

Larian Virtual Sempena Hari Jantung Sedunia 2021

Running period: 26/9 – 10/10 2021

Distances: 5KM

Venue: Anywhere & Anytime

Registration Period : 1 AUGUST – 25 SEPTEMBER 2021

Submission Period : 26 SEPTEMBER - 10 OCTOBER 2021

Postage of Entitlements : 15 OCTOBER 2021 onwards

If you have registered, you will receive this awesome T-shirts, medal & mask to your doorstep very soon.

Don't miss the chance. Grab it now

Entitlement:

# T-Shirt

# E-bib

# E-certs

# Medal

# Mask

**RULES AND REGULATIONS:**

1. Sign up to run and walk for Larian Virtual Sempena Hari Jantung Sedunia 2021.
2. All runners may run anywhere, indoor or outdoor (including treadmill).
3. You may also track your indoor steps during the Movement Control Order (MCO) / Conditional Movement Control Order (CMCO) / Recover Movement Control Order (RMCO) periods to which you are to observe all SOPs set by authorities.

1km = 1,500 steps

5km = 7,500 steps

\*We accept accumulated steps and distance (GPS / treadmill)

4. All runners can submit their results in a single submission. For accumulated, please submit altogether in one file/submission combined.
5. Late submission will not be entertained.
6. All submissions are considered final. No changes may be made to the event category or sizes (If any) after submission.
7. All participants shall receive e-Bib upon registration and e-Certificate after completing the run.
8. The t-shirt we will sent to you by batches.
9. The registration fees inclusive of the courier charges.

#### Safety

1. Participants must ensure they adhere to current Covid-19 safety guidelines as laid down by the government of Malaysia, and practice safe social distancing measures at all times.
2. Participants taking part in Larian Virtual Sempena Hari Jantung Sedunia 2021 do so entirely at their own risk and are fully responsible for selecting a safe route to run, jog or walk.
3. This run involves a level of sustained physical activity. The organiser cannot be held accountable for aggravation to illness or injury sustained due to participation in this activity.
4. We strongly advise that all participants wear the appropriate attire to ensure a safe and enjoyable activities.

#### How to provide proof of your run apps?

1. Please submit a screenshot/photo of any run apps and submit to <https://bit.ly/LVHJSresultsub> upon completion of the virtual run.
2. The Organiser reserves the right to update the terms and conditions relating to the virtual run as it deems proper prior to the event.