



2015
Runninghour

RUN SO OTHERS CAN

Race Guide

Like us on Facebook
www.facebook.com/Runninghour

 LIKE US ON FACEBOOK

About Runninghour

Be part of our history

Runninghour 2015: Run So Others Can is a Race like no other and focuses on nurturing an inclusive Singapore! It's the first and only race where you get to run with over 200 visually, intellectually and physically-challenged runners. To help increase awareness of the race and experience life with a visual impairment, a record-breaking number of over 2,000 runners will be running blind-folded. Support Runninghour's goal to raise awareness and integrate people with special needs into mainstream sports and recreational activities.

Who are we encouraging?

Runninghour caters to people with special needs including the visually, intellectually and physically challenged. It promotes and provides **support** to **persons with special needs** in physical recreation (i.e. mainly running) as well as creates opportunities for persons with special needs to **interact, build bonds and enlarge** their **social networks**.



Foreword from the Chairman



Runninghour, an initiative we never dreamed would go this far. If I had to use 3 words to describe Runninghour, it would be **kindness, friendship and character.**

Kindness

We have met so many wonderful people and organisations along our six-year journey who have never hesitated to show us an abundance of kindness. We want to especially thank **Central Singapore, Singapore National Co-operative Federation and Our Better World Organisation** for their ongoing support. Most importantly, we want to thank **every single participant of this unique event.**

Friendship

Runninghour is an amazing group with **11 nationalities** and people from all backgrounds. Great friendships are forged and driven by the fact that **'trust'** is the essence within the group. New friends instantly become a part of our big family.

Character

Everyone is an inspiration - the **courage of the visually-challenged**, the **innocence of the intellectually - challenged**, the resilience of the **physically-challenged** and the **altruism of the running guides**. There is just so much positive energy in the group keeping all of us constantly recharged.

We hope this race will be an impetus to **encourage more people with special needs to participate in mainstream sports**, nurture a **care-and-share** running community and change how people **view disability to thisability.**

Thank you everyone for making this race possible.

John See Toh

Founding Committee (Chairman) | Runninghour Co-operative



Race Information

Race Schedule

The run will commence from 7.00am onwards. Participants are advised to be familiar with their respective race timings.

Category	Time	Wave
10km Run (Competitive)	7.00am	1 st Wave
10km Blind Run (Non-Competitive) – including 1km Blind Run		2 nd Wave
5km Run (Non-Competitive)	9.00am	1 st Wave
5km Blind Run (Non-Competitive) – including 1km Blind Run		2 nd Wave

Race Bib and Disposable Race Chip

All participants will be given a Race Bib with their respective race category and bib number clearly stated. The Race Bib must be visible and worn on the front of your T-shirt throughout the race. Runners who fail to do so will be disqualified from the race. A Race Chip has been attached to the back of all competitive Race Bibs and is used to record individual timings. Please note that the Race Chip is not to be tampered with. Participants are not required to return the Race Chip after the event.



Race Results

The official results for the 10km Adult Category will be based on Gun Time (Officially accepted by the International Athletics Federations (IAAF) as the valid mode of measuring running time), which starts upon the sound of the official gun and therefore includes the distance covered before the start line.

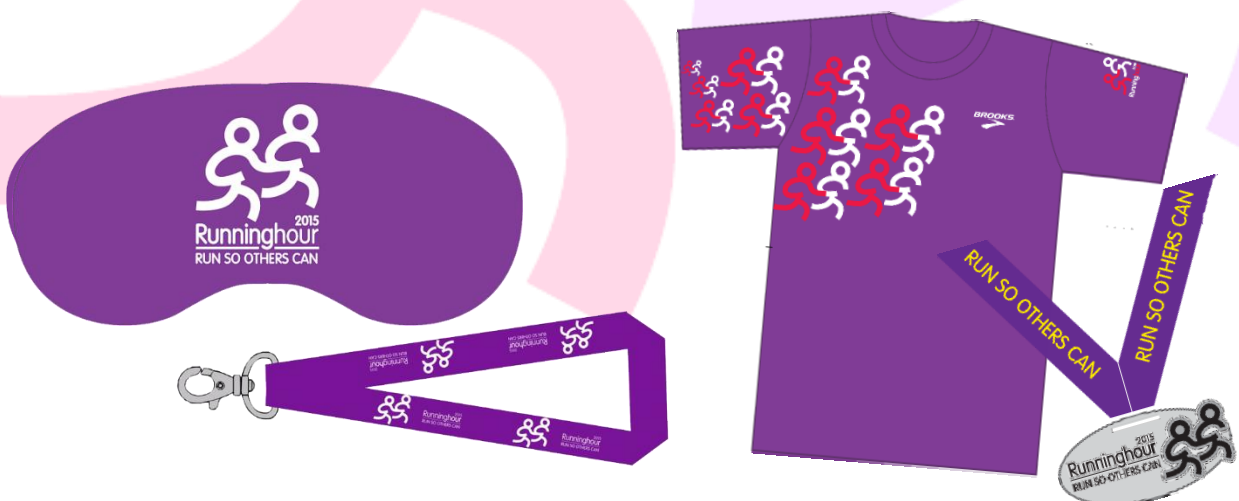
Runners' Entitlements

All participants will be entitled to the following items:

- Personalised Race Bib
- Exclusive Race Entry Pack
- Exclusive Brooks Running Tee
- Finisher Medal – with unique Braille Text
- Eye Mask (10km/5km Blind Run participants only)*
- Hand tether band (10km/5km Blind Run participants only)*
- Sponsored Items
 - . Brooks \$50 off Voucher (Regular items)
 - . Asia Para Games Note book & Stickers
 - . 1-for-1 Lunch Buffet at Windows on the Park (Holiday-inn Singapore Orchard City Centre)
 - . Danisa Butter Cookies (31grms)
 - . And more promotional vouchers from our Partners!

Participants are encouraged to wear the event t-shirt and proper footwear during the race. A finisher medal will be given out upon completion of the entire race course.

*will be issued during race day at the start pent



Blind Run

The unique Blind Run category will see runners experience running with a visual impairment. Runners are encouraged to sign up in pairs or as an individual where they will be paired with another individual at the starting line on event day. Experienced volunteer guides will act as safety marshals at the starting line to assist individual participants in pairing them up with another runner according to gender and physique.

At the 500m mark, runners will change over with their partners. At the 1km mark, runners may choose to change over or remove the mask and continue running the rest of the route normally.

Participants are required to report to the entry point at least **15 minutes** before the Flag-Off Time. The entry point will be demarcated before the start line for participants to be paired up and collect the masks and bands before proceeding to the start line for flag off.



Race Etiquette for Visually, Intellectually and Physically Challenged Participants

There will be visually, intellectually and physically challenged (VCR, ICR and PCR respectively) runners who will be participating in the race.

- All VCR, ICR and PCR runners will have guides with them during the race
- When you encounter these runners, cheer them on! They might just be running in a mass event for the very first time.
- Avoid running in between a special needs runner and his/her guide(s). Go around them instead and verbally let them know you're coming through, e.g. "on your left".
- Along the route, you may hear the guides saying "Excuse us!" to alert you of the incoming VCR, ICR and VCR runners. Please keep to the left and allow them to pass through. If you have a headset on and do not hear the cue, you may get a brush on the arm to alert you to move over.
- If you see any of the VCR, ICR and PCR runners with any difficulties, do offer a helping hand or refer them to the marshals on standby.
- At the end of the race, do give them your encouragement and congratulate them on a job well done.



Getting There

By MRT



Downtown MRT Station (DT17) – 5 mins walk (underground from exit B)

Raffles Place MRT Station (NS26 / EW14) – 6 mins walk (underground) from exit J

Marina Bay MRT Station (NS27/ CE2) – 9 mins walk from Exit B

Bayfront MRT Station (CE1) – 12 mins walk from Exit E

By Car



Participants may park at the following locations which are in close proximity to event venue:

Wilson Parking @ URA Bayfront Avenue - \$1.20/hour for the entire day

One Marina Boulevard (NTUC Centre) - \$3.21/entry before & after 7am

Marina Bay Link Mall - \$3.00 for 1st 4 hours, \$0.25/sub 10 min block or thereof from 6am

Marina Bay Financial Centre Tower 1,2 & 3 - \$3.00 for 1st 4 hours, \$0.25/sub 10 mins block or thereof for the entire day

By Bus



Bus Stop at One Raffles Quay

Available Bus Services : 10, 10e, 57, 70, 75, 100, 107, 128, 130, 131, 162, 186, 196, 196e, 700, 970, NR6

Bus Stop at Marina Boulevard

Available Bus Services : 97, 97e

By GrabTaxi



GRABTAXI

GrabTaxi is proud to be the official taxi partner for Runninghour 2015: Run So Others Can. To lighten your load on the event day, we have created a new promo code **“RUNNINGHR”** for all grabbers to enjoy \$3 off your rides to and from the event held at Marina Bay Waterfront Promenade, Event Square.



Runninghour 2015

RUN SO OTHERS CAN

22 MARCH • PROMONTORY @ MARINA BAY • 7.00AM

Other Information

Medical Advisory



While regular exercise can lead to many health benefits, the incidence of cardiovascular events during exercises can occur if you have an underlying heart condition, are untrained, over trained or run at an intensity beyond your training pace (for trained runners). Adequate screening and evaluation are important to ascertain if you have an underlying cardiovascular disease before you begin exercising at moderate (walking pace) to vigorous (jogging pace) level.

Be Fit for The Run



It is the responsibility of participants to have themselves certified medically fit to participate in the race. A participant must retire from the race immediately if required to do so by any members of the official medical team. Refer to route map for various medical point locations.

Emergency Contact



Participants' emergency contact details are printed on the reverse side of their Race Bib for contingency uses. Participants who did not provide their emergency contact details during registration are advised to handwrite these details themselves using a permanent marker. For any emergency during the race, please call **9773 7734**.

Inclement Weather



In the event of inclement weather, the Organiser reserves the right to delay the commencement of the race, shorten the race or modify the route. However, should the inclement weather persist, the Organizer reserves the right to cancel the race without any refund of registration fee.





Date : 22 March 2015
Venue : The Promontory @ Marina Bay

10km Run/ Blind Run : 7.00am
5km Run/ Blind Run : 9.00am

LEGEND

5km Run/Blind Run

10km Run/Blind Run



Drink Station

Medical Point

Train Station

Map is not drawn to scale and subject to changes.



SINGAPORE FLYER



ESPLANADE THEATRES BY THE BAY

THE FLOAT @ MARINA BAY

ART SCIENCE MUSEUM

HELIX BRIDGE

MARINA BAY

1km Mark Blind Run End Zone

500m Mark Blind Run Exchange Zone

MRT RAFFLES PLACE

START FINISH

THE PROMONTORY @ MARINA BAY

MARINA BAY CITY GALLERY

SANDS EXPO & CONVENTION CENTRE

MARINA BAY SANDS

MRT BAYFRONT

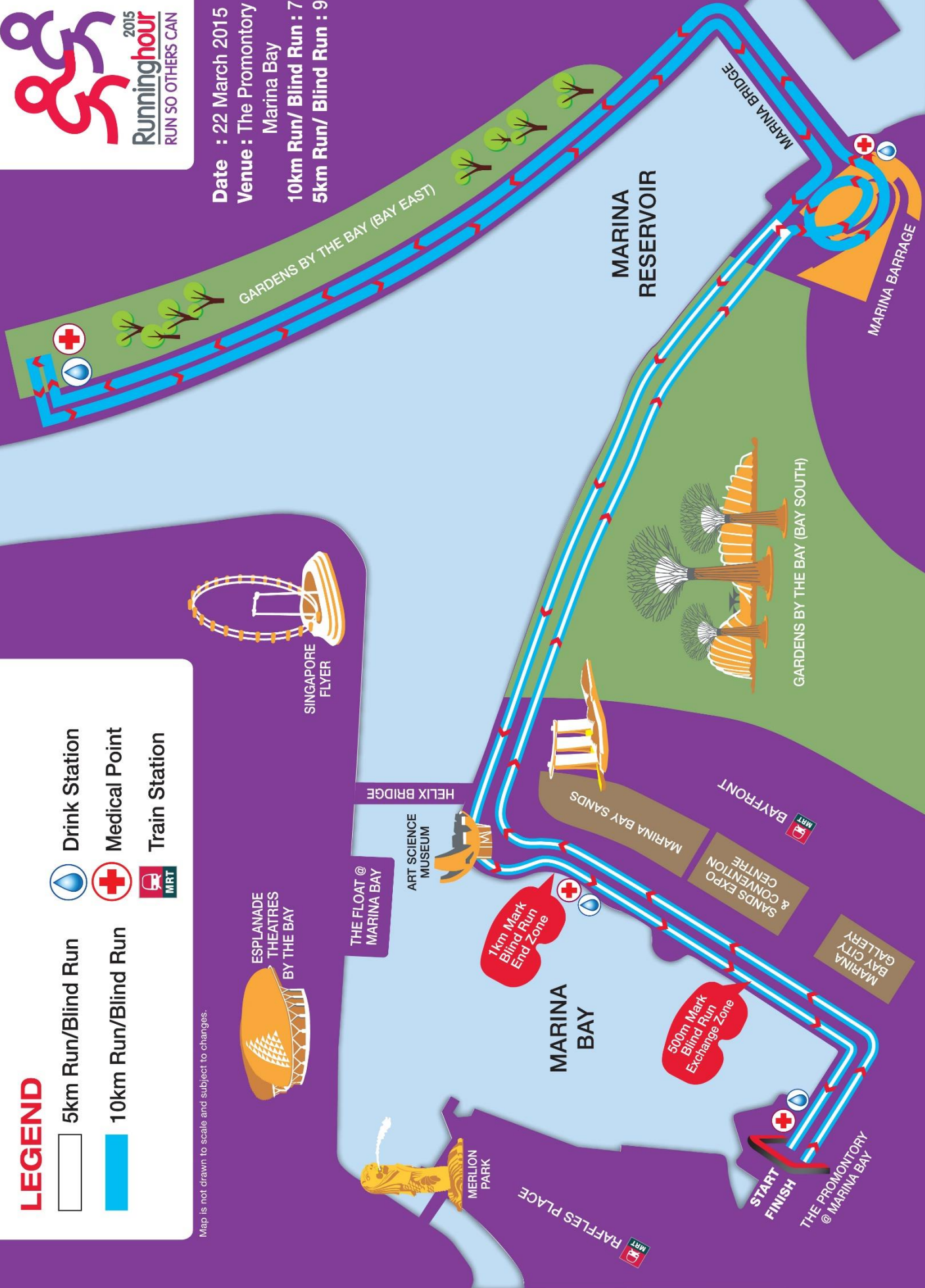
GARDENS BY THE BAY (BAY SOUTH)

MARINA RESERVOIR

MARINA BRIDGE

MARINA BARRAGE

GARDENS BY THE BAY (BAY EAST)



Value Sponsors & Partners

Organised by



Run Organiser



Official Sportswear



Official Online Running Community



Official Partners



Sponsors



Participating Partners



In Partnership with



Official Race Expo Venue



Official Privilege Cards



Initiative by



Like us on Facebook
www.facebook.com/Runninghour

LIKE US ON FACEBOOK