



**2011 The North Face 100®**  
**Asia Pacific Series**



Sebastien Chaigneau, France Photo: Tim Kemple

# BREAK ALL BOUNDARIES

THE ULTIMATE 100KM TRAIL RUNNING CHALLENGE

**OCTOBER 15, 2011**  
**SINGAPORE**

**REGISTRATION STARTS MAY 01, 2011**

Taiwan

Philippines

China

Australia

**Singapore**  
15 Oct 2011

Japan

Thailand

[www.thenorthface100.com](http://www.thenorthface100.com)

[www.facebook.com/TNF100AP](http://www.facebook.com/TNF100AP)





# SINGAPORE

15<sup>th</sup> October 2011 - Central Catchment Area, Singapore

## Competitors Brief

### 1. Event Details

The North Face 100, the premier offroad ultra-marathon series in the region, returns for the 4<sup>th</sup> time to Singapore this October 15, 2011 and we are thrill to have your participation in this ultra endurance event.

In this competitor brief, you will find the details needed for the event, and we hope you will be able to clock a memorable race experience against the pristine tropical jungle of Singapore's central catchment area.

### 2. Schedule

**Saturday 15<sup>th</sup> October 2011**

Date	Saturday, 15 <sup>th</sup> October 2011	
Time	1.00am – 7.00pm	
Location	Macritchie Reservoir Park	
Start/Finish	<p>The Start line is located at Reservoir Road (just in front of the Pavilion, zig-zag bridge)</p> <p>Access to the Start/Finish area is available via</p> <p>MRT : Marymount MRT Station</p> <p>Parking : Macritchie Park carpark (limited parking available, do carpool)</p>	
Schedule	12:00 AM	100km SOLO Sign in / weigh in
	12:50 AM	100km SOLO to the start line
	<b>01:00 AM</b>	<b>Start of 100KM SOLO</b>
	07:00 AM	100KM DUO Sign in / weigh in
	07:45 AM	100KM DUO to the start line
	<b>08:00 AM</b>	<b>Start of 100km DUO</b>
	09:00 AM	50km Duo Sign in / weigh in
	09:30 AM	50km Duo to the start line
	<b>10:00 AM</b>	<b>Start of 50km DUO</b>
	05:00 PM	Cut off time for 100km DUO
	08:00 PM	Cut off time for 100km SOLO

### **3. Race Kit Collection**

Attendance at the race kit collection day is compulsory.

There will be no race kit collection on race day.

At least one team member must be present at the kit collection

(team mate not attending the event will need to fill the proxy and indemnity form)

Date	Friday, 7 <sup>th</sup> October 2011 & Saturday, 8 <sup>th</sup> October 2011
Time	11.00am to 8.00pm
Location	Central Atrium @ Marina Square

2pm On 8<sup>th</sup> October 2011, Saturday : 100km SOLO Briefing

At race kit collection you will receive:

a. Course Maps:

This will be a colored map. Which you will need to carry these along for reference and emergencies.

b. Competitor emergency Instructions

c. Race BIB with timing chip: This must be visible on your front at all times.

d. Event t-shirt

e. The North Face 100 dry bag and goodies

## 4. Race Equipment

### RACE BIB



Emergency Contact  
Mini +65 XXXXXXXX

**INSTRUCTIONS** - Your BIB contains a timing device!

In order to receive an accurate time, your BIB should be :-

- clearly visible on the front of the torso
- unaltered and unmodified (do not fold)
- pinned at the top 2 corners
- not covered (water bottle, belts, jacket)

Allergies : \_\_\_\_\_

Blood Group : \_\_\_\_\_

Participants will need to fill up your medical allergies and blood group before race day.

### COMPULSORY EQUIPMENT

Competitors will need to weigh in/check-in these equipments before the race start.

Weigh in station will be available 1hours before the race start.

The minimum weight requires for each category are as follow :

100KM SOLO	1.5 KG of gears and waters
100KM DUO	1.5 KG of gears and waters
50KM DUO	1.0 KG of gears and waters

- Hydration (This can be in the form of a hydration bag, fuel belt or bottles)
  - A minimum 1.5 litres capacity for 100km solo & 100km DUOs
  - A minimum 1 litres capacity for 50km DUOs

Note : Water stations will be available every 7-8km. Athletes are to be self-sufficient.

- Participant will still need to carry their hydration and equipment to the finish line. Runners without the necessary hydration/equipments will be dis-qualified.
- Food, Fuel bars or Gels

Note : Food may be provided at selected check-points. Athletes should however not rely on this for their race fuel.

- Mobile Phone and
- Race Course Map
- Small medical kit for blisters and abrasions
- 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 blinkers light / light stick



## 5. Waterpoints

You are strongly advise to top up your hydration at the waterpoints.  
Food might be provided at these location, competitors are advise not to rely on them for race fuel.

Toilet will be available at Waterpoint 2 (WP2) & Waterpoint 5 (WP5)

Water Points	Sector Name / Distance from Start	Location of WP		Menu
WP 1	Rifle Range (7 km)	Start of Rifle Range Rd		- Milo - Water - Bananas - Gu chomps - Gu gels
WP 2	Dairy Farm carpark B Bukit Timah (14.7 km) <b>from 10AM onwards only</b>	Carpark B Dairy Farm Nature Park, opposite Petir Road		-Milo -Water -Gu chomps -Gu gels
WP 3	Chestnut Ave (16.3 km)	Chestnut Ave		-Milo -Water -Bananas -Gu chomps -Gu gels
WP 4	Junction of Mandai Road & Mandai Lake Road (21.6 km)	Mandai Road, Opposite Lorong Asrama		-Milo -Water -Gu chomps -Gu gels
WP 5	Hut 52, Lorong Asrama (27.1 km)	Hut 52 (Inside Lorong Asrama)	13 00	-Water -Gu chomps -Gu gels
WP 4	Junction of Mandai Road & Mandai Lake Road (33.6 km)	Mandai Road, Opposite Lorong Asrama		-Milo -Water -Gu chomps -Gu gels
WP 3	Chestnut Ave (38.9 km)	Chestnut Ave	17 00	-Milo -Water -Gu chomps -Gu gels
WP 1	Rifle Range (42.5 km)	Start of Rifle Range		-Milo -Water -Gu chomps -Gu gels
FINISH 50	Macritchie Park (50.0 km)	Macritchie Park	17 00	

100KM SOLO distance runners must complete run within 18 hours.

100KM DUO distance runners must complete run within 9 hours.

## 5. The race course



The course showcases Singapore best natural point of interests, highlighting conservation efforts by The National Parks Board of Singapore. Competitor can look forward to putting their best foot forward on a variety of terrains - hard-packed, mud-rooted, fire-road, park connectors, tarmac and water-crossings.

**THE NORTH FACE 100 SINGAPORE 2011**

**Shelter**      **Water Point**

**Timing Zone**      **Toilets**

**Medical Assistance**

*... proceed to the nearest shelter during thunderstorm.  
... controlled crossing at various road crossing.*

**HOTLINE : +65 98738097**

**100KM ROUTE**  
SOLO - 2 LAPS    DUO - 1 LAP

To communicate your exact location,  
please use the alphabet & number combination  
located at the side of the map.  
example L15 represents the start area.

Water Point	KM	100KM SOLO Cut Off Time	100KM DUO Cut Off Time	Hours Of Operations
WP1	7.0			1900hrs onwards
WP2	14.7			
WP3	14.3			
WP4	21.6			
WP5	27.1	1300		
WP4	33.6		1700	
WP3	38.8			
WP2	42.9		1700	
FINISH	50.0			
WP1	87.0			1900hrs onwards
WP2	84.7			
WP3	86.3			
WP4	77.6			
WP5	77.1	1200		
WP4	53.6		1700	
WP3	88.9		1700	
WP1	52.8			
FINISH	100.0	1900		

Official Nutrition: GU

Official Time: DIEVAGS

Official Retailer: runninglab.

Supporting Partners: Tactix Fitness, ACTIVE

Official Skin Guard: SHIELD

Official Radio Station: power92.5fm

Official Publication: passport

Official Eyewear: OPTIC NERVE

Official Energy Beverage: MILD

Event Partners: MARINA SQUARE

Organised By

**THE NORTH FACE 100 SINGAPORE 2011**

**Shelter**      **Water Point**

**Timing Zone**      **Toilets**

**Medical Assistance**

*... proceed to the nearest shelter during thunderstorm.  
... controlled crossing at various road crossing.*

**HOTLINE : +65 98738097**

**100KM ROUTE**  
SOLO - 2 LAPS    DUO - 1 LAP

To communicate your exact location,  
please use the alphabet & number combination  
located at the side of the map.  
example L15 represents the start area.

Water Point	KM	Cut Off Time
WP1	7.0	
WP2	14.7	
WP1	15.0	1430
FINISH	25.0	1430

Official Nutrition: GU

Official Time: DIEVAGS

Official Retailer: runninglab.

Supporting Partners: Tactix Fitness, ACTIVE

Official Skin Guard: SHIELD

Official Radio Station: power92.5fm

Official Publication: passport

Official Eyewear: OPTIC NERVE

Official Energy Beverage: MILD

Event Partners: MARINA SQUARE

Organised By

**Big Lap: 50 km loop** (25km out, 25km back)

100km SOLO : 2 Laps  
100km DUO : 1 Lap each

Start → WP1-2-3-4-5-4-3-1 → Finish

**Small Lap: 25km loop** (12.5km out, 12.5 km in)

50 km DUO : 1 Lap each

Start/Finish → WP 1 → WP 2 → WP 1 → Start/Finish (25km)



## Marking

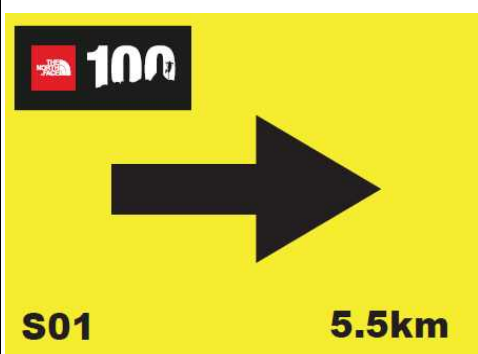
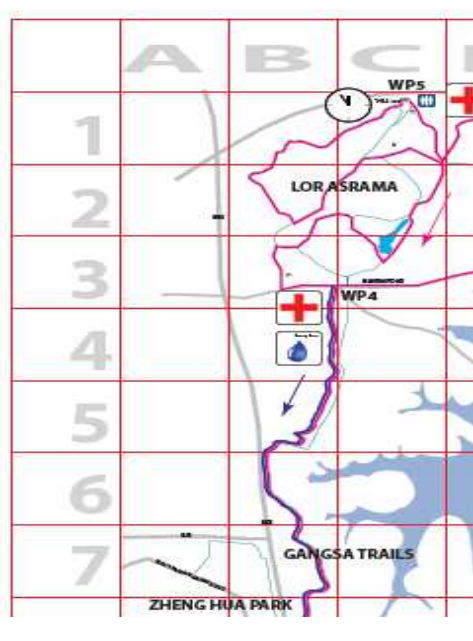
The course is marked by race markers and race tapes.

Some of the course marking will be put up a week before the event. Whilst the route will be checked prior to the arrival of the first runners it is still possible for vandals to pull down or change the markings. It is the ultimate responsibility for each runner to know the course and follow the map so they have a general idea of where they are on the course at all times.

<p><u>Directional Signage</u> includes the following</p> <ul style="list-style-type: none"> <li>- Directional Arrow</li> <li>- Signage Reference (in this example : R021)</li> <li>- Distance Marker (in this example : 43.3KM)</li> </ul> <p><b>GREEN</b> – Reference to 50K DUO (18.3KM)  <b>BLACK</b> – Reference to 100K DUO/SOLO</p>	<p>Barrier tapes are either marked 'Dirtraction' 'The North Face'.</p> <p>Please ignore any other tapes</p>
---	---



## Evacuation and Location Identifications

<p><b>MARKER METHOD</b></p> <p>If you need to evacuate from the location, report to us the code that you see at the bottom left of the signboard. In this case, it will be <b>S01</b>.</p>	<p><b>GRID METHOD</b></p> <p>To communicate your exact location please use the alphabet and number combination located at the side of the map. For example, <b>B7 Gangsa Trails</b>.</p>
	

## Terrain

The race course can be unforgiving to runners who are not familiar to off-road running. Rough sections in particular



tall grass, can be deceptively dangerous. Thread with care, by sure footing your run steps.

Steep descent can be fast, rooted and slippery. Do take extra care in descending.

### **Littering and Rubbish**

Littering is strictly prohibited. Used gel and bar packets should be packed after use, in particular at places where monkeys are loitering. They are known to attack runners with food in hand.

## **6. Course Safety**

This is a long event and contains walking/running track as well as tarmac roads. The race ventures through remote area of the Central Catchment area and is not easily accessible even during the event of evacuation.

The weather is known to be hot in midday and there's un-sheltered area in the race course. Water via surface cooling is essential to combat heat related disorder.

It's is mandatory to start the race with at least 1litres of water, and competitor are strongly advise to top up the water at various water station and checkpoints.

Cellphone reception might not be available throughout the race course, and competitor are strongly advise to have them ready with the emergency number at any one point.

Course officials and medical team will try to reach any injured participants as soon as possible but depending on the location this may still take up to 20mins upon alert. Bike Patrol covered the race course and should be able to respond within a shorter period.

The roads and tracks are not closed to traffic, vehicles and other users. Please be aware of other walkers and mountain bikers on the trails and give way to vehicles on the public roads. Be particularly careful at road crossings. You must run on the footpath or road verge of all bitumen roads unless told otherwise.

### **First Aid**

There is emergency first aid available at each waterpoint.

There is also roaming first aider on the course for emergencies. Do approach any race official for any emergencies.

Unlike your usual runs, do note that each participant is responsible for their own basic first aid and should carry their own blister pads/ bandaids, sunscreen, strapping tape, pain killers. Emergency response are to cover life-threatening conditions and trauma.

If you pass an seriously injured runner on the course please stop to help them and/or send another runner to report any incidents to the next marshal you see on the course.

### **Withdrawing from the Event**

If you intend to withdraw from the event you must do so at a waterpoint unless you are assisted from the course between waterpoints due to injury or emergency. Note that you may have to wait several hours for a non emergency lift back to the start area.

If you withdraw from the event you must report to the command post at Macritchie Park Start Finish point.

You may report by contacting the HOTLINE NUMBER **+65 98738097** or physically at the command post.

## **7. Event Rules**

Please refer to the competitor Rules and Regulation Documents for The North Face 100 Singapore available for download from the event website <http://www.thenorthface100.com.sg>

## **8. Insurance and Liability Disclaimer**



The event covers for its public liability. This does not include personal accident insurance of individual runners. We recommend that you have your own personal accident coverage.

All Participants must be sufficiently and physically fit to compete safely and have not been advised otherwise by a qualified medical professional.

All Participants must have reasonably good off-road running skills.

The Race Director reserves the right to refuse entry to any participant without reason, and any enquiry relation to the refusal of entry will not be entertained.

## Event HOTLINE COMMAND POST HOTLINE

**+65 98738097**

**please store this in your mobile phone now**

## 9. Sponsors

Thanks to all our sponsors that are supporting this event

Official Nutrition



Official Skin Guard



Official Eyewear



Official Time



Official Radio Station



Official Energy Beverage



Official Retailer



Official Publication



Event Partners



Organised By



Supporting Partners



# 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. (All expenses paid flights from Singapore)
2nd Place	\$1,000 worth of sponsored products
3rd Place	\$500 worth of sponsored products

## 100 km Duo (Open category)

1st Place	\$2,000 worth of sponsored products
2nd Place	\$1,000 worth of sponsored products
3rd Place	\$500 worth of sponsored products

## 100 Km Duo ( Women Category)

1st Place	\$2,000 worth of sponsored products
2nd Place	\$1,000 worth of sponsored products
3rd Place	\$500 worth of sponsored products

## 50 Km Duo (Open Category)

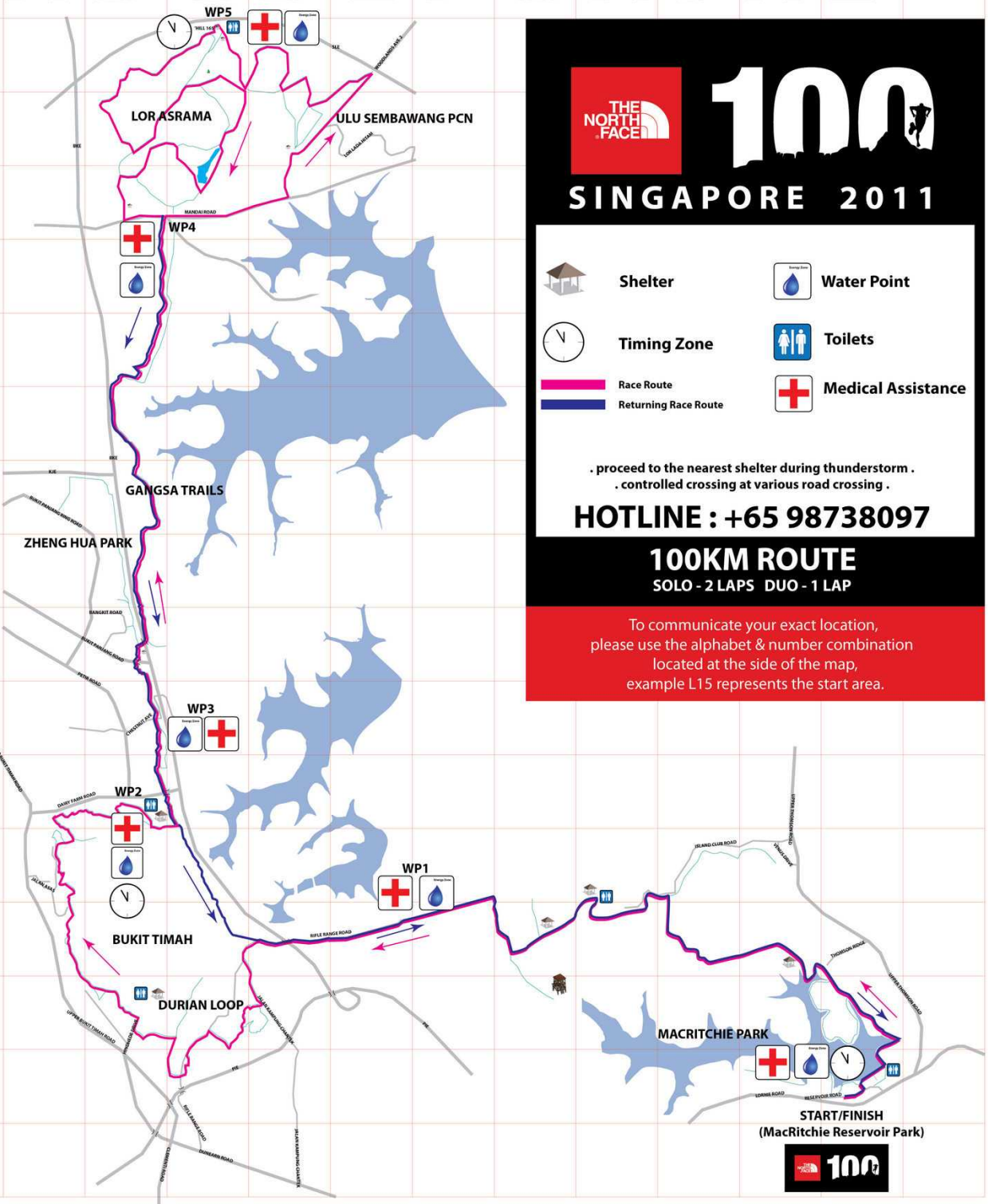
1st Place	\$1,200 worth of sponsored products
2nd Place	\$600 worth of sponsored products
3rd Place	\$300 worth of sponsored products

## 50 Km Duo (Women Category)

1st Place	\$1,200 worth of sponsored products
2nd Place	\$600 worth of sponsored products
3rd Place	\$300 worth of sponsored products

A B C D E F G H J K L

1  
2  
3  
4  
5  
6  
7  
8  
9  
10  
11  
12  
13  
14  
15  
16



# 100

## SINGAPORE 2011

- Shelter
- Water Point
- Timing Zone
- Toilets
- Race Route
- Returning Race Route
- Medical Assistance

· proceed to the nearest shelter during thunderstorm .  
· controlled crossing at various road crossing .

**HOTLINE : +65 98738097**

**100KM ROUTE**  
SOLO - 2 LAPS DUO - 1 LAP

To communicate your exact location,  
please use the alphabet & number combination  
located at the side of the map,  
example L15 represents the start area.

Water Point	KM	100KM SOLO Cut Off Time	100KM DUO Cut Off Time	Hours Of Operations
WP1	7.0			
WP2	14.7			1000hrs onwards
WP3	16.3			
WP4	21.6			
WP5	27.1		1300	
WP4	33.6			
WP3	38.9		1700	
WP1	42.5			
FINISH60	60.0		1700	
WP1	67.0			
WP2	64.7			1000hrs onwards
WP3	66.3			
WP4	71.6			
WP5	77.1	1300		
WP4	83.6			
WP3	88.9	1700		
WP1	92.5			
FINISH100	100.0	1900		

Official Nutrition



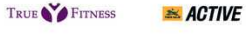
Official Time



Official Retailer



Supporting Partners



Official Skin Guard



Official Radio Station



Official Publication



Official Eyewear



Official Energy Beverage

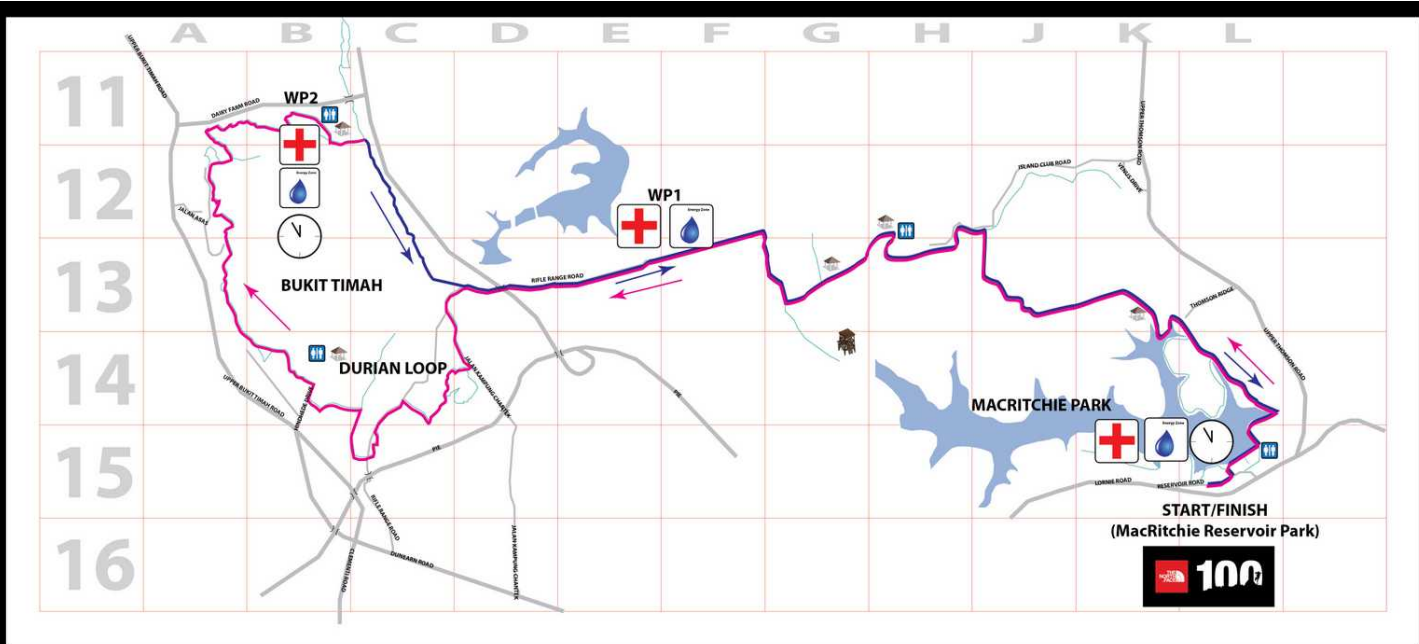


Event Partners



Organised By





Official Nutrition: **GU**

Official Skin Guard: **SPF 50+ SHIELD**

Official Eyewear: **OPTIC NERVE**

Official Time: **DIEVAS**

Official Radio Station: **POWER98FM** (www.power98.com.sg)

Official Energy Beverage: **MILO**

Organised By: **THE NORTH FACE**

Official Retailer: **runninglab.**

Official Publication: **passport**

Event Partners: **MARINA SQUARE**

Supporting Partners: **TRUE FITNESS**, **ACTIVE**

**Shelter** (house icon)

**Water Zone** (water drop icon)

**Timing Zone** (clock icon)

**Toilets** (toilet icon)

**Medical Assistance** (cross icon)

Race Route (pink line)

Returning Race Route (blue line)

To communicate your exact location, please use the alphabet & number combination located at the side of the map, example L15 represents the start area.

Proceed to the nearest shelter during thunderstorm.  
Controlled crossing at various road crossing.

**HOTLINE : +65 98738097**

**THE NORTH FACE 100**

**SINGAPORE 2011**

**50KM DUO ROUTE**

Water Point	KM	Cut Off Time
WP1	7.0	
WP2	14.7	
WP1	18.0	
FINISH25	25.0	1430

