



# Friendship RUN

RACE BOOKLET



# RACE INFORMATION

Date: 28 February 2016  
Time: 8:00AM  
Venue: Sentosa Palawan Green

## RACE PROGRAMME

Time	Programme
7:00AM	Arrival of Participants Baggage Deposit Counters Open
7:30AM	Check-in for 6KM Besties Run
8:00AM	Flag-off 6KM Besties Run (Competitive)
8:15AM	Carnival Open
8:30AM	Check-in for 4KM Run (Open)
9:00AM	Flag-off 4KM Run (Open)
9:10AM	Check-in for 1KM Kids Run
9:30AM	Flag-off 1KM Kids Run (Competitive)
11:00AM	End of event



Participants are to be at the starting point at least 15 minutes before the flag off time.

Participants must wear their allocated race bib at all times during the race. Runners without the allocated race bib will not be allowed to take part in the race.

All participants must display their race visibly at the front, at all times. Participants must run on the designated path for the entire route. Failure to do so will result in disqualification.

Participants should give way to faster runners and avoid walking in groups during the race. Please be considerate to other runners.

## GETTING THERE

The race starts at Sentosa Palawan Green (beside Beach Station) - so make plans to travel to Sentosa and make your way to Beach Station

### By Sentosa Boardwalk:

All day free entry for everyone.

### By MRT:

Take the North-East Line or Circle Line and alight at the HarbourFront Station. From there, you may either go to the 3rd level of VivoCity shopping mall and transfer onto Sentosa Express or you may take the Sentosa Boardwalk.

### By Sentosa Express (28 February 2016):

Free entry by presenting your My Little Pony Friendship Run race bib. \$4 per entry per person for non-participants.

### By Public Buses:

Take a bus and alight along Telok Blangah Road. From there, you may either go to the 3rd level of VivoCity shopping mall, transfer onto Sentosa Express, or you may take the Sentosa Boardwalk.

### By Car / Taxi:

Free entry per car or taxi by presenting your My Little Pony Friendship Run race bib.

Free entry covers all passengers aboard the vehicle.

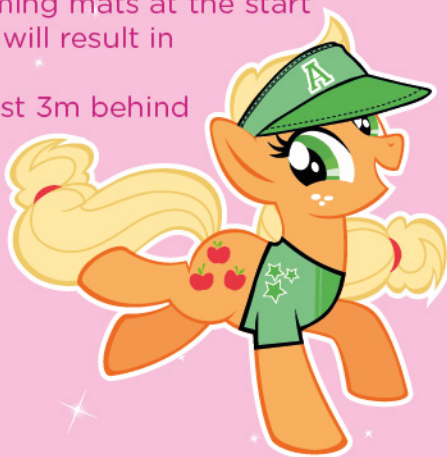
Carpark lots are limited at Beach station. We recommend that you park at VivoCity and transfer onto Sentosa Express.



# RACE BIB INSTRUCTIONS



- Display your race bib clearly on the front of your race apparel at all times during the race.
- The race bib is strictly non-transferable. Participants found doing so will be disqualified.
- Participants without race bibs will not be allowed to participate in the race.
- Please indicate your emergency contact details, medical conditions (if any) and allergies (if any) on the reverse side of your race bib.
- 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.
- Please ensure that you run across the timing mats at the start point and all checkpoints. Failure to do so will result in disqualification.
- Please ensure to keep a distance of at least 3m behind the start gantry



# SHOE TAG INSTRUCTIONS

\*only for Competitive categories



## Step 1:

String your shoelace through the two holes at 1. The white side with the timing chip must face up. Tie a double knot to secure the tag.



## Step 2:

Loop the shoe tag. Use the orange clip to fasten the tag, as shown at 2.



## Step 3:

Secure the tag using the sticky tape at 3. Now you are ready to run and record your time!



Do not tie the shoe tag at the front laces of the shoe.



Do not flatten the shoe tag and stuff it under your laces.



# GENERAL INFORMATION

Whilst every reasonable precaution will be taken by the Organiser to ensure the participants' safety, participants take part in this event at their own risks and 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

There will be a baggage deposit counter at the start point. Participants are advised to carry minimal essentials for the race.

All baggage is to be collected by 11.00am 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 precautions 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.

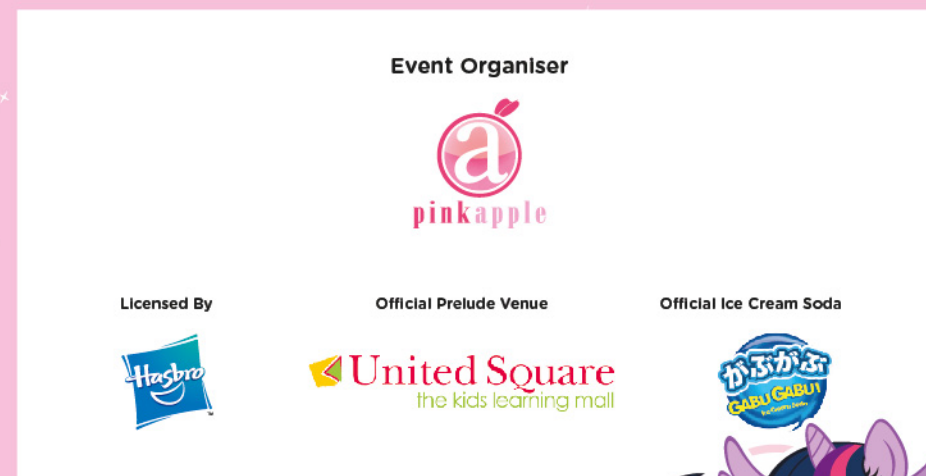
The Organiser reserves the right to remove any participants deemed physically incapable of continuing with the run to prevent him/her from causing greater harm and injury to himself/herself.

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

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

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

# SPONSORS AND PARTNERS



# 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**

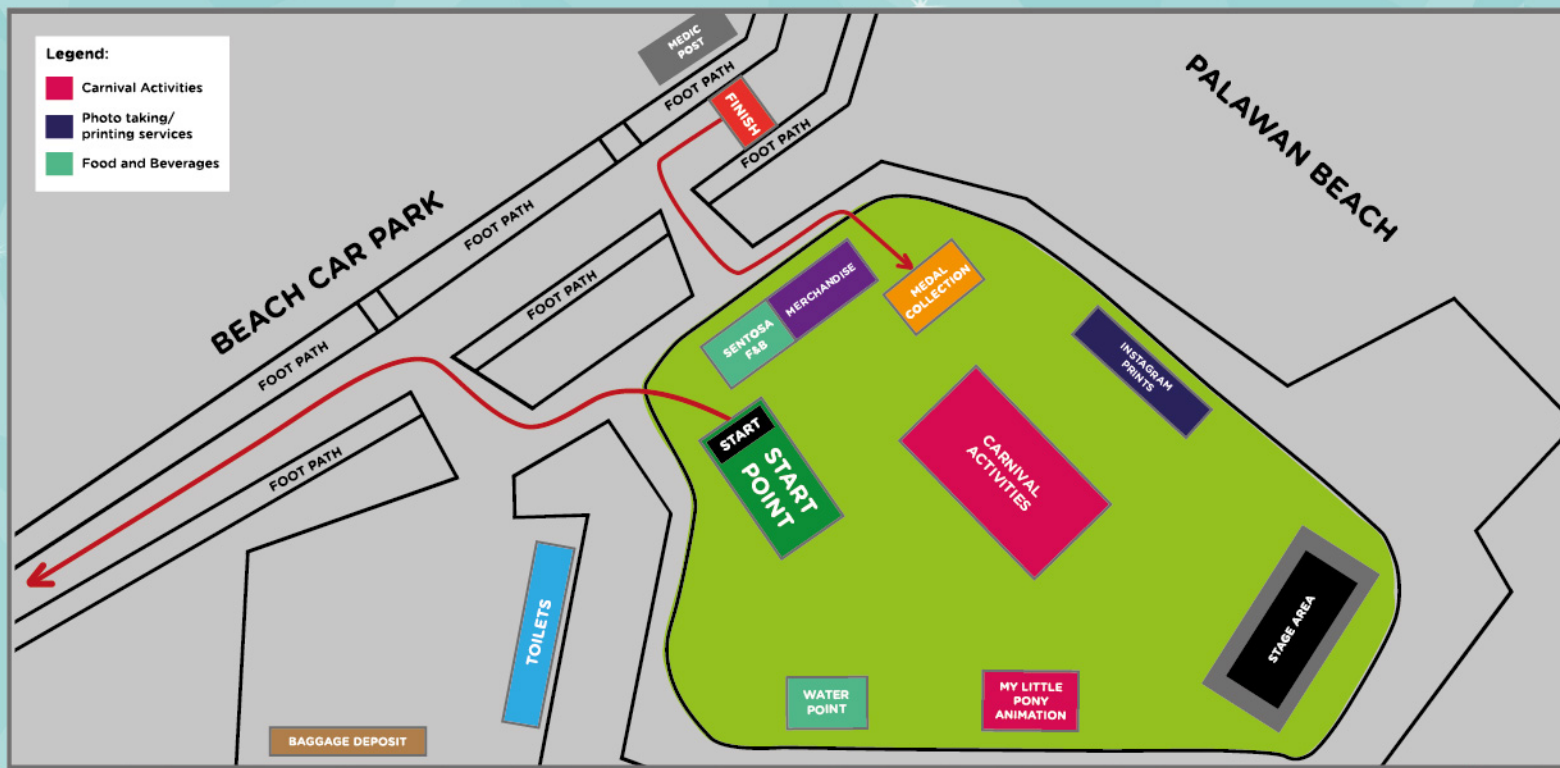
Regular physical activity is fun and healthy, and increasingly more people are starting to become more active every day. Being more active is very safe for most people. However, some people should check with their doctor before they start becoming much more physically active.

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.

<b>1</b>	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"/>
<b>2</b>	Do you feel pain in your chest when you do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
<b>3</b>	In the past month, have you had chest pain when you were not doing physical activity?	<input type="checkbox"/>	<input type="checkbox"/>
<b>4</b>	Do you lose your balance because of dizziness or do you ever lose consciousness?	<input type="checkbox"/>	<input type="checkbox"/>
<b>5</b>	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"/>
<b>6</b>	Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?	<input type="checkbox"/>	<input type="checkbox"/>
<b>7</b>	Do you know of any other reason why you should not do physical activity?	<input type="checkbox"/>	<input type="checkbox"/>







**my LITTLE PONY**

# Friendship RUN

**28 FEB 2016 , 8.00AM**  
**SENTOSA PALAWAN GREEN**



# CASIO

## STAMP MAKER

pomrie

My own  
custom stamp!



STC-U10

pomrie

1 Day Event Special

**\$99.00**

U.P. S139.00

All accessories at **20% discount**

Stamp!



**FREE**

Pomrie My Little  
Pony Stamp!

**f** Casiopomriesingapore

For the 1st 20 to LIKE our Pomrie Facebook  
page and pop by the Casio Pomrie Booth at  
My Little Pony Friendship Run!

Limited to

**50**

Pax

Make your very own exclusive  
My Little Pony Friendship Run  
stamps at \$6 each!\*

Pomrie is available at the Popular Outlets: Bras Basah Complex / Jurong Point / Marine Parade Central / Stationery Superstore at Suntec City Mall

### Making custom stamps is easy!

With a PC and the pomrie, anyone can have fun with original, one-of-a-kind stamps. It's easy to make stamps from illustrations in the dedicated software application, photos, or hand-drawn illustrations.

#### STEP 1

##### Data input



Startup the application on a PC.



Prepare the data by selecting a design or inputting text.



Click on "PRINT".

#### STEP 2

##### Processing



Insert the sheet paper into the pomrie.



Print.



Send the sheet paper along the "exit" line and remove the stamp face.

#### STEP 3

##### Finishing



Attach the stamp face to a stamp base.



Attach the stamp base to a grip.



Apply ink to the design.



Saturate with ink for 5 to 10 minutes.



Make several trial impressions.



Make a stamp impression on a label.



Attach the label to the grip.



\*1 stamp per customer, about \$6 per customer. Can be made with more ink. To remove it, simply rub it off.

Promotion is only valid at the Casio My Little Pony Friendship Run on 28th February 2016. First 50 Pomrie My Little Pony Friendship Run stamps @ \$6.00 in while stocks last. Limited to one per customer. Images are for illustration purposes only. Casio Singapore reserves the right to amend the Terms and Conditions without prior notice.