

participant handbook

2023 EDITION

RUN FOR INCLUSION

2ND SEPTEMBER 2023
1PM - 7PM



23'

SINGAPORE TURF CLUB (KRANJI)

RUN

3KM
5KM
10KM

CYCLE

18KM

1:00 PM	Registration Open
2:30 PM	Close of Cycling Event Registration
3:00 PM	Start of Cycling Event
3:30 PM	Close of Running Event Registration
4:00 PM	End Of Cycling Event
4:30 PM	Arrival GOH
5:00 PM	Start of Run/Walk Event
6:00 PM	Zumba Session
7:00 PM	End of Event

RACE CATEGORIES & ENTITLEMENTS



3/5/10KM



Drawstring Bag



RFI Tee



Speed Laces



Wrist Tags



Finishing Medal



18KM



- Race pack can **ONLY** be collected at the Singapore Sports Hub Library on the 19th and 20th August 2023 from 1030am to 5pm
- Public Induction workshop will be held on the same days and location, starting from 1pm to 3pm



Participants may choose to be blindfolded for first 500m and partner with a sighted person, then swap the role for next 500m before continuing the rest of the route without blindfold. (Not Applicable to Cycling segment)

Individual Registration

Early Bird

Standard

	Early Bird	Standard
Personalised Distance (up to 3km)	\$30	\$35
5km Run	\$35	\$40
10km Run	\$40	\$45
18km Cycle (Bicycle not included)	\$40	\$45
18km Cycle (Includes Bicycle)	\$48	\$55
*18km Tandem Cycle (Only for Special Needs)	-	-

*Cyclists have the option to finish the route at any point and head back to the finish line at any point

SAFETY INFORMATION (IMPORTANT)

- Cyclist are advised to follow bike captains and strictly no speed riding
- Participants are required to be self-sufficient. There are water stops or refreshments. You should plan to bring your own.
- Participants are advised follow all safe distancing guidelines at all times while on site.
- Participants must be in good health and symptom free from any illness for at least 2 weeks prior to the event.
- Participants **MUST** approach the start line ready to run.
- Except for passing, participants should always remain on the far right side of the path. Participants passing on the course must adhere to "no drafting" rules which include being no closer than 10 feet behind or in front of, or 6 feet beside other competitors whenever possible. Participants may pass only when it is safe and clear of others. Before passing, participants must be sure they can safely remain 10 feet behind and then 10 feet in front of the participant being overtaken before merging back to the right-hand side of the pathway. The slower runner must give way to the faster runner.
- Participants only please. Please do not promote any spectators to join you on course or at the start and finish.
- Upon completing the run and crossing the finish line, participants must continue moving towards the exit of the finish area. Participants are required to leave the finish area and proceed immediately away from the routes as soon as they complete the race.
- Failure to adhere to any of the stated race requirements will endanger other participants and organisers reserve the right to remove participant.



** For illustration purpose only actual design may vary

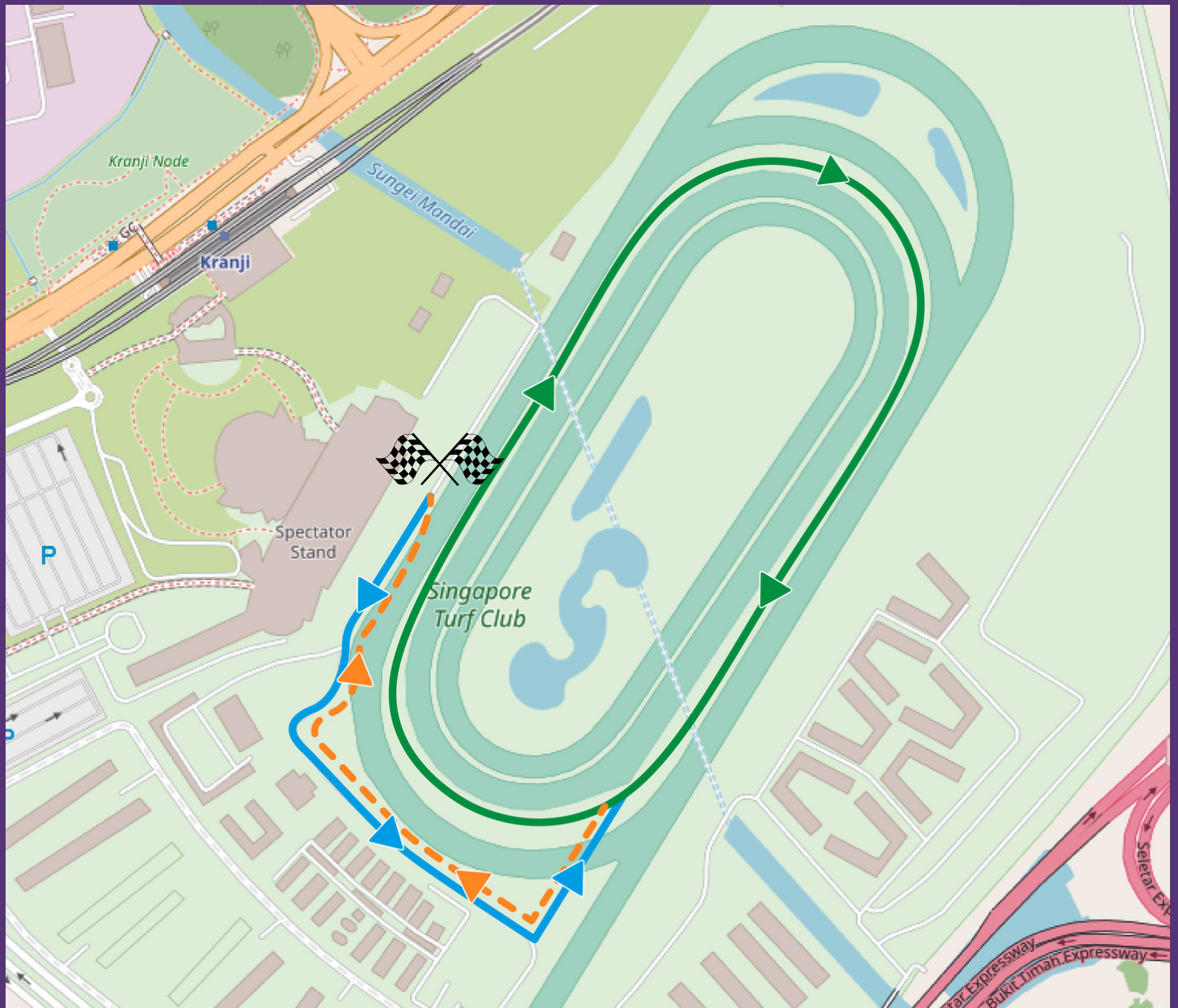
SIZE CHART



UNISEX SIZES	2XS	XS	S	M	L	XL	2XL	3XL	4XL
Chest Length	16.5	17.5	18.5	19.5	20.5	21.5	22.5	23.5	24.5
Shirt Length	23.5	24.5	25.5	26.5	27.5	28.5	29.5	30.5	31.5

- All Measurements are inches
- Actual Size may have +/- 0.5 (inch) variation from size chart

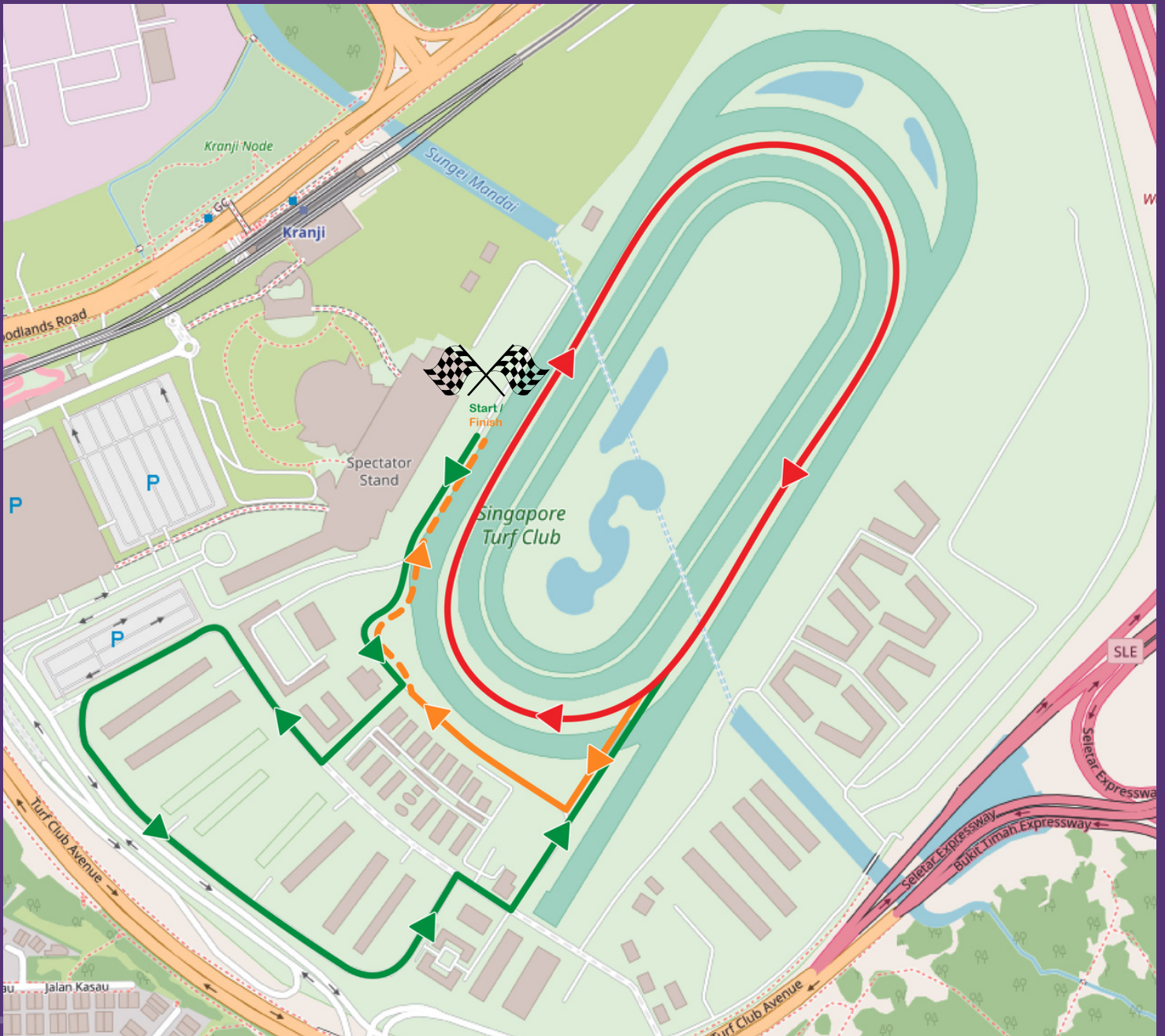
3km Run Route



- 3km runners take the path indicated in **Blue**
- Make 1x loop around in **Green**
- Head back on **Orange** to Finish Line



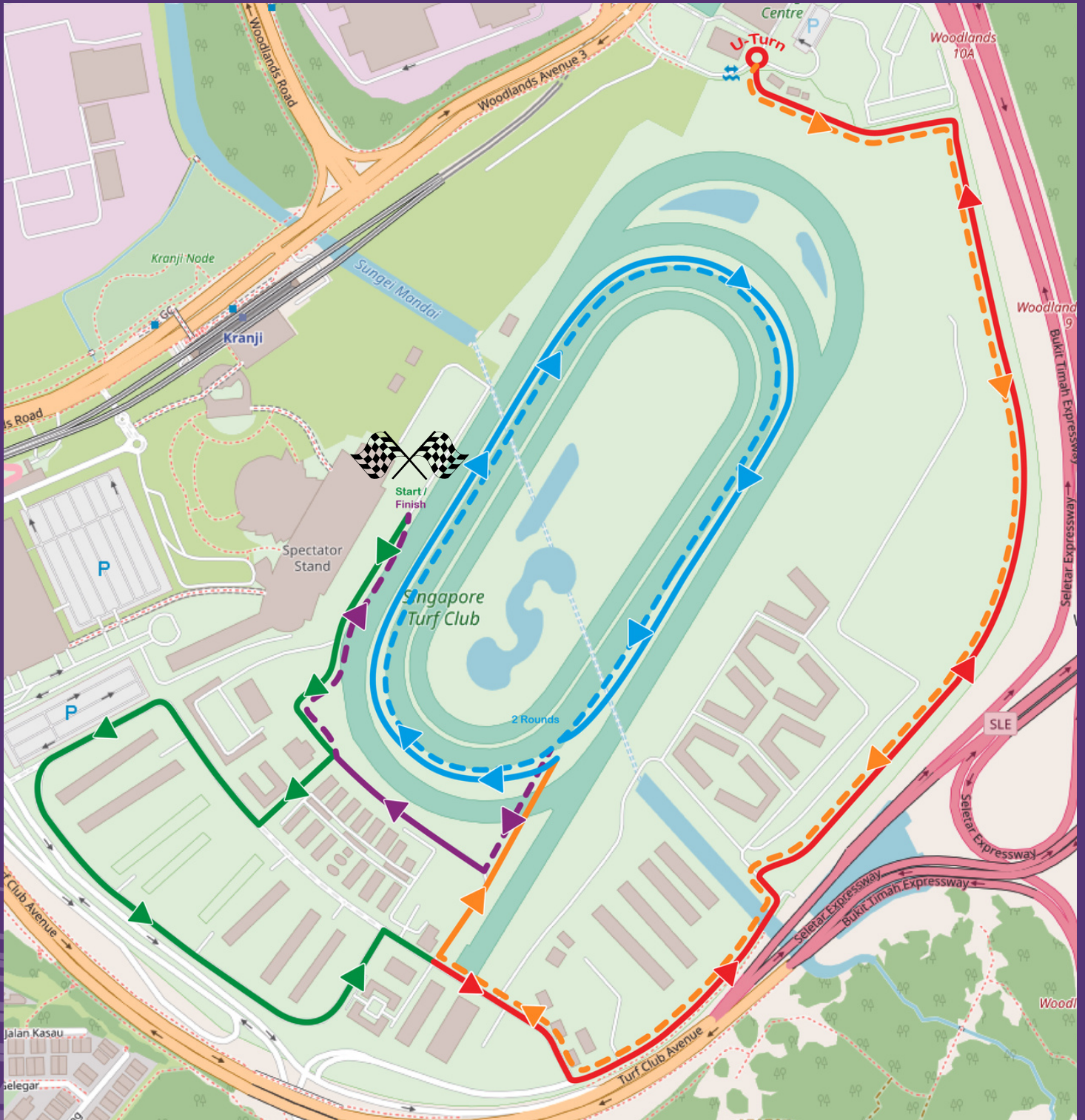
5km Run Route



- 5km runners take the path indicated in **Green**,
- Make 1x loop around in **Red**
- Head back on **Orange** to Finish Line



10km Run Route



- 10km runners take the path indicated in **Green, Red**
- Make a turn towards the **Orange** route
- take 2x loops in **Blue** and
- Head towards in **Purple** to Finish Line



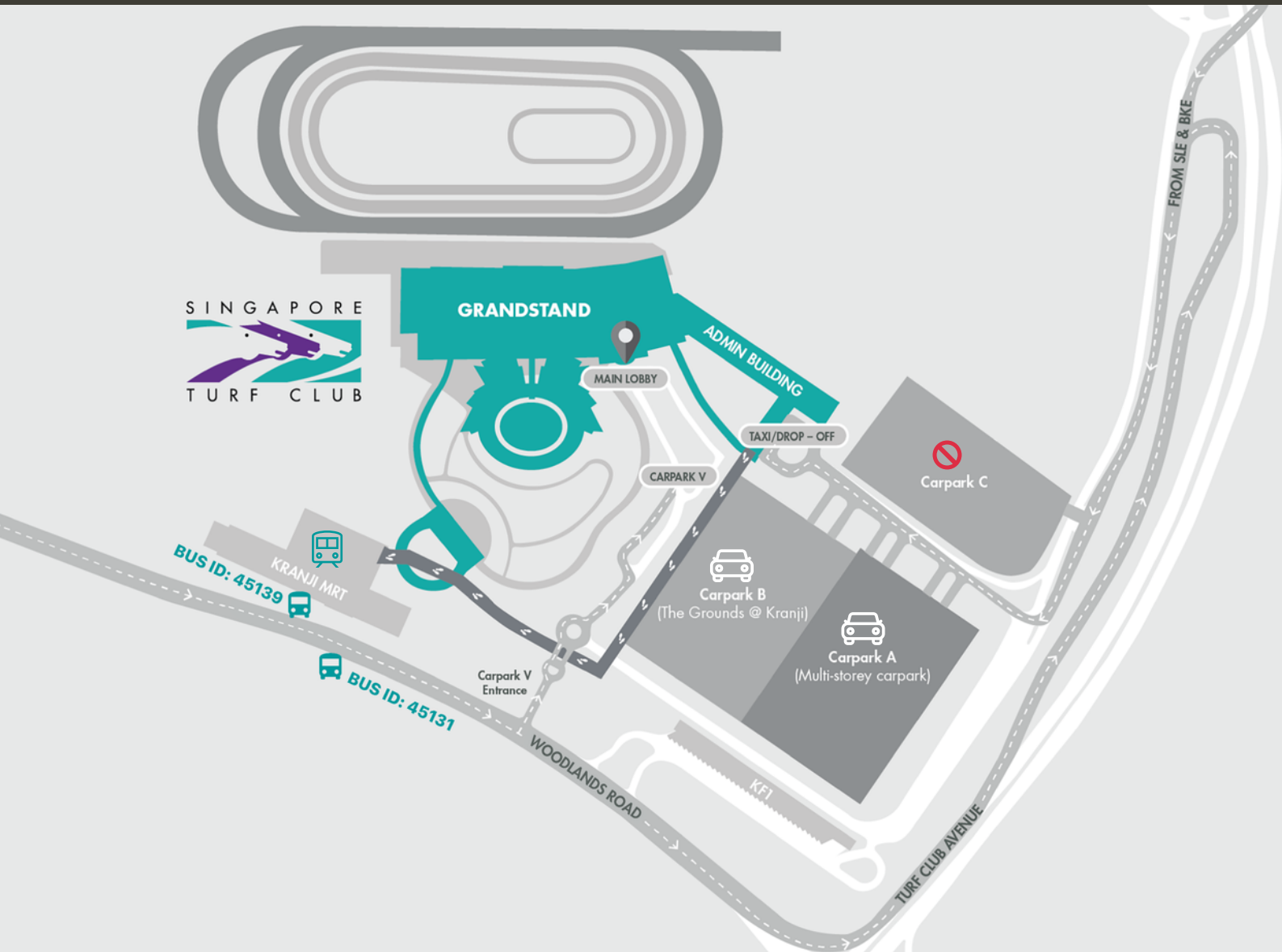
18km Cycle Route



- 18km Cyclist take the path indicated in **Green**
- Make 4x loops on the **Red Orange** route
- Head towards in **Blue** to Finish Line



Getting to the venue



MRT

KRANJI MRT | NORTH-SOUTH LINE

The Kranji MRT station is adjacent to Singapore Turf Club's MRT Plaza entrance.



Bus

SBS 160, 170

SMRT 178, 925, 960, 961

Alight at the bus stop in front of Kranji MRT station (ID: 45139) or opposite Kranji MRT station (ID: 45131), along Woodlands Road.

At the MRT station, look out for the directions to 'Singapore Racecourse' which will lead you to the Singapore Turf Club MRT Plaza entrance.



Taxi

Carpark V (entrance along Woodlands Avenue 3) is for authorised vehicles only.

From BKE

Take Exit 8 to Turf Club Avenue.

Keep left at the fork to enter Turf Club Avenue. Keep left and follow the signs to enter Singapore Turf Club. Upon entering the premise, continue to keep left and enter the underground tunnel to reach taxi/drop-off point.

Take Exit 10A to Woodlands Avenue 3.

After Kranji MRT station, turn left at the slip road into Turf Club Avenue. Keep left and follow the signs to enter Singapore Turf Club. Upon entering the premise, continue to keep left and enter the underground tunnel to reach taxi/drop-off point.

From SLE

Take Exit 11 to Turf Club Avenue.

Keep right at the fork to enter Turf Club Avenue. Keep left and follow the signs to enter Singapore Turf Club. Upon entering the premise, continue to keep left and enter the underground tunnel to reach taxi/drop-off point.

From Woodlands Road

From Bukit Panjang towards Woodlands Avenue 3: At the junction with Kranji Road, turn right into Turf Club Avenue. Keep left and follow the signs to enter Singapore Turf Club. Upon entering the premise, continue to keep left and enter the underground tunnel to reach taxi/drop-off point.

From Woodlands Avenue 3 towards Bukit Panjang: At the junction with Kranji Road, turn left into Turf Club Avenue. Keep left and follow the signs to enter Singapore Turf Club. Upon entering the premise, continue to keep left and enter the underground tunnel to reach taxi/drop-off point.



Car

***Motorcycle parking is available only at Level 1 of Carpark A. Car parking is available from Level 2 and above.**

****Exclude PH.**

Visitors who are driving can park at Carparks A and B. Please enter Singapore Turf Club from the entrance along Turf Club Avenue. Carpark V (entrance along Woodlands Avenue 3) and Carpark C is for authorised vehicles only.

Parking Charges for Carparks A & B*		
	Monday to Friday** 9am - 11pm	Saturday, Sunday & PH 9am - 11pm
Motorcycle	\$1 per entry	
Car	\$3 per entry	\$6 per entry

Parking charges will be deducted upon entry using EZ-Link Card, NETS CashCard, NETS FlashPay, or Autopass card only.

There is no grace period and no overnight parking allowed. Vehicles parked outside designated parking areas will be wheel-clamped.

Event Sponsors & Partners



CONTACT US

For any enquiries, kindly email us at raceinfo@runninghour.com. We will respond to your email within 3 working days excluding weekends and public holidays.