

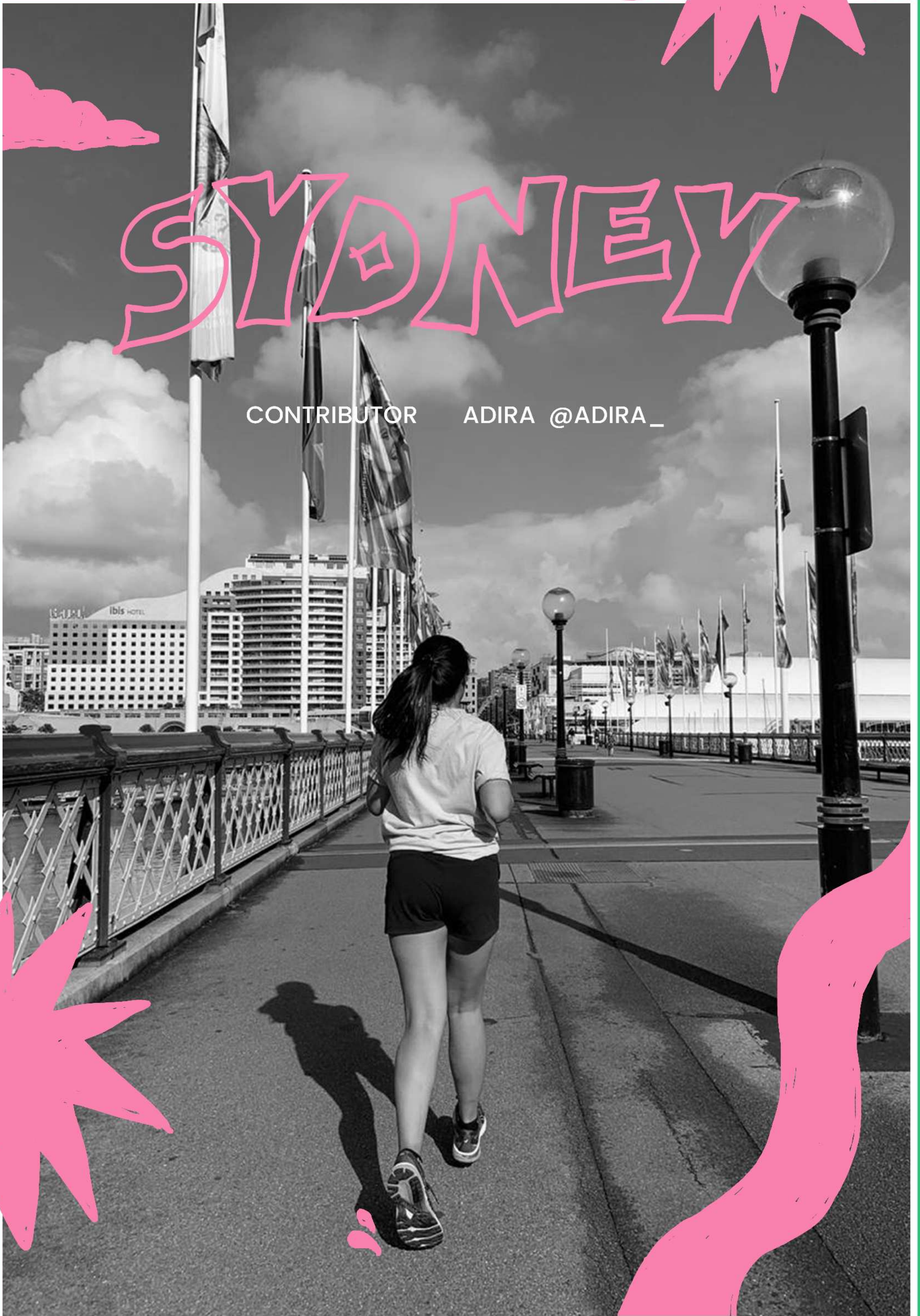


WOMEN'S 10K

NEIGHBORHOOD GUIDE

SYDNEY

CONTRIBUTOR ADIRA @ADIRA_





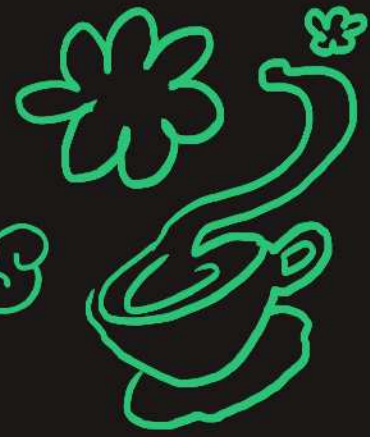
I LOVE RUNNING
BY THE WATER &
LOOKING AT THE
CITY SKYLINE
WHEN I RUN

RUNNING IN SYDNEY IS THE BEST!
I ALWAYS FEEL EXTRA SAFE EVEN WHEN
I'M RUNNING ALONE. NOT TO MENTION
THE VIEW!! ~~the~~ ~~the~~ AND THE FRESH AIR!♥



MY FAVORITE POST-RUN COFFEE SHOP IS

TUBA ^{AT} **HARRIS**



THE OWNERS ARE SUPER FRIENDLY INDONESIANS,
THEY HAVE THEIR OWN ROASTER & THEY HAVE
REALLY GOOD COFFEE! REMINDS ME OF MY GO-TO
COFFEE SHOP AT HOME (WE ALL KNOW WHICH ONE :-P)

FOR POST-RUN MEAL, WHERE DO I START.. I'M A BIG PASTRY GIRL - SO MY #1 GO-TO PLACE IS PIDIK BAKERY.

IT'S AN EGYPTIAN BAKERY AND THEY HAVE THE BEST PASTRIES!! PLUS, IT'S RIGHT NEXT TO THE HARBOR, SO 100% BREAKFAST W/ A VIEW!



ON SLOWER MORNINGS, I LOVE GOING TO DEVON BAKERY, WHERE THEY SERVE THE BEST JAPANESE OMELETTE SANDO. IF YOU'RE KEEN TO TRY, THEY HAVE ONE IN JAKARTA, TOO!

SYDNEY IS THE HOME FOR GOOD FOOD, SO I'D SAY THE BEST WAY TO EXPLORE THE CITY IS TO PIN OUT ALL THE FOOD YOU WANNA TRY, AND WORK YOUR ITINERARY AROUND ALL THE FOOD. ♦

TEAM



CONTRIBUTOR GIRLS TO GO @GIRLSTOGOJKT

**THE NUMBERS
OF FEMALE
RUNNERS
ARE INCREASING
EACH YEAR,
WHICH IS EXCITING!
THIS IS REFLECTED
WITH MORE
NUMBERS OF
WOMEN-ONLY RACE
HELD IN THE
CITY.**

**WHAT'S IT LIKE RUNNING
IN YOUR CITY?**



BEST POST-RUN MEAL?




**NOOOOOOOODLEZ.
OUR FAVOURITE NOODLE
SHOP IS WARUNG
BAKMI MPEK TJOEN IN
GANDARIA OR
SAMS STRAWBERRY POLIM.**

CONTRIBUTOR HANNY @AWORLDOF_GIRLS


14:25
14:30
14:33

小竹向原から西武線内はフライナー
小竹向原から西武線内は各停



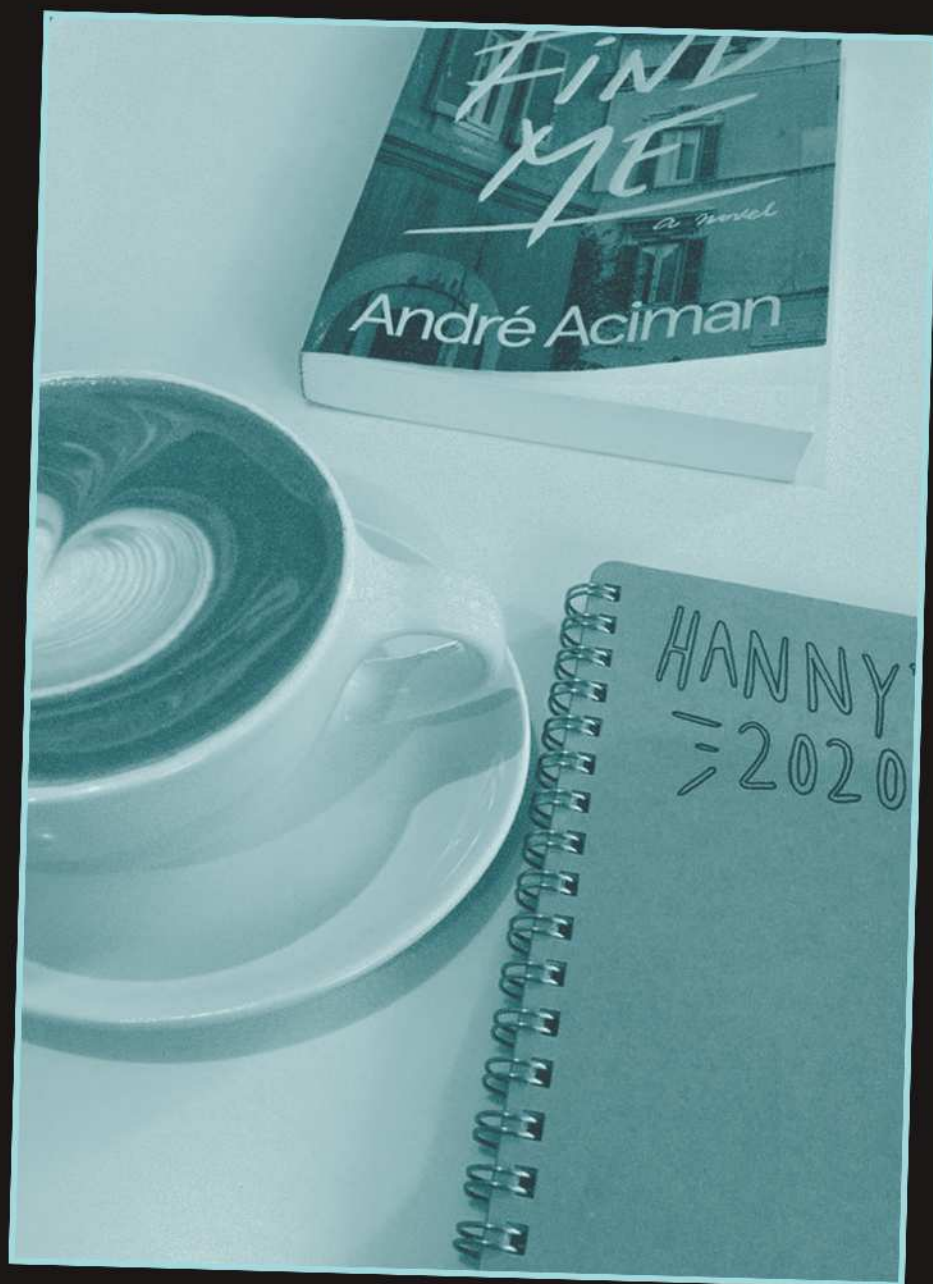


RUNNING TAKES ME
ON A FURTHER PATH
FROM WHAT I WOULD
USUALLY EXPLORE
ON FOOT.



I FEEL LIKE THERE'S ALWAYS
SOMETHING INTERESTING TO SEE IN
TOKYO, AND PLACES TO DISCOVER.
IT ALSO FEELS SAFER SOMEHOW,
DEPENDING ON WHERE YOU RUN.

BEST COFFEE SHOP AFTER RUN?



HMM,, THIS ONE'S HARD TO
CHOOSE BUT DEAN & DELUCA
FOR THE SALTED COFFEE
LATTE OR BLUE BOTTLE
ROPPONGI WHEN IT'S EARLY!

BEST POST-RUN MEAL?

RAMEN HE..HE..

IT DEPENDS ON WHAT YOU'RE
SEEKING, BUT EVERYTHING
IS PRETTY MUCH AVAILABLE IF
YOU TAKE THE TOKYO METRO HIBIYA
LINE, BOTH TOURISTY AND HIDDEN
PLACES.

TRY EXPLORING EBISU ON FOOT, EAT
IN KITASENJU, GO TO PARKS AND
MUSEUMS IN UENO.



Nonc Kong

CONTRIBUTOR @BELLAUTAMI @AWORLDOF_GIRLS



WARM AND SCENIC,
YOU CAN SMELL THE
OCEAN FROM EVERY
CORNER OF THE CITY.



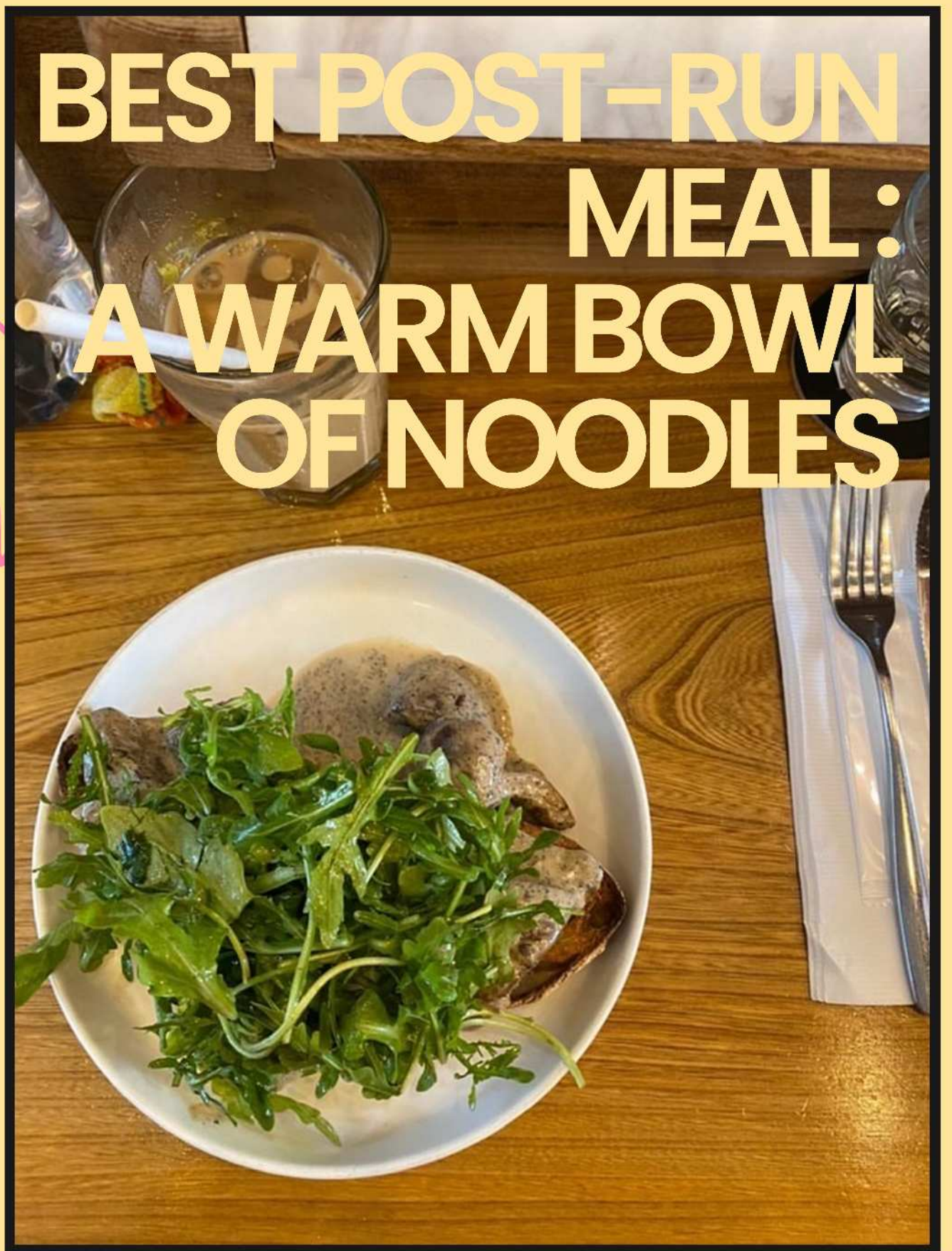
BEST COFFEE STOP AFTER RUN?

BAKED HONG KONG IN SOHO, CENTRAL!



DON'T MISS OUT ON THEIR SOURDOUGH.

BEST POST-RUN MEAL: A WARM BOWL OF NOODLES



HOW TO EXPLORE YOUR CITY
BEST ON FOOT?

WHERE SHOULD WE GO?

WALK ALONG THE BLUE MTR
LINE ON HONG KONG ISLAND,
AND HEAD TO TAMAR PARK.
YOU'LL GET A PRETTY NICE
VIEW OF THE SEA ALONG AND
ICONIC HK SKYSCRAPERS.



CONTRIBUTOR

CHRISTABEL @CHRSTABEL
@CHLEMONTART





I TEND TO RUN AT THE PARK NEAR
BROOKLYN BRIDGE BECAUSE THERE'S
NOT A LOT OF PEOPLE. PLUS, THE TRACK
IS REALLY NICE. NOT TO MENTION, THE
PARK IS ALONG NYC'S EAST RIVER.

BEST POST-RUN MEAL?

BAGEL!

OR POKE BOWL



BEST COFFEE SHOP AFTER RUN?

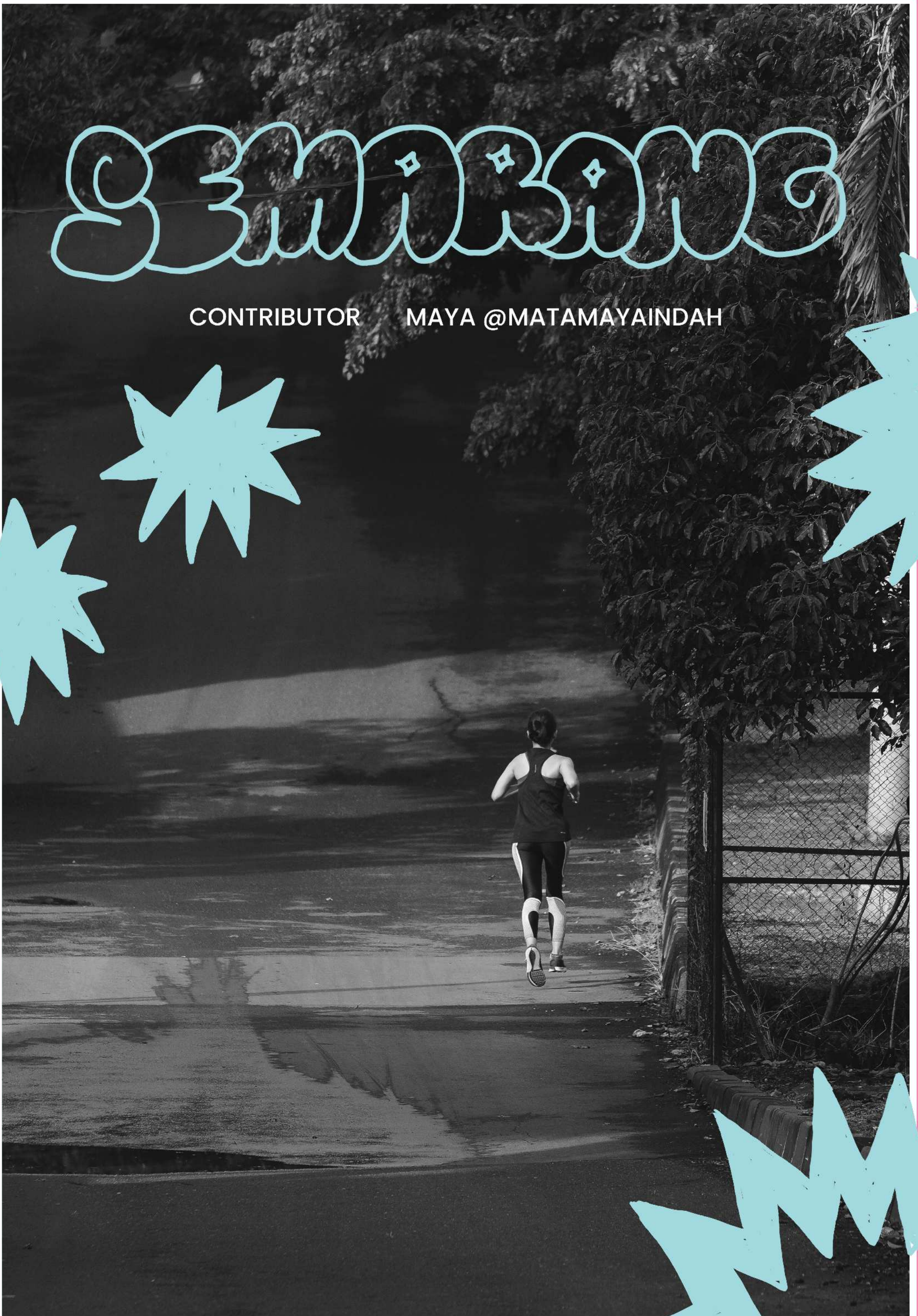
THERE ARE LOTS OF COFFEE SHOP IN NYC. FOR QUICK AND EASY ONES, I USUALLY JUST GO TO DUNKINS. IT'S EVERYWHERE, PLUS YOU COULD ALSO GRAB DONUTS. BUT, IF YOU WANT REAL COFFEES, THEN I RECOMMEND YOU BIRCH COFFEE NEAR CENTRAL PARK OR GROUND CENTRAL COFFEE COMPANY! ✦



I THINK YOU GET TO
GO ANYWHERE IN NYC
BY FOOT AND SUBWAYS.
THOSE TWO WORK BEST TOGETHER.
IF YOU ARE NEW, THEN YOU SHOULD GO
TO MANHATTAN (FOR THE SAKE OF
THE NYC MOVIES VIBE), OR BROOKLYN
BRIDGE, LOWER EAST, AND CHINATOWN
(THE FOOD THERE IS REALLY NICE).

Si Putih

CONTRIBUTOR MAYA @MATAMAYAINDAH





I CAN'T LIE.. FROM THE
DEEPEST OF MY HEART, I FELT
SEMARANG IS SO HOT!!



EVEN IF I DID A 7AM RUN
THE AIR CAN GET VERY HUMID



ON THE OTHER HAND, I FIND
NO PROBLEM DOING A SEMI-TRAIL
RUNNING BECAUSE THERE ARE
MANY ROLLING GREEN HILLS,
SMALL RIVERS, AND WATERFALLS.



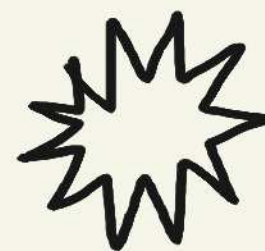
BEST COFFEE SHOP
AFTER RUN :


YOU SHOULD GO
TO EASTMAN. THEY
OPEN AT 7AM, LOCATED
IN THE CENTRE OF THE
CITY & I LOVE THEIR
BREAKFAST MENU, YOU
SHOULD TRY THE CROISSANT
AND ATLAS COFFEE &



BEST POST-RUN
MEAL:

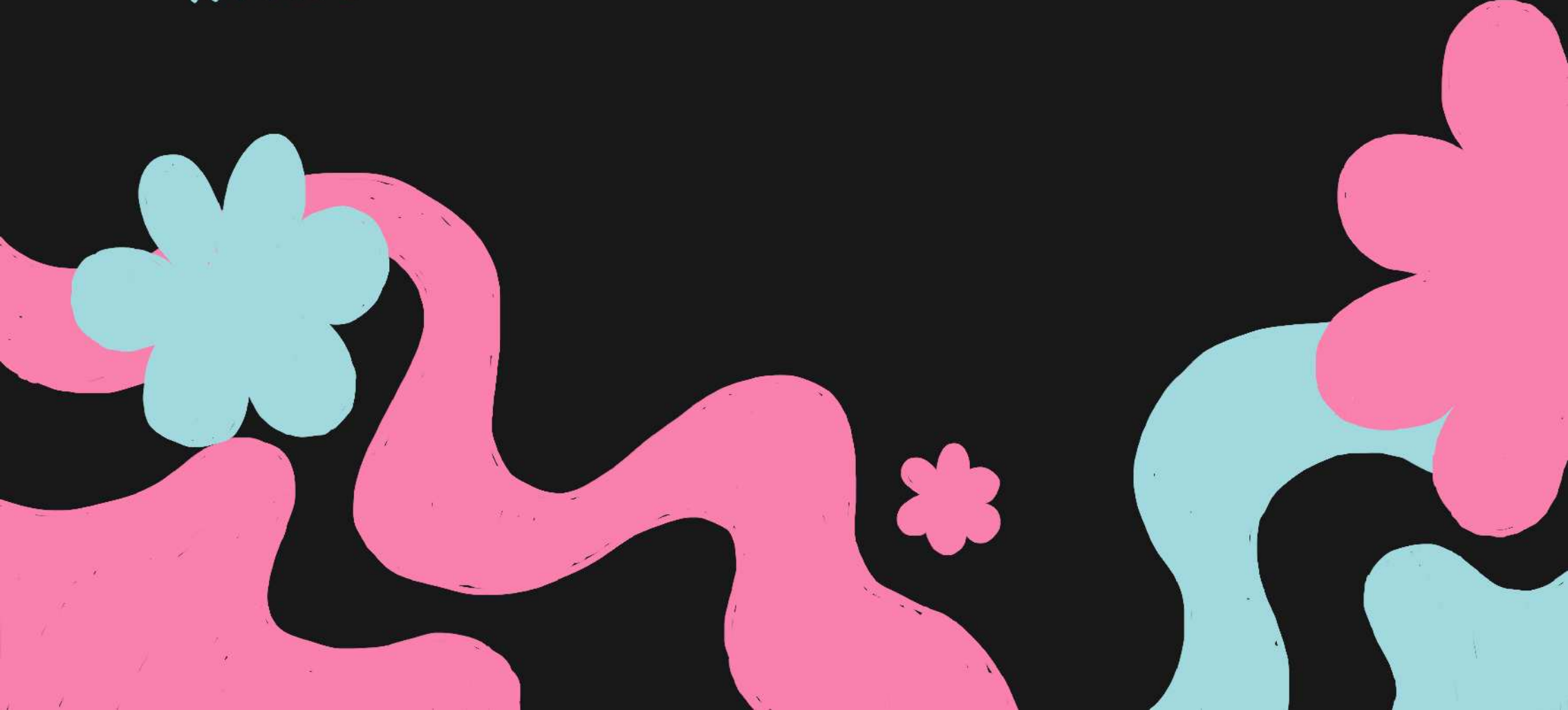
MY RECOMMENDATION IS
STILL EASTMAN! THEY HAVE
SPECIAL PLANT-BASED MENU AND
THEY'RE SO YUMMY, REALLY, IT'S
A MUUUUUST TRY! &





GO TO KOTA LAMA SEMARANG
(SEMARANG'S OLD TOWN) ♡ IN THE
AREA, THERE ARE MANY INTERESTING
DESTINATIONS, LIKE OLD HISTORICAL
BUILDINGS (THEY MAKE COOL PHOTO SPOTS!),
PARK, GALLERY, AND SOME NEW COFFEE SHOPS ♡

SOMETIMES THERE IS CAR FREE DAY
IN THE AREA, BUT IT HAPPENS AT NIGHT
TIME ♡ YOU GET TO EXPLORE THE AREA
WITHOUT THE HONKS ♡ ISN'T IT FUN? ♡



SINGAPORE

CONTRIBUTOR NAIDA @NAIDAMS



**SINGAPORE HAS IT ALL!
IF YOU FEEL LIKE
A CITY SCENERY,
YOU CAN RUN TO
ORCHARD.**



**FEELS LIKE A BEACH,
YOU CAN RUN
AROUND MARINA BAY
TO EAST COAST PARK
AND FEELS LIKE
GREENERY,
BOTANIC GARDENS IS
THE ANSWER.
ALL OF THIS IS NO
MORE THAN
30MINS
DISTANCE!**



**BEST COFFEE STOP
AFTER THE RUN:
APARTMENT!
TIONG BAHRU
BAKERY SAFARI!
CSHH! SARNIES!
GLASS ROASTERS!
TOO MANY PLACES
TO BE MENTIONED**

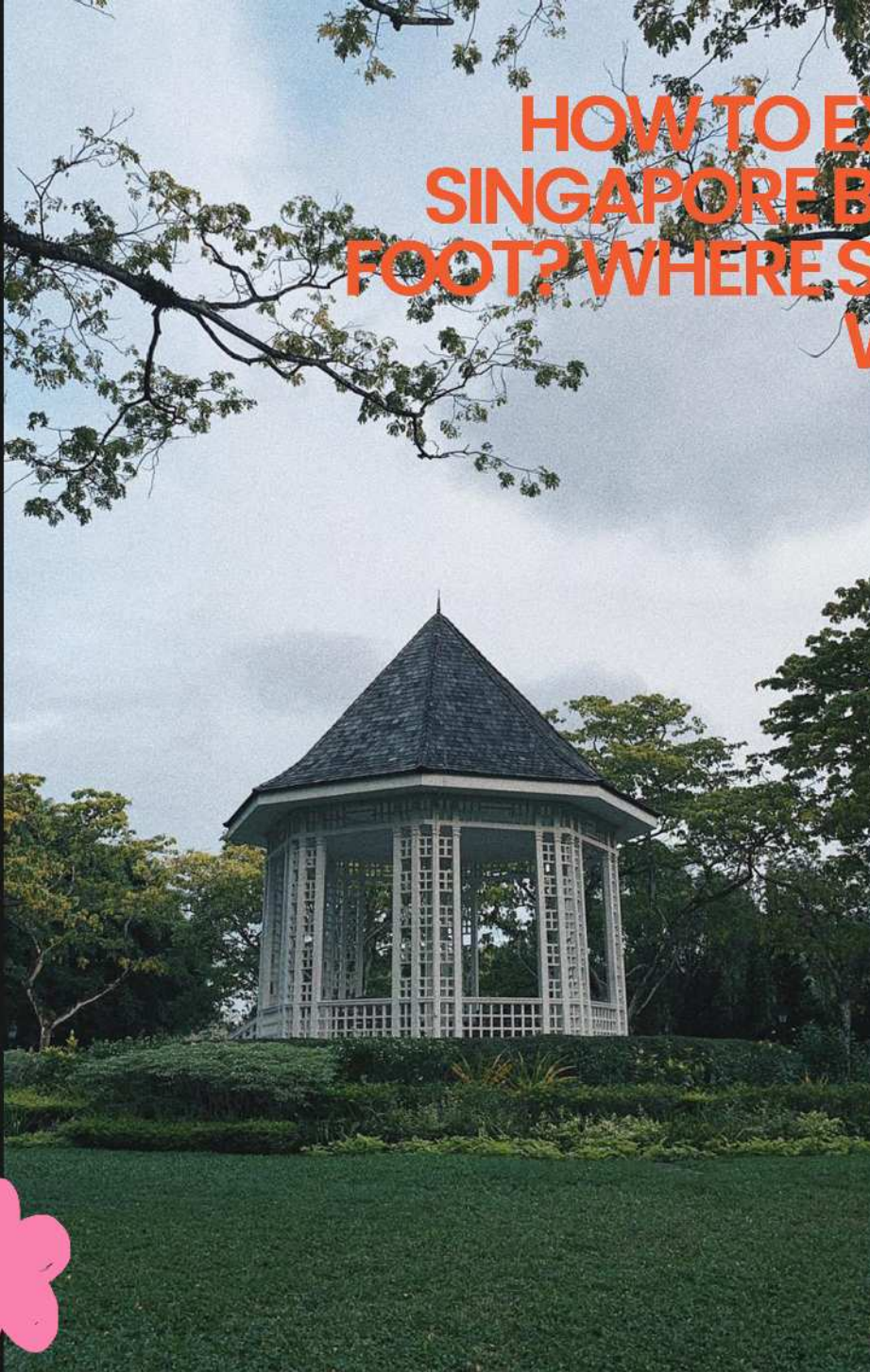
Apartment

Coffee Bar and Roastery
9am to 6pm daily except wednesday

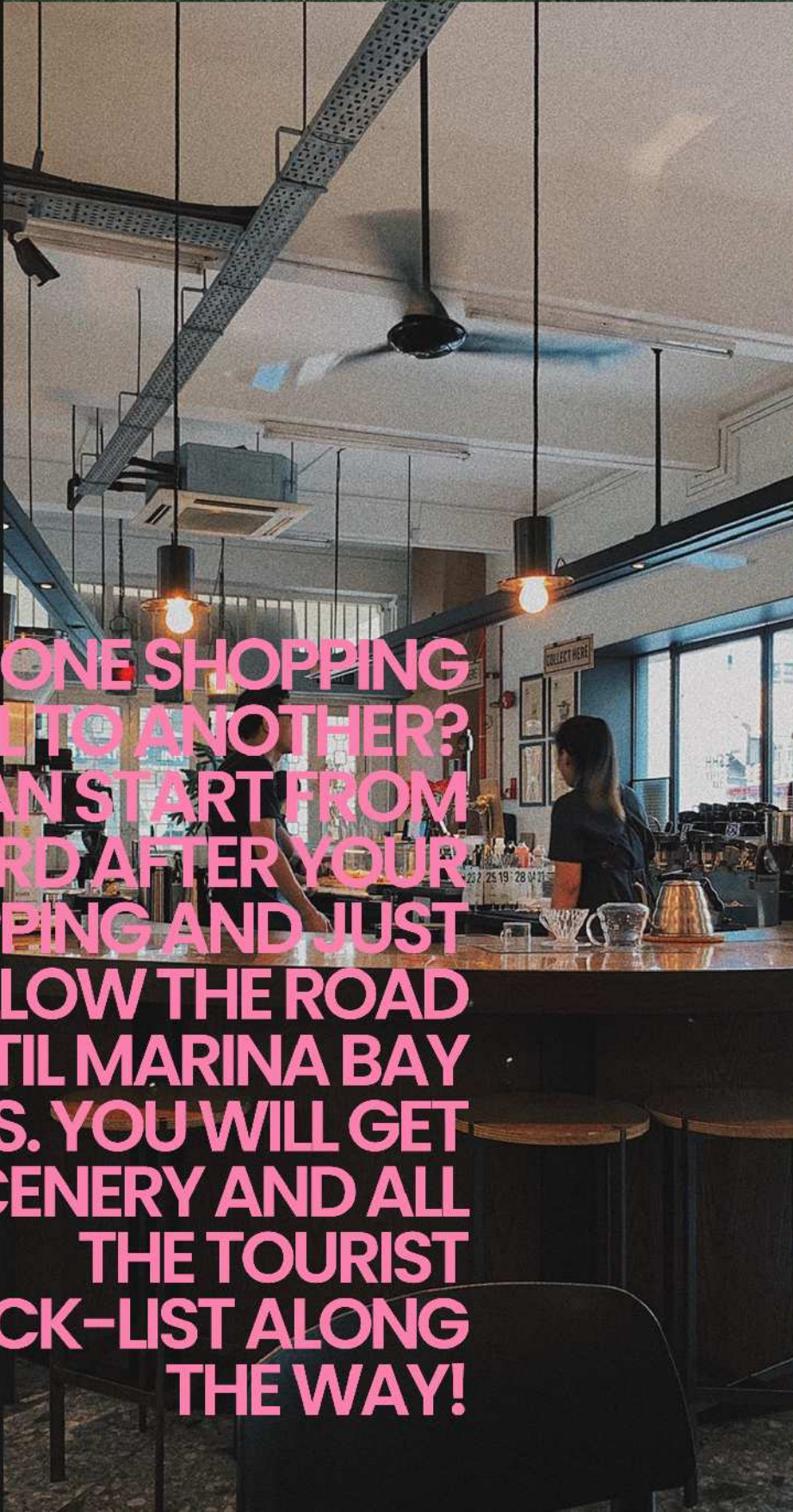
**BEST POST-RUN MEAL:
PRATA... OR
CHICKEN RICE.**



HOW TO EXPLORE
SINGAPORE BEST ON
FOOT? WHERE SHOULD
WE GO?



FROM ONE SHOPPING
MALL TO ANOTHER?
YOU CAN START FROM
ORCHARD AFTER YOUR
SHOPPING AND JUST
FOLLOW THE ROAD
UNTIL MARINA BAY
SANDS. YOU WILL GET
THE SCENERY AND ALL
THE TOURIST
CHECK-LIST ALONG
THE WAY!



BALI

CONTRIBUTOR SACHIKO @SACHIKOSAINA



WHEN I DO RUN,
I MOSTLY RUN BY
THE BEACH.

THE FRESH AIR
AND BEAUTIFUL
VIEW CAN REALLY
BE SO CALMING.



I DON'T USUALLY GO FOR COFFEE AFTER A RUN, BUT KRIMY LAB COFFEE JUST OPENED UP IN KEROBOKAN, AND I MUST SAY THEIR COFFEE AND CROISSANTS ARE PRETTY DELICIOUS:D



SHIRATAKI YAKISOBA
WITH CHICKEN AND
A LOT OF VEGGIES



I LOVE COOKING! SO AFTER RUN I USUALLY WOULD JUST MAKE MYSELF SOMETHING EASY, YUMMY, AND NUTRITIOUS.

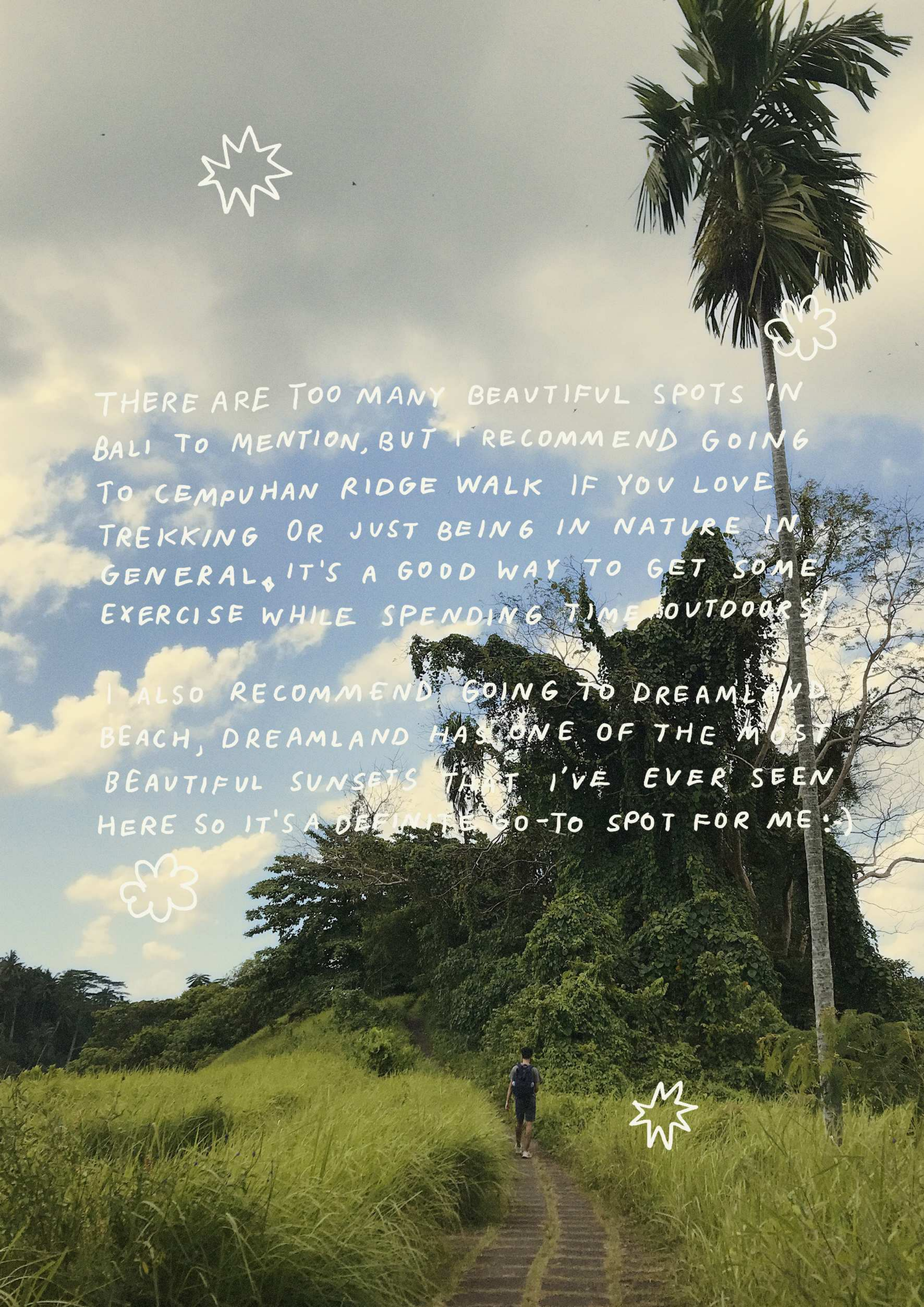


CRISPY TOFU WITH BEAN SPROUTS & PAPRIKA



THERE ARE TOO MANY BEAUTIFUL SPOTS IN BALI TO MENTION, BUT I RECOMMEND GOING TO CEMPUHAN RIDGE WALK IF YOU LOVE TREKKING OR JUST BEING IN NATURE IN GENERAL. IT'S A GOOD WAY TO GET SOME EXERCISE WHILE SPENDING TIME OUTDOORS!

I ALSO RECOMMEND GOING TO DREAMLAND BEACH, DREAMLAND HAS ONE OF THE MOST BEAUTIFUL SUNSETS THAT I'VE EVER SEEN HERE SO IT'S A DEFINITE GO-TO SPOT FOR ME :)





BAYDUNG

CONTRIBUTOR

BR20 RUNNERS @BR20RUNNERS



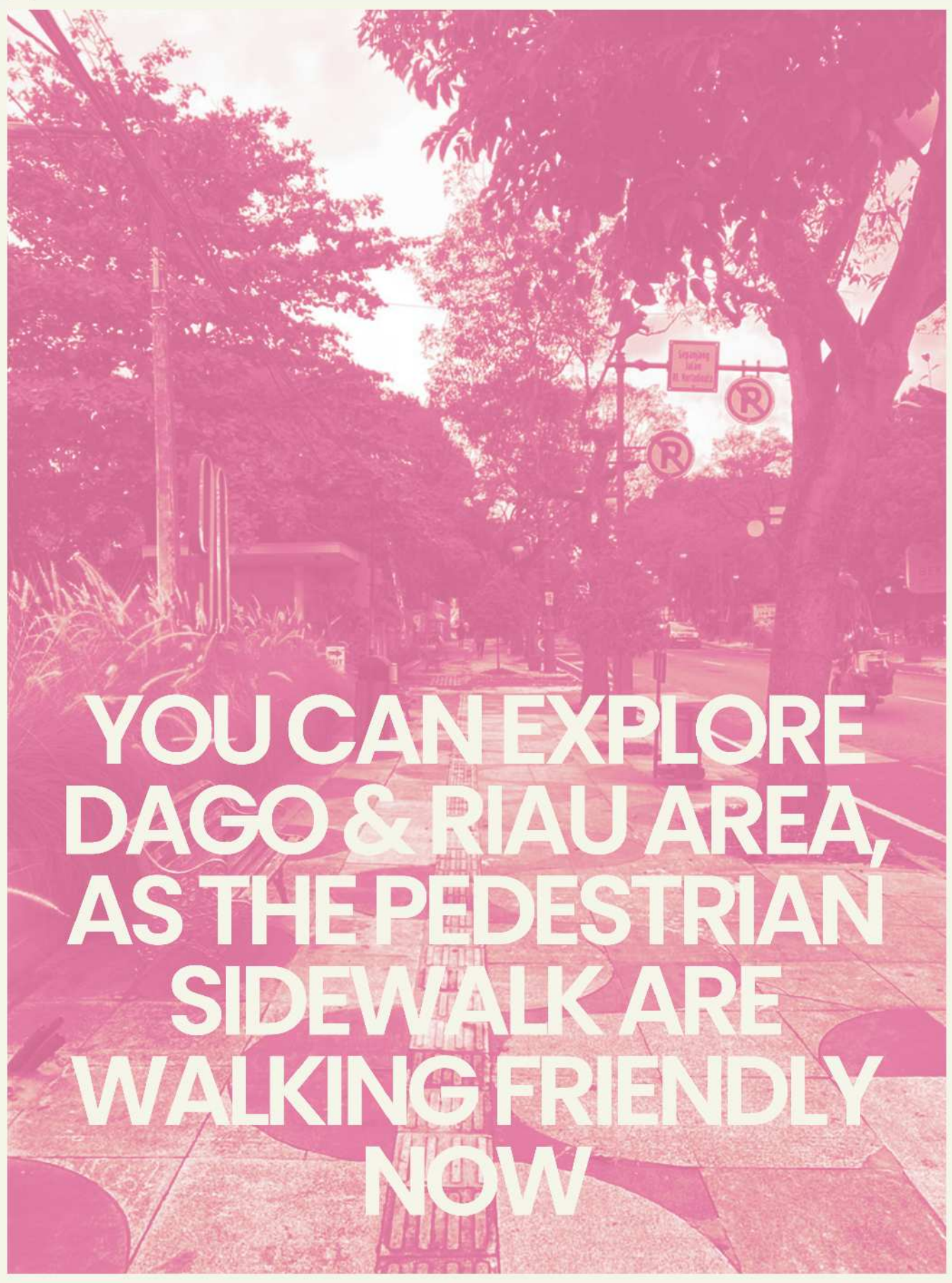
**WE ARE SPOILED BY THE
WEATHER HERE IN
BANDUNG. MORNINGS
ARE MOSTLY GLOOMY &
BREEZY,**

**EVEN IF WE START LATE LIKE 7:30 OR 8, WE STILL
CAN ENJOY THE FRESH AIR WHILE RUNNING.**



**BEST COFFEE STOP
AFTER RUN
TWO HANDS FULL
COFFEE**

**BEST POST-RUN MEAL
KUPAT TAHU GEMPOL &
SARI SARI JAJANAN
PASAR, BOTH ARE
WALKING DISTANCE
FROM OUR BAHUREKSA**



**TAHURA ALSO IS A GOOD CHOICE IF YOU WANT
TO EXPLORE THE GREEN FOREST VIBE WITH THE
BEST WEATHER.**

THANK YOU TO OUR DEAREST CONTRIBUTORS



ADIRA
@ADIRA_

ADIRA IS A SANA STUDIO ZUMBA INSTRUCTOR AND GRADUATED FROM USYD WITH A MASTER IN GLOBAL HEALTH. IN HER FREE TIME, SHE LOVES TO EXPLORE LOCAL BAKERIES & COFFEE SHOPS IN THE SEARCH FOR THE PERFECT PLAIN CROISSANT :-D

BELLA
@BELLAUTAMI
@AWORLDOF_GIRLS

BELLA IS A PASSIONATE, STUBBORN, AND OVERLY DRAMATIC 23-YEAR-OLD WHO IS TRYING HER BEST TO LIVE A MORE MINDFUL AND BALANCED LIFE. SHE LOVES TO WRITE AND WOULD TRADE WATER FOR TEA.

BR20 RUNNERS
@BR20 RUNNERS

FOUNDED IN EARLY 2013, BR20 WAS ONE OF THE PIONEERS OF URBAN RUNNING CREWS BASED IN BANDUNG, INDONESIA

GIRLS TO GO
@GIRLSTOGOJKT

GIRLS TO GO IS A WOMEN'S ONLY SPORT PLATFORM BASED IN JAKARTA.

CHRISTABEL
@CHRSTABEL
@CHLEMONTART

CHRISTABEL IS CURRENTLY PURSUING HER CULINARY DEGREE IN JOHNSON AND WALES UNIVERSITY. SHE ASPIRES TO BE A CHEF AND IS CURRENTLY DOING GRAPHIC DESIGN FOR FUN. HER ARTWORKS CAN BE SEEN ON IG @CHLEMONTART

SACHIKO
@SACHIKOSAINA

SACHIKO IS A FREELANCE CONTENT STRATEGIST & MUSIC ENTHUSIAST CURRENTLY LIVING IN BALI. FIND HER MUSIC ON SPOTIFY; SACHIKO

HANNY
@HHAANNY
@AWORLDOF_GIRLS

HANNY IS A HOMEBODY WHO SPENDS HER TIME PRACTICING WELLNESS AND RUNS OCCASIONALLY. SHE IS CURRENTLY A BIG SISTER TO THREE KITTENS AND IS ON A MISSION TO MAKE HER SKIN GLOW DURING WFH.

MAYA
@MATAMAYAINDAH
@NEEDLEWORKSSTUDIO

MAYA IS THE CO-FOUNDER OF NEEDLEWORKS STUDIO, A DENIM STUDIO WITH EXPERIMENTAL APPROACH.

NAIDA
@NAIDAMS

NAIDA IS A SINGAPORE-BASED RUNNER ON-THE-MOVE WANDERING THE GLOBE THROUGH PLACES, SCENTS, MOMENTS, AND RANDOM SHOTS..