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building leading runners to the iconic singapore sportshub before returning to the heart of the civic district and central business district of singapore the runners will head into the cool shady east coast park ecp at the 21km mark the route through ecp also allows supporters to cheer

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foods to eat before a run they re rich in potassium full easily digestible carbs without being heavy on the stomach i would eat this at least 30 minutes before going to warm up for the race

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people will typically

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