



PROGRAM OF ACTIVITIES

October 9,2010 , Saturday

5:15 AM

Assembly : **corner of 28th St. and 9th Ave.**

5:30 AM

National Anthem

5:33 AM

Invocation

By Dr. Florenda " Poyie" S. Valera

5:35 AM

Welcome Remarks

By Ms April Al Raschid

5:40 AM

Group Stretching / Warm-up

Joierie Pacumio

5:50 AM

Race Briefing of Participants

Atty. Raymund Martelino

5:55 AM

Gun Off – 10K Participants

10K Course : See Attached

6:00 AM
Gun Off – 5K Participants
5K Course: See Attached

6:05 AM
Gun Off – 3K Participants
3K Course: See Attached

7:40 AM
Curfew – 10K Participants

7:00 AM
Curfew – 5K Participants

6:45
Curfew – 3K Participants

Post Race:
Bottled water will be served at the Finish Line Area

7:30 AM
Awarding Ceremonies
Remarks
Recognition of Top 3 Finishers overall
Awarding of 3 K
Awarding of 5K
Awarding of 10K

Closing Remarks

Mistress of Ceremonies: Ms. Carole Lee