



BEFORE THE RACE

RACE CHECKLIST

- TEE SIZES ARE SUBJECT TO AVAILABILITY AND BASED ON FIRST-COME-FIRST-SERVED.
- ALL RUNNERS MUST WEAR THE OFFICIAL NRC WOMEN'S HALF MARATHON MANILA RACE TEE IN ORDER TO PARTICIPATE IN THE RACE. FAILING TO DO SO WILL RESULT IN AUTOMATIC DISQUALIFICATION FROM THE RACE.
- YOU ARE ADVISED TO ARRIVE AT THE RACE VENUE EARLY, AT LEAST ONE HOUR BEFORE THE GUN STARTS.
- ALL RUNNERS MUST SECURE THEIR D-TAG TO THEIR SHOES BEFORE THE START OF THE RACE IN ORDER TO GET AN INDIVIDUAL RACE TIME. D-TAG IS A DEVICE USED TO RECORD YOUR RACE TIMING ON RACE DAY.
- YOU ARE ADVISED TO DO YOUR OWN WARM-UP EXERCISES BEFORE THE RACE.
- WATER WILL BE PROVIDED ALONG THE ROUTE AND AT THE FINISH LINE. YOU ARE ADVISED NOT TO CONSUME TOO MUCH WATER ONE HOUR BEFORE THE RACE BEGINS.
- PLEASE MAKE YOUR WAY TO THE STARTING POINT AT 3.30 AM (SEE RACE ACCESS MAP - MAP A)
- IF YOU ARE FEELING UNWELL ON THE EVENT DAY, PLEASE REFRAIN FROM PARTICIPATING IN THE RACE.
- ALL RUNNERS MUST WEAR THE WRIST TAGS GIVEN OUT DURING RACE PACK COLLECTION TO BE ENTITLED FOR THE FINISHER'S ITEM.
- PARTICIPANTS MUST WEAR PROPER SWIMWEAR SHOULD THEY WISH TO USE THE POOL AREA AND SWIMMING FACILITIES IN ISLAND COVE'S OCEANIA. SHIRTS AND SHORTS EXCEPT THOSE WITH BUTTONS, RIVETS, ZIPPERS AND ANY OTHER METAL OBJECTS MAY BE WORN OVER SWIMSUITS.
- FOOD AND DRINKS ARE NOT ALLOWED INSIDE ISLAND COVE'S OCEANIA. FOOD STALLS ARE AVAILABLE INSIDE THE VENUE.

BAGGAGE DEPOSIT & RETRIEVAL / SHUTTLE SERVICE / MOBILE TOILETS

- THE BAGGAGE DEPOSIT WILL BE AVAILABLE FROM 2.00 AM TO 4.30 AM AT THE STARTING AREA IN BLUE BAY WALK
- EACH PARTICIPANT WILL ONLY BE ALLOWED TO CHECK-IN ONE PIECE OF BAGGAGE.
- PLEASE REFRAIN FROM CHECKING IN VALUABLES AT THE BAGGAGE DEPOSIT AREA. WHILE MAXIMUM CARE AND SECURITY WILL BE ENFORCED, THE ORGANIZERS WILL NOT BE HELD RESPONSIBLE FOR ANY LOSS OR DAMAGE TO ITEMS.
- THIS SERVICE WILL BE MADE AVAILABLE TO ALL PARTICIPANTS. PLEASE ARRIVE EARLY TO AVOID DELAYS IN BAG DEPOSIT.
- BAGGAGE CLAIMING WILL BE AVAILABLE FROM 5.30 AM TO 9.00 AM AT THE FINISH AREA IN ISLAND COVE HOTEL AND LEISURE PARK
- WASHROOMS/PORTALETTS ARE AVAILABLE AT THE START AREA (MAP A) AND RACE VILLAGE (MAP C).

FREE SHUTTLE SERVICE

- SHUTTLE SERVICE HOURS FROM BLUE BAY WALK TO ISLAND COVE: 4:00AM/4:30AM/5:00AM
- SHUTTLE SERVICE HOURS FROM ISLAND COVE TO BLUE BAY WALK 6:00AM/6:30AM/7:00AM/7:30AM/8:00AM/8:30AM/9:00AM/9:30AM
- EACH PARTICIPANT IS PROVIDED WITH ONE FREE SHUTTLE WRIST TAG FOR THEIR SUPPORTER TO BE GIVEN DURING RACE PACK COLLECTION (PLEASE ADVISE RPC PERSONNEL)
- GUESTS WITH WRIST TAGS AND PARTICIPANTS WEARING THEIR MEDICAL WRIST TAGS WILL ONLY BE ALLOWED TO BOARD THE BUS

RACE ETIQUETTE

- IF YOU ENCOUNTER ANY PROBLEMS DURING THE RUN, PLEASE APPROACH OUR RACE MARSHALS FOR ASSISTANCE.
- THERE WILL BE DIRECTIONAL SIGNAGES AND MARKERS ALONG THE RACE ROUTE TO GUIDE YOU ALONG. PLEASE DO NOT VEER OFF THE COURSE OF THE ROUTE AS DOING SO MIGHT COMPROMISE YOUR SAFETY AND RESULT IN A DISQUALIFICATION FROM THE RACE.
- PLEASE KEEP TO YOUR LEFT TO ALLOW FASTER COMPETITORS TO OVERTAKE. IF YOU ENCOUNTER PARTICIPANTS IN THE RIGHT SIDE OF THE LANE WHO ARE MOVING AT A SLOWER PACE, PLEASE CALL OUT, "ON YOUR RIGHT." AS A COURTESY, ALL PARTICIPANTS ARE REQUIRED TO MOVE TO THE LEFT WHEN THEY HEAR THIS.
- IF YOU WISH TO WALK DURING THE RACE, PLEASE KINDLY KEEP TO THE LEFT SIDE OF THE ROUTE TO ALLOW FASTER COMPETITORS TO PASS.
- IF YOU NEED TO STOP TO TIE YOUR SHOELACES OR FOR ANY OTHER REASON, PLEASE MOVE OUT OF THE GROUP BEFORE DOING SO TO PREVENT RUNNERS FROM COLLIDING INTO YOU.
- THE ORGANIZER RESERVES THE RIGHT TO AMEND ANY RULES AND REGULATIONS WITHOUT PRIOR NOTIFICATIONS OR ANY REASONS THEREOF.

EVENT INFORMATION

- DATE : MAY 15, 2016
START POINT : BLUE BAY WALK, EDSA CORNER MACAPAGAL BLVD.
END POINT : ISLAND COVE HOTEL & LEISURE PARK, CAVITE
START TIME : 4:30 AM

PROGRAMME SCHEDULE

TIME	PROGRAMME DESCRIPTION
1:30 AM	NRC WOMEN'S HALF MARATHON MANILA AREA AND RACE VILLAGE OPEN
2:00 AM	BAGGAGE DEPOSIT OPENS
3:30 AM	START PEN OPENS
4:00 AM	RUNNERS TO WARM-UP AND STAND BY
4:30 AM	BAGGAGE DEPOSIT CLOSES
4:30 AM	FLAG-OFF
4:50 AM	RACE START CUT-OFF TIME*
5:30 AM	ENTERTAINMENT BEGINS AT ISLAND COVE
7:00 AM	PRIZE PRESENTATION FOR WINNERS
9:00 AM	BAGGAGE COUNTERS CLOSE
9:30 AM	NRC WOMEN'S HALF MARATHON MANILA RACE VILLAGE CLOSES
10:00 AM	EVENT ENDS

*LATE-COMERS WHO ARRIVE AT THE START LINE AFTER 4.50 AM WILL NOT BE ALLOWED TO RACE.

HOW DO I USE MY D-TAG?

- STEP 1: SEPARATE D-TAG FROM DIRECTIONS BY TEARING AT "TEAR ALONG HERE"
STEP 2: FORM CIRCLE AROUND LACE WHERE LACES CROSS
STEP 3: JOIN ENDS OF D-TAG USING ADHESIVE TAPE AND SECURE IT WITH CLIP PROVIDED
STEP 4: ROTATE D-TAG CORRECT SIDE UP



D-TAG FAQs

WHAT DO I DO WITH THE D-TAG AFTER THE RUN?

YOU NEED TO PRESENT AND TURN OVER YOUR D-TAGS AT THE FINISHERS KIT CLAIMING AREA TO BE ABLE TO RECEIVE YOUR FINISHER'S ENTITLEMENT.

WHAT HAPPENS IF THE D-TAG GETS WET?

THE TAG IS COMPLETELY WEATHERPROOF AND WILL WORK REGARDLESS OF RAIN, HEAT, STORMS, HUMIDITY OR OTHER INCLEMENT CONDITIONS.

HOW DO I MAKE SURE THAT MY TAG WORKS?

EACH D-TAG IS CHECKED AND DOUBLE-CHECKED FOR FUNCTIONALITY BEFORE THEY ARE DISTRIBUTED TO THE ATHLETE. THE TAG IS ALWAYS "ON" AND DOES NOT NEED TO BE ACTIVATED. THERE WILL BE NO "TAG CHECK" OR "CHIP CHECK" AT THE RACE PACK COLLECTION.

WHAT IS TAG TIME AND HOW IS IT DIFFERENT FROM GUN TIME?

TAG TIME (CHIP TIME) IS RECORDED BY AN ELECTRONIC TAG THAT IS ATTACHED TO A RUNNER'S SHOE. YOUR TAG RECORDS THE TIME AT WHICH YOU CROSS THE START LINE, THE FINISH LINE AND SEVERAL SPLIT TIMES IN BETWEEN. TAG TIME IS OFTEN SHORTER THAN GUN TIME BECAUSE TAG TIME BEGINS WHEN A RUNNER CROSSES THE START LINE WHILE GUN TIME STARTS WHEN THE GUN IS FIRED; MANY RUNNERS DON'T CROSS THE START LINE UNTIL SEVERAL MINUTES AFTER THEIR OFFICIAL GUN TIME HAS BEGUN.

HOW ACCURATE IS TAG TIME?

TAG TIME IS THE MOST ACCURATE FORM OF RUN TIMING AVAILABLE BECAUSE IT MEASURES THE EXACT TIME BETWEEN A RUNNER CROSSING THE START LINE AND THE FINISH LINE. TAG TIME ALSO RECORDS SEVERAL IMPORTANT SPLITS, PROVIDING AN ACCURATE RECORD OF A RUNNER'S PACE.

OFFICIAL PARTNERS

OFFICIAL HYDRATION PARTNER – MAYNILAD AND GATORADE

OFFICIAL VENUE PARTNER – BLUE BAY WALK AND ISLAND COVE HOTEL AND LEISURE PARK

EVENT ORGANISER – RUNRIO INC.



FOR MORE INFORMATION, PLEASE CONTACT:

EMAIL: INFO@NRCWOMENSHALFMARATHONMNL.COM HOTLINE: LANDLINE: (02) 463-4814

FOR INQUIRIES, YOU MAY GET IN TOUCH WITH US THROUGH ANY OF THE FOLLOWING FROM MONDAY TO FRIDAY FROM 10AM – 6PM EXCEPT FOR HOLIDAYS

RACE ACCESS MAP [MAP A]

GETTING TO THE START LINE

- THE START LINE IS LOCATED ALONG METROBANK AVENUE, BLUE BAY WALK, EDSA CORNER MACAPAGAL BLVD.
- PARKING SPACES ARE AVAILABLE. PLEASE REFER THE MAP BELOW. START PEN OPENS FROM 3:30 AM AND CLOSES AT 4:50 AM. LATECOMERS ARE NOT ALLOWED TO RUN AFTER 4:50AM.

START LINE FORM UP

- ALL PARTICIPANTS SHOULD BEGIN TO PROCEED TO THE START LINE AT 3.30 AM. ONLY NIKE INVITATIONAL ATHLETES AND NIKE+ MEMBERS WITH SPECIAL WRIST TAGS CAN PROCEED RIGHT TO THE FRONT OF THE START LINE.
- THE STARTING LINE WILL BE CLOSED AT 4.50 AM, DUE TO ROAD OPENING TIMING.
- AS CHIP TIMING IS USED, YOUR TIMING WILL ONLY BE CAPTURED FROM THE MOMENT YOU CROSS THE START LINE.

GETTING TO THE RACE VENUE

HOW DO I GET TO THE RACE SITE?

THE RACE START IS LOCATED ALONG METROBANK AVE., BLUE BAY WALK, EDSA CORNER MACAPAGAL BLVD., PASAY CITY. THERE ARE VARIOUS WAYS TO GET TO THE RACE SITE. YOU CAN GET TO THE RACE SITE:

BY CAR/TAXI

THOSE COMING FROM QUEZON CITY, PASIG CITY AND EAST AREA MAY TAKE EDSA ROAD GOING SOUTH BOUND ALL THE WAY TO BLUE BAY WALK/METROPARK (APPROACHING MALL OF ASIA).

BY PUBLIC BUS

TAKE A BUS GOING TO MALL OF ASIA, GO DOWN AT THE BUS STOP NEAR BLUE BAY WALK/METROPARK AND TAKE SHORT WALK TO METROBANK AVE.

RACE ROUTE MAP [MAP B]

DISTANCE MARKERS AND HYDRATION STATIONS

- DISTANCE MARKERS WILL BE PLACED AT EVERY 2KM OF THE ROUTE.
- HYDRATION MEDIC STATIONS ARE LOCATED WITHIN 1.5 TO 2 KILOMETERS.

INCLEMENT WEATHER

- IN THE EVENT OF HEAVY RAIN, LIGHTNING, HAZE AND OTHER INCLEMENT WEATHER, THE EVENT WILL BE DELAYED. THE EVENT WILL NOT BE POSTPONED TO A LATER DATE.
- SHOULD THE BAD WEATHER PERSIST BEYOND 5.30AM OR THE CONDITION DEEMED UNSUITABLE, THE EVENT WILL BE CANCELLED.
- IF RAIN OCCURS AFTER THE RACE HAS STARTED, YOU ARE ADVISED TO SEEK SHELTER ALONG THE RACE ROUTE. IF YOU WISH TO CONTINUE WITH THE RACE, YOU WILL BE RUNNING AT YOUR OWN RISK.

RACE VILLAGE MAP [MAP C]

- MEETING POINTS ARE PLACED AROUND THE VILLAGE FOR PARTIIPANTS AND GUESTS.
- ONLY RUNNERS ARE ALLOWED TO ENTER OCEANIA.



NIKE+ WOMEN VICTORY TOUR - MANILA 2016

- START
- FINISH
- HYDRATION

ISLAND COVE RESORT

