

## **EventBiz DAWN TO DUSK Endurance Run 14th July 2019**

How does endurance run work?

The 12 Hour runs can be approached in several different ways. Many will test themselves to see exactly how far they can run in this set amount of time. Others will use it to run a goal distance in a fully-supported race setting without the worry of deadlines or cut-offs. Others will simply run to see if they can keep moving for that long!

Few are expected to run without any stopping the whole time. Walk breaks are advised. Runners will also pass through the start/finish area with each loop and will have the chance to stock up on fuel, change shoes or clothing, visit friends, etc. Support crew may set up personal "support stations" near the start/finish area. Expect a party-like atmosphere as you come around each loop with support personnel ready to get you whatever you need. There will be an abundance of hot and cold food of many different varieties to keep everyone full and happy.

### **Race Information**

Date : 14 July 2019

Venue : Alam Damai Recreational Park, Cheras, Kuala Lumpur

Starting: 6:00am

End: 6:00pm / buffet will be served

Duration: 12 Hour

Lap & Breaks: You can take a break anytime you like but always leave and enter the course at the correct point.

Course: 2.5km loop

12hrs category

(A) Men Open 39 And Below

(B) Men Veteran 40 And below

(C) Women Open 39 And below

(D) Women Veteran 40 And Above

#### **ENTRY FEE**

Super Early Bird: RM120 (1/12/18 – 31/12/18)

Early Bird : RM140 (1/1/19 – 28/2/19)

Normal : RM160 (1/3/19 – 31/5/19)

Trophy : Top 5 each category will receive placing trophies & Medal for all runners

#### **ENTITLEMENT**

Event Tee

Runner Bib

Medal

Food, Fruits & Drink

#### **SUPPORT STATIONS**

There are water stations near start/end point, runners will also have an area next to the course where they can leave their own food and drink (BYOB)

CUT OFF

Runners can set out on a final lap as long as they reach the finishing line before cut off time (12 hour) and this lap will count towards the final result.

### **RECOMMENDED ITEMS**

Spare Running Shoe  
Personal Cup or bottle  
Plaster & anti chafing cream  
Sunscreen  
Sunglasses  
Cap or Visor

### **RACE KIT COLLECTION**

### **RULES AND REGULATIONS**

During the race, you encounter another runner or who is injured or sick and unable to move on their own, please give priority to assisting that person by telling race staff or by calling Volunteer for assistance.

If you come across a racer who is lying down or hunched over along the course, please check to see if they are alright. If the person requires emergency assistance, please give priority to helping that person by telling Volunteer for assistance.

Do not damage any property located along the race course.

Please treat the Volunteer staff with respect and appreciation at all times.

In order to ensure race safety, organizer will prepare and arrange for rescue and medical assistance during the race .

However, each participant must recognize and understand that there are risks that may injuries or accidents associated with long hours running. You are responsible for yourself and will be participating in this race at your own risk.

Race Cancellation or postpone : Weather warnings (e.g Thunder storm)

### **Prohibited Action**

Taking shortcuts and/or running off the track

Throwing garbage onto the course

Cheating (e.g. using other means of transportation, using substitute runners, and other unlawful actions)

Continuing to run after the cutoff times

Doping and the use of prohibited drugs

Bib exchange or using other runner bib

### **Racer & Race Organizer Responsibilities**

You understand the requirements of competing in an long distance running race. You will be running all day and have undertaken the necessary training to compete in such a race.

You will be responsible for yourself and have the ability to deal with any problems that may be encountered during the race.

You are able to deal with, on your own without assistance, deteriorating weather conditions (raining, strong winds) and other troubles expected when traveling across route.

You are able to deal with extreme fatigue, internal organ and digestive problems, muscle pain, mild physical injuries and psychological problems on your own.

You are fully aware that when participating in an outdoor activity such as this race, your safety depends on your own skills and abilities.

### **Additional Info**

Race Bib must be visible front

No bib exchange or selling

## Race Cancellation

Thunder storm

## **RELAY TEAM – 4 runners x 2.5km**

### Race Information

Date : 14 July 2019

Venue : Alam Damai Recreational Park, Cheras, Kuala Lumpur

Starting: 12:00pm

End: 6:00pm / buffet will be served

Duration: 6 Hour

Lap & Breaks: You can take a break anytime you like but always leave and enter the course at the correct point.

Course: 2.5km loop

Limit : 50 Teams (Mixed Open) & 50 Teams (Men Open)

(E) Mixed Open (minimum one women)

(F) Men Open

### ENTRY FEE

Super Early Bird: RM200 per team (1/12/18 – 31/12/18)

Early Bird : RM220 per team (1/1/19 – 28/2/19)

Normal : RM240 per team (1/3/19 – 31/5/19)

Trophy : Top 5 team in each category will receive placing trophies

Medal : For all runners.

### Collection of Number Tag & T-Shirt

Date : 6th -7 th (Saturday & Sunday) July 2019

Time : 11.00am to 7.00pm

Venue : ULTRON Flagship Store, Level 2-19 NU Sentral Shopping Centre, Jalan Stesen Sentral 5, Brickfields, 50470 Kuala Lumpur, Malaysia.

\*Note

Minimum age to participate is 13

EVENT ORGANISER : EventBiz Ventures

OFFICIAL APPAREL : ULTRON