



Alfa Romeo

RUN FREE

07 MAY 2017 | 7AM – 12PM | GARDENS BY THE BAY (EAST)

Race Guide

#runfree



About Run Free

Conceptualised by X-Change Republic Pte Ltd, Run Free is a run that is FREE. Breaking perceptions that taking part in a run comes with a cost, Run Free adopts the No-Frills Concept. Every runner gets to participate in the run at no cost - with the option to take part in either of the two race categories, 5 or 10 kilometres. By offering you the freedom to purchase only the add-ons (Run Free Merchandise) you wish to enjoy, every dollar can be spent wisely. Run Free is a whole new race experience you will want to try.



About Alfa Romeo

A product of X-Change Republic Pte Ltd, Run Free is proud to announce Alfa Romeo as the official title sponsor of the run. "Alfa Romeo Singapore is proud to announce our inaugural partnership with X-Change Republic in Run Free. We continually push boundaries and work with leading visionaries, who tirelessly strive to curate the ultimate experience for our fans.

"An adrenaline pumping event is just around the corner."

Mr Joshua Goh

Assistant Manager of EuroAutomobile Pte Ltd

"We love that a premium brand like Alfa Romeo appreciates X-Change Republic's vision to be at the forefront of run events curation and believes in our ability to deliver high quality runs with creative design and concepts like Run Free,"

Mr Alex Loh

Managing Partner of X-Change Republic Pte Ltd



Checklist For Race Day

- 1 Do familiarise with the running route (10km & 5km).
- 2 Plan your best travel route to take to the race venue.
- 3 Pack your race essentials beforehand.
- 4 Do not bring any unnecessary valuables to the race.
- 5 Remember to bring your race bib!
- 6 Please arrive at least one hour before your flag-off time.

CATEGORY	FLAG-OFF TIME	VENUE
10KM	7.15AM	Gardens By The Bay (East)
5KM	8.00AM	Gardens By The Bay (East)

- 7 Hydrate adequately the night before and on the morning itself.
- 8 Use the toilet if you need before proceeding to the start line.
- 9 Be mindful of how you feel on the day itself. If you feel unwell or uncomfortable, please do not continue the race. Seek assistance from our first-aiders or our event volunteers.
- 10 Pack a change of clothes if necessary.



Race Day Programme

TIME	ACTIVITY
7.00 AM	Race Village Opens
7.15 AM	Flag-off for 10km
8.00 AM	Flag-off for 5km
12.00 PM	End of Event

*Programme schedule is subject to change.



Getting To The Race



By Shuttle Bus

From Stadium MRT Station to The Gardens By The Bay (East) on 7th May 2017.

Time: 6.15am to 8am

By Bus

BUS 11, 158, to stop at bus stop B90019, Tanjong Rhu Road, Parkshore Condominium.

By Car/Taxi

Runners are advised to take public transport to the race site. The car and taxi drop off point is at Tanjong Rhu Road.

Nearest MRT Station

Stadium MRT Exit B (CC6)



City Hall

Esplanade

Promenade
Centennial Tower

Singapore
Flyer

Marina Bay
Golf Course

ESPLANADE DR.

THE FLOAT @ MARINA BAY

MARINA BAY

Artscience Museum

Raffles Place

Sands Skypark
Observation Deck
Marina Bay Sands

Flower Dome

Bayfront

Gardens by
the Bay

Satay by the Bay

Marina Barrage

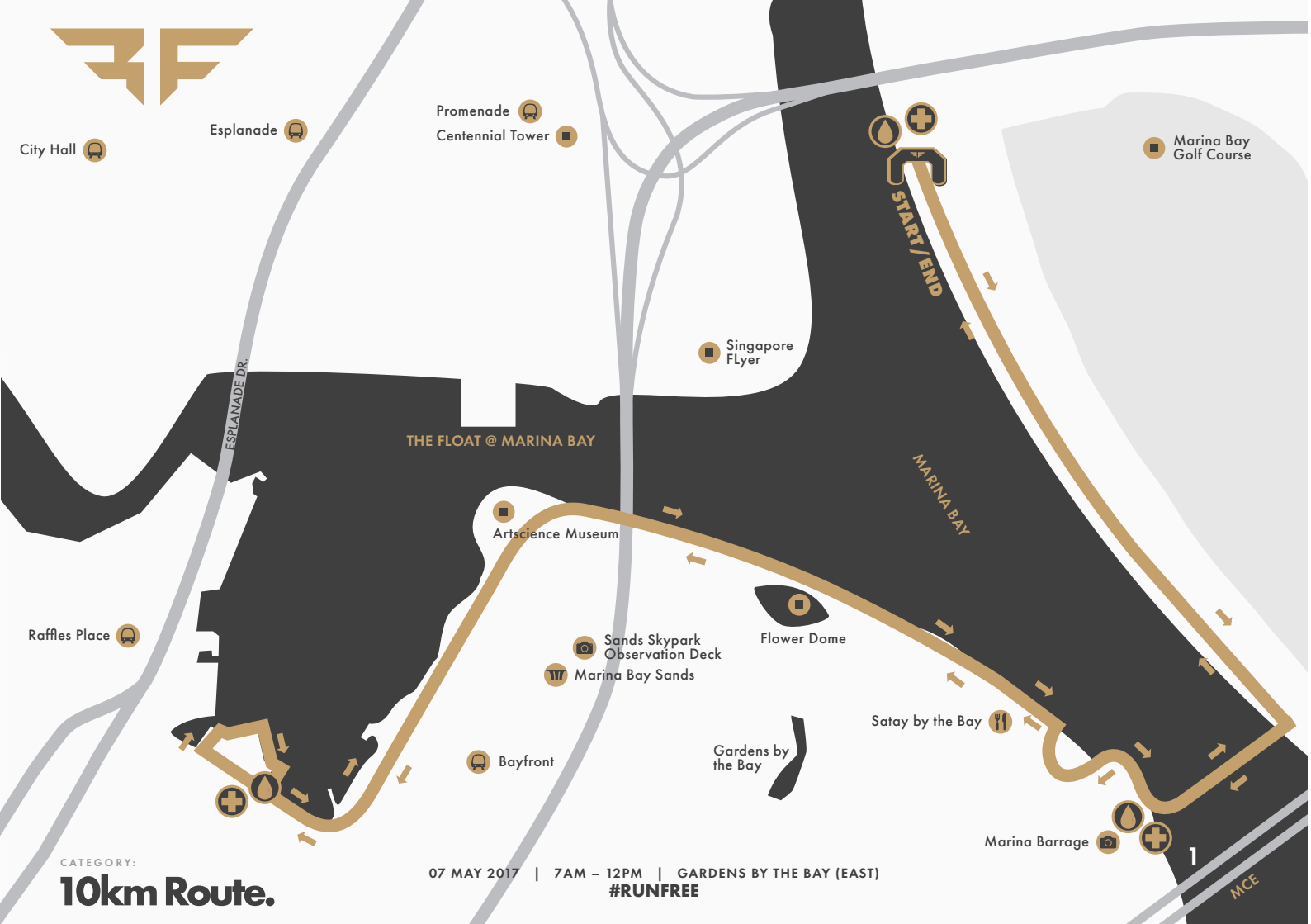
CATEGORY:

10km Route.

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MCE





City Hall

Esplanade

Promenade

Centennial Tower

Singapore
Flyer

THE FLOAT @ MARINA BAY

Artsience Museum

Raffles Place

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the Bay

Satay by the Bay

Marina Barrage

Marina Bay
Golf Course

START/END

MARINA BAY

MCE

CATEGORY:

5km Route.

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Safety Advice

- 1 Ensure that you are properly hydrated before the race.
- 2 Sound off to any crew member if you're feeling unwell.
- 3 In the event of bad weather, race activities may be delayed or entirely ceased. Seek nearest shelter for safety.
- 4 By participating in this event, you indemnify the organisers of all possible risks and losses. Please note that individuals with heart disease or chronic medical conditions are strongly advised against participating in this event. If in doubt, kindly consult your physician.

Rules & Regulations

- 1 All participants must wear their Bibs for ID purposes.
Entry into the Run Free will only be granted to those who wear their bibs.
- 2 All participants are required to be in proper sports attire for the run.
- 3 All participants are strongly advised to stick to the designated Race Route.



Sponsors & Partners



Alfa Romeo

Title Sponsor



Event Organiser



Official Branding Partner



Official Compression Wear



Official Apparel Sponsor



Official Fitness Accessories



Official Hydration



Official Running Magazine

StarPodium

Official Registration Portal

#runfree #freeyourrun