

21 Commandments for a Strong Run

- Reporting time for 21.1k is 5:30am, for 10k and 3k is 6:00am and 1k is 7am.
- Parking is available at Ranjit avenue grounds to those having parking stickers.
- For car parking, follow the route map on GRR-Amritsar page.
- 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. Organizers will not be responsible for any loss.
- 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.
- Participants who miss stamping on timing mats, are not qualified to win any prizes.
- Do not interchange your BIB with any other participants.
- Every runner must wear the BIB on the front of his/her T-shirt. Wearing Bib is compulsory to enter the race.
- Check your bib and running costume is in place before you begin.
- All important details, like name, mobile no, blood group should be mentioned on the backside of the BIB.
- Only participants wearing 2017 BIB will be allowed to run on the Route.
- 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.
- Ask for directions if unclear while running. Look for volunteers.
- Keep sipping water as you run.
- Don't drink excess of water
- 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.
- Parents should cheer the kids but not distract them by running along.
- Parents should wait for their kids at the holding area.
- Keep smiling, Happy running.