



100

THE NORTH FACE 100 RACE INFORMATION

1. **Event Date** : 24th October 2009, Saturday
2. **Start Time:**
100km solo – 4am
100km duo – 7am
50km duo – 10am
* Registration will take place 1 hour before flag-off
3. **Registration can be done on-line from the 3rd July 2009 to 25th Sept 2009**
www.thenorthface100.com.sg

CATEGORIES	Registration Fee	
	Early Bird (Before 1/8/09)	Normal
100km Solo – By invitation Only		
o Open category (for men & women)	\$ 180	\$ 220
100km Duo		
o Open category (for men or mixed team)	\$ 180	\$ 220
o Woman category (for women only teams)	\$ 180	\$ 220
50km Duo		
o Open category (for men or mixed team)	\$ 110	\$ 140
o Woman category (for women only teams)	\$ 110	\$ 140

Please note that there are limited number of spaces available per category. As this is an international series, a reserved number of will be allocated to overseas participants. It is advisable to sign-up early.

4. **Venue:** The race will start and end at MacRitchie Park. The exact route will be kept confidential until race briefing.
5. **The 100km Solo**
 - This is a By-Invitation only race.
 - Athletes who would like to be considered for the 100km race should submit an application before the 10th August 2009.
 - Only 20 of the best athletes based on the times of previous runs will be selected to race in the 100km challenge. Successful applicants will be notified on the 15th August 2009.
 - Runners need to have completed one of the following in the minimum times as certified by official race results within the preceding 2years
 - 84km ultra-marathon within 10hrs
 - 50km The North Face 100 within 7hrs
 - Other 100km races in less than 17hrs
 - Completion of any official race > 100km
 - Or any other equivalent race(* Standards apply to all running surfaces, roads and trails.

6. The 100km and 50km Duos

- Duo races are run in a team of two. There are 2 categories
 - Open category (For men only and mixed gender teams)
 - women category (For women only)
- The running time of each individual runner will be added to make-up the total time for the team. Team members are not required to run together.
- Our partners, SGrunters.com, will assist runners who need help finding a partner for the duo races. This can be done on-line at www.sgrunters.com; please provide name, category, estimated completion time, Mobile telephone contact and email contact.
- Runners should complete the race within the specified cut-off of 9hrs for 50km and 4 ½ hrs for 25km.

7. Cut Off Timing

- For 100km – 18hrs
 - For 50km – 9hrs
 - For 25km – 4½ hrs
- * Finisher's medal will only be for participants that complete the race within the cut-off times

8. Pre-Run Activities

There are several **progressive runs** to assist athletes in their training. This will be conducted by The North Face Athletes, Friends of The North Face and our partners Singapore Sports Medicine Centre – Changi Medicine Centre.

11 July – 10km

29 August – 20km

26 September – 30km

21 October – 7km

- Runs will start either from MacRitchie Park or Bukit Timah Reserve.
- Registration fee: \$8/- per run for registered TNF100 athletes and \$12/- for guests.
- A package for any 3 runs @ \$20 for registered TNF100 athletes and \$30/- for guests.
- Registration can be done on-line up to 3 days prior to the run or on-site on event day. The special rate of \$8 / \$20 for TNF100 athletes is only available on-line.
- Participants of the progressive runs will receive limited edition TNF100 merchandise (water bottle, microfiber towel or shoe bag). Items are limited to the first 100 participants per run and subject to change.
- Fox40 safety whistle (1 per team)

A **Carbo-loading dinner** will be held on the 22nd Oct at Hotel Intercontinental.

Cost: \$26 for TNF100 athletes / \$35 for guests. Registration can be done on-line.

Race Kit collection will be done at the Race Expo to be held on the 10th Oct @ Novena Velocity, Exact details will be sent to participants.

9. Compulsory Race Equipment

- Race Bib, ID Band wrist-tag, Fox40 safety whistle (1 per team)
- Hydration Pack, belt or bottle with minimum 1.5l capacity for 100km solo & duo and 1l capacity for 50km duo.

Note: Re-fuelling stations for water will be available every 15km. Athletes are to be self-sufficient.

- Food, Fuel bars or gels
Note: Food may be provided at selected check-points. Athletes should however not rely on this for race fuel.

- Mobile Phone and Emergency contact sheet

- Race Course Map

- Small medical kit for blisters and abrasions (for 100km solo and 100km Duo runners)

- Night Head-light & 1 extra set of batteries (for 100km solo runners)

Note: Part of the race will take place in the dark and the race route will only be lit with reflective sticks.

Items in Red will be provided in the Race Kit

10. Athletes Entitlements

- Exclusive The North Face 100 Race T-shirt
- Finishers Medal (For athletes that complete the race within the cut-off times)
- Goody-bag from sponsors comprising of The North Face water-bottle, personalized ID Band, Fox40 safety whistle, Men's Health/Shape Magazine (*items are subject to change.*)

Discounts

- 30% off The North Face Products
- 15% off Buff, Optic Nerve and ID Bands
- 15% off all products from the Running Lab
- 20% off Men's Health and Shape subscriptions
- Test Drive and purchase incentives from Volvo
- Special room rates at Hotel Inter-continental @ \$200++ with breakfast for single and double occupancy.
- Promotions and specials for a wide selection of HP products
- Performance Improvement and training package discounts from Singapore Sports Medicine Centre

Details of all the promotions and offers can be found on-line at

www.thenorthface100.com.sg

11. Prizes

100 km Solo	
1st Place	\$5,000 worth of sponsored products including sponsorship to participate in the 100km The North Face 100 finale in Beijing. <i>(All expenses paid flights from Singapore)</i>
2nd Place	\$2,000 worth of sponsored products
3rd Place	\$1,000 worth of sponsored products
100 km Duo (Open Category)	
1st Place	\$3,000 worth of sponsored products
2nd Place	\$2,000 worth of sponsored products
3rd Place	\$1,000 worth of sponsored products
100 km Duo (Women Category)	
1st Place	\$3,000 worth of sponsored products
2nd Place	\$2,000 worth of sponsored products
3rd Place	\$1,000 worth of sponsored products
50 km Duo (Open Category)	
1st Place	\$2,000 worth of sponsored products
2nd Place	\$1,500 worth of sponsored products
3rd Place	\$800 worth of sponsored products
50 km Duo (Women Category)	
1st Place	\$2,000 worth of sponsored products
2nd Place	\$1,500 worth of sponsored products
3rd Place	\$800 worth of sponsored products
+ Lucky Draw prizes to be won!	

12. Health Notice

Endurance running exposes the runner to intense physical and mental challenges over a long distance and extended period of time. Participating in such running poses high health risks. Participants should be in good health and engage regularly in running activities prior to competition. Participants can choose to participate in the 100KM, 50KM or 25KM according to his/her health condition and ability level.

Runners suffering from the following conditions will not be allowed to participate

- 1) Congenital or rheumatic heart disease;
- 2) Hypertension or cerebrovascular disease;
- 3) Myocarditis and other heart disease;
- 4) Coronary artery disease and serious arrhythmia;
- 5) Diabetes;
- 6) Any other diseases which can be aggravated by running.

All 100km solo participants must be certified by a doctor to be medically fit to participant. The medical certificate needs to be submitted during race kit collection.

13. The Organizing Committee reserves the right to accept or refuse entry for any reason. Registration fee is non-negotiable and non-refundable.