

Congratulations! You have done the hard work and are almost ready to take on the 5km or 10km Peace Runs. All that's left for you to do is familiarise yourself with the final race day logistics, so you can enjoy your run from start to finish.

## 10 KM RACE NUMBERS

10km Peace Run: One Sanlam Cape Town Marathon race number has been issued and must be worn on the front of the vest. Your ASA permanent or temporary license number must be worn on the back of the vest. Numbers must always be worn unaltered on the upper body (your race shirt), and must always be visible.

## 5 KM RACE NUMBERS

Wear your race number on the front of your vest or race shirt. You will only get a race number, not a temporary license number.

## AGE GROUP TAGS

To be eligible for age category awards, appropriate and compliant age category tags must be worn on the front and on the back of your vest, visible for the duration of the race.

## TIMING (10 KM ONLY)

Your PeakTiming timing chip is attached to your race number. Please do not fold your race number as it will damage the chip. Results for the 10km Peace Run will be calculated mat to mat. There is no official timing for the 5km Peace Run.

## PRIZE MONEY

10 km	Open	Age 40-49	Age 50- 59
1st	R 5 000	R 2 000	R 1 000
2nd	R 2 500	R 1 000	R 500
3rd	R 1250	R 500	R 250

## YOUR START BATCH

The letter on the colour triangle on your race number is your start batch. The front of your race pack envelope will clearly indicate what time your batch will open and when your batch will start. Allow 45 minutes to an hour to arrive, hand in your tog bag and get into your correct start chute.

## PARK & WALK

Park & Walk is available for **free at Battery Park** on both Saturday & Sunday, limited to 1700 parking bays. This is on a first come first serve basis.

## THE START

The start line is in Fritz Sonneberg Rd, runners will enter the start chutes from the DHL Stadium Forecourt area. You will be pre-loaded into your start batches, so **please arrive at the start between 45 minutes to an hour before your batch starts**. From the moment the first runners take off, batches will move towards the start line, and you must therefore be in your batch before your group's batch closure time.

## ROUTE MERGING

Please note: The 5km and 10km races will merge at the 2.5km mark (5km runners) / 7.5km mark (10km runners, on their way back to the finish). Please be courteous to runners faster than yourself by keeping to the left.

## SECURE TOG BAG FACILITY

The Tog Bag facility will be at the start and collection after the race is at the finish village. Your bag will be labelled and you will receive a matching armband. Please don't lose it.

## TOILETS

There will be toilets at the start, all the Hydration Stations and the finish village.

## PRIZE GIVING (10 KM ONLY)

The prize giving ceremony will be limited to the top three men and women. No Age Category winners will be invited to the prize giving on race day.



### HYDRATION STATIONS

10km: 2 Hydration Stations (4 km and 8 km)

5km: 1 Hydration Station (2.5 km)

**Water, Coke and Coke no sugar and Powerade will be served at all points.** Water will be served in cups and not in plastic sachets.

### WARM-UP & COOL-DOWN

Virgin Active, invites all runners to get moving in their warm-up zone and win awesome prizes. And once you've powered across the finish line, ease into recovery mode in their cool-down area.

### LITTER IS NOT COOL

Please throw your energy gel sachets and any other litter you may have in the bins provided, or carry your litter until you can throw it away.

### CUT-OFF'S ARE REAL

Road closures will be in place, and cut-offs will be strictly enforced to allow roads to be reopened in a timeous manner. 10 km runners will be diverted onto the 5 km route at the 2.75km mark after 08h05. Final cut off at the finish line is 09h30 and any runners still on the course will be diverted onto the shortest route towards the finish.

### FOOD & REFRESHMENTS

There will be various vendors at the finish village for your enjoyment. Family, friends and spectators are welcome.

10 km Batch	CLOSES	START
F	6:50	7:00
G	6:52	7:02
H	6:54	7:04
I	6:56	7:06
J	6:58	7:08
K	7:00	7:10
L	7:02	7:12
M	7:04	7:14
N	7:06	7:16
O	7:08	07:18

5 km Batch	CLOSES	START
V	7:50	08:00
X	7:52	08:02
Y	7:54	08:04

### MEDICALLY YOU'RE IN SAFE HANDS

Mediclinic and ER24 are the event's official medical partners. **There will be medics and ambulances along the route, as well as a fully manned hospital at the finish.** The medical emergency number is 021 023 2720 and the general emergency number 021 300 1286.

