he/she can approach any of the Event Team or volunteers who will assist to provide support. Water points are also available along the route.

5.2.1. First responders

- Medical first-responders will be stationed across the event venue to attend to any immediate medical situations. In the situation where the participant feels unwell before, during, or after his/her run, he/she may locate the first-responders at the medical tents or the first-responders who are dressed in attire that is marked with a first-aid sign.

5.2.2. Locating a family member or friend receiving medical assistance

- If a participant is seeking information on a runner's whereabouts or on a runner receiving medical attention, please proceed to the central information booth at the event venue. The event staff will assist him/her.

5.2.3. Medical fees

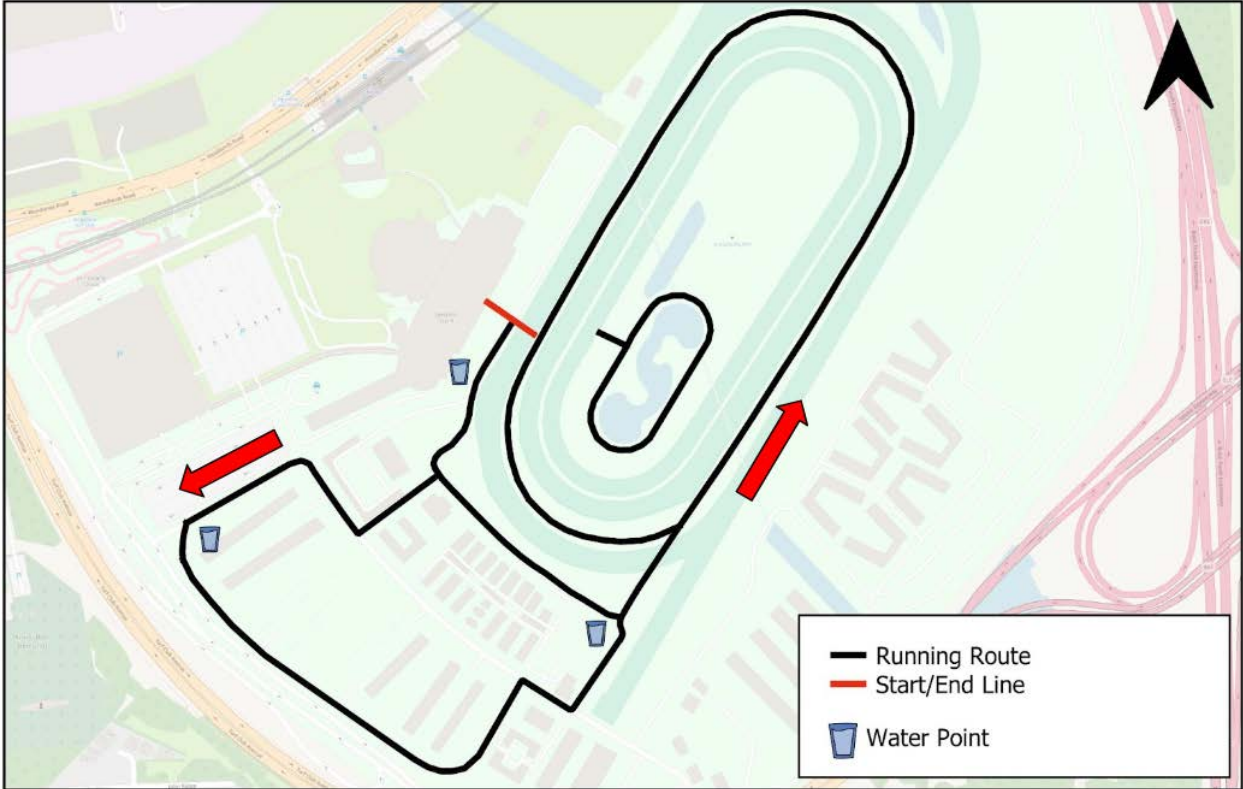
- All medical services applied by the event's first-responders will be fully covered by the event organiser. In situations where medical services from other service providers are required, including but not limited to hospitals, any fees or charges will be arranged directly between the participant and service provider.

5.3. **Lost & found**

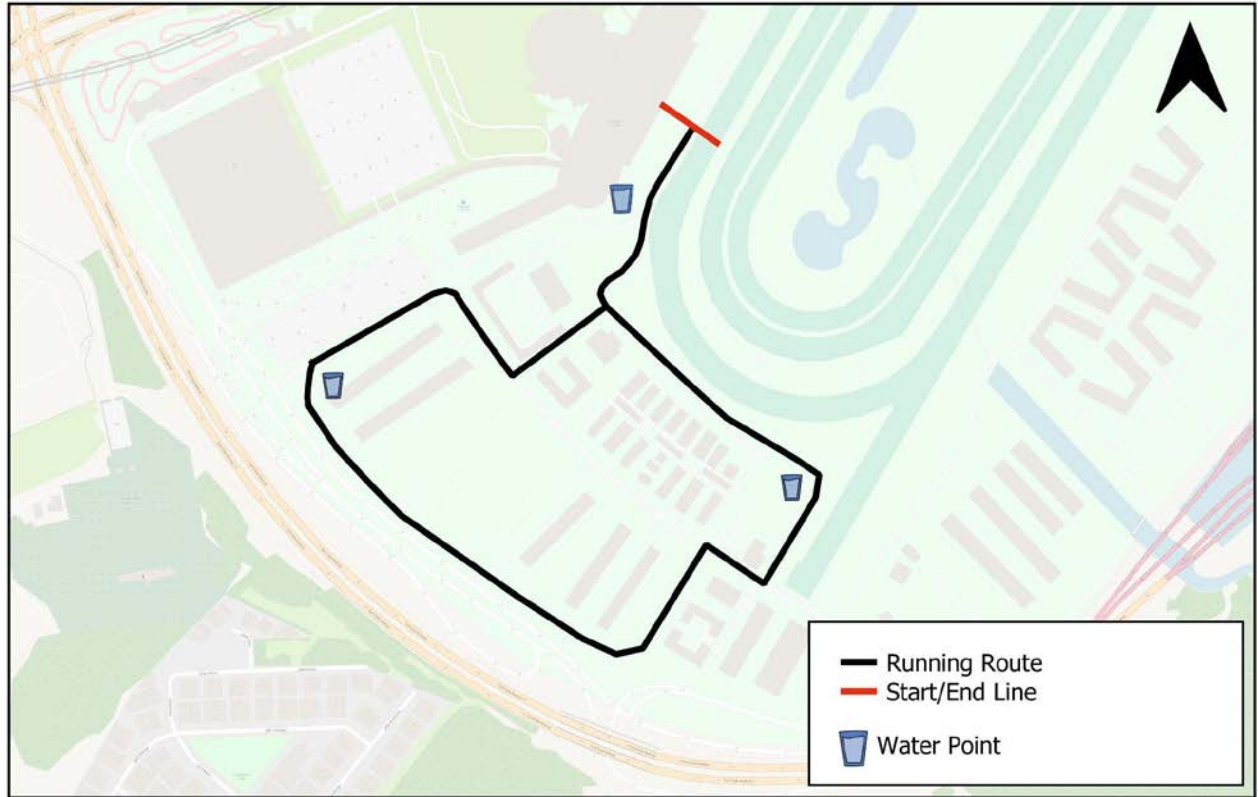
- Lost and Found items will be located at the **Event Information Booth**. Participants may report any items lost or found there. After the conclusion of the event, please contact the race office to locate any missing items and schedule returns. All unclaimed items will be disposed of 30 days after the event. Postage fees will apply for all returns.

6. Race Routes

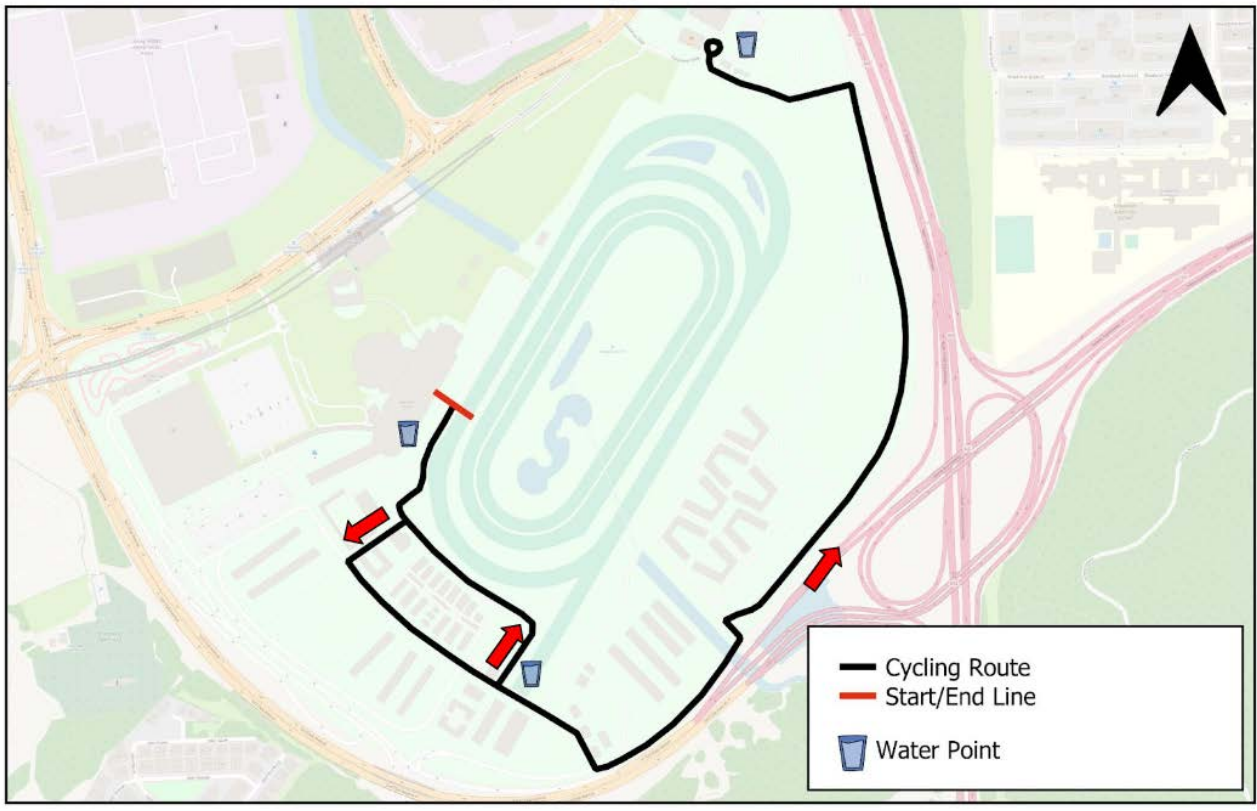
5km/10km Route



Personalized Route (< 3km)



Cycling Route



7. Inclement Weather Plan

In the event of inclement weather (Heavy rain/ Lightning risk alert):

- The event will be first postponed by 1 hour, from the flag-off timing.
- Should weather conditions remain **unfavourable** 1 hour after the flag-off timing, the event will be cancelled.