

When: 19 November, Saturday, Camp Aguinaldo in Quezon City

Registration Fee: 500m Kids (P350), 500m Adult (P350), 3K (P700), 5k (P800), 10K (P900)

What makes SUNPIOLOGY different from other fun runs?

For eight years running, SUNPIOLOGY has been graced by celebrities, families, and runners who want to welcome the holidays with an act of generosity. Supporting the twin advocacies of EDUCATION and HEALTH, it has since taken on the global fight against diabetes, and for 2016 declares #SugarWars to further raise awareness against the debilitating disease.

Why diabetes?

Diabetes affects more than 4 million Filipinos, not counting the undiagnosed cases. In fact, according to the International Diabetes Federation, the Philippines is an “emerging hotspotting to the Inter, and is among Top 15 countries where diabetes is prevalent.

Yes, let us declare a war against sugar! Will it be a hard battle?

It will be a big challenge to fight the root causes of this illness. For #SugarWars, our runners will learn about diabetes prevention through the four Battle Stations that they must overcome. Yes, the obstacles might be hard, but remember: we are stronger together!

Obstacles? Battle Stations?

The race has four (4) Battle Stations which you may encounter, depending on your registered distance:

- Jump for Points (3K, 5K, 10K)** Run and reach up for your Pledge Card to get freebies after finishing the race.
- Run Away from Diabetes (3K, 5K, 10K)** Protect your Pledge Card from sugary food enemies!
- Show your Moves (3K, 5K, 10K)** In front of an LED screen, show off your brightest moves against diabetes.
- Spot the Symptoms Hole (5K, 10K)** Once you know the symptoms of diabetes, you have to get through the cut-out. Or lose the war.

Sounds awesome! But wait, who are our beneficiaries?

For 2016, we will be raising funds for Hebreo Foundation, Lingkod Kapamilya, Noordhoff Craniofacial Foundation, and Institute for Studies on Diabetes Foundation, Inc.

SUNPIOLOGY has always been a partnership between Sun Life Philippines and Hebreo Foundation, which was created by our brand ambassador Piolo Pascual in order to support scholars through college while continuing to give support to a next generation of students. We have raised millions of pesos for our beneficiaries since we started working together in 2008, and for the past three years, we've also had the support of Star Magic in bringing the SUNPIOLOGY adventure to life.

Nice. How do we prepare for this battle?

Of course, you need to train and start running prior to race day. But your mission also covers raising awareness by overcoming the four Battle Stations in order to win #SugarWars. These are your must-do's:

- Remember the Personal Accident insurance included in your race kit? Be sure to fill out the form and submit it IN-STORE or at any Sun Life customer center BEFORE November 19 (Race Day).
- Get your race belt and visor before gun start at the Registration Area.
- Protect your Pledge Card and Challenge Card (attached to your bib) to win prizes at the finish line.
- Pick up your loot bags filled with freebies.

- Watch the Star Magic After-Run Show for a chance to win awesome raffle prizes such as TVs and a trip to Dubai.

Wait, what's a Personal Accident card?

Also known as a PA card, it's an accident insurance that every SUNPIOLOGY runner receives as coverage from unforeseen events such as mishaps during the run. SO PLEASE FILL OUT THE PERSONAL ACCIDENT CARD FORM BEFORE THE RACE.

Are my favorite Star Magic talents joining?

Take your pick! As of press time, Piolo Pascual will be running and performing alongside Gerald Anderson, Jessy Mendiola, Joem Bascon, Hashtags, Girltrends, PBB housemates, and a lot more.

Just wondering – why Camp Aguinaldo? How do we get there?

The safety and enjoyment of our runners is always our top priority. So when the Armed Forces of the Philippines opened its doors to us, we took the opportunity to offer something new. Camp Aguinaldo is safe, spacious, and definitely conducive for those PRs. It is also accessible, whether by car or public transportation. Just watch this <hyperlink to video of 'Why Camp Aguinaldo'?>.

NOTE: Runners, just show your bibs to enter Camp Aguinaldo. Non-runners, bring your I.D. so you can purchase passes to the Activity Area and Star Magic After-Run Show for only P50.

What gates do we enter?

We have two (2) gates allotted for Sunpiology attendees:

GATE 1	Located along Col. Bonny Serrano Avenue
GATE 3	Located along EDSA, near MRT Santolan Station

Show me the routes of the SUNPIOLOGY RUN #SugarWars! And the gun starts!

Be sure to arrive early because we have warm-up exercises before each race distance begins. And for the 500m dash, girls will go first before the boys. Ages 5-8 will go first before the group age 9-12. They will run in increments of 10 minutes from each category.

500 M (kids / adults)	4:00 PM
10K	5:00 PM
5K	5:10 PM
3K	5:20 PM

[VIEW CAMP AGUINALDO MAPS HERE](#)

[VIEW ROUTE MAPS HERE](#)

[PARKING SPACES](#) can be found around the SUNPIOLOGY event place. Toilets and baggage counters are located inside the venue.

What are the amenities available around the venue? Any FOOD?

Aside from parking spaces, toilets, and baggage counters, there is also a cafeteria that will sell delicious and affordable food. Our food sponsors will also have their own booths where you can get snacks.

How much will it cost to be part of SUNPIOLOGY?

Our registration fees are:

- 500m Kids (P350)
- 500m Adults (P350)
- 3K (P700)
- 5k (P800)
- 10K (P900)

Proceeds will support the education of Hebreo scholars together with the advocacies of Lingkod Kapamilya, Noordhoff Cranofacial Foundation, and Institute for Studies on Diabetes Foundation, Inc.

I'm not a fan of running but I AM a fan of Star Magic celebrities. Can I still be part of #SugarWars?

Definitely! After-Run Show tickets will be on sale by the entrance of our Activity Area. **Be sure to bring your I.D.** so you can enter Camp Aguinaldo.

Tell us more about the registration process! How long will it be open? How can I sign up?

Registration runs until November 18 or until slots last.

- You can sign up online at sunpiology.com or you can head to RUNNR (BGC or Trinoma) and Tobynd (MOA or Shangri-la Mall)
- For in-store registrants, complete race kits will be given. Singlet sizes are on a first-come, first-served basis.
- We strictly follow the No BIB, No B-TAG, NO RACE rule.