

RACE DAY PROGRAMME

TIME	AGENDA
6.00 am	Arrival of runners / Collection of race kit
6.45 am	Warm-up session
7.00 am	Start of 15 km run category
7.30 am	Start of 10 km run category
7.45 am	Start of 5 km run category Flag off by Prof Dato' Dr. Mohd Amin Jalaludin (Vice-Chancellor, University of Malaya)
8.15 am	Expected arrival time of first runner
10.00 am	Expected arrival time of last runner
10.30 am	Speech and prize giving ceremony by Prof Dato' Dr. Mohd Amin Jalaludin
11.00 am	End

RACE INSTRUCTIONS

RACE ENTRY PACK

- Your Race Kit consists of:
 - 1 T-shirt
 - 1 running bib
 - 4 safety pins
- Attach your bib at the front of your T-shirt and ensure that you are in the correct run category.
- You may collect your race kit at either:
 - Date : **5th and 6th October 2015**
Time : **2 pm - 5 pm**
Venue : **MIMS Medica Sdn Bhd.**
Level 3A, Luther Centre, No.6 Jalan Utara,
46200 Petaling Jaya, Selangor, Malaysia.
Tel : 03-7954 2910 Fax : 03-7958 7853

OR

- On the race day (**11th October 2015**), 30 minutes before the run at the registration counter.

BE THERE EARLY

Be there **30 minutes before the starting time.**

STAY HYDRATED

There will be designated water stations along the running route for each category. Remember to grab a cup of water from the stations!

REPLENISH YOUR ENERGY

Enjoy some light refreshments at the finishing point.

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Event organiser :



RULES AND REGULATIONS

- HCP Run 2015 is organised by MIMS Medica Sdn. Bhd. in collaboration with Sports Medicine Department, Faculty of Medicine, University of Malaya and University Malaya Medical Centre (UMMC) (hereby known as the Organisers).
- Registration for participation in the race is only confirmed upon the successful completion of the race entry form (with true, accurate and current details), entry fee payment and issuance of a unique race identification number.
- Completion of the official entry form confirms the Participant's agreement to abide by all of the event's Rules and Regulations.
- Participants must agree to receive contact from the Organisers by e-mail. Any notice sent by e-mail by the Organisers or the party so assigned by the Organisers to the supplied address on the registration form shall be deemed received by the Participant.
- Transfer of bib registration is not allowed and any substitution of runners must be with the consent of the Organisers and they will not be entitled to receive medal/certificate and shall assume any risk at their own expenses.
- Participants will also be required to abide to all local laws and customs while participating in the event.
- The Organisers will not be responsible for any loss and/or damage, personal or otherwise, to the belongings and items deposited at the event baggage storage facility. The Organisers also reserve the right to check any item or baggage deposited.
- The Organisers reserve the right to modify or substitute any of these Rules and Regulations and/or Terms and Conditions as they deem fit. If there is ambiguity in any of these provisions, the Organisers shall be the authority to interpret and in so doing, they will take into account the interests of all the affected Participants.
- The Organisers reserve the right to cancel or postpone the run at any time with or without prior notice to the Participant, in which case they will make reasonable effort to inform the Participant prior to the date of the event. If the run has to be postponed, there shall be no refund of fees paid, and the Organisers shall not be liable for any other loss or inconvenience caused.
- The Organisers reserve the right to amend the race routes as they deem fit for the safety of the Participant and/or to prevent any potential hazards in the running of the event, at any time without prior notice to the Participant. In such cases, every effort will be made to inform the Participant prior to the day/date of the event. The Organisers shall not be liable for any other loss or inconvenience caused due to such changes.
- Safety & medical precautions**
 - Participants must be physically fit and in good health to complete their chosen race distance. Participants are encouraged to consult with their medical practitioner prior to registration and before the actual race day.
 - Participants are responsible for their own personal health insurance and well-being. Whilst reasonable precaution will be taken by the Organisers to ensure the Participants' safety, Participants run at their own risk and the Organisers will not be responsible or held liable for any injury, damage or death howsoever arising from training for, during, or as a result of the run.
 - Participants must retire from the race immediately if asked/requested to do so by any member of the officials, medical personnel or security officers.
 - Items such as pets, bicycles, in-line skates, prams, push carts, shoes with built-in or attached rollers and any other wheel-run objects are not allowed on the race route for all categories.