

RULES AND REGULATIONS

1. The NPC LFI –organized Fun Run for a Cause on 16 October 2011 is entitled **RUN 4 M.E.**
2. Registration starts **2 May 2011**. A non-refundable entry fee of P300/400/500/600 for the 3k/5k/7.5k/10k race category, respectively must accompany each registration form.
3. Registration is on a “FIRST COME FIRST SERVED” basis. The deadline for registration shall be on **16 September 2011**.
4. A race kit consisting of a singlet, bib number and route map will be given to all officially registered participants.
5. The organizer reserves the right to verify all submitted information and to reject or disqualify any entry at its discretion. All fields in the registration form must be properly filled-up. The organizer may also ask for proof or identification of any runner.
6. Entries may be submitted at the following locations:

NPC-LFI Head Office Registration Center (RC)

Executive Lounge, 2nd Floor, NPC Building
Corner Quezon Avenue and Agham Road
Diliman, Quezon City
Telefax: 922-7703 Look for RC staff
Landlines: 924-5220 and 926-7995
Email: r4me@napocor.gov.ph or npelfi@yahoo.com.ph
Mobile Phones: Smart 0999-9096534 or
Globe 0916-2592888 or
Sun 0923-2660409

ROVING REGISTRATION

Schedule of Sunday races will be announced thru the official race website
www.napocor.gov.ph and other race weblinks.

7. All runners should wear the official race singlet during the race, otherwise they will not be allowed to run.
8. Runners per race category should be at the assembly area at the Quirino Grandstand- Manila in time for the warm up activity of 15 – 30 minutes.

Category, km	Assembly Time	Gun Start
10	5:00 am	6:00 am
7.5	5:15 am	6:15 am
5	5:30 am	6:30 am
3	5:45 am	6:45 am

Runners will be monitored and a corresponding marker will be given to the Runner upon reaching the Spotter for each race category.

All Runners' time record from Start Line is the Gun Start Time per category, while the time record upon reaching the Finish Line will be taken by the Technical Crew using the bar code system.

9. Cash prizes for top three finishers (male and female) will be given out.
10. The final event results will be posted in the NPC LFI website and other weblinks three days after the race date.

RUN 4 M.E.
NPC-Ladies Foundation, Inc.