

21 Commandments for a Strong Run

- 1) Reporting time for all categories is 5:30am
- 2) Children are requested to assemble at the venue **Jawaharlal Nehru Stadium, New Delhi** by 6am.
- 3) Parking at the stadium will be available to all those producing **parking stickers**.
- 4) For car parking, follow the route map on JUNIORUN page.
- 5) We request you not to carry hand bags, purses and other valuables like mobile phone, camera, jewellery , watches or other electronic gadgets during the event. Organisers will not be responsible for any loss.
- 6) Step on the **TIMING MAT** that is placed at each turn, after few kilometers, in case you miss stepping on the timing mat, your timing will NOT be recorded.
- 7) Participants who miss stamping on timing mats, are not qualified to win any prizes.
- 8) Do not interchange your **BIB** with any other participants.
- 9) Every runner must wear the BIB on the front of his/her Tshirt
- 10) Check your bib and running costume is in place before you begin.
- 11) All important details, like name, mobile no, blood group should be mentioned on the backside of the BIB.
- 12) Only participants wearing 2016 BIB will be allowed to Run on the Route.
- 13) Tie your shoelaces properly and if during the run the laces come off, stop and get aside and tie the laces before resuming the run.
- 14) Ask for directions if unclear while running. Look for volunteers.
- 15) Keep sipping water as you run.
- 16) Step on the timing mat that is placed at each turn, after few kilometers, in case you miss stepping on the timing mat, your timing will NOT be recorded.
- 17) Don't drink excess of water
- 18) Don't run too fast at the start of the race. Don't push the fellow runners, wait for the space to move ahead. Some run slow, some run fast, accept your speed and enjoy the run.
- 19) Parents should cheer the kids but not distract them by running along.
- 20) Parents should wait for their kids at the holding area.
- 21) Keep smiling, Happy running, watch out for your race day pics on www.pic2go.com

What to eat before my run?

Have a banana or nuts half an hour before the run. Not milk

What to eat/drink during the run?

Keep sipping water and have few nuts.

What to eat after the run?

Look for refreshments

How do I locate my parents after the run?

There will be volunteers to guide you to holding area where your parents would wait for you.

What about safety?

Traffic is halted till the run is over. There is first aid and ambulance available at the venue.

Sequence of events

- 1) 10k flag off at 6:00am
- 2) 5k flag off at 6:05am
- 3) 3k flag off at 6:10am
- 4) 1k flag off at 6:15 am
- 5) All races are expected to be finished by 8am..
- 6) After the race do not forget to take your medals.
- 7) Collect refreshments from the refreshments counter.
- 8) Watch out for camera and keep smiling :)