



healthy lifestyle run & ride 2017
#healthlifestyleunride2017 #hlsrr2017

Organised by



Supported by



KEMENTERIAN KESIHATAN MALAYSIA



HEALTHY LIFESTYLE RUN & RIDE 2017

let's fun & be a better you

**Come
Join Us!**

2 Dec 2017
Saturday | 7.00am
Dataran Putrajaya
(Presint 3)



**LUCKY
DRAW
FOR ALL
RUNNERS**



**Register
Online Now!**
www.racexasia.com

COMPETITIVE RUN 12KM

(men's open, men's senior, women's open, women's senior)
FUN RUN 5KM (individual & family) & **FUN RIDE 15km** - open

Event Managed by

EQUIP[®]
MANAGEMENT
Event Management & Consultant

For more information, please contact +6016 464 2502 or email us : equipmngt@gmail.com

EVENT INFORMATION

DATE	2 DECEMBER 2017, Saturday
VENUE	START / FINISH at DATARAN PUTRAJAYA, Presint 3 Putrajaya, Malaysia
FLAG OFF	7.00am (Fun Run & Fun Ride)
CLOSING DATE	15 November 2017 or 7,000 participants, whichever comes first
TARGET PARTICIPANT	7,000 participants
ORGANIZER	Kelab Sukan & Kebajikan Ibu pejabat Kementerian Kesihatan Malaysia (KESKIP)
ONLINE REGISTRATION	www.racexasia.com
EVENT MANAGER	Equip management (Event management & Consultant)
MEDIA PROMOTION	www.facebook.com/ healthy lifestyle run & ride 2017

ENTRY FEES

CATEGORY	EARLY BIRD FEES LOCAL	EARLY BIRD FEES INTERNATIONAL	NORMAL FEES LOCAL	NORMAL FEES INTERNATIONAL
	1 ST 1000 REGISTRATION ONLY			
A, B, C, & D (Competitive Run)	RM:60.00	RM:80.00	RM: 65.00	RM: 85.00
E (FUN RUN)	RM: 45.00	RM: 65.00	RM: 50.00	RM: 70.00
F (FUN RIDE)	RM: 45.00	RM: 65.00	RM: 50.00	RM: 70.00
* Price not included online charging fees				

CATEGORY

CODE	CATEGORY	AGE GROUP	DISTANCE	GUN TIME
A	MEN'S OPEN	18 & ABOVE	12 KM	7.15 AM
B	MEN'S SENIOR	40 & ABOVE		
C	WOMEN'S OPEN	18 & ABOVE		
D	WOMEN'S SENIOR	35 & ABOVE		
E	INDIVIDUAL FUN RUN	OPEN	5KM	7.30 AM
F	INDIVIDUAL FUN RIDE	OPEN	15 KM	7.00 AM
* Age qualification taken as of 31 st December 2018				

RUNNERS ENTITLEMENT

ITEM NO	12KM - RUN	5KM - FUN RUN	5KM – FUN RIDE
A	Dry Fit T-Shirt	Dry Fit T-Shirt	Dry Fit T-Shirt
B	Finisher Medal	Finisher Medal	Finisher Medal
C	E- Certificate	Certificate	Certificate
D	Bib Number & Timing Chip	Bib Number only	Bib Number only
E	Food Refreshment	Food Refreshment	Food Refreshment
F	Goodies Beg	Goodies Beg	Goodies Beg

RACE PACK COLLECTION

ITEM NO	INFO
VENUE	Ground Floor @ Lobby, MENARA PRISMA, No. 26, Persiaran Perdana, Presint 3, Putrajaya (Bersebelahan Perbadanan Putrajaya)
DATE	30 NOV & 1 DEC 2017
TIME	11.00 am – 7.00 pm Only

Reminder to participants:

PLEASE BRING ALONG CONFIRMATION SLIP FROM WWW.RACEXASIA.COM AND YOUR ID CARD OR PASSPORT WHEN REDEEMING YOUR RACE KIT. AND FOR THOSE COLLECTING ON BEHALF ANY RELATIVE, FRIEND, COMPULSORY TO BRING PHOTOCOPY OF ID-CARD OR PASSPORT OF THE RUNNER TOGETHER WITH CONFIRMATION SLIP. THERE WILL BE NO RACE PACK COLLECTION ON EVENT DAY.

PRIZES – Cash Prize to Winners Lucky Draw To ALL

CATEGORY	1	2	3	4	5
A, B, C, D	CASH + PLAQUE				
A - F	Lucky Draw				

* All winners will be required to produce legal proof of identification and age in order to be eligible for prizes. Runners who fail to do so will have their rank and prizes forfeited.

COMPETITION FORMAT

- ❖ The race is open to all **Malaysian, PR and expatriates with working permit and foreign students with valid student pass.**
- ❖ Children 12 years old and below are allowed to participate with parental supervision. No fees will be charged to parents and guardians (running kit will not be given).
- ❖ A participant who completes the online registration form agrees to abide by the rules and regulations of the event.
- ❖ The organizer reserves the right to modify or substitute any of these rules and regulations of the race from time to time as they deem fit.
- ❖ Upon confirmation of participant, change to category, t-shirts size or other detail will not be entertained.
- ❖ Race entry is non transferable. Those running with unauthorized race number will be disqualified.
- ❖ Running t-shirt sizes are given on first-come-first-served basis. Kindly note that requests for change in sizes will not be entertained. Any kind of modification to the running t-shirt will not be permitted.
- ❖ The race starts from **Dataran Putrajaya Presint 3, Putrajaya** and through the route specified by the organizer and ends at the same venue as the starting point.
- ❖ Winners will be determined based on the fastest time taken at the finishing line.
- ❖ Finisher medal will be awarded to all participants in every category who complete the race.
- ❖ All official ranking will be based on Gun Time. Gun Time, refer to the time taken at the start of the race usually indicated by a physical flag-off till the runner steps on the finish line. Official ranking / results will be using timing system. **(12KM CATEGORY ONLY)**
- ❖ The organizer decision is final.
- ❖ The participant should be free from any medical, physical, mental disability and chronic/ infectious disease, which would deem it unsafe to participate in the race.
- ❖ The organizer will take all reasonable precautions to ensure the safety of participants. However, every participant is responsible for his/her involvement in the race. The organizers will not be liable for any injuries, mishaps, sickness, death or loss/damage to personal property that may occur during the race.

T-SHIRT DESIGN



Cutting Style	Size / Length	Half Chest Length (Inches)	Half Waist Length (Inches)	Shirt Length (Inches)
Unisex Athele-Fit	XS	18"	18"	25"
Unisex Athele-Fit	S	19"	19"	26"
Unisex Athele-Fit	M	20"	20"	27"
Unisex Athele-Fit	L	21"	21"	28"
Unisex Athele-Fit	XL	22"	22"	29"
Unisex Athele-Fit	2XL	23"	23"	30"

MEDAL DESIGN

