



RACE INFORMATION AND REGULATIONS

ASSEMBLY: 7:00 PM, ASEANA Ave., ASEANA City, Paranaque

GUNSTART TIMES:

8:00 PM – 3K Costume Run

8:20 PM – 5K

9:00 PM – 15K

PARKING:

The designated parking area for the event is at the corner of Bradco Ave and Macapagal Blvd, right across DFA. Also, nearby is the MOA parking lot. The organizers will deploy non-uniformed security personnel to beef up safety in those areas. No parking will be allowed along the road, as it will be towed by the MMDA right away.

BAGGAGE CHECK-IN:

There is a baggage check-in booth located along Aseana Ave near the staging area. **It is available only for race participants.** Race participants should present their race bibs upon depositing and claiming their baggage. The baggage check-in will be open starting 6pm. Participants are advised to arrive earlier to deposit their bags to avoid delays. While utmost care and security will be observed, **the organizers will not be responsible for any loss or damaged items or delays in retrieving bags.**

RESTROOMS:

Portalets are located midway to the staging area along Aseana Ave.

CHANGING AREA TENTS:

Two separate tents will be allotted for men and women participants, respectively, who need to change clothing for and after the race. It is situated near the baggage check-in booth.

MEDICAL AND FIRST-AID ASSISTANCE:

Courtesy of St. Luke's Medical Center, one centralized and 3 satellite medic stations will be strategically situated in the racecourse.

HYDRATION:

Pocari Sweat will be the official sports drink of adobo Run. One major rehydration station is located near the finish area. 4 hydration stations are situated along the 5-kilometer route loop. Water is also available in all hydration stations.

WARNING:

Should you experience difficulties, stop and ask for advice or assistance from the medical personnel at the first-aid station before continuing.

FINISH:

Upon crossing the finish arch, your time will be captured by the timing sensors. This will be your official finish time. **If you crossed the finish line without completing the prescribed course for the race category you are enlisted, your race result will be reflected as DNF (Did Not Finish). Make sure you are wearing the designated colored check string/s for your race category before crossing the finish arch.**

Immediately upon crossing the line, you will be directed into a chute where the Finisher's Medal for the top 5K and 15K finishers, respectively, will be awarded. Move through the chute as quickly as possible but do not pass other runners. Please exit as soon as you are able. Once you have passed through the finish area, do not return. Be courteous and make room for other finishers.

PARTY REFRESHMENT:

The official beer of the adobo Run is Manila Beer. The free beer will be available to all race participants upon presentation of their party stub from their race bib. **Minors will not be served and cannot avail of the free beer,** however.

RACE RULES

1. Race Bib – The assigned race bib number should be worn front either pinned on the race shirt or clipped on the race belt. The number must be visible at all times. No exceptions will be allowed. Race bib numbers are not transferrable. Non-conformance will subject the participant to outright disqualification.
2. Runningmate RFID Timing Chip - The Runningmate RFID timing chip should be folded in half, cross-wise. The labeled part should be the top while the rear portion should be the one stapled on the top part of the race bib. See this link: <http://www.youtube.com/watch?v=ppfh5r1soSI&feature=related>
3. Running in Costume - Except in the 3k category, participants may opt to run in their most comfortable running outfit. However, if anybody wants to run in costume in his/her chosen race category, that will definitely add fun to their participation. **Anything other than the normal running outfit will be considered a costume. A headdress or mask is already a costume, in particular.**
4. Checkpoints – Your number will be recorded at several checkpoints along the course. Make sure your bib number is clearly visible. You may be disqualified if there is no record of you passing through the checkpoints.
5. Protests – Protests related to the results must be made in writing and submitted to the Race Organizer within 30 minutes after the official announcement of winners. A PROTEST FEE of Php1,000.00 will be collected for every written protest made. The organizers decision is final.
6. The organizing committee reserves the right to withdraw any participant prior to or during the race.
7. The organizing committee reserves the right to alter the route, start/finish and activity areas or any of the rules prior to the race without prior notice.