



DATE: October 1, 2023

TO: ALL PARTICIPANTS OF 11TH FCIE TAKBO PARA SA KALIKASAN

RE: INFORMATION AND GUIDELINES

Please be informed of the official / final details of the 11th FCIE Takbo para sa Kalikasan as follows:

Date : October 8, 2023 (Sunday)
 Assembly Time : Starts at 5:00 AM
 Assembly Place : FCIE Activity Center Grounds
 Barangay Langkaan, Dasmariñas City Cavite

REMINDERS:

1. We will strictly implement the indicated start time of fun run which is 6:00AM, so all participants of the event is requested to be at the FCIE Activity Center (beside FCIE Security Office) thirty (30) minutes before the actual time of the fun run. Exactly 5:30 AM, all participants shall be asked to convene at the FCIE Activity Center for further announcement and warm-up exercise.
2. All participants are required to know and observe the following rules & regulations, policies and requirements of the event. **Ignorance thereto does not excuse any runners from compliance herewith:**
 - 2.1 Anyone who shall participate the fun run should **STRICTLY WEAR** the following:
 - ✓ Official 11th FCIE Takbo para sa Kalikasan Singlet (Sando)
 - ✓ Race Bib Number should be PIN IN FRONT of the SINGLET
 - ✓ Running Shoes
 - ✓ Running Shorts or jogging pants

Anyone violates or fail to wear the above-mentioned will disqualify the runner to join and chance of winning the intended prizes on the event.

3. Bringing any **PETS** inside FCIE is **prohibited**.
4. At 6:00 AM, on the cue of a start shot, the starting ribbon shall be released to indicate the start of the fun run. Our patrol security vehicle shall guide all participants with regards on the route all throughout the event.
5. There will be designated FCIE organizers to provide a color coding yarns to all runners on the following kilometer posts. All colored yarns must be collected as reference that a runner have undergone the 6KM run.

2KM – Violet 4KM – Blue 5KM – Green

6. Paramedics of MV Santiago Clinic will be on stand-by at the FCIE Sports Center to assist participants in case of emergency occurred. FCIE company vehicle shall also assist those participants during the event.
7. There will be water stations available at all kilometer posts. **We will no longer provide paper or plastic cups at water stations, hence, please inform all the participants to bring their respective hydration tumblers.**
8. Fun Run Activity shall end at FCIE Sports Center to be followed by a program and awarding of prizes. **RAFFLE PRIZES shall also at stake for all the participants. Please hear this announcement during the assembly as well as mechanics for those who are aiming to be included on the fastest runners.**