



## **RULES AND REGULATIONS**

1. A non-refundable entry fee of Five hundred pesos (**P500.00**) must accompany each form. Registration starts May 4, 2010.
2. Deadline for registration will be strictly followed on May 20, 2010, 5:00 PM.
3. Any misrepresentation is valid ground for disqualification. The organizer reserves the right to verify all submitted information. The organizer reserves the right to reject and/or disqualify any entry at its discretion. Protests should be accompanied by evidence and filed in writing within thirty (30) minutes after the race.
4. Entries may be submitted at the following location.

### **ADVERTISING & EVENTS MANILA**

73 William Shaw, Caloocan City

Mobile (0917) 3928343 / (0918) 4674206

Facsimile (0632) 3646201

Email : Maryanne.ringor@yahoo.com / Wwww.adevents.com.ph

### **SECOND WIND**

88 Maginhawa St., UP Teacher's Village, Diliman, Quezon City

Tel. (0632) 7992089

Ortigas Home Depot Center, Pasig City

Tel. (0632) 9140283

### **RUNNEX SECRETARIAT**

Room 304, UP Bahay ng Alumni

Magsaysay Avenue, UP Diliman, Quezon City

Tel. (0632) 4355292

5. Awards and prizes will be given out to the top three runners (male and female).
  - 5.1 Medals to the top 4<sup>th</sup> to 10<sup>th</sup> over-all runners (male and female).
  - 5.2 Medals to the top three age category winners (male and female).
  - 5.3 All finishers will receive finisher's shirt and certificate.

## **INSTRUCTIONS**

### **PRE-RACE CHECK-IN**

- The race starts at exactly 6.00AM. Assembly time is 5.00AM.
- Have your race number marked and recorded by an official checker. This will be proof that you started at the designated starting point.
- Once your race number is marked, **DO NOT LEAVE** the cordoned area.

### **RACE NUMBER**

- Your race number is non-transferable.
- Pin it in front of your running shirt. **YOUR RACE NUMBER MUST BE CLEARLY VISIBLE AT ALL TIMES.**

### **LOOP CORD**

- A loop cord will be given to every runner at the halfway point. **WITHOUT THIS, A RUNNER WILL BE DISQUALIFIED AND WILL NOT BE CONSIDERED AS HAVING FINISHED THE RACE.**

### **WATER / AID STATIONS**

- Water for drinking and/or dousing will be provided at the start/finish area and along the route. After using, please dispose of cups at the designated receptacles;
- Medical assistance will be at the finish area. **CONSULT OUR MEDICAL TEAM ON ANY PROBLEM REQUIRING IMMEDIATE ATTENTION.**

### **CHECKPOINTS**

- Checkpoints along the route and at turning points will be set up to ensure that every runner travels the correct distance. **OFFICIALS WILL RECORD YOUR RACE NUMBER AT THESE POINTS.**

### **FINISH LINE**

- Nike Human Race shirt will be given to all finishers. Claim it together with the finisher's certificate from the processing officials by showing your race number.

### **OFFICIAL RESULTS**

- Official results of the race will be posted at [www.adevents.com.ph](http://www.adevents.com.ph) and [www.runnex.org](http://www.runnex.org) as soon as they are available.

### **PROTESTS**

- Protests with regard to any aspect of the race involving officials and/or runners will be accepted only in written form and with a filing fee of One thousand five hundred pesos (**P1,500.00**)