



# RACE

9

SEPTEMBER

NUS UNIVERSITY TOWN

2018

# BOOKLET



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RunNUS is an annual running event organised by the NUS Students' Sports Club to promote a healthy lifestyle among the NUS population and the public. Since its inception in 2007, RunNUS has become one of the biggest and most anticipated event for NUS students, staff and alumni.

This year, RunNUS will be partnering with NUS Disability Support Office (DSO) and inviting Social Service Organisations. With the tagline '*Run For A Cause*', we aim to empower the community of People with Disabilities/Special Needs (PWDSNs) through inclusiveness.

RunNUS hopes to achieve a total turnout rate of approximately 1,800 participants, consisting of NUS students, AlumNUS and members of the public.

# ABOUT

# RUNNUS



# DIRECTOR'S MESSAGE

Dear All,

On behalf of RunNUS 2018 Organizing Committee, I would like to express our deepest appreciation to you - the participants, volunteers, sponsors, various stakeholders in NUS administration. RunNUS 2018 would not be possible without you! I would also like to express our heartfelt gratitude to our official Guest of Honor, Vice Provost Susanna Leong and Special Guest Dr. William Tan for gracing the event.

2018 marks the 12th anniversary of RunNUS, and we came up with a new tagline '**Run For A Cause**' with the intention of making your run more meaningful through a charitable cause. Proceeds from the race will be donated to NUS Disability Support Office. Aiming to encourage inclusiveness, we're inviting Persons with Disabilities/Special Needs (PWDSNs) to join our first-ever implemented 3km Challenge category. With our well-planned routes and carnival, we're sure that you will have a great experience. Thank you once again and see you on 9th September 2018!

Yours sincerely,  
Lee Qing Xi  
Project Director  
RunNUS 2018



# ABOUT NUSSC

NUS Students' Sports Club is the largest non-faculty constituent club in NUS, boasting a huge diversity of 20 unique sports members clubs. We have 39 years of rich historical heritage and excellence since 1979. NUSSSC is one of most active student organizations in the campus. We cater to the recreational sporting needs of the NUS community. NUSSSC comprises of a central Management Committee overseeing many recreational sports.

Dedicated to providing an array of sporting events to the NUS community, we spearhead a number of sports events all year round and annual flagship projects such as NUS Biathlon, NUS Sports Camp, SunNUS, RunNUS, Inter-Faculty Games and MADNUS. NUSSSC is oversee by a central Management Committee who serves to provide various support to our sports groups and projects, ensuring quality and excellence. The Management Committee also acts as the interface between the student groups, general students, NUS offices and external organizations.





# AMBASSADOR'S MESSAGE

Hello participants of RunNUS 2018, I am Xing En, a Year 3 English Literature major.

Having visual impairment and studying in university is not easy, but I'm very fortunate because there're many people helping me with challenges that I have along the way. My professors make sure that I get the materials I need, and the NUS staff are readily helping me to cope with travelling difficulties. NUS Disability Support Office (DSO) has been very supportive. Apart from helping me get financial aid to purchase my assistive technologies, Ms. Agnes Yuen from the NUS DSO also makes sure that I have someone to go to whenever I have problems.

I first joined running because I want to improve my health. I have kidney failure, so I feel that it is important that I exercise and make sure that I can continue to enjoy my life and studies. In this year's RunNUS, I am taking part in the 3km Challenge. So, why not join me?

Tan Xing En  
Race Ambassador  
RunNUS 2018

# SUNDAY

09 SEPTEMBER 2018

@ NUS UTOWN GREEN

0630 – 1130

# RACE



# INFORMATION

RACE CATEGORIES	HOLDING AREA OPENING	FLAG-OFF TIMING	WAVE TIMINGS		BIB COLOUR
10KM	0655	From 0700 (7 waves)	Wave 1	0700	Blue
	0700		Wave 2	0705	
	0705		Wave 3	0710	
	0710		Wave 4	0715	
	0715		Wave 5	0720	
	0720		Wave 6	0725	
	0725		Wave 7	0730	
3KM	0735	0740	Wave 1	0740	Yellow
5KM	0755	0800	Wave 1	0800	Green

# WAVE TIMINGS



10KM WAVE	TIME	BIB NUMBER
1 <sup>st</sup>	0700	1001 - 1050
2 <sup>nd</sup>	0705	1051 - 1170
3 <sup>rd</sup>	0710	1171 - 1320
4 <sup>th</sup>	0715	1321 - 1460, 1532 - 1600
5 <sup>th</sup>	0720	1601 - 1650, 1731 - 1890
6 <sup>th</sup>	0725	1890 - 1940
7 <sup>th</sup>	0730	1941 - 1990

WAVE

- If a participant's bib number does not belong in the range, he/she is free to join for any wave.*

ALLOCATION

- If you are a competitive runner (i.e. competing for the top prizes), please join the first wave of your category.
- There will only be one wave each for the 5km and 3km categories.

# WAVE

# ALLOCATION

RACE CATEGORY	WAVE	START TIMING	PACERS TIMING
10KM	1 <sup>st</sup>	0700	50 min
	2 <sup>nd</sup>	0705	55 min
	3 <sup>rd</sup>	0710	60 min
	4 <sup>th</sup>	0715	65 min
	5 <sup>th</sup>	0720	70 min
	6 <sup>th</sup>	0725	75 min
	7 <sup>th</sup>	0730	No pacer

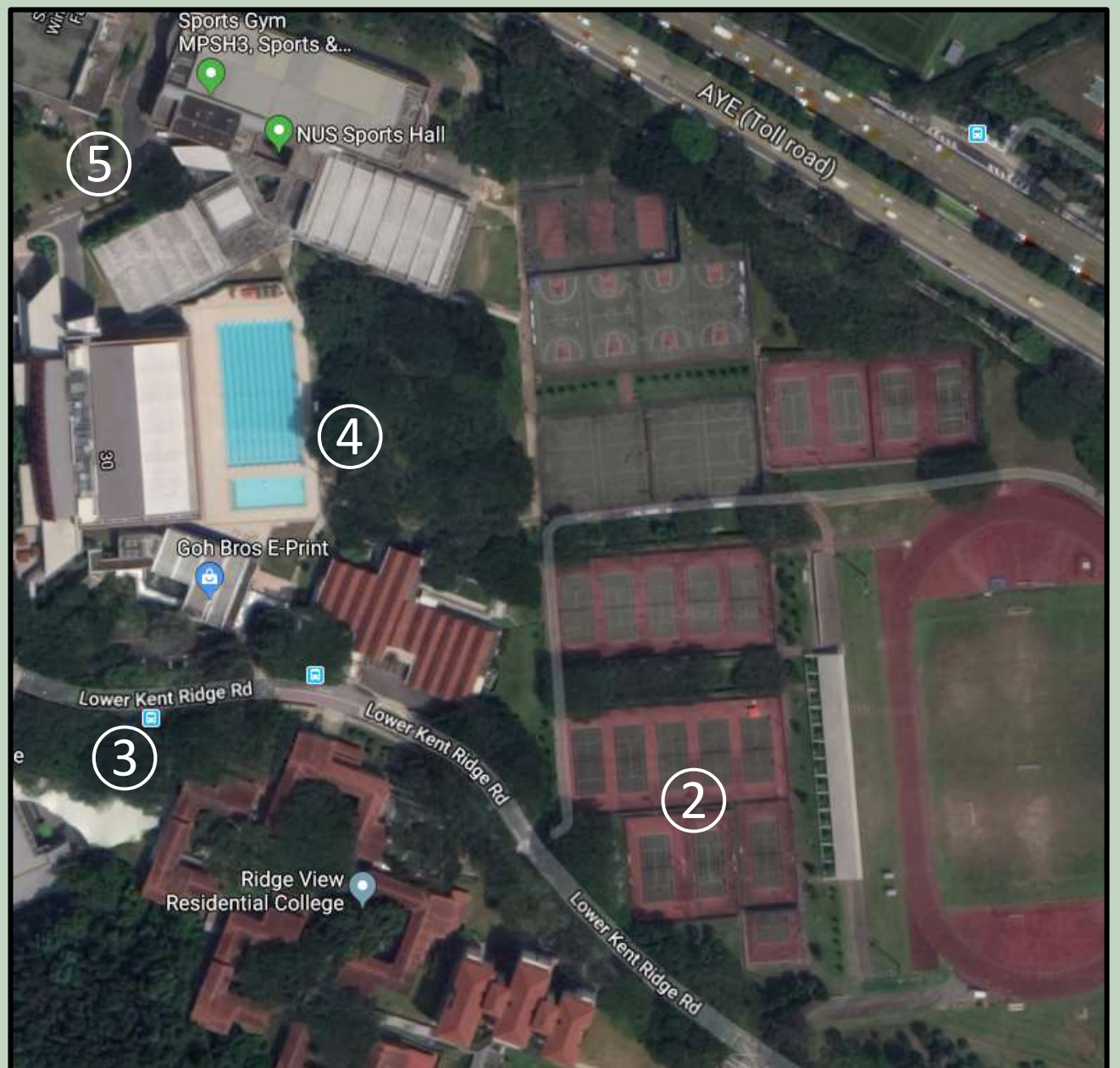
PACER

INFORMATION

DATE	VENUE	TIME
25 August (Saturday)	NUS Multi-Purpose Sports Hall 1	11am – 6pm
31 August (Friday)		11am – 6pm
1 September (Saturday)		11am – 6pm

RACE PACK

COLLECTION



GPS: <https://goo.gl/maps/YoiR9y51nEw>

1. Board Bus 95, A1 or D2 at the bus stop outside Kent Ridge MRT Station towards NUH, exit A.
2. Tennis courts, exit at next bus stop directly after seeing the courts.
3. Alight at University Health Centre, 3 stops after the Kent Ridge bus stop.
4. Walk alongside pathway beside University Sport Centre's pool.



TIME	ACTIVITY
0700-0730	Flag off for 10km
0740-0745	Flag off for 3km
0800-0810	Flag off for 5km
0800	Opening of Carnival
0830-0840	VIP Address
0840-0850	Prize Presentation 1: 10km races
0850-0900	Prize Presentation 2: 5km races
0930-1000	Lucky Draw
1100	End of Carnival

# PROGRAMMES





Baggage deposit/collection counters will be located at University Town Sports Halls 1 (Ground level of SRC).

Do not detach the Baggage Slip at any point in time.

Allow our staff to detach the Baggage Slip and process the depositing of your baggage for you. Collection needs to be done by 11.30am.

*\*Kindly note that any baggage not collected after 11.30am will be disposed of.*



Baggage deposit area:

Level 1 between Pizza Hut and NTUC.

# BAGGAGE

1. Shuttle Bus Service
2. Public Transport e.g. MRT / BUS
3. NUS Internal Shuttle Bus
4. Bicycle
5. Personal Transport e.g. Car

# GETTING

# THERE



PICK UP VENUE	PRICE	PICKUP POINT	TIME
Bedok MRT	\$7	Exit A, pick up point after taxi stand	6am
Bishan MRT	\$7	Bishan Road Bus Stop B53231	
Sengkang MRT	\$7	Sengkang East Way Exit D, Compass One Taxi Stand	
Jurong East MRT	\$4	Jurong Gateway Road, Taxi Stand of JCube	

*\* Tickets can be bought either during race-pack collection or on the day itself. Subjected to limited availability. Seats are limited hence it is recommended to reserve a seat in advance. Please bring your booking receipts as there will be checks before boarding.*

SHUTTLE

BUS

1. Alight at Clementi (EW23). Transfer to SBS Transit No. 96 at the Clementi Bus Interchange. Alight at Bus Stop ID 17099 (Aft Dover Rd). Walk approximately 8 to 10 minutes to UTown.
2. Walk to Clementi Bus Stop ID 17179, from Clementi MRT Station (Exit B). Board Bus 183 (towards Jurong East Temp Interchange). Alight 3 stops later at Bus Stop No. 17099. Walk approximately 8 to 10 minutes to UTown.
1. Walk to the bus stop opposite Buona Vista MRT Station located near Exit D, Bus Stop No. 11369. Board Bus 196 (towards Clementi Interchange). Alight 6 stops later at Bus Stop No. 19059. Walk approximately 5 to 8 minutes to UTown.

# MRT / BUS

1. From Buona Vista (CC22): 95
2. Along Clementi Road: 151
3. Ayer Rajah Expressway (Dover ITE): 97, 197, 198, 963
4. For information regarding the start time of the different public bus services, visit SBS or SMRT.
5. Please be informed that the other bus services mentioned may require transfer of buses or walking to the UTown Green.

# OTHER MRT /

# BUS

## NUS INTERNAL SHUTTLE BUS

1. Take Service D2 from Kent Ridge MRT Station.
2. Note that Internal Shuttle Bus service only starts at 9am on a Sunday.

## BICYCLE

1. Where there is a dedicated cycling path.
2. Please park bicycles at designated spots.

# INTERNAL BUS

# / BICYCLE



GPS: <https://goo.gl/maps/ouBWcWTWKDQ2>

1. Runners are strongly advised NOT to drive down to the event location due to limited parking space.
2. Parking charges may still apply.
3. Available carparks near UTown
  - Carpark 3A: Lee Kong Chian Natural History Museum
  - Carpark 4: Raffles Hall
  - Carpark 5: Sports and Recreation Centre
  - UTown Carpark

For more information, visit:

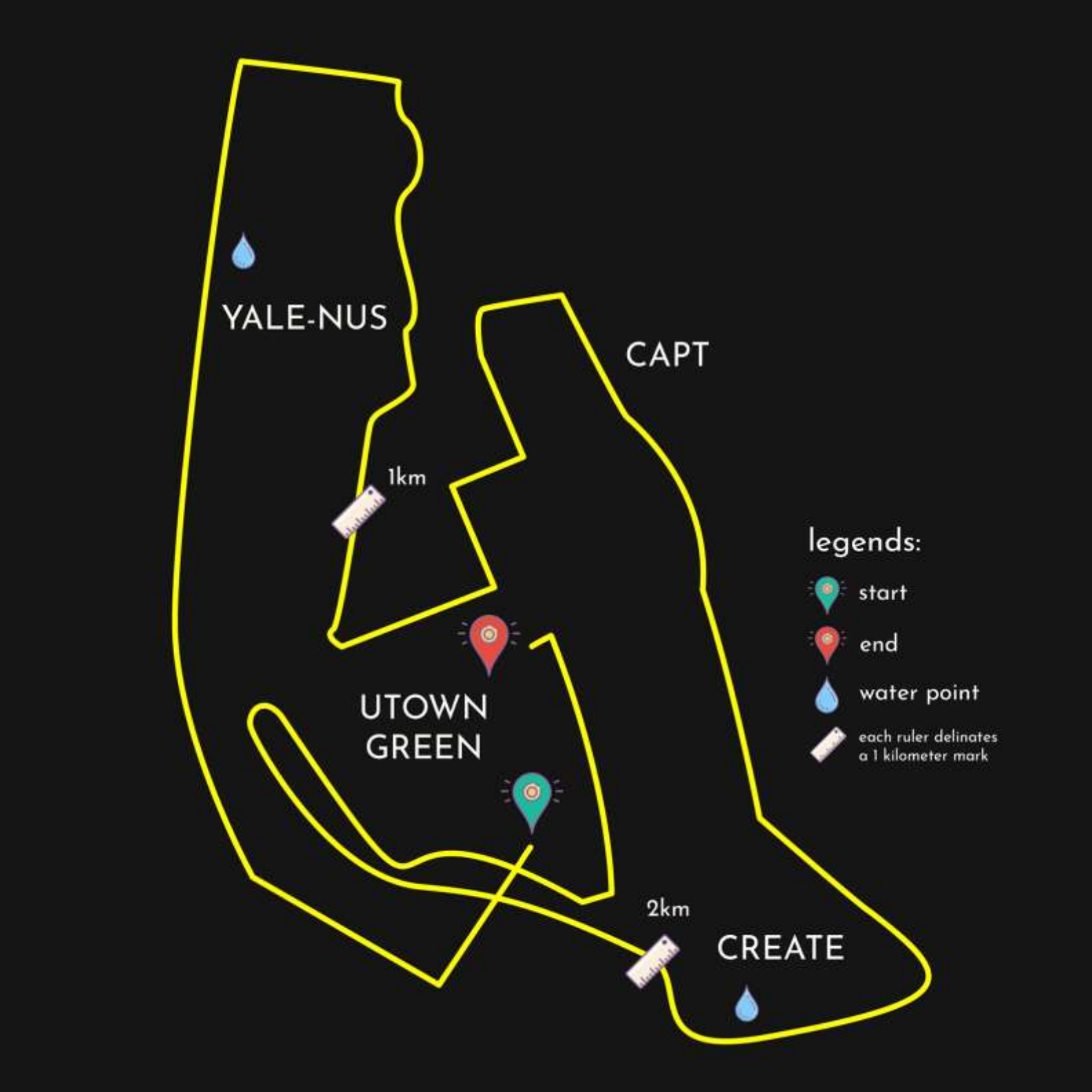
<http://nus.edu.sg/commencement/pdf/VisitorsParkingInformation.pdf>

# PERSONAL

# TRANSPORT

RACE

ROUTES



3KM



3KM

A1234

NAME

I AM RUNNING FOR \_\_\_\_\_

BAGGAGE A1234

A1234

Perforated coupon for baggage claim

Perforated coupon for lucky draw



5KM





5KM

A1234

NAME

I AM RUNNING FOR

\_\_\_\_\_

BAGGAGE A1234

A1234

Perforated coupon for baggage claim

Perforated coupon for lucky draw





10KM



10KM

A1234

NAME

I AM RUNNING FOR \_\_\_\_\_

BAGGAGE A1234

A1234

Perforated coupon for baggage claim

Perforated coupon for lucky draw

Rules and Regulations:

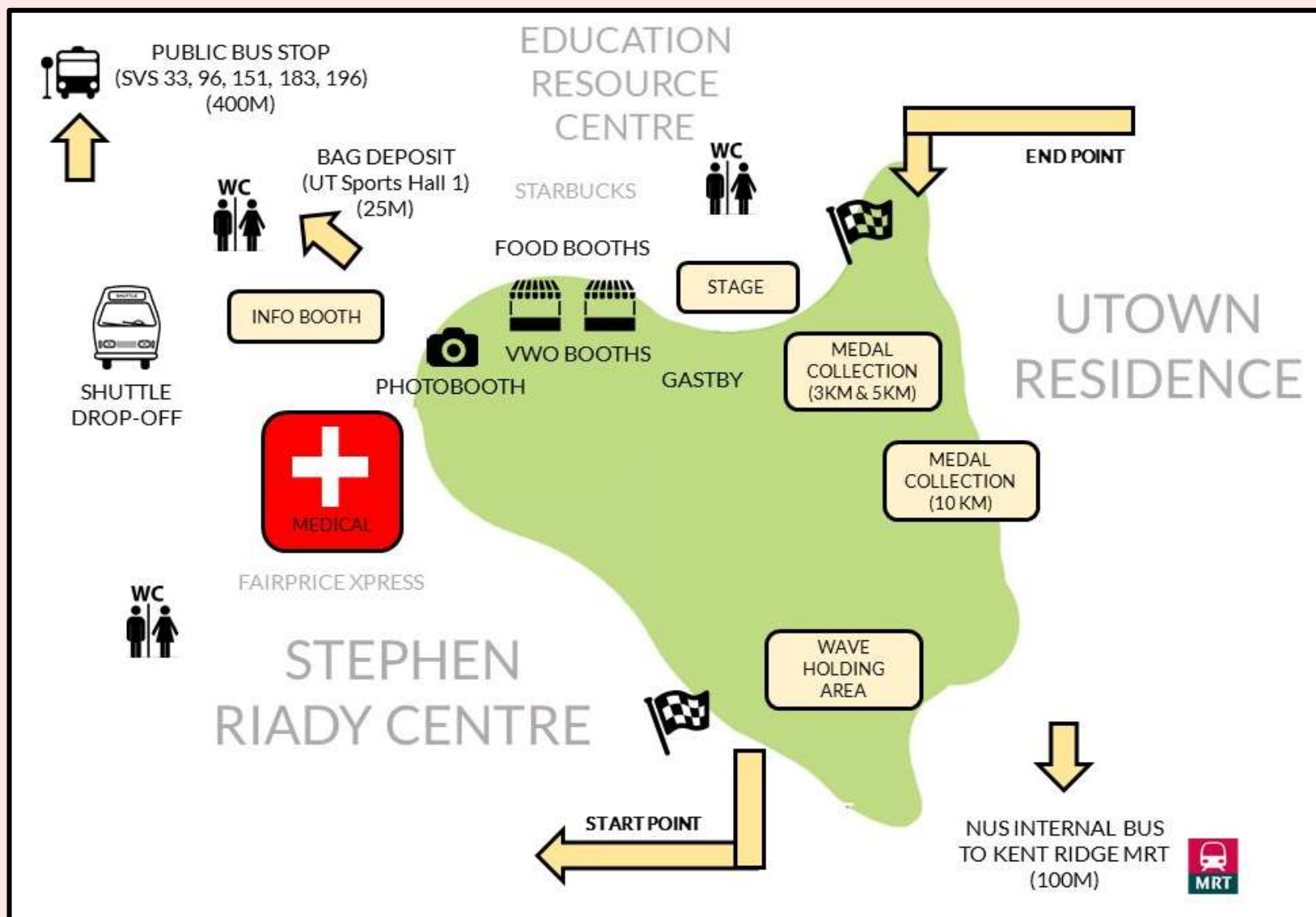
<http://runnus.nussportsclub.org/content/Rules%20PDF.pdf>

Terms and Conditions:

<http://runnus.nussportsclub.org/content/Terms%20PDF.pdf>

# RULES AND

# REGULATIONS



## Stage Venue: UTown Green

- There will be a carnival at the end-point with 10 exciting booths. Help yourself to the free food, games and photo booth with your friends and family!
- Lucky draws being carried out periodically, so keep a lookout.

# VENUE LAYOUT

## HAVE A LIGHT BREAKFAST

- Load up on energy to finish the race!
- Do have a light breakfast at least an hour prior to your flag-off time.

## AT GUN-OFF AND FLAG-OFF

- Runners are to line up from the Start Line 10 minutes before wave your timings.
- Do be considerate and allow faster runners to overtake you at any point of the race.

## KEEP OFF ROADS AND WATCH OUT FOR VEHICLES

- Runners are advised to run on the pedestrian pavement at all times to avoid the traffic on the roads. Please cross the road with care as well.

## BE CAREFUL AT WATER POINTS

- Use caution when entering a water point. If you are slowing down or stopping, ensure that there is no one right behind you.

# RACE

# TIPS

## RUN GREEN

- In our effort to going green in NUS, runners are encouraged to throw their wastes into the respective recycling bins placed along the running routes and in the Carnival.

## BE MINDFUL OF OUR 3KM PARTICIPANTS

- Do not push and be considerate when sharing running paths.

## KEEP LEFT

- All participants are to keep to the left, while runners can overtake from the right to avoid clashing.

## OVERTAKING AND SLOWING DOWN

- When you overtake, allow a few meters before you try and pull in. Do not cut straight in front. Slow down at blind spots/bends - watch out for other incoming runners.

# RACE

# TIPS



## KEEP MOVING AT THE FINISH

- Do not stop immediately at the Finish Line or in the chute.
- There will be runners coming in right behind you. Keep going until it is safe to stop.

## INFORM THE NEAREST MARSHAL A.S.A.P.

- First-aiders and ambulances nearby on standby.
- Refer to the route map for the locations of the ambulances. If unable to contact nearest marshal in time, call 995 and inform marshal.



# RACE

# TIPS

## NOT FEELING WELL? DON'T RUN

- Runners who are feeling unwell on race day are encouraged to not participate in the race.
- Should you require any assistance, please visit the Medical Point (refer to site layout).

## HAZE ADVISORY

- The race will be cancelled should the PSI level exceeds 100.
- Should the race be cancelled, all runners and volunteers will be informed immediately via email, official RunNUS Facebook page and website within the hour.
- Further arrangements will be made for runners to collect their Finisher entitlements.

## TRAVEL LIGHT AND BE PUNCTUAL.

- Runners are advised to travel light and to plan their reporting time accordingly to avoid delays.

# RACE

# ADVISORY

## MEDICAL POINTS

- If you are feeling unwell, please visit the Medical Point located at ERC (beside Starbucks).

## INFORMATION BOOTH

- Medical Point located at the 1st level of the Stephen Riady Centre (SRC), beside NTUC.

*\* For participants who have yet to collect their race pack, kindly proceed to the information booth during the race day with your IC / matric card to collect.*

# GENERAL

# INFORMATION

## RENUMERATION:

- Finisher Tees and medals will be given out at the finishing point.
- Each runner is entitled to 1 set of end race entitlements.
- For 10km runners, present volunteers with your bib number and indicate your choice for size of shirt as ordered.
- Sizes of Finisher Tees are on a first-come-first-served basis.
- Exchange for Finisher Tee size is not permissible but mutual swap of shirts are allowed amongst individuals.



3 AND 5 KM RUNNERS



10 KM RUNNERS

# GENERAL

# INFORMATION

## BEFORE EVENT

- Continue to proceed to event ground. Runners are advised to seek shelter.
- Announcements will be made at the event ground should there be any delays.
- Should the bad weather persist past 8.30am, the race will be cancelled.

## DURING EVENT

- All runners are to comply with any standing instructions provided by the marshals and/or Organizers and seek cover in the nearest shelter.
- Organizers will issue further instructions for the resumption of race.
- Waves that are yet to flag-off may be delayed for 30 to 60 minutes .
- Runners will still be competing within their own categories provided the category have not been flagged off.
- Prizes of the affected categories will be awarded as lucky draw prizes for the respective categories.

WET

WEATHER



# Are You Sports Safe?

Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly:

check: YES or NO

Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

If you are planning to become much more physically active than you are now, start by answering the seven questions in the box below. If you are between the ages of 15 and 69, the PAR-Q will tell you if you should check with your doctor before you start. If you are over 69 years of age, and you are not used to being very active, check with your doctor.

1	Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	YES <input type="checkbox"/>	NO <input type="checkbox"/>
2	Do you feel pain in your chest when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
3	In the past month, have you had chest pain when you were not doing physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
4	Do you lose your balance because of dizziness or do you ever lose consciousness?	<input type="checkbox"/>	<input type="checkbox"/>
5	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?	<input type="checkbox"/>	<input type="checkbox"/>
6	Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?	<input type="checkbox"/>	<input type="checkbox"/>
7	Do you know of any other reason why you should not do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>



PAR-Q FORM



IN SUPPORT OF:



OFFICIAL RUNNING AND FITNESS PORTAL:



OFFICIAL SUNCARE:



OFFICIAL HYDRATION:



PARTNER:



ORGANIZED BY:



# SPONSORS



# SPONSORS



# SPONSORS

- 🔍 <http://runnus.nussportsclub.org/>
- f <https://www.facebook.com/RunNUS>
- 📷 <https://www.instagram.com/runnus>
- @ [admin@runnus.nussportsclub.org](mailto:admin@runnus.nussportsclub.org)

# CONTACT



# US