

SAFARI ZOO RUN'19

24 FEB 2019

RACE GUIDE

Organiser



Co-Organisers



CONTENTS PAGE

ABOUT SAFARI ZOO RUN	01
WHY RUN FOR WILD LIFE	02
ENTITLEMENTS	03
RACE PROGRAMME	04
GETTING THERE	05
RACE BIB INSTRUCTIONS	06
RACE ROUTE	09
EXCLUSIVE OFFERS	10
BRING YOUR OWN BOTTLE	11
GENERAL INFORMATION	12
PAR-Q	13
SPONSORS & PARTNER	14

SAFARI ZOO RUN'19

RUN FOR WILDLIFE

DATE: 24TH FEBRUARY 2019

TIME: 7AM TO 12PM

**VENUE: SINGAPORE ZOO, RIVER SAFARI,
NIGHT SAFARI**

Safari Zoo Run was conceived to commemorate Singapore Zoo's famous matriarch and one of Singapore's most loved animal personalities — Ah Meng the Sumatran orangutan, who passed on due to old age in February 2008.

The run encourages family bonding while empowering runners to support wildlife conservation. Come experience this unique opportunity to run through Singapore Zoo, River Safari and Night Safari in the day with your family and friends! It's the only place you will be able to run alongside wildlife like orangutans and giraffes. Runners can expect more in this edition of Safari Zoo Run with the introduction of new race categories and sustainable initiatives which require your support!

WHY RUN FOR WILDLIFE?

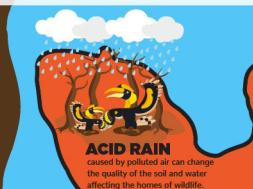


RUN FOR CLEAN AIR Team Sunny

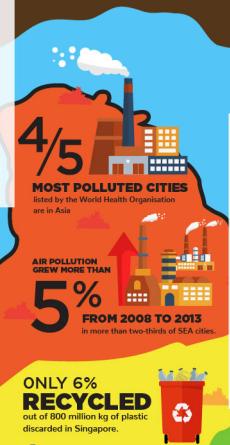
Championed by #TeamSunny

Air pollution might not always be visible, but it doesn't mean it isn't there. Polluted air affects all living things, humans and wildlife are no exception to its impact. It has also resulted in climate change and a variety of health issues ranging from direct deaths to chronic conditions and diseases.

'Run for Clean Air' is championed by Team Sunny! He is here to raise awareness for a cleaner air.



ACID RAIN
caused by polluted air can change the quality of the soil and water affecting the homes of wildlife.



RUN FOR THE FOREST Team Ah Meng & Team Chawang

Championed by #TeamAhMeng and #TeamChawang

Across the globe, forests are shrinking to make way for development and human activities. Conversion of forests to other use have led to loss of habitat and food source affecting the survival of wildlife.

'Run for the Forest' is championed by Team Ah Meng and Team Chawang! They are here to raise awareness on deforestation and protect the homes of their forest inhabitant friends.

RUN FOR CLEAN WATER Team Canola

Championed by #TeamCanola

Rivers, wetlands and oceans are choked with plastic waste, mostly from land rubbish. This plastic waste is harmful to wildlife and us. Many river dwelling wildlife get entangled in abandoned fishing nets, plastic bags and other plastic litter. While others mistake plastic waste for food which chokes their digestive system.

'Run for Clean Water' is championed by Team Canola! She is garnering support to protect her river dwelling friends by reducing single use plastic that have destroyed their homes.



RUN FOR THE FOREST Team Ah Meng & Team Chawang

Championed by #TeamAhMeng and #TeamChawang

Across the globe, forests are shrinking to make way for development and human activities. Conversion of forests to other use have led to loss of habitat and food source affecting the survival of wildlife.

'Run for the Forest' is championed by Team Ah Meng and Team Chawang! They are here to raise awareness on deforestation and protect the homes of their forest inhabitant friends.

EVERY MINUTE
an equivalent of one garbage truck full of plastic waste enters the oceans.

SEA COUNTRIES
are among the globe's top plastic consumers

BY 2050

there could be more plastic in the ocean than fish by weight.

HIGHEST
deforestation rates globally

SEA is one of the world's **BIODIVERSITY HOTSPOTS**
with more than 1700 species discovered in the past 15 years, average of 2 species per week!

70%
FOREST COVER IN SOUTH EAST ASIA HAS REDUCED FROM

2000

RUNNER'S ENTITLEMENTS

Don't miss out on these amazing admission discounts, wildlife experiences and animal merchandise!



PRESENT YOUR RACE BIB
TO ENJOY THESE EXCLUSIVE PERKS.

**FREE
ADMISSION**

TO SINGAPORE ZOO
AND RIVER SAFARI

Only for 24th Feb 2019.
Terms and conditions apply.

10% DISCOUNT
FOR RETAIL MERCHANDISE

15% DISCOUNT
FOR WILDLIFE TOURS

Till 31st March 2019.
Terms and conditions apply.



50% OFF
JURONG BIRD PARK ADMISSION

Till 31st March 2019.
Terms and conditions apply.



50% OFF

NIGHT SAFARI ADMISSION

Till 31st March 2019.
Terms and conditions apply.

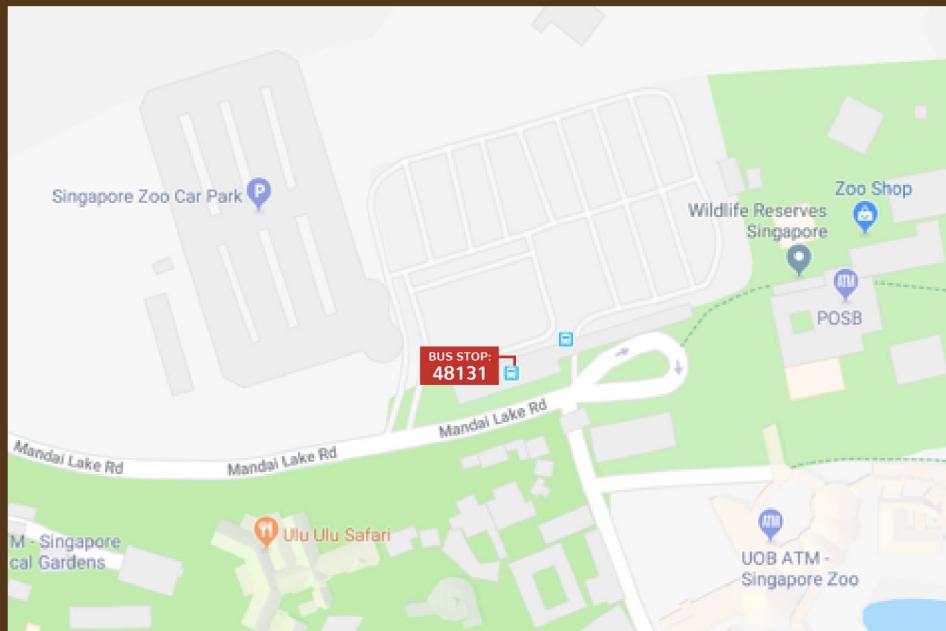
RACE PROGRAMME

Time	Programme
6:00am	Baggage Deposit Counter Open (Competitive Runners Only)
7:00am	Flag-off for 12km Safari Zoo Challenge - Wave 1
7:10am	Flag-off for 12km Safari Zoo Challenge - Wave 2
7:30am	Meet & Greet with Canola the Manatee
8:00am	Meet & Greet with Chawang the Elephant
8:30am	Flag-off for 2km Safari Zoo Duo Dash
8:45am	Flag-off for 2km Safari Zoo Junior Dash
9:00am	Prize Presentation - 12km Safari Zoo Challenge Baggage Deposit Counter Close
9:15am	Meet & Greet with Ah Meng the Orangutan & Sunny the Hornbill
9.30am	Flag-off for 4km Safari Zoo Walk - Wave 1
9.35am	Flag-off for 4km Safari Zoo Walk - Wave 2
9.40am	Flag-off for 4km Safari Zoo Walk - Wave 3
9.45am	Flag-off for 4km Safari Zoo Walk - Wave 4
10.00am	Animal Show & Tell
10.30am	Prize Presentation - 2km Safari Duo Dash & Junior Dash
11.00am	Animal Show & Tell
11.30am	Park Icons Meet & Greet
12.00pm	End Of Event

All participants are encouraged to be at the starting point 30 minutes before flag off time. Participants who are late or start in another category will be disqualified. Runners who do not start before their respective category's pen close times will be disqualified and for safety reasons, may not be allowed to run. No timing will be provided.

Runners competing for top prizes must start in the FIRST WAVE of their respective categories and assemble at the front of the start pen. All results and rankings will be based on "Gun Time". "Net Time" will be provided to runners on the one-north Run website within 2 working days after the race. Participants must wear their allocated race bib at all times during the race. Participants without the allocated race bib will not be allowed to take part in the race.

GETTING THERE



BY MRT & BUS:

S'Pore Zoo (Stop ID: 48131)

Bus Service:

138 (From Ang Mo Kio MRT Station, NS16)

927 (From Choa Chu Kang MRT Station, NS4)

BY TAXI:

Drop Off Location: Singapore Zoo

Address: 80 Mandai Lake Rd, S729826

BY CAR:

Nearest Carpark:

Singapore Zoo Car Park

Address: 80 Mandai Lake Rd, Singapore 729826

Please note that all carparks have limited parking space, participants are advise to take public transport.

For more information, please visit:

<https://www.wrs.com.sg/en/singapore-zoo/plan-your-visit/getting-to-singapore-zoo.html>.

RACE BIB INSTRUCTIONS



- Display your race bib clearly on the front of your apparel at all times during the run.
- Ensure that all personal and emergency contact details on the reverse side of the bib are correct.
- Do not alter, modify, fold or crumple the bib.
- Please ensure that the bib is pinned on all four corners.
- Please ensure that the bib is not covered.
- For Safari Zoo Duo Dash (2km) and Safari Junior Dash (2km) participants who are aiming for the Top 3 prizes, both adult and child must cross the finish line together. Otherwise, the team will be disqualified.
- Please ensure to keep a distance of at least 3m behind the start gantry.



- SAFARI ZOO WALK (4KM)
- SAFARI ZOO CHALLENGE (12KM) (1ST LOOP)
- SAFARI ZOO CHALLENGE (12KM) (2ND LOOP)

- SAFARI ZOO DUO DASH (2KM)
- SAFARI ZOO JUNIOR DASH (2KM)
- HYDRATION POINT

**SAFARI
ZOO
RUN'19**
RUN FOR WILDLIFE



SAFARI ZOO RUN EXCLUSIVE

20%
OFF
Regular-priced
ON Footwear

(Race confirmation slip for identification)



Run on clouds.

We are privileged to be part of the SAFARI ZOO RUN.
(Promotion valid from the sign up date to 24th Feb 2019)

Running Lab stores :

Velocity @ Novena Square #01-47 • Marina Square #02-26 • Tampines Mall #02-16B/16C • Westgate Mall #03-14/15

running
lab



FREE Multi-use Carabiner
for the **FIRST 10** purchases.

Worth

\$10



An All in One Solution for your
Sports and Travel Needs.

Head down to our booth!



"I'm loving the colour, sleek design features and how practical it is! The waterproof compartments will be super handy when i start swimming again."

Jeri Chua,

First Singapore woman to take part in the Ultra Trail Gobi Race

*Valid for the first 10 purchases only and each Quiver comes with one strap

BRING YOUR OWN BOTTLE



In support of going environmentally friendly, Safari Zoo Run will be a BYOB (Bring Your Own Bottle) race. No cups will be provided during the event. It is compulsory to bring your own hydration belt, bag or bottle to be filled at the beginning of the race as there is only one refill available at the distance of 2KM.

GENERAL INFORMATION

Whilst every reasonable precaution will be taken by the Organiser to ensure the participants' safety, the Organiser, their sponsors, and their appointed officials shall not be liable for any death or injury, loss or damage, suffered or otherwise, and howsoever arising. The Organiser reserves the right to amend the rules and regulations without giving prior notification or any reasons thereof.

BAGGAGE DEPOSIT

Baggage deposit services are only for the competitive categories - **Safari Zoo Challenge (12km)**, **Safari Zoo Duo Dash (2km)** and **Safari Junior Dash (2km)**. Please present your bibs clearly to the crew on duty.

Participants are advised to carry minimal essentials for the race. All baggage are to be collected by 12pm on the race day.

The Organiser will not be responsible for any loss or damage, personal or otherwise, to the belongings and items deposited. The Organiser also reserves the right to check any items or baggage deposited.

INCLEMENT WEATHER

In the event of inclement weather, the Organiser reserves the right to delay the commencement of the race. Should the inclement weather persist after delay, the Organiser reserves the right to cancel the race without any refund.

MEDICAL SAFETY

The Organiser has taken all necessary precaution to ensure the safety of all participants and will not be responsible for any injury sustained, loss of or damage to personal property during the race. The Organiser reserves the right to remove any participants deemed physically incapable of continuing with the run to prevent him/her from causing greater harm and injury to himself/herself.

Participants are strongly encouraged to go for medical examination and/or consult their medical practitioner prior to race day.

Participants should do some self-assessment by filling up the Physical Activity Readiness Questionnaire (PAR-Q) on the next page prior to the race.

For the safety of all participants, runners are advised to run on the designated route throughout the entire race.

PHYSICAL ACTIVITY READINESS QUESTIONNAIRE

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

NO



2

Do you feel pain in your chest when you do physical activity?

YES

NO

3

In the past month, have you had chest pain when you were not doing physical activity?

YES

NO



4

Do you lose your balance because of dizziness or do you ever lose consciousness?

YES

NO



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?

YES

NO

6

Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?

YES

NO

7

Do you know of any other reason why you should not do physical activity?

YES

NO

SPONSORS & PARTNER

Event Organiser



Co-Organiser



Official Apparel



Official Retail Partner



Official Shoes



Sponsor



Official Gift Card



Official Isotonic



Official Hydration



Prelude Venue





Register now at www.mymelodyrun.com.sg



- Age as of event day, 12 May 2019
- Children who are born on 13 May 2015 and after, will be given free admission (without any entitlement). They must be accompanied by a registered adult.