

## EVENT SCHEDULE

The 5K run happens every Saturday morning inside the Embassy Manyata Business Park campus. While it's not mandatory to come for each run, however, it's encouraged to attend maximum run events

Time	Activity	Venue
6:15 AM	Arrival at the venue	Amphitheatre (Central Park)
6:15 AM to 7:00 AM	Bib tag and t-shirt distribution	Amphitheatre (Central Park)
6:30 AM to 7:00 AM	Assembly & Warm up	Amphitheatre (Central Park)
7:00 AM	5K Run starts <i>You may start the run latest by 7:15 AM</i>	Amphitheatre (Central Park)
7:30 AM - 8:00 AM	Refreshments	Amphitheatre (Central Park)
8:00 AM	Run closes and Pack-up	Amphitheatre (Central Park)

### 1) FOR EMPLOYEES:

i) If you have registered online for the run club before 6:00 pm on the Friday before the run, you will get a t-shirt (one-time) and a bib for that run.

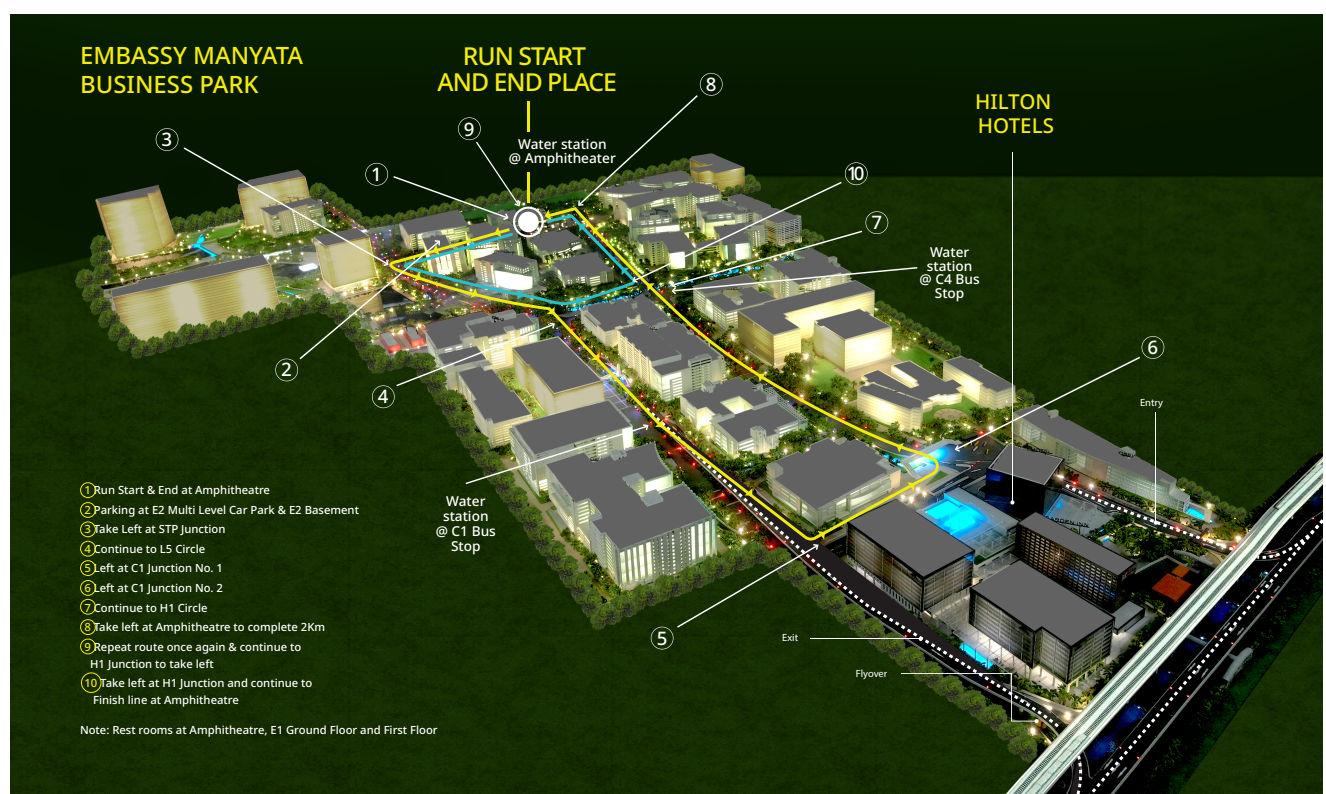
ii) If you have registered after 6:00 pm on that Friday, you may still participate in the run, however, your bib and one-time t-shirt will be provided to you in the next run

iii) If you have not done the one-time online registration and you still come for the run, please do the registration on the website [www.novohealthatembassyreit.com](http://www.novohealthatembassyreit.com) by scanning the QR code at the venue. You too, may still participate in the run, however, your bib and one-time t-shirt will be provided to you in the next run.

### 2) FOR FRIENDS AND FAMILY:

You can run, However, you won't be receiving the t-shirt and bib. You would need to do a one-time online registration on the website [www.novohealthatembassyreit.com](http://www.novohealthatembassyreit.com) by scanning the QR code at the venue. In the online registration form please select 'No' for 'Are you an employee?'

## RUN ROUTE MAP



In order to complete the 5k run, participants need to take two rounds of the track marked in **yellow** followed by 1 round of the track marked in **blue**.

### Important note:

**You will be allowed to register only once and only with your official email ID**  
**It's also encouraged for you to carry your own water bottles for the run**

## DO'S AND DON'TS:

- ▶ Parking of vehicles will be allowed in E2 Block MLCP, Food Court Basement
- ▶ To-fro Shuttle services from the J Block/Gate 1 (Foot over bridge) to the Amphitheatre shall be available at 6:15 am and 6:30 am and Return (Two drop backs - 8:00 am and 8:15 am)
- ▶ Ambulance and first aid services shall be available for all runners.
- ▶ Washroom facility is available at E Block Food court only
- ▶ A high-quality running t-shirt shall be provided only once when the participant comes for the first run and they are expected to use it for subsequent runs
- ▶ The participants to get a new bib tag each time they come for a run
- ▶ All Participants to adhere to the event timings i.e. arrive 20-30 mins before the run start time and to clear all the vehicles from the parking slots once the event is completed.
- ▶ Run timing details will be sent to the participant over SMS from AX-IFINIS within 2 hours after the run ends.
- ▶ The registration for the run club is one-time only. Once registered, the participant can attend all the runs and shouldn't register each time.
- ▶ You may take photographs however, Do NOT capture any company LOGO.
- ▶ Participants to place their bags in the respective offices or in their cars. The responsibility of personal items is with the individual itself.
- ▶ Employees to adhere to safety precautions while participating in the runs.
- ▶ Participants to maintain discipline and adhere to the designated run route pre-planned for the event.

## HOW TO ATTACH YOUR TIMING BIB:

1. Wear the bib number visibly on the chest.
2. Do not fold or crumple your bib number, do not pierce the tag.
3. Do not remove the foam spacer.
4. Attach the bib horizontally to your torso - NOT on your Back.
5. Always keep the bib number visible - Do not remove or cover the bib with anything including the jacket.
6. Do not separate or remove the Bib Tag (Chip) from the bib number.
7. Always remember that the timing mat must see your bib number when you are crossing it.
8. You can keep the bib with you as a souvenir and to check results.  
You cannot use it to time yourself at another event.

## FAQs

### 1. Do I need to register myself on the website for each run?

A – The registration for the run club is a one-time only. Once registered, the participant can attend all the runs and shouldn't register each time. We shall be sending out a RSVP link every Wednesday for that week's run

### 2. Can I get my friends and family to participate in the run?

A – Yes. You may get your family and friends to participate in the runs. However, they won't be receiving the t-shirt and bibs. You would need to do a one-time online registration on the website [www.novohealthatembassyreit.com](http://www.novohealthatembassyreit.com) by scanning the QR code at the venue. In the online registration form please select 'No' for 'Are you an employee?'

### 3. Can I participate in the runs without registering myself?

A – **1) For employees:**

i) If you have registered online for the run club before 6:00 pm on the Friday before the run, you will get a t-shirt (one-time) and a bib for that run.

ii) If you have registered after 6:00 pm on that Friday, you may still participate in the run, however, your bib and one-time t-shirt will be provided to you in the next run

iii) If you have not done the one-time online registration and you still come for the run, please do the registration on the website [www.novohealthatembassyreit.com](http://www.novohealthatembassyreit.com) by scanning the QR code at the venue. You too, may still participate in the run, however, your bib and one-time t-shirt will be provided to you in the next run.

**You can log on to [www.novohealthatembassyreit.com](http://www.novohealthatembassyreit.com)**

anytime to register yourself for the time that the run club is operational. Please look out for our email communication so that you don't miss out on important information.

### 4. Can I join the run club anytime?

A – You can register and join the club anytime during the time that the run club is operational. The organizing team shall contact you to let you know which is the next run you can join

### 5. What are the activities in the novohealth run club?

A – As of now, the run club organizes a 5K timed-run every Saturday morning inside the Manyata Tech Park campus in Bengaluru for its members

### 6. Are there any prizes for participants?

A – We have something extra and exciting for our active members as we do see your hard work and commitment each week. This shall be communicated to the club members in due course of time

### 7. Is it mandatory to attend the run every Saturday?

A – While participation isn't mandatory for each run, however, it's encouraged to attend maximum run events and become an active club member to reach your fitness goals.

### 8. Where do I get my run results and how do I download my e-certificate?

A – Participant can visit <https://www.novohealthatembassyreit.com> or <https://www.timingindia.com/result.html> and check their run time details and download their timing certificates 12 hours after the run.

**Go to “Event Results” > Choose 2024 in Year > Enter Event Name “novohealth @ EMBASSY) (date)” > Enter Name or Bib Number.**