



Contours Women's Day Run[®] 2k, 5k & 10k

SUPPORTED BY



RACE DAY INFORMATION

Thank you for choosing to run the 9th edition of the Contours Women's Day Run (CWDR). This run aims to raise funds for the Shristi Special Academy to help differently abled kids get better facilities at school

We have several amenities in place to ensure that you have a safe, smooth and fun-filled day.

As you make your way to **EMBASSY** Manyata Business park, look out for our signages on the service road leading to the Business Park.

Entry and Parking: Make sure to use Gate 2 for your entry. There are several signages in place to guide you to the Multilevel Car Park next to the Sports Zone. However, in case you feel lost, our volunteers will guide you to the parking building and other areas and amenities.

ALL DROP OFFS BY TAXIS AND PRIVATE VEHICLES NEED TO BE IN THE ZONE MARKED FOR DROP OFF AHEAD OF THE PARKING AREA. NO DROP OFFS WILL BE PERMITTED IN ANY OTHER AREA

We advise **arriving early**, keeping in mind traffic, to account for over 3500 runners. The holding area is a 10 minute walk from the parking. Please account for this too

Holding Area: The holding area will cater to all your pre and post race needs and can be found in front of the main stage in the amphitheatre.

A baggage stall for your bags is set up in the holding area. If you need any other information please feel free to contact the Contours information stall that can be found in this area. Sponsor stalls will also be found here.

Toilets: Toilets are located in the food court near the holding area. Signs have been put up for your convenience should you need to use one prior to your run. We have also arranged portable loos behind the Holding Area. Our signages will lead you to them

Assembly Time: To ensure a smooth and safe run, you are requested to assemble at the holding area by **5.45 am.**



Warm Up: Be sure to warm up with your fellow runners. This year, we are conducting a fun Zumba warm up for you. Warm up starts at 6:00 am

Race Route: The route is a 2.5 km loop. We've put up sufficient signages throughout the route to keep you on the right track! Our volunteers will be stationed at several different markers of the route cheering and guiding you along your way.

10 km participants- 4 loops

5 km -2 loops.

2 Km- 1 loop (shortened to 2 km with sufficient signages)

The flag off is in front of the food court. Make sure that you wear your bib correctly and run over the timing mats placed on the route, in order to clock your personal timing. This will be sent to you as a downloadable certificate.

Remember to have fun on your run with peppy music and loud cheering by our cheer groups.

Race Timings: 10K Run will be flagged off at 6.30 am, 5 K at 6.32 am and 2 K at 7.15 am

Finish area: Once you finish your run, do not forget to collect a medal from the Contours team stationed near the finish line. Please proceed through the barricaded lane back to the holding area to shake a leg with our dancers on stage

Post Run Breakfast: To keep your energy levels up, a post Run breakfast is a must. Collect yours by showing your Bib.

Want a Selfie?

A photograph is the perfect way to remember your achievement. Make your way to the Printo counter, in the holding area, click a selfie, and collect your free print immediately!

Celebrations: There's an after party at this race—It's a celebration after all! Come shake a leg to the latest hits with our performers. We even have **some surprise numbers performed by men for all the beautiful women in the crowd.**

**WE THANK YOU FOR MAKING A DIFFERENCE IN SO MANY LIVES
AND WISH YOU A WONDERFUL WOMEN'S DAY!**