

16th JAKARTA FASHION & FOOD FESTIVAL
presents



SUNDAY, AUGUST 25th 2019
at Summarecon Kelapa Gading | Start 6AM

RUNNER GUIDE

www.JF3Run.com

[jf3.run](https://www.instagram.com/jf3.run) [wonderfulculinaryexpo](https://www.facebook.com/wonderfulculinaryexpo)
[@wce_jfff](https://www.twitter.com/wce_jfff)

www.JF3Run.com

SCHEDULE OF EVENTS FOR RACE DAY

- 04.30 WIB Race area and Deposit Counter open*
- 05.30 WIB Runners line up for Run 10K & 5K (starting gate opens)
- 05.50 WIB Warming up for Run 10K
- 05.55 WIB Singing the National Anthem "Indonesia Raya" & Opening Prayer
- 06.00 WIB Race Start - Run 10K
- 06.10 WIB Warming up for Run 5K
- 06.15 WIB Race Start - Run 5K
- 07.45 WIB Race time limit for Run 5K
- 07.45 WIB Runners line up for Run 1.2K Kids Dash
- 07.50 WIB Warming up for 1.2K Kids Dash
- 08.00 WIB Race Start - Run 1.2K Kids Dash for 8-11 years old then 5-7 years old
- 08.30 WIB Awarding Ceremony at JF3 Run stage for 10K/5K Best Costume, 10K, 5K & 1.2K Kids Dash Best Timing, 1.2K Kids Dash Best Costume & 10K Lucky Draw, and 40 Favourite Costume Winners**
- 09.00 WIB Race time limit for Run 10K and 1.2K Kids Dash-Finish line closes.***
- 10.00 WIB Deposit Counter closes

*) Deposit Counter is located near Mall Kelapa Gading 1 New Lobby (please see the attached map). Runners must check their backpacks or other bags that brought to the race. Do NOT leave any valuables in them, all bags are left at your own risk.

**) All winners MUST be physically present to receive their awards and prizes during the Awarding Ceremony at JF3 Run Stage. For Costume Category, Costume must be worn completely.

***) Runners who are still on the course after the race time limit closed, will NOT be timed/scored/listed in the official results and will be picked-up and transported to the finish line by shuttle van.

www.JF3Run.com



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www.JF3Run.com

CHIP, TIMING, AND CHECK POINTS

JF3 Run uses a computer chip timing device as the primary method of scoring & timing the race. To ensure the accuracy of personal time record, all participants of the race are required to step over each checkpoint carpet. Participant who doesn't step over the checkpoint carpet, will be considered not finishing the race because personal time record will be invalid, then he/she will be disqualified automatically & not eligible for being a podium winner.

Please check the timing chip on your BIB number when collecting the race entitlements. Please do NOT fold it. Personal time will not be recorded if the timing chip is damaged. In order to record your time, it must be attached correctly. And remember, no chip no time, so do NOT forget to wear it. Your BIB number is required throughout the course. Do NOT remove it.

The official time results will be uploaded & can be accessed through www.JF3Run.com. Runners who are unable to finish the race will NOT be timed/scored/listed in the official results.

FINISH LINE

Finish area is divided into 2 (two) zones for 10K runners to the right, for 5K runners and 1.2K Kids Dash to the left. These zones are to facilitate the provision of finisher medals. After crossing the finish line, the officials will be there to direct you to the area where you will get your finisher medal. Please consider to clear the finish area to avoid timing chip being repeatedly read. Remember, only participants who finish within specific time limit in each category will receive the finisher medal.

DROPPING OUT

If you need to drop out, please report to the nearest water and medical station so that your name and BIB number can be recorded and transmitted back to the finish area. Shuttle vans will pick-up runners who are unable to complete the race and transport them back to the finish area.

PHOTOS

JF3 Run's official photographers will be on the course and Start/Finish line taking pictures of you during the race. Please wear your BIB number in front of your shirt or costume and remember to smile. Photos will be published at www.JF3Run.com/gallery.

LUCKY DRAW

Applied for 10K participants (male & female) who reach the finish line for maximum of 1 (one) hour. Winners MUST be physically present to receive their awards & prizes during the ceremony.

KIDS DASH

There is "Kids Lounge" area located at Mall Kelapa Gading 1 (entered from New Lobby), where your kids can wait and warm-up before the race begins. When the Kids Dash group being called, please head to the Start line. Kids Dash participants ages 5-7 years old are encouraged to be accompanied by their parents/guardian and Kids Dash participants ages 8-11 years old should run on their own.

www.JF3Run.com

JF3RUN ROUTE 2019



WATER, MEDICAL & TOILET INFORMATION

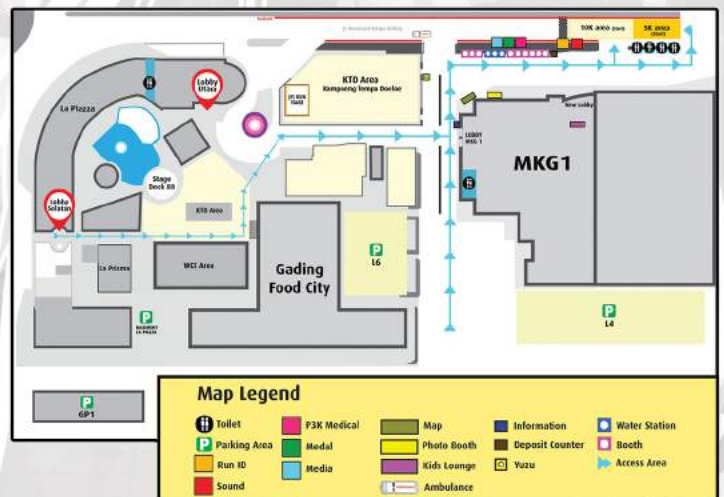
- There will be Water and Medical Stations at:
 - Station A** : for Run 10K at 2 KM and for Run 5K at 2 KM
 - Station B** : for Run 10K at 4.5 KM and for Run 5K at 4 KM
 - Station C** : for Run 10K at 6 KM
 - Station D** : for Run 10K at 8 KM
- There are portable toilets at Start/Finish line, also along the route at Station A & C.

- Mineral water and isotonic will be available for participants at each station.
- Medical personnel are stationed at Start/Finish area and each station. If you need medical attention, proceed to the nearest station and look for the medical signage.
- There are also; one ambulance will be driving all the way around the course and one at Start/Finish area.
- Please note that only registered runners with official JF3 Run 2019 BIB number will be served at each station.

HOW TO GET TO LA PIAZZA



JF3 RUN LOCATION MAP



RACE OFFICIALS

RACE MARSHALL

BIB NUMBER



Marshalls will be located at the intersections and checkpoints along the route to ensure your safety and provide valuable directions and support.

