

FINISH

**RUN
2014
NUS**

One Family, One Run

SUPPORTING ANNUAL GIVING BURSARIES



RUNNERS' BOOKLET

24 August 2014

NUS Sports and Recreation Centre

DIRECTOR'S ADDRESS

Dear RunNUS 2014 participants and supporters

It gives me great pleasure to have this opportunity to address the opening of RunNUS 2014, the 8th instalment since its inauguration in 2007. I bring you warm greetings and best wishes for a most enjoyable and meaningful experience during this event.

I would also like to seize this opportunity to sincerely thank one and all for your continued support towards the mission and the ethos of RunNUS. Without your support, RunNUS would not have been possible, nor would it have been where it is today.

One Family, One Run - RunNUS 2014, organized by the NUS Students' Sports Club, has FAMILY at the heart of its theme. Together with the inauguration of our latest category, the Family Challenge, we aim to promote a healthy lifestyle and the importance of the spirit of togetherness.

Not only is RunNUS a healthy lifestyle choice, it has a meaningful cause. RunNUS supports the NUS Annual Giving Campaign, which strives to raise funds for students in need of financial aid.

Once again, on behalf of the 8th RunNUS Management Committee, I would like to express my heartfelt thanks to the participants, volunteers, NUS administration and sponsors who have come together to make this event the success that it is today!



Chia Jie Jun Jeremy
Project Director
8th RunNUS Management Committee
NUS Students' Sports Club

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1 About RunNUS

RunNUS is an annual running event organized by the NUS Student's Sports Club to promote a healthy lifestyle among the NUS population and the public. Since its inception in 2007, RunNUS has become the most anticipated event for NUS students, staff alumni and the Singapore community.

Apart from being a running event, RunNUS also supports the NUS Annual Giving campaign, an annual campaign that aims to raise funds for student support. Net proceeds from registration fees and individual pledges will go towards the Annual Giving Bursary Fund to support financially needy NUS students. This year, RunNUS is also partners with People's Association to promote family bonding and social cohesion within the community.

One Family, One Run

Not forgetting the element of fun, we are working towards bringing on a bigger and more exciting carnival on top of our signature run as we give back to society! The carnival will be sure to offer a variety of on-stage entertainment including band performances, mini games, lucky draws and refreshments throughout the event, making it an exciting event with something for everyone!



2 ABOUT NUS STUDENTS' SPORTS CLUB



The National University of Singapore Students' Sports Club (NUSSSC) is one of the most active student-run organization in the campus. Dedicated to providing the NUS population with a wide array of sporting activities and a channel to enrich their campus lives, we cater to the recreational sporting needs of the NUS community.

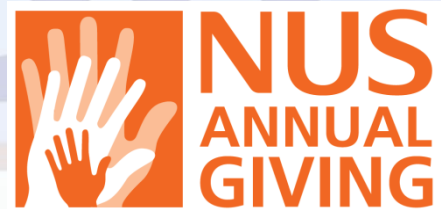
From the club's roots in 1979, 2014 marks the 34th year of our club and is currently being led by the 34th Management Committee. Being the largest and most active non-faculty constituent club in NUS; our objective is to promote a healthy lifestyle and community bonding through recreational sports. Our club now boasts a family of 27 member clubs, classified accordingly into Martial Arts, Indoor, Land and Sports. In line with our vision of encouraging the NUS community in their pursuits of sporting interests, NUSSSC also spearheads a number of major Sports Club events such as NUS Biathlon, SunNUS, NUS Sports Camp and RunNUS.

Find out more about NUS Students' Sports Club at <http://www.nussportsclub.org>.



3 ABOUT THE BENEFICIARY— THE ANNUAL GIVING CAMPAIGN

The Annual Giving campaign is a yearly appeal to alumni, students, staff, faculty and friends of the University to raise funds for student support. Gifts to Annual Giving go towards University-wide bursaries and scholarship, as well as student funds at the different Faculties.



Annual Giving has been a partner of RunNUS since 2010. Net proceeds from runners' fees, and individual pledges support University-wide bursaries for NUS students in financial need. To date, the race has raised over \$185,000 and provided over 130 bursaries.

This year, we invite you to join us in supporting this worthy cause. Share this spirit of generosity with your friends and family by inviting them to join you at RunNUS 2014 or make a gift to Annual Giving!

To find out more about the Annual Giving campaign, visit: www.annualgiving.nus.edu.sg.



4.1 IMPORTANT INFORMATION

- WHEN** 24th August 2014
- WHERE** NUS SRC Track
(Opposite University Hall)
- ATTIRE** Running shoes
(compulsory) &
RunNUS singlets
(encouraged)



AT START LINE

Line-up before the start line 10 minutes before your allocated wave. Do stay alert for the line-up announcement to avoid any delay in flag-off time. Runners who miss the last wave in their category will not be allowed to join the race.

BAGGAGE DEPOSIT

Baggage deposit area will open at 0600 and close at 1300.

You are encouraged to travel light and not bring any valuables as the organizers will not be responsible for any loss of items.

INFORMATION COUNTER

There is a main information counter at the race pit to assist you with event information.

TIME	EVENT
0600	Baggage Deposit
0700	10KM(Wave 1) Flag-Off
0710	10KM (Wave 2) Flag-Off
0720	10KM (Wave 3) Flag-Off
0730	10KM (Wave 4) Flag-Off
0740	10KM (Wave 5) Flag-Off
0750	10KM (Wave 6) Flag-Off
0800	10KM (Wave 7) Flag-Off Commencement of Carnival
0810	5KM Flag-Off Family Challenge Flag-Off
0950	Prize Presentation (10KM)
1020	Prize Presentation (FC)
1035	Lucky Draw 1
1150	Lucky Draw 2
1300	End of RunNUS 2014



4.2 IMPORTANT INFORMATION

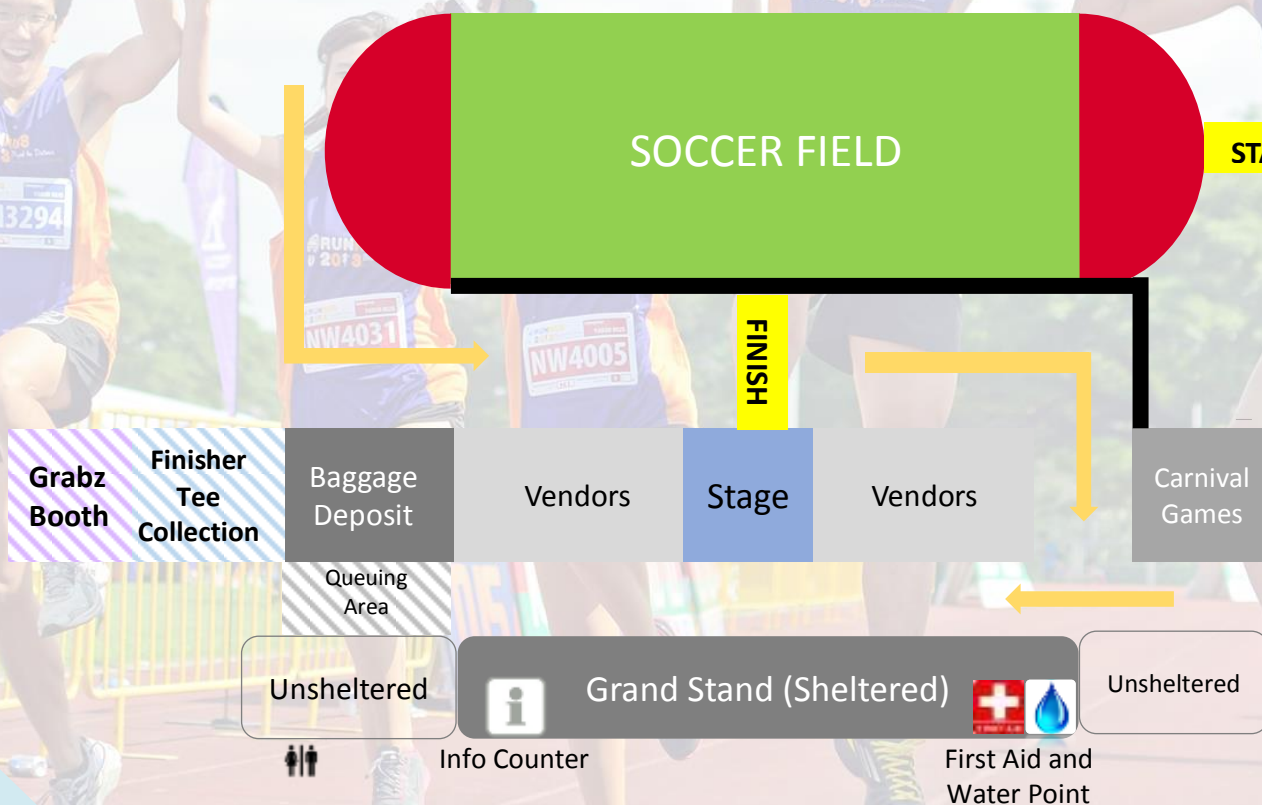
RACE TIMING

Race timing of Prize Winners in the **10KM Competitive** race categories will be based on **Gun-Off** timing of the respective NUS Men's, NUS Women's, Open Men's and Open Women's category. In cases of dispute, the organizers' decision is final.

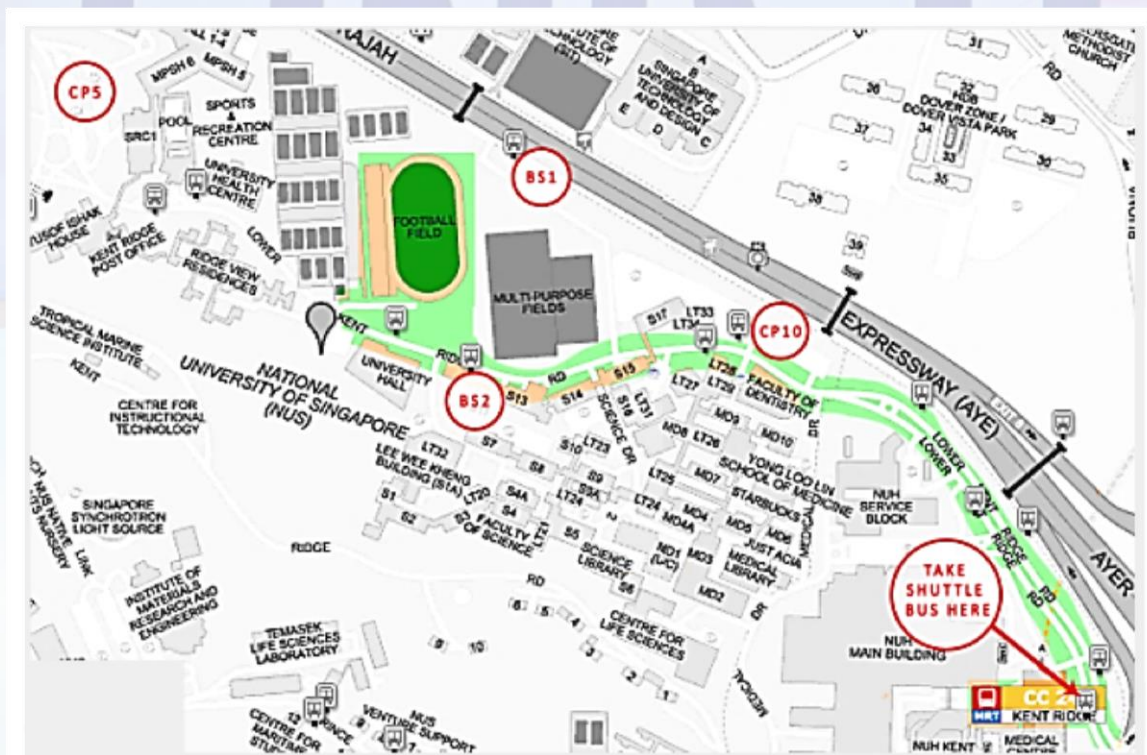
LOST AND FOUND

To report a lost item, kindly approach our information counter. Any lost items that are not claimed by the end of the event will be delivered to the *Student Service Centre* and will be discarded one month after the race.

5 RACE PIT LAYOUT



6 GETTING HERE



* For more detailed map of NUS and other carparks & bus stops, check [here](#).

BY MRT

Kent Ridge MRT CC24, Exit A. Take a 10-minute walk to the Race Pit.

IN-CAMPUS SHUTTLE SERVICE

As Internal Shuttle services will start operation at 09:00 AM, all runners are strongly advised to **avoid boarding** the Internal Shuttle to report for the race on time.

BY BUS

1. Alight at Bus Stop B16091 (along AYE)
Bus services 97,197, 198, 963
2. Alight at Bus Stop B18311 (along Lower Kent Ridge Road)
Bus service 95

BY CAR

1. Carpark 5 (next to Multipurpose Sports Hall)
2. Carpark 10 (Next to Multipurpose Fields)

*Check [here](#)
for more
shuttle bus
services
information!

For more
information
on parking
fees, click
[here!](#)



7 RACEBIB AND TIMING DEVICE

ALL PARTICIPANTS ARE TO ENSURE THAT THE RACE BIBS ARE:

1. Worn clearly visible on the front of the torso and are not covered by jackets, runner belts, water bottles, etc.
2. Not altered, modified, folded, wrinkled or vandalised by drawings.
3. Pinned at all four (4) corners.
4. Updated with the correct information before the race, especially medical information at the back of the bib.
5. Intact with the perforated portions.

FOR ALL RUNNERS, TO RECEIVE AN ACCURATE TIME:

1. DO NOT REMOVE timing chip from race bib.
2. DO NOT cross the START and FINISH line more than once.
3. Stay 4 meters away from the START and FINISH line if possible.
4. Ensure that you run across all timing mats provided at the Start Point (even if you are late), End Point, as well as en-route check points. This is to prove that you have completed the prescribed route.
5. Failure to do so will result in DNF (DID NOT FINISH) or DQ (DISQUALIFIED), and you will not receive a Finish Time and Finisher Certificate.

BAGGAGE SLIP

For depositing of baggage, kindly present your race bib and allow our staff to detach the baggage slip for you. The slip can be used once only.

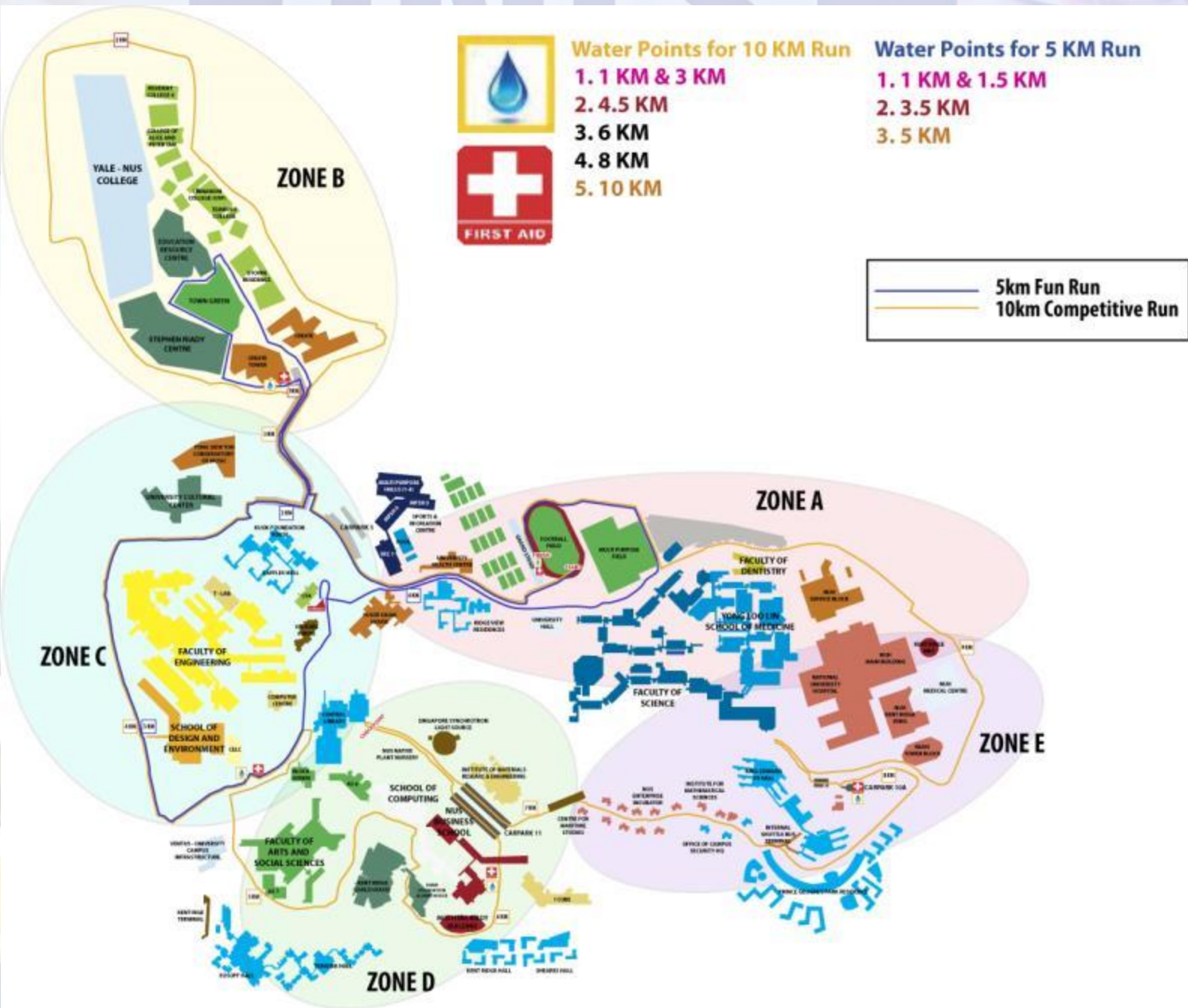
FINISHER TEE

For 10KM Competitive runners, kindly present your race bib to our staff to collect a RunNUS 2014 Finisher Tee.



8

RACE ROUTE MAP



To view the map at higher resolution, click [here](#).



9 RACE DAY ENTERTAINMENT— THE CARNIVAL

The day does not just simply end after the race. Celebrate your achievement after the race with your friends and family at the carnival!

THE BAZAAR

Treat yourself to popcorn, candy floss, ice cream and more!

THE GAMES

Enjoy the fun-filled and sporty games to challenge your limit! Unleash your inner Tarzan at the Inflatable Rock Climbing Wall, discover your inner child at Bouncy Castle, or simply have a rolling good time with the Zorb Ball, and many more.

THE PERFORMANCES

Be serenaded by various acts brought to you by NUS' very own top bands!

TIME	EVENT
0800	Start of carnival
0805	Performance by The Wild Card
0825	Performance by Chasing Daylight
0850	NUS Saxophone
0905	Vinoy Magic Show
0920	Performance by Still Sunrise
0950	Prize Presentation for 10KM Race Winners
1010	Performance by Eusoff Acapella
1020	Prize Presentation for Family Challenge Winners
1035	Lucky Draw 1
1100	Performance by Livecore
1120	Performance by King Julian
1150	Lucky Draw 2
1230	Performance by NUS Saxophones
1300	End of Carnival



10.1 CHECKLIST

The Physical Activity Readiness Questionnaires (PAR-Q):

YES NO

- Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- Do you feel pain in your chest when you do physical activity?
- Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
- Do you lose your balance because of dizziness or do you ever lose consciousness?
- Do you know of any other reason why you should not do physical activity?
- Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart conditions?
- In the past month, have you had chest pain when you were not doing physical activity?

- If your answer is YES to one or more questions, consult your doctor before you start becoming more physically active or before a fitness appraisal.
- If your answer is NO honestly to all PAR-Q, see you there!



Brought to you by:



10.2 CHECKLIST

Pre-Race:

- Race confirmation slip
- Race bib with pins
- Water bottle
- Identification card
- Download Grabz app on your phone for entitlement to complimentary refreshments after the race!
- Check RunNUS'14 official website for updated race details



During Race:

- Warm up before the race
- Listen up for the official announcements
- Look out for traffic marshals along race route for direction
- Stay safe and have fun!



11.1 RACE TIPS

PRE-RACE PREPARATION

- Load up on energy to finish the race! Do have a light breakfast at least an hour prior to your flag-off time.
- Do your warm ups!
- Empty your bladders. The nearest toilet is located behind the Grandstand, near the Baggage Deposit area.
- Ensure you are well hydrated for maximum performance.

RACE ETIQUETTE

- At Gun-Off and Flag-Off, line up from the Start Line based on your expected running speed. If unsure, please proceed to the back of the queue to avoid blocking other runners.
- Run on the pedestrian pavement at all times to avoid the traffic on the roads. Please cross the road with care as well.
- If you are not overtaking, please keep left to allow others to run ahead.
- If you wish to take over another runner, pass from the right side and call out "on your right" to the runner. Also as an act of courtesy, do move to the left when you hear this!
- Show appreciation to volunteers and supporters. This will encourage them to continue helping other participants and cheer them on.
- At Water Points, be aware of the flow – avoiding making a sudden stop in front of other runners behind you or crowding around the table. Kindly place all trash in the trash bag provided next to the station – the volunteers will be so thankful!



11.2 RACE TIPS

POST RACE

- Do not stop immediately at the Finish Line or in the chute. There will be runners coming in right behind you, so keep going until it is safe to stop.
- Flash the Grabz app on your phone at the booth next to the baggage counters to enjoy complimentary refreshments!
- Collect your RunNUS 2014 10KM Finisher Tee (only for 10KM Competitive Runners) from the "Finisher Tee Collection" point.
 - Simply present your race bib to our friendly staff to receive your Finisher Tee. Kindly note that each runner is entitled to 1 (one) Finisher Tee only and the exchange for Finisher Tee size is not permissible
- Take a while enjoying our stage performances and carnival games and booths at the grandstand.
- Please present your Race Bib at the Baggage Counters to collect your belongings. Runners can collect their bags at the Baggage Deposit Tents from 8:30 AM to 1:00 PM.





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12.1 RACE ADVISORY

NOT FEELING WELL? DON'T RUN!

Runners who are feeling unwell on race day are strongly encouraged to not participate in the race. Your health and safety is of our utmost concern and there are definitely more opportunities to join us in future.



HAZE ADVISORY

In the interests of the well-being of all our participants, the race will be cancelled if PSI levels exceed the thresholds set. PSI readings will follow the 3-hour National Average provided by NEA. The event would be cancelled if PSI reading exceeds 100 at the following key timings:

1. 24 August 2014, 3.00 am
2. 24 August 2014, during the race

In the event of cancellation, participants and volunteers will immediately be informed via email, Facebook and RunNUS website within the hour. Arrangements will be made for participants to collect their Finisher entitlements. Registration fees are non-refundable and will contribute all net proceeds to NUS Annual Giving Campaign.



12.2 RACE ADVISORY

INCLEMENT WEATHER ADVISORY

BEFORE EVENT

- If it rains, continue to proceed to event ground.
- Runners are advised to seek shelter.
- If there are any delays, announcements will be made at the event ground.
- Each race will be delayed for 30 to 60 minutes. Runners will still be competing within their own categories.
- If bad weather persists past 8.00 am, event will be cancelled.

DURING EVENT

- Announcements will be made via marshals along the running route to advise participants to take shelter.
- Participants must seek shelter in inclement weather.
- Announcements will be made for the event to continue, or to be cancelled.
- Waves that are not flagged-off may be delayed for a period of 30 to 60 minutes. Runners will still be competing within their own categories.
- Waves affected by inclement weather will have the race prizes awarded as lucky draw prizes for the race category.



13.1 SPONSORS

The Organizing Committee of RunNUS 2014 deeply appreciates and is thankful for the kind contributions of our sponsors which are a large reason why this event is able to come to fruition.

IN SUPPORT OF



IN CONJUNCTION WITH



GOLD TIER



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Office of Alumni Relations



FINISH

**THANK
YOU
SO MUCH**



SEE YOU ON 24TH AUGUST 2014!

For more information:

WEBSITE <http://runnus.nussportsclub.org>
FACEBOOK <https://www.facebook.com/runnus>
EMAIL runnus2014@gmail.com

ORGANISED BY



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