



May 30, 2010. Bonifacio Global City.
3km • 5km • 10km • 21km

BIB NO.

FOR OFFICIAL USE ONLY

I WANT TO JOIN THE NATURE VALLEY RUN 2010

	DISTANCE	FEE
<input type="checkbox"/>	3km	P400
<input type="checkbox"/>	5km	P600
<input type="checkbox"/>	10km	P600
<input type="checkbox"/>	21km	P750

YOU CAN REGISTER AT THE FOLLOWING LOCATIONS:

- Timex Glorietta 4, ☎ (02) 894-5432
- Timex SM North EDSA, ☎ (02) 927-0640
- Timex SM South Mall, ☎ (02) 800-1273
- Timex SM San Lazaro, ☎ (02) 786-2530
- Robinsons Galleria Watch Republic, ☎ (02) 634-5476
- R.O.X. Bonifacio High Street, ☎ (02) 856-4639

SIGNATURE OF CASHIER ABOVE PRINTED NAME DATE OF REGISTRATION

LIABILITY WAIVER AND RACE AGREEMENT:

I attest to being fully trained and physically/mentally fit to participate in the event, and have full knowledge of the risks involved. I give my permission for the free use of my name(s), photos and/or voice in any broadcast, telecast, digital, print material or any other material in any medium of this event.

In consideration of being permitted to participate, I, for myself, my heirs, executor, and administrators, do hereby waive and release forever any and all rights to claims and damages I may have against the event organizers, sponsors, volunteers, race officials, and all parties involved with this event.

Participant's Signature
(Parent must sign if participant is below 18 y.o.)

Date

IN CASE OF EMERGENCY, CONTACT:

Name and Contact Number

Event: Nature Valley® Run 2010
Date: May 30, 2010
Race Venue: 28th Street, beside NBC Tent
Bonifacio High Street, Bonifacio Global City

FAQs:

- **WHAT IF I REGISTER AND THEN BECOME INJURED OR AM UNABLE TO ATTEND THE RACE?**
Your race entry is non-refundable. There are no refunds for cancelled entries. In addition, we are unable to transfer entry fees to another RunRio event.
- **CAN I TRANSFER MY REGISTRATION TO ANOTHER RUNNER?**
No, your registration, racing bib and timing chip are non-transferable.
- **ONCE I HAVE SUBMITTED MY REGISTRATION FORM, CAN I MAKE CHANGES TO MY INFORMATION?**
No. Please make sure that all information on the registration form, especially name, gender, age and contact information, are complete and written legibly before submitting to ensure proper encoding and accurate race results.
- **CAN I REGISTER ON RACE DAY?**
No, there will be no registration on race day. All participants must register and obtain their race kits during the specified registration period.
- **ARE DOGS ALLOWED ON THE COURSE?**
Dogs will not be allowed on the course.
- **WILL SKATES, STROLLERS OR BIKES BE ALLOWED ON THE COURSE?**
No. Skates, strollers and bikes crowd the course and create potential safety hazards. Because we want all runners to have a positive experience skates, strollers or bikes are not allowed on the course.
- **DO YOU ALLOW iPods?**
Yes.
- **DO I NEED TO COMPLETE THE COURSE BY A SPECIFIC TIME?**
No, the race course will be open as long as there are still registered runners on the route.
- **CAN I RUN THE RACE AS AN UNOFFICIAL OR "BANDIT" RUNNER?**
No, please do not run if you have not officially entered in the race. Race amenities along the course and at the finish, such as fluids, medical care, and traffic safety, are provided based on the number of official entrants. Any addition to this by way of unofficial participants, adversely affects our ability to ensure a safe race for everyone.
- **WHAT HAPPENS IF I BECOME INJURED ON THE COURSE?**
We provide medical assistance at each of our water stations, in addition to the ambulance units that will cover the course, as well as the activity area. All registered participants are insured by the organizer.

RULES AND REGULATIONS

- A. Participants below 18 years old must have their entry form signed by a parent/guardian.
- B. Race bib numbers and electronic timing chips must be worn at all times during the race. Bib numbers should be pinned in front of your running shirt while chips must be attached to your shoes.
- C. All protests related to the results must be made in writing and submitted to the Race Organizer within 30 minutes after the official announcement of winners.
- D. The organizer's decision is final.

WATER & FIRST AID STATIONS

Drinking water will be provided at the finish line and at every 2.5km after the first 5km. Medical aid will be available at certain points along the way and at the finish line.

TOILET AREA

Toilet cubicles will be available at the site during the race.

PARKING AREA

All participants and other spectators are required to park their vehicles at the allocated parking area.

BAGGAGE AREA

Baggage deposit service is available near the stage from 4:30am to 9:00am.

ELECTRONIC TIMING CHIP

Official time will be based on the disposable Champion Chip provided in the race packet. The chip must be secured by participants to their shoes prior to the race. No chip, no time. Without the chip, the participant is not qualified to win the prize.

PHOTOVENDO AND RUNPIX ANALYSIS

After the race, participants may download photos from Photovendo and retrieve official race results and analysis from Run Pix at www.runrio.com.

JOIN THE "NATURE TRIP EXPERIENCE" RAFFLE FOR A CHANCE TO WIN AN ECO-HOLIDAY TO PALAWAN!

- Buy Nature Valley Granola boxes with promo stickers to join.
- Write your name, address, contact numbers and affix your signature inside the box and drop your entries in drop boxes at all race registration areas and at Rustans Makati and Rockwell, Shopwise Alabang, Sucat and Cubao, Robinsons Galleria and Ermita.
- Deadline for dropping of entries will be on May 28, 2010. Winners will be drawn on May 30, 2010 after the Nature Valley Run 2010 in the presence of a BFAD representative.
- Each of the ten (10) winners will be entitled to a round trip ticket for two (2) to Coron, Palawan. This includes a 3-day, 2-night hotel accommodation with full board meals and nature trip activities for two (2) pax. Booking and travel should be completed from June 8, 2010 to October 30, 2010.
- Prizes are not transferable and non-convertible to cash. Winners will be responsible for settling any surcharges, extra expenses and taxes not covered by the prize.
- Winners will be notified through registered mail. Each winner may only win once and may claim their prize at 25F Philamlife Tower Paseo De Roxas Makati City.
- The raffle prize will only be awarded to the person whose name appears on the winning entry. Each lucky winner must present an original copy of the registered mail with valid identification such as their SSS, TIN card, driver's license, voter's ID, passport, Senior citizen card to claim their prize.
- Winners will be given 30 days upon receipt of registered mail to claim their prize. After the 30-day claiming period, unclaimed prizes will be forfeited in favor of General Mills Foods Inc.
- Upon acceptance of the prize, winners must abide by the booking conditions and policies of General Mills Foods Inc.
- Employees of General Mills Foods Inc, Dual Action Blender and Active Brands Inc their relatives up to 2nd degree of consanguinity or affinity are disqualified from participating in the raffle.

*Any variant of Nature Valley® Granola Box is eligible to join.

Registration is from
April 15 to May 12



DATE

FIRST NAME

LAST NAME

ADDRESS (NO./STREET)

(BARANGAY)

(CITY)

ZIP CODE

M F

BIRTHDATE (MM/DD/YEAR)

AGE (on race day)

GENDER

PHONE NUMBER

MOBILE NUMBER

EMAIL ADDRESS

We endeavor to provide you with the singlet size requested but we cannot guarantee.

XS S M L XL XXL

SHIRT SIZE (place an X)

TEAM/SCHOOL/COMPANY/CLUB

EVENT TAKES PLACE RAIN OR SHINE!

Registration Fee is non-refundable. Entry is non-transferrable.
Change of race category after registration is not allowed.