

RUNNER FAQs

RACE 4 THE FUTURE

Rise Academy Charity Race

Saturday 12 September | 07:30



Where will the run take place?

The run starts and finishes close to Door F of the RAI (entrance to Hall 8 and opposite Strand Zuid).
what3words: [///miles.deed.marginal](https://www.what3words.com////miles.deed.marginal)

What time is the run?

Runners should gather from 7:00am. Registration closes at 7:20am, with a short briefing at 7:25am. The run will begin shortly after and participants should aim to finish the course by 8:30am.

Where is the course?

The course is approximately 4km, starting and ending within the RAI campus, with most of the route through nearby Beatrixpark. We aim to share a course map in advance but please note the route is subject to change. The organising team will run the planned course and alternate options in the days before to make sure it is safe and enjoyable.

Can I make my donation on site?

We are not able to take cash or card donations at the event. Donations can be made online via our fundraising page: [Rise Academy – Race 4 the Future](https://www.riseacademy.nl/race4thefuture).

Can I bring a friend on the day?

For safety and planning reasons, all participants must be registered in advance. Friends and colleagues are welcome to support from the sidelines.

Is there somewhere to leave a bag?

For security reasons there will be no official bag drop, so we encourage runners to bring as little as possible.

Should you need to bring bags or luggage, secure self-service lockers are available in Carpark P4 at the RAI. Lockers can be pre-booked here: [Lockerpoint RAI](#).

Will there be toilets and showers?

Prior to the race, toilets will be available in Carpark P4. From 8:00am onwards, IBC badge holders will be able to access the toilets elsewhere in the RAI facilities.

Unfortunately there are no public showers at the venue.

Will there be first aiders or a medic?

Yes. First aiders will be on site, with two stationed near the start and finish and a third on a bike equipped with an AED. Please alert a marshal or volunteer immediately if you or someone else needs assistance.

Will there be water stations?

We want to minimise waste as much as possible, but we will have some water bottles available around the 2km mark and at the race finish. If you can, we encourage you to bring your own water bottle or hydration pack.

Is the run timed?

Yes. Times will be recorded, but we are not using timing chips this year, so there may be a small margin of error. Results will be published within a week of the race.

Can I walk instead of run?

Absolutely, walkers are welcome. Please aim to complete the course by 8:30am, within one hour of the start.

Will there be photography?

Yes, event photographers will be capturing the run. Photos may be shared publicly or used to promote future events. If you do not wish to appear, please let the organisers know on the day.

I do not want to run but would like to get involved.

That is great. We are always looking for volunteers to help with marshalling, registration and cheering on the runners. Please contact the organising team if you would like to lend a hand.

We look forward to seeing you there!

Every entry supports Rise Academy. If you would like to add a donation, visit rise-academy.live/race-4-the-future. Any other questions, please contact the organising team.

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