

Electrolux HOMERUN

DATE & TIME
Sunday, 14 July 2019, 7.30am

VENUE
Setia City Park, Setia Alam

BREAK YOUR LIMIT 2019

 [Facebook.com/expedivo](https://www.facebook.com/expedivo)

CATEGORIES & ENTRY FEES

Age as at 31st December 2019

AGE	CATEGORIES	GENDER	EARLY BIRD	NORMAL FEES
CHILDREN & AWESOME BUNCH^o				
5 - 70	1 KM · AWESOME BUNCH	MALE / FEMALE	FOC	FOC
7 - 9	1 KM · DISCOVERY RUNNERS	BOYS / GIRLS	MYR 30.00	MYR 40.00
10 - 12	2 KM · DISCOVERY RUNNERS	BOYS / GIRLS	MYR 30.00	MYR 40.00
13 - 15	2.8 KM · YOUTH RUNNERS	BOYS / GIRLS	MYR 30.00	MYR 40.00
2.8 KM ROOKIE DISTANCE				
16 - 39	ROOKIE	BOYS / GIRLS	MYR 40.00	MYR 50.00
40 +	VETERAN ROOKIE	MEN / WOMEN	MYR 40.00	MYR 50.00
5 KM SPRINT DISTANCE				
16 - 19	YOUTH SPRINTERS	MEN / WOMEN	MYR 40.00	MYR 50.00
20 - 29	YOUNG SPRINTERS	MEN / WOMEN	MYR 40.00	MYR 50.00
30 - 39	PRIME SPRINTERS	MEN / WOMEN	MYR 40.00	MYR 50.00
40 - 49	MATURE SPRINTERS	MEN / WOMEN	MYR 40.00	MYR 50.00
50 - 59	SENIOR SPRINTERS	MEN / WOMEN	MYR 40.00	MYR 50.00
60 +	VETERAN SPRINTERS	MEN / WOMEN	MYR 40.00	MYR 50.00
10 KM RACE DISTANCE				
20 - 29	YOUNG RACERS	MEN / WOMEN	MYR 50.00	MYR 60.00
30 - 39	PRIME RACERS	MEN / WOMEN	MYR 50.00	MYR 60.00
40 - 49	MATURE RACERS	MEN / WOMEN	MYR 50.00	MYR 60.00
50 - 59	SENIOR RACERS	MEN / WOMEN	MYR 50.00	MYR 60.00
60 +	VETERAN RACERS	MEN / WOMEN	MYR 50.00	MYR 60.00

^oAWESOME BUNCH

The Awesome Bunch category is created for our Special Needs participants to experience a well-organized and safe running environment. It is also to motivate them to get out and experience the outdoor life. Each participant will receive a complete race pack as well as the opportunity to go for podium position. Parents and guardian can run alongside our Awesome Bunch during the race.



GRAND LUCKY DRAW PRIZE
ELECTROLUX BUILT-IN KITCHEN
APPLIANCES + CABINET worth RM25,000*

*Terms and Conditions apply





ENTITLEMENTS, RACE PACKS & PRIZES

All Registered Participants will be given:

- Race Bib with Timing Chip
- Race T-Shirt
- Sponsors' Goodies
- Running Bottle
- Event Drawstring Bag

All Finishers will receive on top of the above:

- Finisher's Medal
- Finisher's Certificate (downloadable from the website)



*please note : above items for illustration purposes only, actual product size and colours may vary slightly.

TROPHY & PRIZES

RACE CATEGORIES		GENDER	PODIUM 1st · 2nd · 3rd POSITION
CHILDREN & AWESOME BUNCH*			
5 - 70	1 KM · AWESOME BUNCH	MALE / FEMALE	TROPHY & SPONSORS' GOODIES
7 - 9	1 KM · DISCOVERY RUNNERS	BOYS / GIRLS	TROPHY & SPONSORS' GOODIES
10 - 12	2 KM · DISCOVERY RUNNERS	BOYS / GIRLS	TROPHY & SPONSORS' GOODIES
13 - 15	2.8 KM · YOUTH RUNNERS	BOYS / GIRLS	TROPHY & SPONSORS' GOODIES
2.8 KM ROOKIE DISTANCE			
16 - 39	ROOKIE	BOYS / GIRLS	CASH · TROPHY & SPONSORS' GOODIES
40 +	VETERAN ROOKIE	MEN / WOMEN	CASH · TROPHY & SPONSORS' GOODIES
5 KM SPRINT DISTANCE			
16 - 19	YOUTH SPINTERS	MEN / WOMEN	CASH · TROPHY & SPONSORS' GOODIES
20 - 29	YOUNG SPINTERS	MEN / WOMEN	CASH · TROPHY & SPONSORS' GOODIES
30 - 39	PRIME SPINTERS	MEN / WOMEN	CASH · TROPHY & SPONSORS' GOODIES
40 - 49	MATURE SPINTERS	MEN / WOMEN	CASH · TROPHY & SPONSORS' GOODIES
50 - 59	SENIOR SPINTERS	MEN / WOMEN	CASH · TROPHY & SPONSORS' GOODIES
60 +	VETERAN SPINTERS	MEN / WOMEN	CASH · TROPHY & SPONSORS' GOODIES
10 KM RACE DISTANCE			
20 - 29	YOUNG RACERS	MEN / WOMEN	CASH · TROPHY & SPONSORS' GOODIES
30 - 39	PRIME RACERS	MEN / WOMEN	CASH · TROPHY & SPONSORS' GOODIES
40 - 49	MATURE RACERS	MEN / WOMEN	CASH · TROPHY & SPONSORS' GOODIES
50 - 59	SENIOR RACERS	MEN / WOMEN	CASH · TROPHY & SPONSORS' GOODIES
60 +	VETERAN RACERS	MEN / WOMEN	CASH · TROPHY & SPONSORS' GOODIES

TOP 3 PODIUM WINNERS

Children & Awesome Bunch category:

1st, 2nd & 3rd Trophy · Sponsors' Goodies

Adult Categories

- 1st Winner MYR 300 + 1st Trophy + Sponsors' Goodies
- 2nd Winner MYR 200 + 2nd Trophy + Sponsors' Goodies
- 3rd Winner MYR 100 + 3rd Trophy + Sponsors' Goodies



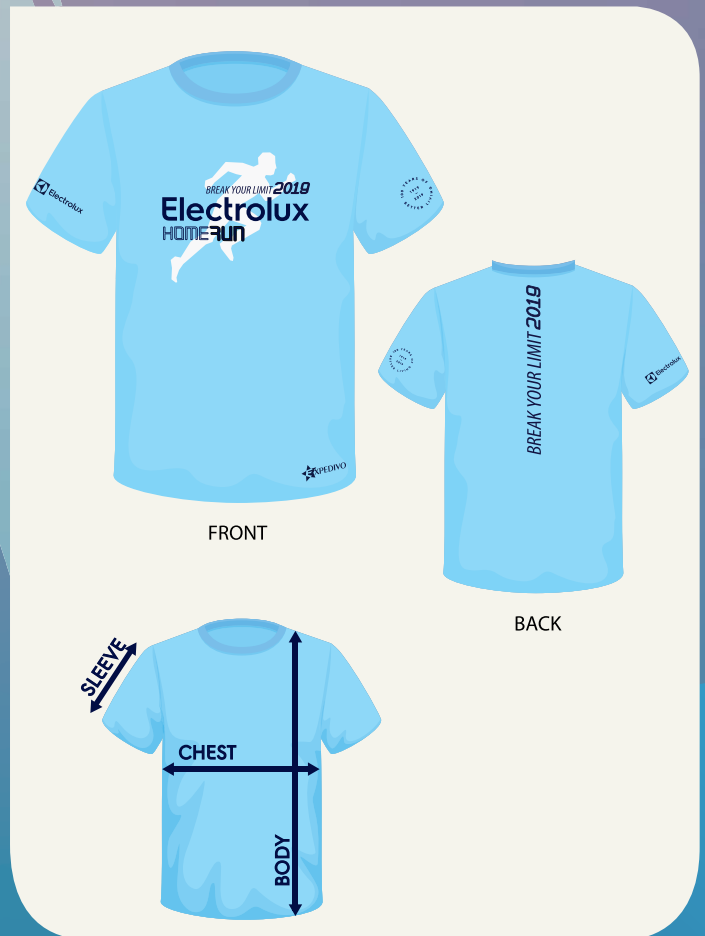
RUNNERS' T-SHIRT SIZE CHART

CHILDREN'S SIZE CHART

SIZE	CHEST	BODY
JUNIOR XS (5 - 6 YRS)	15"	18"
JUNIOR S (7 - 8 YRS)	16"	20"
JUNIOR M (9 - 11 YRS)	17"	22"
JUNIOR L (12 - 14 YRS)	18"	24"

ADULT SIZE CHART • UNISEX

SIZE	CHEST	SLEEVE	BODY
XS	18"	7.5"	26"
S	19"	8.5"	27.5"
M	20"	8.5"	28.5"
L	21"	9"	29.5"
XL	22"	9.5"	30.5"
2XL	23"	10"	31.5"



RACE PACK COLLECTION

DATE : 6 & 7 JULY 2019
TIME : TBA
VENUE : TBA

Your confirmation slip & your IC/Passport are required to collect your Race Pack. You may appoint a representative to collect your Race Pack on your behalf.

The following documents are required for collection on behalf:

- A completed and signed copy of Authorization form
- A photocopy of confirmation slip
- A photocopy of IC/Passport
- A photocopy of representative's IC/Passport

Important Notes

- No changes in T-shirt sizes will be allowed
- Race Pack collection is only available during date & time specified above
- Race Packs not collected after the last collection date will be deemed as unwanted and the organizer may dispose or re-distribute them accordingly.

RACE SCHEDULE

Race schedule will be published closer to race day. For race updates, please like our Facebook page www.facebook.com/expedivo



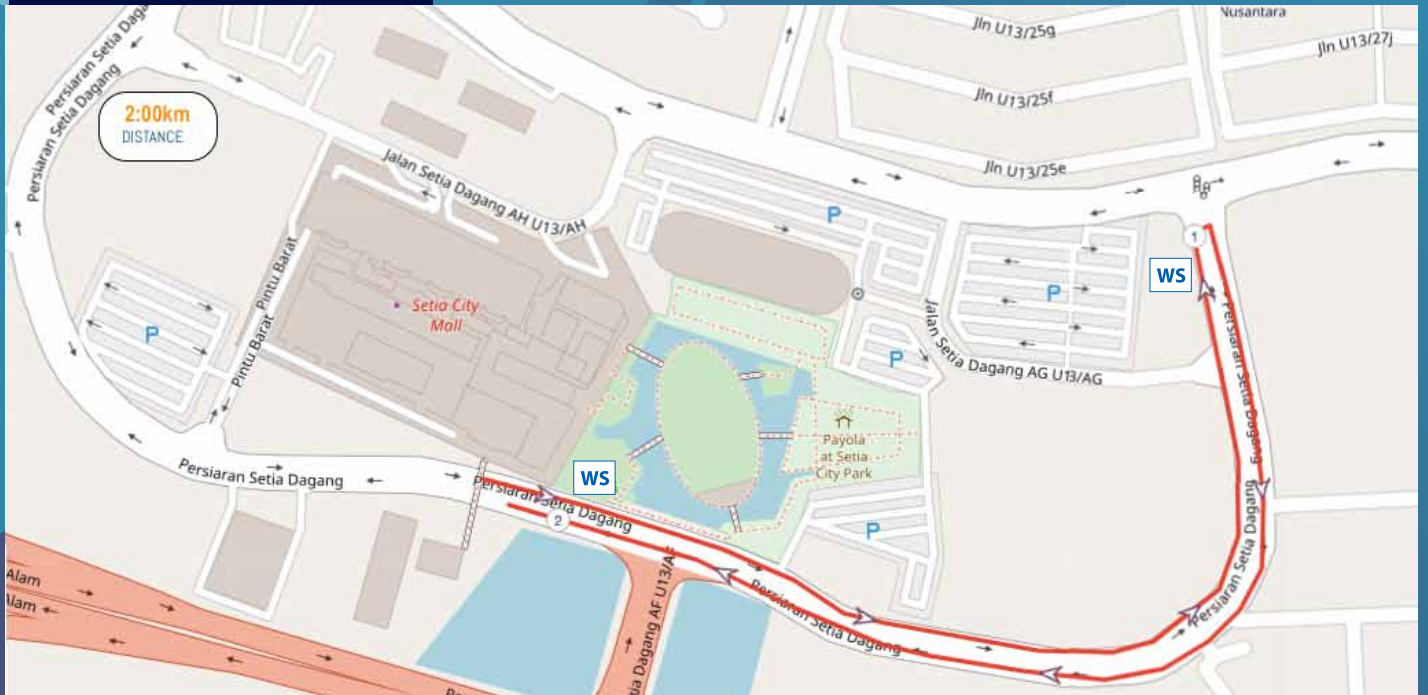
ROUTE MAPS

1 km ROUTE



CATEGORIES	GENDER	NUMBER OF LAPS
5 - 70 YRS • AWESOME BUNCH	MALE & FEMALE	1 LAP
7 - 9 YRS • DISCOVERY RUNNERS	BOYS & GIRLS	1 LAP

2 km ROUTE

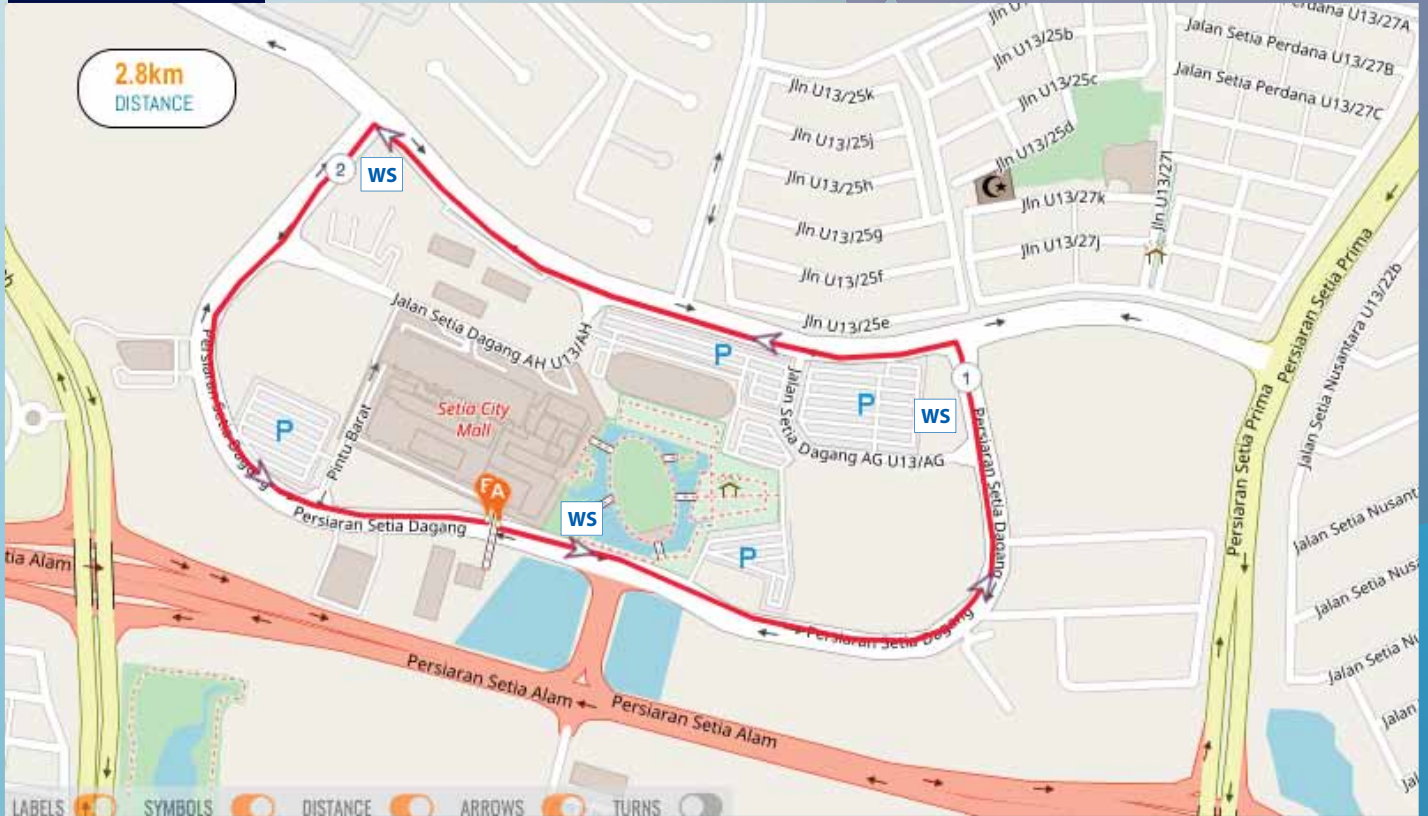


CATEGORIES	GENDER	NUMBER OF LAPS
10 - 12 YRS • DISCOVERY RUNNERS	BOYS & GIRLS	1 LAP



ROUTE MAPS

2.8 km ROUTE

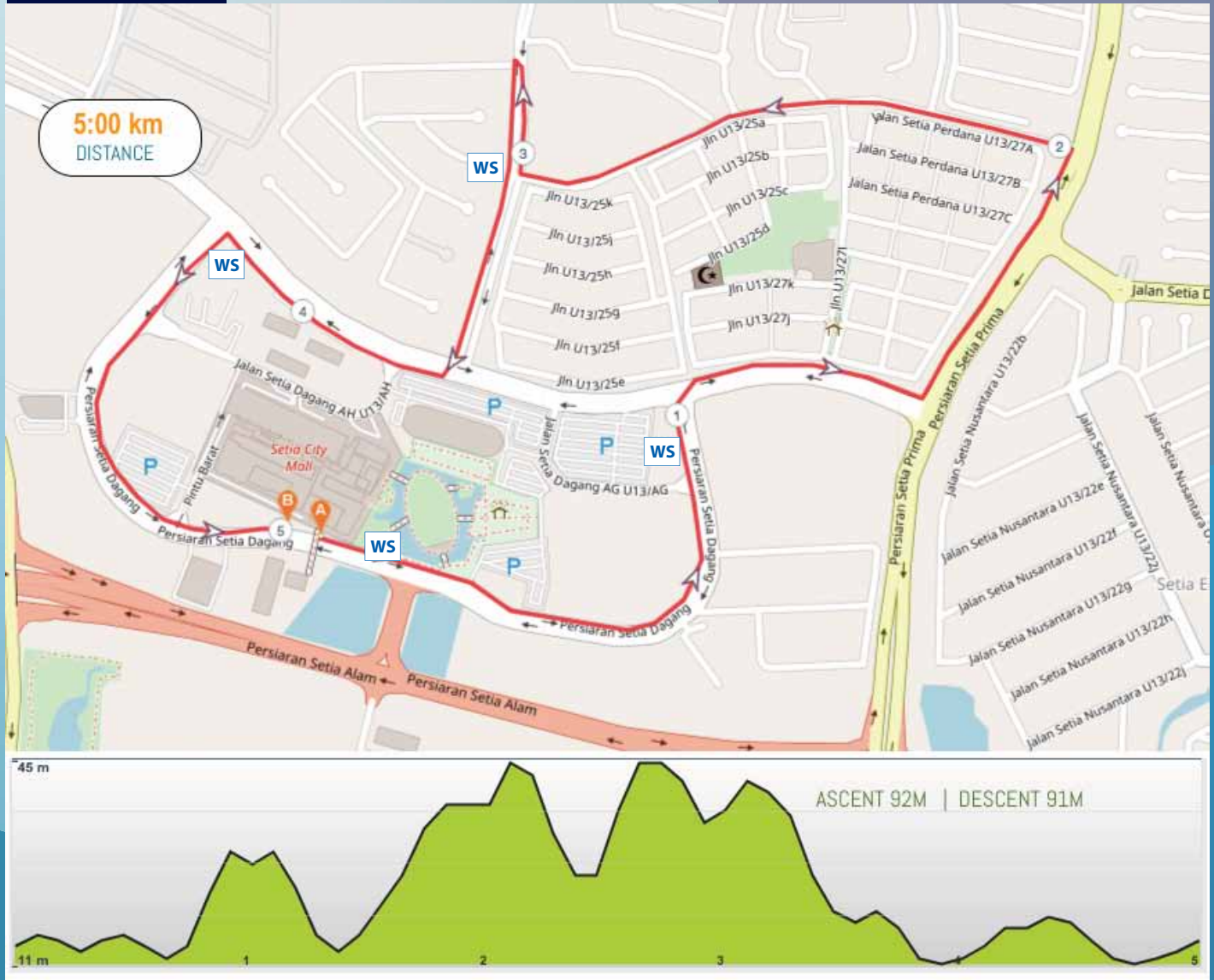


CATEGORIES	GENDER	NUMBER OF LAPS
13 - 15 YRS · YOUTH RUNNERS	BOYS & GIRLS	1 LAP
16 - 39 YRS · ROOKIE	MEN & WOMEN	1 LAP
40 + YRS · VETERAN ROOKIE	MEN & WOMEN	1 LAP



ROUTE MAPS

5 km ROUTE



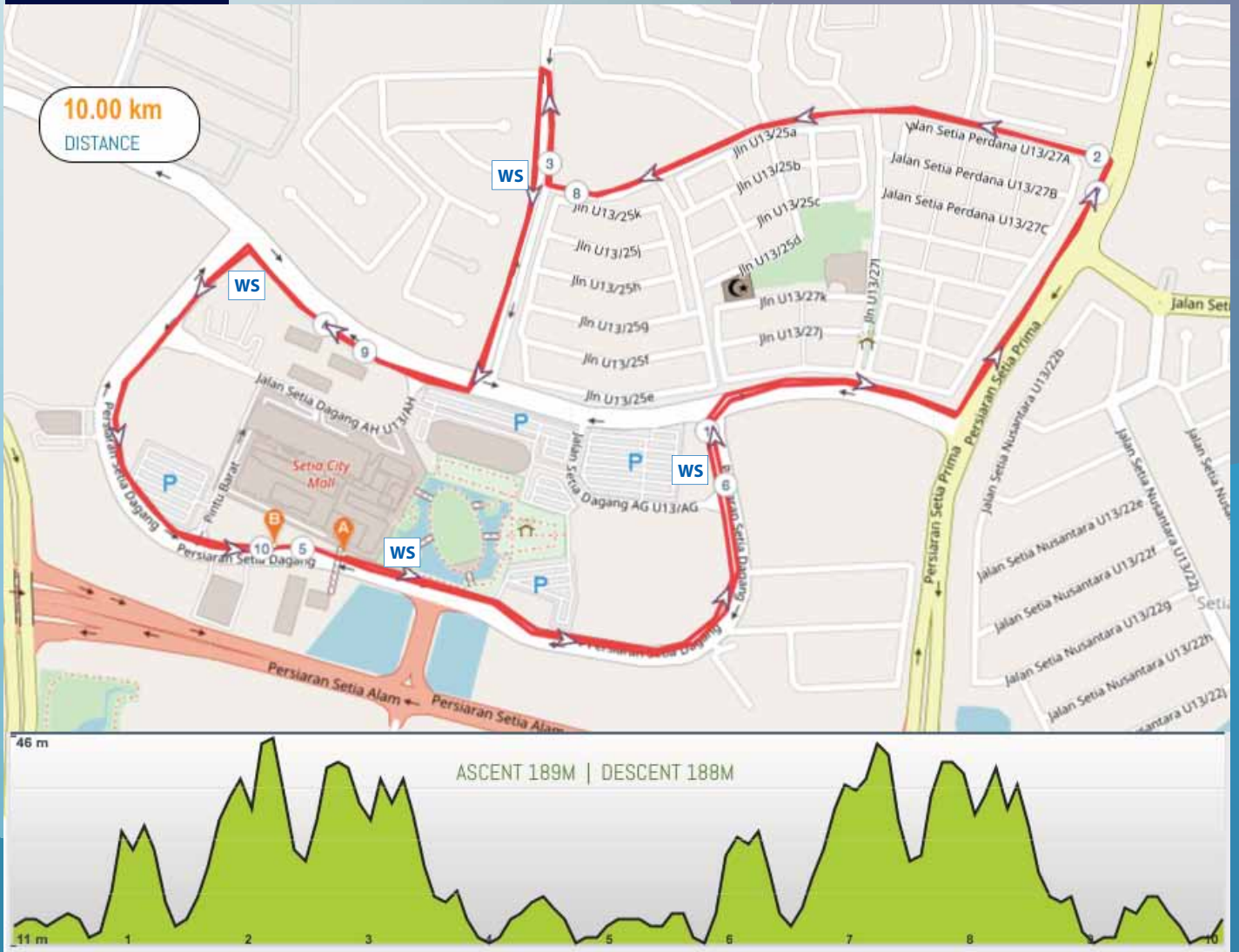
5 km distance is considered short/middle distance, however to many recreational runners, this can be challenging. We advise runners embarking on any runs to undergo some training prior to entering the race. Stretch and warm-up well before the race to avoid injury. Maintain a steady pace and you should be able to complete and compete well. 5 km distance is ideal for recreational runners looking to embark into the sport of running.

CATEGORIES	GENDER	NUMBER OF LAPS
16 - 19 YRS • YOUTH SPRINTERS	MEN & WOMEN	1 LAP
20 - 29 YRS • YOUNG SPRINTERS	MEN & WOMEN	1 LAP
30 - 39 YRS • PRIME SPRINTERS	MEN & WOMEN	1 LAP
40 - 49 YRS • MATURE SPRINTERS	MEN & WOMEN	1 LAP
50 - 59 YRS • SENIOR SPRINTERS	MEN & WOMEN	1 LAP
60 + YRS • VETERAN SPRINTERS	MEN & WOMEN	1 LAP



ROUTE MAPS

10 km ROUTE



10 km distance is considered middle distance and suitable for recreational and serious runners alike. In the UK, 10 km is considered the most popular race distance¹. Most serious runners use this distance to build speed endurance while training for a longer race. However, for most recreational runners, this distance can be challenging. We advise runners embarking on the 10 km runs to undergo some training prior to entering the race. Stretch and warm-up well before the race to avoid injury. Maintain a steady pace and you should be able to complete and compete well.

CATEGORIES	GENDER	NUMBER OF LAPS
20 - 29 YRS • YOUNG RACERS	MEN & WOMEN	2 LAPS
30 - 39 YRS • PRIME RACERS	MEN & WOMEN	2 LAPS
40 - 49 YRS • MATURE RACERS	MEN & WOMEN	2 LAPS
50 - 59 YRS • SENIOR RACERS	MEN & WOMEN	2 LAPS
60 + YRS • VETERAN RACERS	MEN & WOMEN	2 LAPS

¹ <https://www.runnersworld.com/uk/training/a774945/10-key-tips-on-how-to-run-a-10k/>



GENERAL RULES & REGULATIONS

1. The Organiser reserves the right to amend the Rules and Regulations without prior notification.
2. The Organiser reserves the right to amend the race course with prior notice to participants.
3. Completion of the Race Registration form evidences the Participants' agreement to abide by the relevant rules and regulations of the event. These rules apply at the material time and to all and any ruling of the Organiser.
4. Once the registration form has been duly processed, there will be no fee refund for those who fail to turn up for the race and/or withdraw from it.
5. The Organiser reserves the right to use any photographs, motion picture, recordings, or any other record of this race and its participants for any commercial advertising including legitimate purpose.
6. The Organiser reserves the right to limit and/or refuse entries without assigning any reason thereof.
7. Individual race entries are non-transferable. Any person doing so will be held responsible in case of an accident arising from or provoked by the other person during the race. The Organiser reserves the right to exclude both parties from future events.
8. The Organiser will not be responsible for any disputes arising from incomplete/wrong entry details given by the participants.
9. On-the-spot entries will not be entertained.
10. To ensure that your race details are correct, please check your particulars upon receipt of the Race Confirmation Slip and report the discrepancy from your intended registration within 48 hours after entry form has been submitted to the organizers.
11. Changes of Race Category is not allowed.
12. Participants who do not collect their Race Pack at the prescribed collection dates and venue will not be allowed to race on Race Day. (There will be no On-Site Registration or Race Pack Collection on race day).

RACE DAY

13. You are required to display your race number/Timing Bib at all time during the race. This should be securely worn across the chest or front torso. Participants not adhering to the rule will be disqualified.
14. You are encouraged to wear the Electrolux Home Run 2019 event T-shirt during the race.
15. You are recommended to be at the start line at least 20 minutes before flag-off time.
16. You must run on the designated path for the entire route. Failure to do so will result in disqualification.
17. You are required to keep to the left side of the run route during the race so as not to cause obstruction to other pedestrians and traffic.
18. Pets or any form of wheel-run objects of transport e.g. inline skates, prams, push cars, shoes with built-in or attached rollers are NOT allowed on the course except for race officials, medical vehicles and Awesome Bunch category.
19. Any disputes arising from the participation or participant who wishes to protest another competitor or notify a violation must do so by approaching the Race Director before the commencement of the Prize Giving.
20. The Organiser will not be responsible for any inaccuracy in participant's race timings due to improper wearing of the Timing Bib.
21. Organiser will take every reasonable precaution to ensure the safety of all participants, however, participants taking part in the Electrolux Home Run 2019 do so at their own risks and the Organiser, their sponsors and their appointed officials shall not be liable for any death or injury, loss or damage, suffered or otherwise and howsoever arising.
22. The sport of running can be physically demanding. If you are not sure of your physical health, please seek the advice of a medical professional before you register for the race. Should you feel unwell during the race, you should stop the race and seek immediate medical attention at designated medical posts.
23. You are advised against the consumption of alcohol or stimulants or any kind of drugs within 24-hours of your race.
24. The Organiser reserves the right to remove any participant deemed physically incapable of continuing with the race to prevent from causing greater harm and injury.
25. In the event of inclement weather, the Organiser reserves the right to delay the commencement of the race.
26. Should the inclement weather persist after delay, the Organiser reserves the right to cancel the race without any refund of registration fees.