



01.06.2017

## IMPORTANT INSTRUCTIONS

### Venue (see maps below):

WOLU SPORTS PARK

Avenue Edmond Galoppinlaan, 1150 Brussel/Bruxelles

### Schedule:

16:00-17:30	Welcoming participants & collecting Bibs; team pictures,
17:30-17:45	Race briefing @ START area & Group picture
18:00	RACE START
18:45	After-race Buffet
19:15-19:30	Award Ceremony & Drink; welcoming last team on the podium showers (until 22:00)
20:00 20:15	Walking Dinner
23:00	End of Walking Dinner & Open Bar
24:00	Closing time

### Before the race:

1. A representative of each team goes to the WELCOME desk to collect the envelope with the 3 Team BIBs (Race Number), bracelets, safety pins, and change form.

**No bracelet = No access to the HR Run Village.**

For security reasons, all persons on-site must be wearing an official HR Run bracelet. Access control will be carried out at the entrance gate as well as during the entire event. All persons without a bracelet must go to the Welcome Desk.

If you need to make a team change, fill in the Team Change Form printed on the envelope and confirm the category in which the team is registered (Men/Women/Mixed). The envelope needs to be dropped off in the Team Changes Box at the Welcome Desk.

2. Get changed into your running gear in the changing spaces (see map), gather your teammates and move to the TEAM PICTURE zones.
3. Your bag may be left in the changing rooms under your own responsibility. A baggage room will be available for all participants.
4. Remember: BIBs (RaceNumbers) of your team have a letter A (9km), B (6km) or C (3km).

**The BIB (Race Number) must be attached to the front of your t-shirt or running gear and must always be well visible during the race. A = 9KM; B = 6KM; C = 3KM**  
**The Runner with "A" MUST START FIRST and WEAR the "A" BIB.**

## During the race:

The start area is in front of the village. All the runners with an "A" on their BIB number will start the race at 18:00 and will run a loop of about 3km. The circuit is indicated with signs and several officials with an orange Running Nation top will guide you. Every runner must follow the public road signs.

At the end of the first loop, the Numbers "B" will be ready in the RELAY zone to accompany their Runner "A" for the second loop, and after the 2nd loop, the Numbers "C" will join their team.

You must respect this chronological order: "A" starting first, "B" joining after 1 loop, "C" joining after 2 loops. During the 2nd and 3rd loops, all runners from the same team must run together, be within 5 meters of each other at all times and pass the finish line of the third loop together. The time of the team is based on the last runner passing the finish line. A fuelling area will be present close to the finish line with water and some snacks for the finishers.

**All runners participate in the race under their own responsibility. In case of injury during the race, please inform the closest official guide along the circuit. The Red Cross will be present to intervene in case of an incident.**

## After the race (ceremony, showers, walking-dinner):

We will start the award ceremony at 19:15 when the last team arrives. This way, we can welcome the last team of the race directly on the podium. Teams entitled to an award must stay close to the podium (Top 3 Men/Women/Mixed; Brussels) and awarded teams may be controlled to prove that each runner is related to their company. Any irregularities will lead to disqualification of the team.

Afterwards, XXX runners may go for a shower: Women's and Men's areas will be indicated. Walking-dinner starts round 20:15.

You may choose if you want to shower directly after the ceremony or start to eat first and shower later, but before 22:00. Organic soap is supplied for the showers and must be used instead of your own (if non-organic) for environmental reasons.

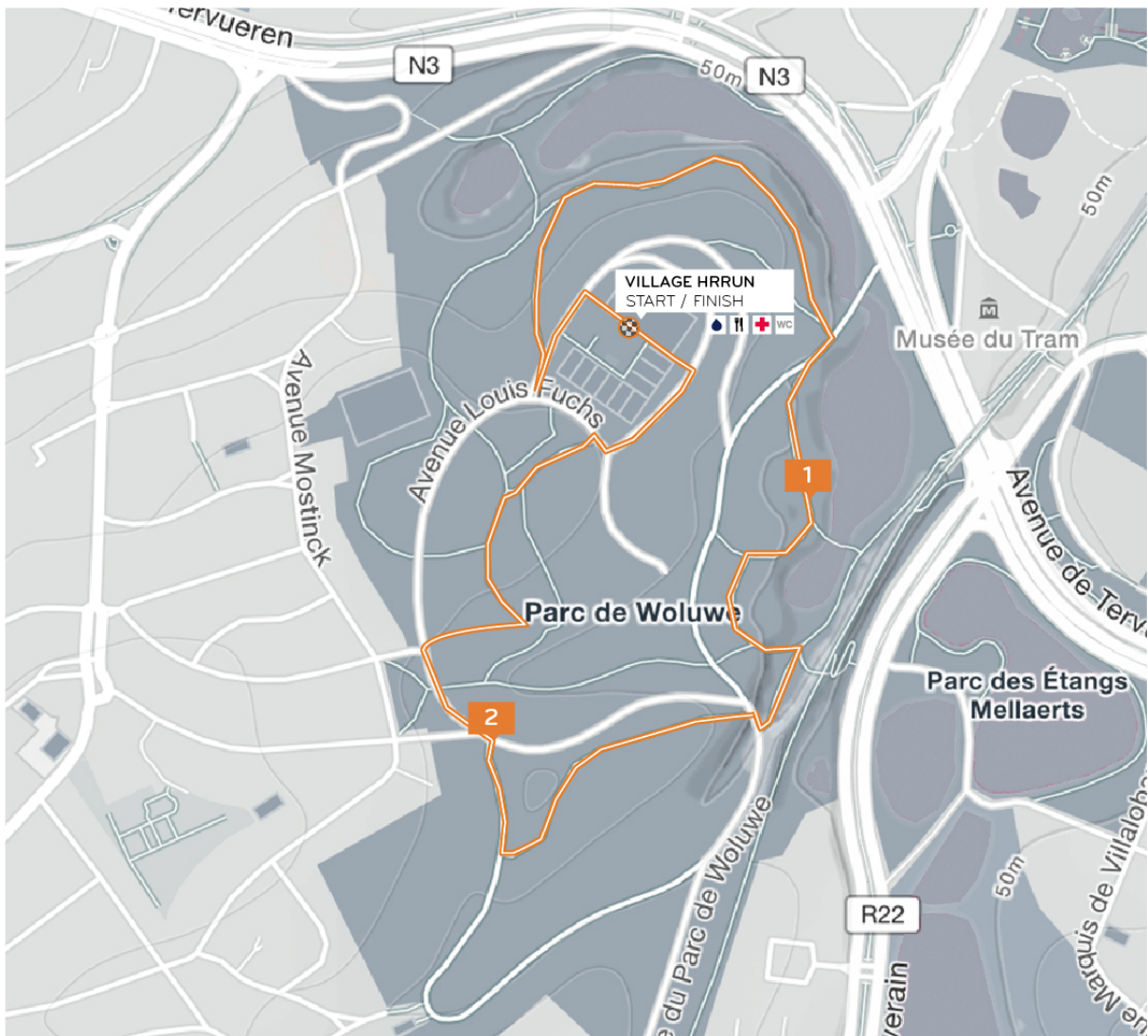
The drink & walking-dinner are both sold out and only available to the pre-registered guests wearing their bracelet. After the walking-dinner's hours (23:00), drinks will be available for purchase. Water remains free of charge.

Some goodies will be freely distributed when you leave. The event ends at 24:00.

Thank you for your participation in this edition of HR Run, The First Human Resources Race in Belgium! We hope that you will enjoy this event.

The organization TEAM

## Circuit



## Access & Parking

