RUN FOR A CAUSE 2025

RUNNUS

RACE BOOKLET 2025

A Project Of:

nus UNITE & IGNITE students' sportsclub

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DIRECTOR'S MESSAGE

Dear Participants, Supporters, and Friends,

Welcome to the 19th edition of RunNUS!

Since its beginning in 2007, RunNUS has grown into a tradition that brings the NUS community and the wider public together. It is not just about running, but about the connections, friendships, and shared spirit that carry us forward year after year.

This year's theme, "Race as One", reminds us that every step we take is part of something bigger. This is the second year of our Race Village at UTown Green, created with engagement in mind. Beyond the start and finish line, it is where participants can connect, celebrate, and experience the joy of community.

We are also proud to continue our partnership with NUS Giving. Through our tagline, "Run for a Cause," all ticket sales will go towards supporting students with financial needs. RunNUS is not only about health and fitness, but also about building a more inclusive and supportive community together.

Thank you for being part of RunNUS 2025. Let us race as one, and let us make each step count towards a lasting impact that continues well beyond the race.

HARI

PROJECT DIRECTOR | RUNNUS'25
NATIONAL UNIVERSITY OF SINGAPORE

ABOUT

RUN FOR A CAUSE 2025

RUNNUS

RunNUS is an annual run organised by NUS Students' Sports Club for the past 18 years. Since its inception in 2007, RunNUS has attracted a wide range of participants, comprising of NUS students, staff and alumni, international students and members of the public.

RunNUS offers 2 race categories (5km and 10km). This year, RunNUS 2025 will be the sole running event in September, traditionally a month shared with RunBIG, another esteemed event by NUS Giving.

nus UNITE & IGNITE students' sportsclub

The National University of Singapore Students' Sports Club (NUSSSC) is one of the largest and most active student organisations on campus. Dedicated to providing the NUS population with a wide array of sporting activities and a channel to enrich their campus lives, we cater to the recreational sporting needs of the NUS community.

The NUSSSC family comprises a central Management Committee supporting 17 Member Clubs (classified into Land, Water, Indoor, and Martial Arts), as well as 5 Sports Club Projects.

IMPORTANT INFORMATION OF PHYSICAL EVENT (27 SEP, 0630 - 1200)

Please hydrate well the day before and before arriving at the race. During the run, make use of the water points provided along the route to stay hydrated.

Participants are advised to travel light to avoid longer waits during registration.

Participants are strongly advised not to participate in the race if they are feeling unwell. You may approach any of our first aid points for assistance (see route map for location).

Runners are advised to run on the pedestrian pavement at all times and avoid running on the road. Do cross the road with care as well.

All participants should proceed to seek shelter in the event of rain. If rain/lightning risk alert persists after 8.10 am, the race event will be cancelled.

IMPORTANT INFORMATION

REGISTRATION

Participants who have not collected their race packs, singlets and bibs may do so on race day registration at UTown Sports Hall 1 & 2.

Please arrive at least 45 minutes before your wave timing to allow for a smooth collection process.

BAGGAGE DEPOSIT

Baggage Deposit is available at UTown Sports Hall 1 & 2. Participants are strongly encouraged to arrive at least 30 minutes before your wave.

Bibs are assigned to bag drop locations as follows:

- **10K001 – 10K700: UTSH 1**
- **10K701 – 10K1300: UTSH 2**
- **5K001 – 5K250: UTSH 2**

Opening Time: Bag Drop opens at 6:30am.

FLAG OFF TIMINGS
RACE DAY

10 km

WAVE 1 0730
*COMPETITIVE

WAVE 2 0735
*COMPETITIVE

WAVE 3 0740

WAVE 4 0745

WAVE 5 0750

WAVE 6 0755

WAVE 7 0800

WAVE 8 0805

5 km

WAVE 9 0810
*COMPETITIVE

WAVE 10 0815

PACER GROUPS

RACE DAY

10km: 4 Pace Groups

Spot Our Pacers with These Bibs!

10km Wave 1
Pace: 5.30min/km
Target time: 55 minutes.

10km Wave 2
Pace: 6:00 min/km
Target time: 1 HOUR

10km Wave 3
Pace: 6:30 min/km
Target time: 1:05 HOURS

10km Wave 4
Pace: 7 min/km
Target time: 1:10 HOURS

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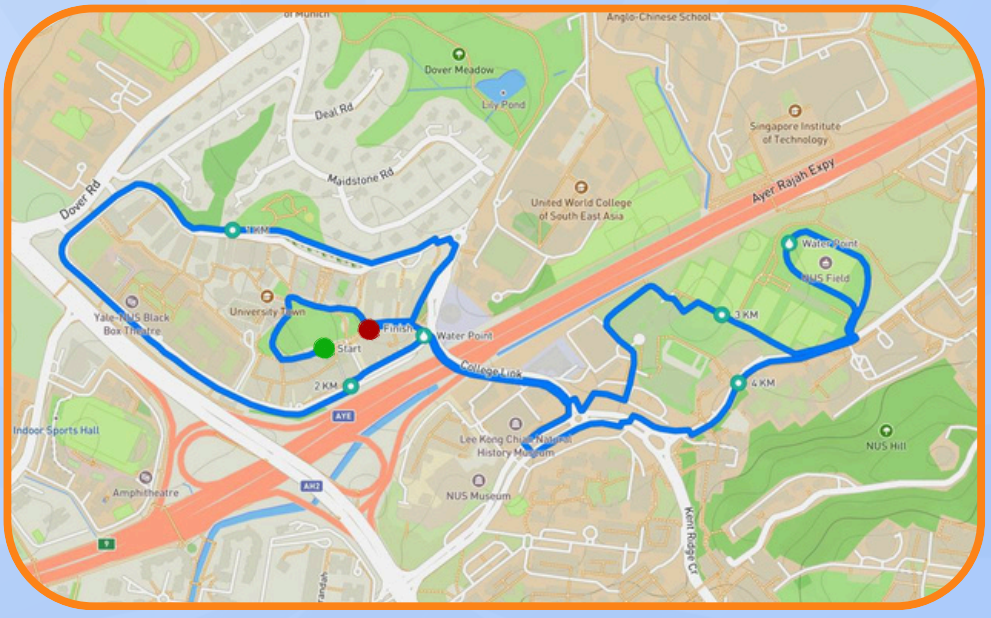
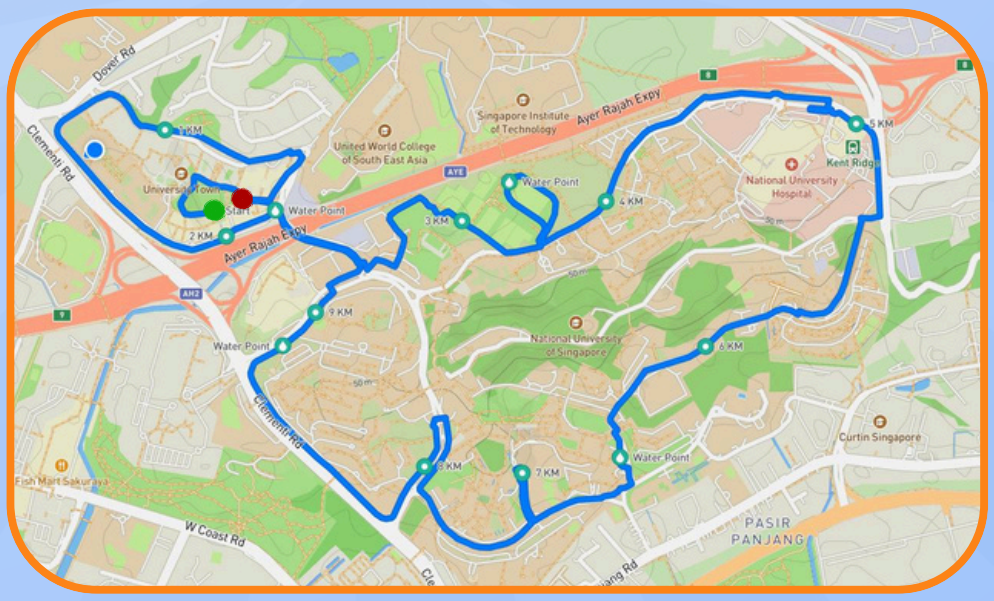
RACE ROUTES

5KM



10KM



Start Point

End Point

Water Point

All water points are equipped with first aid points!

HOW TO GET TO

REGISTRATION AREA: UTSH 1 and 2, STEPHEN RAIDY CENTRE LEVEL 1

1. Look out for Frank by OCBC and FairPrice Xpress at Stephen Riady Centre Level 1. Continue straight and you will find UTSH 1 and 2, beside the rock climbing wall.

2. Register with registration counter outside the Sports Hall.

3. Bag deposit service will be available if you wish to bring your bags.

HOW TO GET TO

RACE VENUE: UTOWN GREEN

(BY MRT/BUS)

1. From Clementi MRT, transfer to SBS Transit Bus 96 at the Clementi Bus Interchange. Alight at Bus Stop Yale-NUS College (17099). Walk approximately 8 to 10 minutes to UTown.

2. From Clementi MRT, take Exit B and walk to Bus Stop Clementi Stn Exit B (17179). Board Bus 183. Alight at Bus stop Yale-NUS College (17099). Walk approximately 8 to 10 minutes to UTown.

3. From Buona Vista MRT, take Exit D and walk to Bus Stop Buona Vista Stn Exit D (1369). Board Bus 196. Alight at Bus Stop University Town (19059). Walk approximately 5 to 8 minutes to UTown.

4. Other bus services:
From Buona Vista MRT: 196
Along Clementi Road: 151
Ayer Rajah Expressway (Dover ITE): 97, 197, 198, 963

IMPORTANT

TRANSPORT ADVISORY

(KENT RIDGE MRT SERVICES)

Please note that on race day, Circle Line train services between HarbourFront and Marina Bay will only start at 9.00am due to ongoing CCL6 works. Participants planning to travel via Kent Ridge MRT are advised to use alternative routes or bus services to reach UTown Green on time.

For details, visit: LTA CCL6 Advisory

HOW TO GET TO

RACE VENUE: UTOWN GREEN

(BY CAR)

1. By GPS (Town Green postal code: 138607)

2. Runners are strongly advised not to drive down to the event location due to limited parking space.

3. Parking charges may still apply.

4. Carpark nearest to UTown
Carpark 3A: Lee Kong Chian Natural History Museum
Carpark 4: Raffles Hall
Carpark 5: Sports and Recreation Centre
UTown Carpark
For more information, visit: bit.ly/parkinnus

HOW TO GET TO

RACE VENUE: UTOWN GREEN

(BY NUS SHUTTLE BUS)

1. From Kent Ridge MRT, board **D2** at the bus stop and alight at University Town.

2. Internal Shuttle Bus only starts at **7.15 am** on Saturdays (Download the NUS Next Bus app for timings). Intervals for buses are longer over the weekends.

3. We would strongly advise **not to** take NUS Shuttle bus to reach the event as you may not reach in time.

RACE ENTITLEMENTS

5KM

RACE ENTITLEMENTS

10KM

POST RACE CARNIVAL AT UTOWN GREEN

TIME: 8.30 AM - 12 NOON

The Post Race Carnival would be lined with performances and booths. All participants are encouraged to visit the booths (complimentary) whilst awaiting for the prize presentation and lucky draw segment.

Booths:

Food

Popcorn, Candy Floss, Hot Dogs, Acai, 100 Plus

Activities

Inflatable Soccer Dart, Photo Booth, Human Beer Pong

Sponsor Booths

NUS Giving, Snap Fitness, Fitbar

Performances:

0815	RH Unplugged
0835	RHebels
0855	EH Bandits
0915	RHockerfellas
0935	Milk Town!
0955	Voices
1015	Geyao
1035	Prizes
1050	Lucky Draw
1100	NUS Synq
1200	Closing

COMPETITIVE PRIZES

10KM TOP 3

(MALE AND FEMALE)

	Prize Pool
1st	$200 Cash Prize by Snap Fitness 1x Skechers Running Shoes 1x Reebok Watch $70 Acti-Tape Gift Set
2nd	$150 Cash Prize by Snap Fitness 1x Skechers Running Shoes 1x Reebok Watch $50 Acti-Tape Gift Set
3rd	$100 Cash Prize by Snap Fitness $50 Acti-Tape Gift Set

COMPETITIVE PRIZES

5KM TOP 3

(MALE AND FEMALE)

	Prize Pool
1st	$150 Cash Prize by Snap Fitness 1x Skechers Running Shoes $70 Acti-Tape Gift Set
2nd	$100 Cash Prize by Snap Fitness $50 Acti-Tape Gift Set
3rd	$50 Cash Prize by Snap Fitness $50 Acti-Tape Gift Set

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LUCKY DRAW PRIZES

SKECHERS

1x Pair of Skechers Shoes

snap fitness 24/7

FOR THE *Feeling*

$100

5x $100 Cash Prizes

FUJIFILM

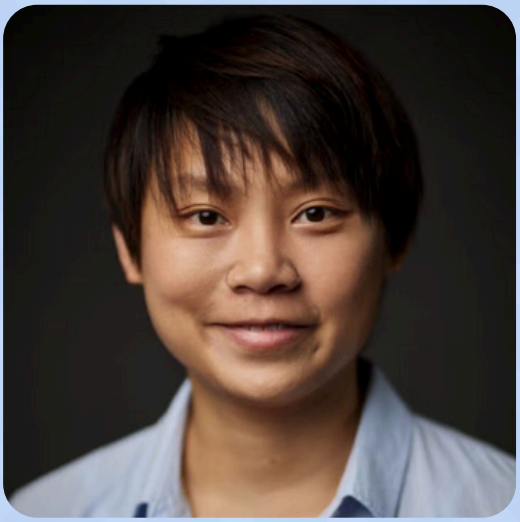
Stand a Chance to Win!

2x Fujifilm Instax Mini 41

Stand a chance to win these prizes, as long as you are a participant!

OUR GUEST

GUEST OF HONOUR



DR KRISTY FU

ASSISTANT DEAN OF STUDENTS

Dr Kristy Fu is a consultant Paediatric Intensivist at the National University Hospital and an alumna of NUS Medicine. As a student, she was an active sportswoman, representing Singapore in Women's Softball at the SEA Games in 2007 and 2011. Today, she is not only a dedicated clinician and educator at NUS Medicine, but also a strong supporter of student life and development. We are honoured to have her join us as Guest of Honour for RunNUS 2025.

SAFETY: PAR-Q FORM

Are YOU ready to run?

The following Physical Activity Readiness Questionnaire (PAR-Q) is a self-screening tool that can assist you in deciding if you are exercise-ready or if you need to change your exercise plan. Common sense is your best guide when you answer these questions. Please read the questions carefully and answer each one honestly.

	YES	NO
Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?	☐	☐
Do you feel pain in your chest when you do physical activity?	☐	☐
In the past month, have you had chest pain when you were not doing physical activity?	☐	☐
Do you lose your balance because of dizziness or do you ever lose consciousness?	☐	☐
Do you have bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?	☐	☐
Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?	☐	☐
Do you know of any other reason why you should not do physical activity?	☐	☐

If you have answered “Yes” to any of the 7 questions in the PAR-Q form above, please consult with a medical doctor before you begin any exercise programme.

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A BIG THANK YOU TO ALL OUR SPONSORS

NUS GIVING

Official Hydration Partners:

100 PLUS

ICE MOUNTAIN PURE DRINKING WATER

snap fitness 24/7 FOR THE Feeling

SKECHERS

Official Sports Tape:

Acti-Tape HELP YOUR BODY HEAL ITSELF

Bio-X

TIGER BALM ACTIVE

OATSIDE

sugarfina

ISDIN

Fitbar

WOODS'

THERAPIN

Guerrilla Apparel

FUJIFILM

Official Sports Detergent:

SPIN Low Suds

Official Banana Sponsor:

Sunpride

GATSBY

Reebok

TOKYO MILK CHEESE FACTORY

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