

KIDS RUN

RACE GUIDE FOR KIDS & PARENTS



RUN! TP. HỒ CHÍ MINH
9.12.2023
**SUPER
HERO
RUN!**



You are about to get a real life power up !!!

Video game characters may get their speed, strength and agility from power ups but in real life, children develop these qualities through a combination of a nutritious diet, active lifestyle and healthy competition.

The KIDS RUN event has the theme "Run! Superhero Run!", inspiring young athletes to complete the race on December 9, 2023 (Saturday).

For this year's competition, parents will NOT run alongside their children. Young runners will be supported by nearly 100 volunteers and event organizers to guide them and their peers to the finish line. The route will be completely closed off and carefully monitored from start to finish. The format of children completing the race without their parents has been successfully applied in the KIDS RUN race in Hanoi and the IRONKIDS race in Phu quoc for distances of 1.5KM and 3KM.

LOCATION: EMPIRE CITY

DATE: 09/12/2023

**RACE DISTANCES
(categorized by age group)**

AGE GROUP 5 - 10 YEARS OLD

1.5 KM

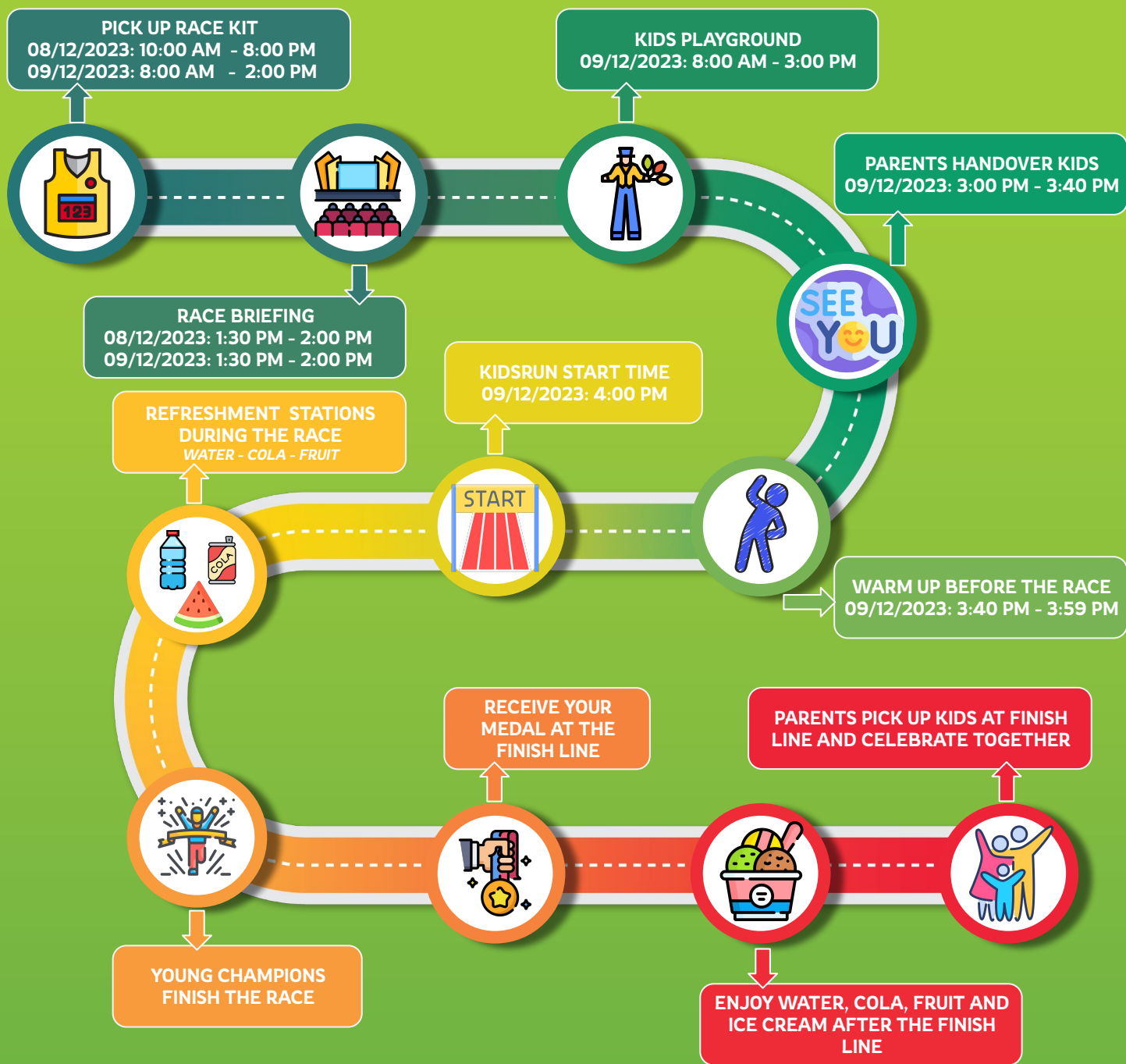
AGE GROUP 7 -14 YEARS OLD

3 KM

A stylized cityscape with various buildings and a large, colorful, swirling energy trail in shades of blue, purple, and red arching over the scene. The text 'RUN! SUPER HERO RUN!' is written in a bold, yellow, blocky font with a black outline.

**RUN! SUPER
HERO RUN!**

OUR LITTLE RUNNER'S JOURNEY



RUN! SUPER HERO RUN!



KIDSRUN SCHEDULE



PICK UP RACE KITS

FRIDAY, 8. 12.2023, FROM 10:00 AM TO 8:00 PM

SATURDAY, 8. 12.2023, FROM 8:00 AM TO 2:00 PM

WHAT TO DO?

CHECK-IN AND PICK UP RACE KITS

WHERE?

AT THE REGISTRATION AREA (EMPIRE CITY, THU DUC CITY)

[LOCATION ON GOOGLE MAP](#)

RACE BRIEFING

FRIDAY, 8. 12.2023, FROM 1:30 PM TO 2:00 PM

SATURDAY, 9. 12.2023, FROM 1:30 PM TO 2:00 PM

WHAT TO DO?

WATCH RACE BRIEFING VIDEO TO RECEIVE ALL THE INFORMATION

WHERE?

AT THE STAGE AREA (EMPIRE CITY, THU DUC CITY)

[LOCATION ON GOOGLE MAP](#)

WARM UP AT START LINE

SATURDAY 7, 9. 12.2023, FROM 3:40 PM TO 3:59 PM

WHAT TO DO?

BE READY AT THE START LINE BEFORE 3:40 PM TO WARM UP.

WHERE?

AT THE START LINE (EMPIRE CITY)

16:00 - THE BIG MOMENT - THE EVENT GETS UNDERWAY !!! LET'S RUN, LET'S HAVE FUN!!!



RUN! SUPER HERO RUN!





HELLO KIDS RUN ATHLETES!
Congratulations! By being here on event week

YOU'VE ALREADY A SUPERHERO!

Here is some important information. Please read carefully.

Make sure you bring the following items with you:



SUN PROTECTION HAT

Make sure to wear a hat to protect yourself from the sun



YOUR FAVORITE RUNNING SHOES

Remember to wear your favourite running shoes!

Roller shoes, Heelys or Street Gliders are **NOT** allowed during the race.

If you still have questions about racing equipment, please ask the nearest support staff.

A colorful illustration of a cityscape with various buildings and a winding, multi-colored running track that loops through the scene.

**RUN! SUPER
HERO RUN!**

RACE KITS



KIDS RUN Athletes will get a race kit that includes a loot bag, race shirt, registration BIB number, and sponsor gifts. Every KIDS RUN athlete who crosses the finish line will be crowned a CHAMPION and receive a medal!!!



LOOTBAG



BIB NUMBER*



RACE SHIRT



MASK**



SPONSOR GIFTS



MEDAL***

*The BIB NUMBER will be pinned to the child's waistband or front of his or her shirt and must be worn throughout the race.

**The organizers will distribute masks, and children will design their own mask in the stage area.

***Congratulations, you will be awarded a KIDS RUN medal after crossing the finish line.

**RUN! SUPER
HERO RUN!**



KIDSRUN

DÀNH CHO BÉ TỪ
7 ĐẾN 14 TUỔI
AGE GROUP 7 TO 14 YEARS OLD

3 KM
09.12.2023



KIDSRUN

DÀNH CHO BÉ TỪ
5 ĐẾN 10 TUỔI
AGE GROUP 5 TO 10 YEARS OLD

1.5 KM
09.12.2023



OTHER IMPORTANT INFORMATION:

- If you do not feel well, please do not start the race. You are already a champion by being at the event.
- If you have any questions, feel free to approach any of our friendly KIDS RUN crew.
- Remember to enjoy the event and always SMILE!!!

IMPORTANT NOTES FOR PARENTS:

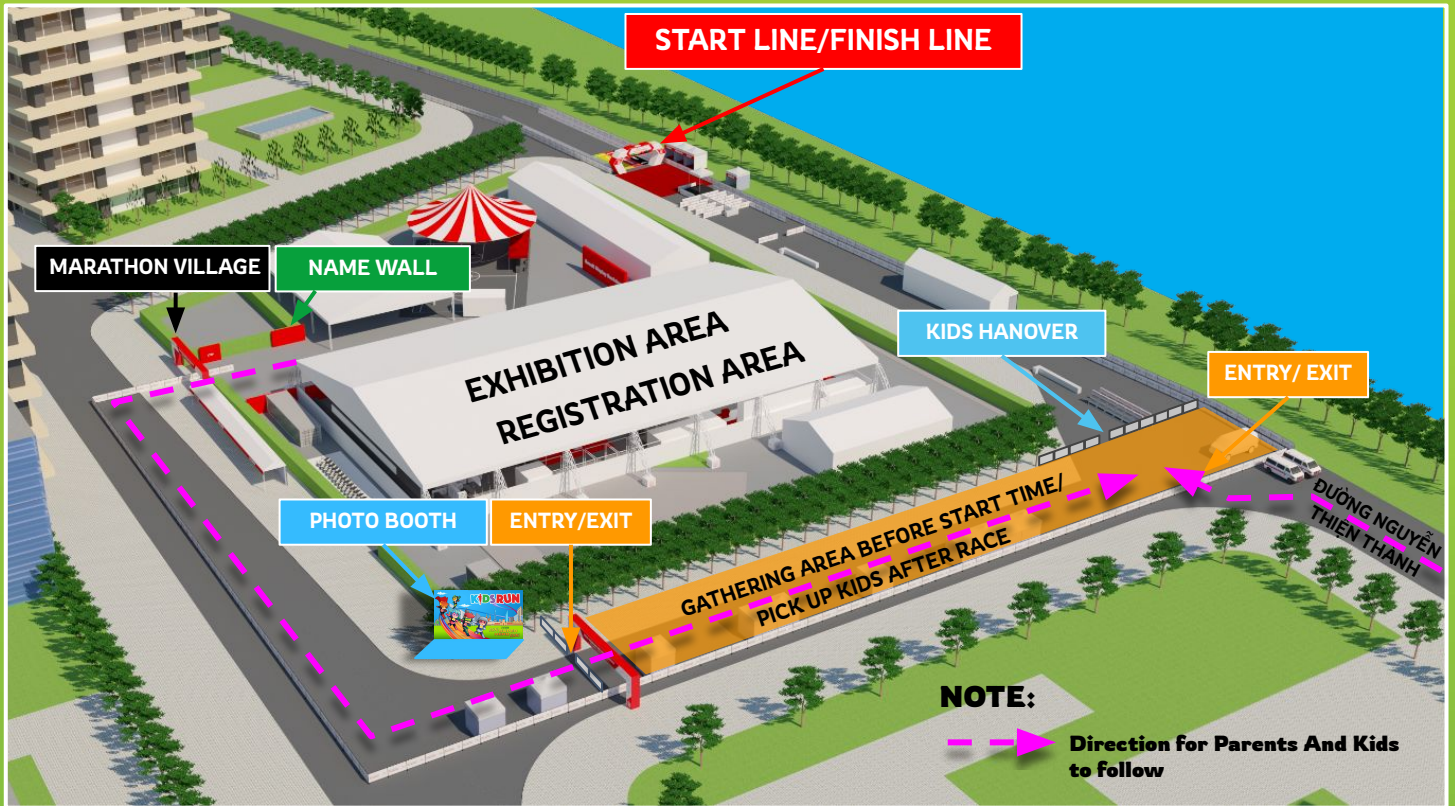
- Please do come on time to Athlete Check-In to collect the race kit before the race.
- If your child is unwell, please do not let him / her take part in the event.
- Please clear the path for kids to race safely. Do not block the course.
- Please refrain from entering the starting area during the event. This may be a hazard for other kids in the area.
- In handover area, parents will be given a wristband from the event staff. You must keep hold of this wristband to pick up your kids at the Finish Line.
- Please do not rush your children during the event. The idea is to have fun and to have an enjoyable race. NO PRESSURE.
- It is not about winning as there are no prizes - this is an unranked race. Every child is a champion by being here on race day.



**RUN! SUPER
HERO RUN!**

GUIDANCE FOR PARENTS

BEFORE THE RACE 3:00 PM - 3:40 PM



START TIME 4:00 PM - FINISH TIME ESTIMATED 4:15 PM - 4:30 PM



GUIDANCE FOR PARENTS

CROSSING THE FINISH LINE 4:15 PM - 5:00 PM

KIDS PICK-UP AREA FOR PARENTS AT FINISH LINE

ENTRY/EXIT FOR PARENTS

WAITING AREA FOR PARENTS

To ensure the children's safety, only parents (1 parent/1 kid) wearing wristbands provided by the organizers are permitted to access the nutrition and recovery area with their children.

GATE FOR KIDS TO ENTER NUTRITION AND RECOVERY AREA AFTER FINISHING

RUNNERS FINISHING

START LINE/ FINISH LINE



GUIDANCE FOR PARENTS



DO's

Parent can help kids put their BIB Number on their shirt, tie their shoe laces, and wearing any special equipment before starting the race.

Before the start time, parents are allowed to enter to the gathering area, with **1 parent accompanying each kid**.

Parents can stand outside the Start area and race course to watch and cheer for their kids.

Only parents with wristbands provided by the event staff at the aforementioned pre-start gathering place can enter the recovery area to pick up their children to ensure the safety of the young athletes.



DON'Ts

Do not enter the starting area and pen area of the KIDS RUN.

Do not enter the run courses, run alongside the kids, or obstruct other kids' path to the finish line.

Do not enter the emergency route without first obtaining approval from the Organizer.

Do not enter the nutrition and recovery area to meet your kids at the finish line without providing the correct wristband.



**RUN! SUPER
HERO RUN!**

KIDS RUN



SEE YOU

AT

THE START LINE