



****ULGOW FINISHERS SINGLET & FINISHER'S MEDAL INCLUDED WITH REGISTRATION****

1. EVENT 活動

STGR MARATHON @ CONEY ISLAND

10km / 21km / 42km - [Register](#)

10公里/21公里/42公里 - [報名](#)

2. EVENT DATE and START TIMES* 日期 / 時間*

15 Jun 2019

42km - 7am*

21km - 730am*

10km - 8am*

**Flag-off and Cut-off times subject change for each category.*

**All runners will be notified by email within 48 hours of event date.*

2019年06月15日

42公里 - 早上7時

21公里 - 早上7時30分

10公里 - 早上8時

<https://goo.gl/maps/sGuf3FKv8j42>

3. VENUE LOCATION 起點/ 終點位置

The 2019 STGR Marathon Start/Finish is at the Punggol Waterway Park.

Google Maps location [here](#).

2019 STGR 馬拉松起點/終點會在Punggol Waterway Park

Google 地圖位置 [這裡](#).

4. REGISTRATION 比賽報名

Race back to back TGR weekends and take the Top Crown along with Top Prizes:

SG-based runners register Coney Island Event at [STGR.RUN](#) + Top up with a VIP entry to FTGR during registration.

HK-based runners register for the Lantau Event at [FTGR.RUN](#) + Top up with a VIP entry to STGR during registration.

5. ENTRY LIST 參賽名單

Full Race Entry List available ~2 weeks before race day on TBC

報名參賽者名單將會在比賽日前兩週公佈

6. LANDING PAGE

Find the STGR website here: [stgr.run](#)

All International TGR Events are here: [tgr.run](#)

簡介地圖: stgr.run

詳細資料: tgr.run

7. OVERVIEW 概覽

TGR brings to Singapore a road marathon, half marathon and 10km! The race takes place on beautiful Coney Island and along the waterside paths of Punggol Parkway. Participants will receive unique GreenRace items in their race pack, and a specially Singaporean designed Uglow finisher's singlet!

- 10km - 24% dirt trail*, 76% pavement
- 21km & 42km - 11% dirt trail*, 89% pavement

*Dirt trail sections are relatively smooth / hard packed and non-technical.

12月1日, TGR 將會帶給新加坡一個馬拉松, 半馬拉松和10公里賽事。比賽將會在一個美麗的Coney Island和沿著Punggol Parkway的水徑小徑進行。參加者將會收到獨特的GREENRACE 產品, 特別的UGLOW 完成衫。

- 10公里 - 24% 泥路*, 76% 平路
- 21km & 42km - 11% 泥路*, 89% 平路

*泥路部份相對平坦/較硬和不需技巧。

8. ACCESS and PARKING 交通 (巴士服務)

Location: The 2019 Green Race Trail Run Start/Finish is at Punggol Park Event Lawn which is 10-15 mins walk from Punggol Mrt. Google Maps location [here](#).

地點: 2019 Green Race 起點/終點會在Punggol Park Event Lawn, 距離Punggol Mrt大約10-15分鐘路程

Google 地圖位置: [這裡](#)

Car Park: Punggol Waterway Carpark B (Right next to Race Village-Event Lawn)

MRT: Punggol Mrt [here](#).

泊車: Punggol Waterway Carpark B (在Race Village-Event Lawn的右邊)

MRT: Punggol Mrt [這裡](#).

9. GREENRIDE SHARE 綠馳分享

Let's get to our favourite weekend running events a little cheaper, a little greener and a little friendlier!

RideShare to the GreenRace with us: <https://thegreenrace.sg/greenrideshare>

參與我們最愛的更節省更綠更親善跑步盛事 <https://thegreenrace.sg/greenrideshare>

10. RUNNER ENTITLEMENTS 額外的綠色跑手包物品

- [Uglow STGR Singlet](#)
- [Luchos Dillitos](#) 100% Natural Guava Energy Cube (wrapped in a plantain leaf!)
- GreenRace reusable [RaceBelt](#) (this is 'no pins' event:)
- Sustainable Finisher's Award
- Hydration mix at the race pack collection venue.
- High quality food and beverages at the Finish Line
- Discounts and Special Offers from our [Green Partners](#)

- [Uglow STGR 完成衫](#)
- [Lucho Dillitos](#) 百分百天然番石榴製成之能量方塊 (由天然樹葉包裹)
- GreenRace 可重用 [號碼帶](#) (這是一個沒有扣針的賽事)
- 環保完成獎牌
- 在(8月11-13日)領取選手包,可得到Hydration mix
- 在終點提供冰涼飲品以及美味食品
- [綠跑伙伴](#)折扣及優惠

11. FEES 報名費 + COMPETITOR CATEGORIES 比賽組別

EarlyBird Register by Oct 1st 在10月1日前-早鳥優惠

- 10km: SG\$40
- 21km: SG\$60
- 42km: SG\$80

Register [here](#)

Register by June 01st

- 10km: SG\$50
- 21km: SG\$70
- 42km: SG\$90

Register [here](#)

在10月1日前-早鳥優惠

- 10公里: SG\$40
- 21公里: SG\$60
- 42公里: SG\$80

Register [here](#)

在06月1日前報名

- 10公里: SG\$50
- 21公里: SG\$70
- 42公里: SG\$90

報名 [這裡](#)

12. AGE CATEGORIES* 年齡組別*

1. Students: 13 - 17 years old* (must run with a parent / guardian / waiver)** **10K only**
2. Greens: 18 – 35 years old (all categories available)
3. Primes: 36 – 49 years old (all categories available)
4. Vintages: 50+ years old (all categories available)

**Runners are automatically entered in respective age category on race day.*

***Some age categories have restricted entry. Review our race rules and regs [here](#).*

1. 學生組別: 13 - 17 歲* (必需父或母/監護人/免責聲明)** 10公里適用
2. 綠色組別: 18 - 35歲 (適用所有距離)
3. 壯年組別: 36 - 49歲(適用所有距離)
4. 經典組別: 50歲或以上(適用所有距離)

13. CUT-OFF TIMES 截止時間

- 42km - 3 pm (8 hours)

- 21km - 12:30 pm (5 hours)
- 10km - 11 am (3 hours)

**Starting and Cut-off times subject change for each category.*

**All runners will be notified of any changes by email no later than within 48 hours of event date.*

- 42公里 - 下午3時(8 小時)
- 21公里 - 下午12時30分 (5小時)
- 10公里 - 上午11時 (3小時)

**起點及終點或視乎情況而作出調動*

**任何賽事上的改動大會將會在比賽日前不少於48小時內以電子郵件方式通知所有跑手*

14. COURSE MAPS 地圖

Download course maps in gpx, tcx, jpg format:

tgr.run/maps

下載地圖gpx, tcx, jpg format:

tgr.run/maps

15. GPX / TCX FILES 地圖

Access all GPX files [here](#).

所有地圖 [這裡](#)

16. COURSE MARKINGS 赛道標記

- 42km - GreenRace labelled Orange fabric ribbon
- 21km - GreenRace labelled Orange fabric ribbon
- 10km - GreenRace labelled Orange fabric ribbon

***Orange arrow directional signs and marshals at major junctions.**

- 42公里 = GreenRace 橙色絲旗
- 21公里 = GreenRace 橙色絲旗
- 10公里 = GreenRace 橙色絲旗
- 在主要分叉交道用橙色指示牌指示
- 路徑指導員也會在分叉交道指引

17. VERTICAL PROFILES 垂直圖

- Not Applicable (flat courses)

18. CP FOOD and BEV 食物and飲品站 / 檢查點

- Healthy and nutritious snacks will be served at start/finish point in addition to water and electrolyte hydration TBC.
- TBC Hydration mix available to all participants at the 2 water points on the course and at the start/finish point.
- See our course map for CP locations [here](#).

•起點/終點將會提供健康和有營養的小食，水和電解質飲品。

19. FACILITIES / TOILETS 設施/ 洗手間

- Toilets are available at the start/finish point near the Race Village at Punggol Waterway Park.
- 洗手間設置在起點/終點附近的Race Village at Punggol Waterway Park

20. COURSE RECCE 試跑

Run prepared on race day!

We invite you to get out and recce the GreenRace route with us.

Meet Location: TBC

Maps: Access Start/Finish venue and route maps here: tgr.run/maps

Full Race Detail: TBC

Recce Facebook Event: TBC

Dates & Distances*

TBC

Final Run Distance:

*We'll decide on final run distances together, based on the turnout numbers and abilities.

*All runners should arrive prepared to run at least half distance they have signed up for.

Contacts: TBC

為賽事做好準備!

我們邀請你們去試跑。

集合地點: TBC

地圖s: Access Start/Finish venue and route maps here: tgr.run/maps

賽事資料: TBC

Recce Facebook 活動: TBC

日期 & 距離*

TBC

Final Run Distance:

*We'll decide on final run distances together, based on the turnout numbers and abilities.

*All runners should arrive prepared to run at least half distance they have signed up for.

Contacts: TBC

21. TRAINING 訓練

- Is this your first running event?
- How about your longest distance challenge to date?
- See our training page here: <https://thegreenrace.sg/training/>

•這是你第一個跑步活動嗎?

•最長的距離是?

•我們的訓練網頁: <https://thegreenrace.sg/training/>

22. PRIZE POT 獎項

All prizes available for this event are listed here: <https://thegreenrace.sg/prizes/>

Top 3 winners for each category and also prizes won will be announced here:

<https://thegreenrace.sg/results/>

24. TOP TGR CROWNS!

Top solo male and female in top distance category win:

SG\$500 cash*

Grand Prize applies to top distance categories only***

- Braemar 15K Solo Male and Female.
- Pottinger 15K Solo Male and Female.
- Plover 30K Solo Male and Female.
- Ultra 70K Solo Male and Female

**Prize pot increased from \$2000 HKD to \$2500 HKD on 1 March 2017)*

**Plover Community Challenge Crown is eligible for \$2500 HKD registered charity donation only.*

***Retreat option valued nearest to SGD \$450. For higher option [GreenRetreats](#) having a value exceeding SGD \$450, runner is responsible for the remaining balance.*

****Review Racematix final GreenRace results [here](#).*

25. THE GREENRACE CROWNS!

2017	MEN'S CROWNS	AWARD
Braemar	Jeff Campbell	Chiang Mai Retreat
Ultra	Stone Tsang	HK \$2500
Pottinger	Jeff Campbell	HK \$2500
SG TNF60	TBA	SG \$500
Plover	TBA	HK \$2500 (Charity Donation)

2017	WOMEN'S CROWNS	AWARD
Braemar	Mary Hui	HK \$2000
Ultra	Elsa Jean De Dieu	HK \$2500
Pottinger	Ruth Croft	HK \$2500
SG TNF60	TBA	SG \$450
Plover	TBA	HK \$2500 (Charity Donation)

2016	MEN'S CROWNS	AWARD
Pottinger	Jeff Campbell	HK\$2000
Plover	Jeff Campbell	HK\$2000

2016	WOMEN'S CROWNS	AWARD
Pottinger	Leanne Szeto	HK\$2000
Plover	Katia Kucher	Guangzhou Retreat

**Prize pot increased from \$2000 HKD to \$2500 HKD on 1 March 2017)*

*Plover Community Challenge is eligible for HK\$2500 registered charity donation (or currency equivalent).

*Review Racematix final GreenRace results [here](#).

26. FULL RACE RESULTS 所有賽事成績

Find full GreenRace results on TBC.

所有爭綠奪秒賽事結果可以在此觀看這裡

27. GREEN OPTIONS and EXTRAS 報名或其他選擇

Sustainable Natural Finisher's Awards by GreenRace!

- YES I would like a sustainable wood finisher's medal!
- NO I prefer to donate SGD\$4 to [HelpUsHelpSG](#) please!

天然木材的完成牌!

- 是!我想得到天然木材的完成牌!
- 不!我選擇捐SGD4到[幫助新加坡](#)!

GreenRace Bib Belt*

No Pins! We are working towards no disposable plastic or metal items in our racepacks and at our events.

- YES I'd like a Race Belt to be used for my bib number
- NO I already have my own race belt and prefer to donate SGD\$4 to [HelpUsHelpSG](#)

28. GREEN PARTNERS and RUNNER TREATS 綠色合作夥伴優惠

Gain exclusive access to unique offers from our community of GreenRace Partners:

<https://thegreenrace.sg/partners/>

29. RACEPACK COLLECTION 跑手包

Check your BIB number and race pack collection date *TBC*.

Race pack collection Date: TBC

Race pack collection will be held at: *Fountain Square*

Nearest MRT Station is: Farrer Park MRT

30. THIRD PARTY RACEPACK COLLECTION 跑手包

Friends or family can collect racepacks on your behalf:

- Forward your proof of registration email to team@tgr.run and cc the 3rd party who will be collecting your racepack.
- 3rd party will need to show this email to the GreenRace reps on collection.

31. BAG DROP / LOST & FOUND ITEMS

All GreenRace Events have bag drop services available. We will not be held responsible for lost or damaged personal items at the event.

- Race Director reserves the right to check any bags in possession of the GreenRace.
- Lost and Found items will be made available for collection at the First Aid Tent.
- For post event enquiries please [contact us](#).

32. MANDATORY RACE EQUIPMENT 指定裝備

Volunteers will check for mandatory items at CPs:

- Runners found to be inadequately prepared and/or missing mandatory items will be disqualified in order to maintain the safety of all competitors.
- Review all GreenRace Mandatory Items here: <https://thegreenrace.sg/mandatoryitems/>

33. RULES and REGS 競賽條款

Runners must abide by GreenRace Rules and Regs during all our events.

Visit: [s.tgr.run/rules](https://tgr.run/rules)

34. PHOTOS 相片

Find photo albums for all our GreenRace events on [Facebook](#).

35. VIDEOS 影片

Can't make one of our pre-race recce / training sessions?

Review our course videos [here](#).

tgr.run/videos

36. MORE SG EVENTS 活動

Find this and all future TGR Events on [Facebook](#) and our website: tgr.run

37. GLOBAL CALENDAR 活動

We are expanding our trail network!

Find all GreenRace events on our global events [calendar](#).

38. HOW GREEN ARE WE? 我們有多環保?

Just how Green is TGR & the GreenRace?

- We're working hard to create [Zero Waste Events!](#)
- Check out our green initiatives here:

<https://thegreenrace.sg/green/>

39. HELP US HELP SG!

Opt out of racepack items and Help Us Help SG!

- See how much we've raised here:

<https://thegreenrace.sg/huhsg/>

41. INTERNATIONAL RUNNERS 海外跑手

[Contact Us](#).

42. VOLUNTEER! 義工招募

Enjoy a great day out with friends and also enjoy our exceptional [volunteer](#) benefits pack!

tgr.run/volunteer

43. WAIVER 免責聲明

By joining for our events, participants must confirm acceptance of our [waiver](#) during registration:

thegreenrace.sg/waiver

44. EMERGENCY CONTACTS 緊急聯絡

Critical Emergency: 995

Non Critical Emergency: 1777

- Martin: +852 91335415
- Chinese +852 9173 4477
- English +852 9163 3306
- Report all details at earliest available time to email: e@tgr.run or use the our form: s.tgr.run/contact

45. CONTACT US 聯絡我們

Have some positive or constructive feedback for us or simply have a [question](#)?

We'd love to hear from you!

[Contact Us!](#)

UPDATES

...