

Older Faster Stronger Run 2023 Rules & Regulations

Event Registration

1. The Organiser reserves the right to modify or substitute any of these terms and conditions and any other rules and regulations of the event of at any given time as Organiser deem fit or necessary without prior notice. If there is ambiguity in any of the provision of the terms, the Organiser will be the authority to interpret and in so doing, the Organiser will take into account the interest of all affected participants. The decision of the Organiser shall be final and binding. Any update, modifications or changes on the terms and conditions or any other rules and regulations of the event will be notified on the official registration website (unless otherwise stated) and take effect from the date of notifications on the official website.
2. The Organiser reserve the right to change the date, venue or to postponed or cancelled the event at any time without prior notice to participants, in which case the Organiser will make effort to inform the participant prior to the date. If the event has to be postponed or cancelled there shall be no refund of fees and the Organiser shall not be liable for any loss or inconvenience caused. Participants acknowledge and agrees that the entry fees and other transaction costs of the event are non-refundable, non-transferable and non-deferrable. Any updates on the event including any changes to the terms will be posted on the racexasia registration portal, HSAAS FB page & My10krun FB page. It is the responsibility of the participants to keep abreast with such updates and changes. The Organiser shall not be liable for any loss or convenience caused.
3. There will be no fee refund if the event is cancelled for reason of force majeure i.e due to occurrence of incidents that are beyond the control of the Organizer and which renders it impossible of unsafe to hold the event.
4. The event is open to all individuals who reached the age stated in the race registration portal (age will be calculated based on the event day)
5. All runners are covered by Group Personal Accident insurance underwritten by Zurich General Insurance Malaysia with accidental death and permanent disability benefits up to RM5,000.00. It is recommended that you have your own personal accident insurance or health insurance for added protection.
6. Online registrants shall provide true, accurate, current and complete information about the participant. The Organiser may contact the participant from time to time by email. Any notice sends to the email address registered with the Organiser deem as receive by the participants. If the participants provide any information that is untrue, inaccurate, not current or incomplete, or if the Organiser have ground to suspect that such information is untrue, inaccurate, not current or incomplete, the Organiser may at any time suspend, revoke, cancel or terminate the participant's registration and participation in the event and refuse any and all current or future use of the event's official website (or any parts thereof)
7. Once participant's registration has been duly processed, there will be no fee refund for participant who does not eventually take part in the event for whatever reason.
8. The Organiser will not entertain nor be in any way responsible for any disputes arising from incomplete or inaccurate entry details in the registration form.

9. The organizer reserves the right to limit and or refuse entry without giving any reason or notice. The Organiser also reserves the right at its absolute discretion to exclude or disqualify any participants whom the Organiser is of the opinion to be acting in any manner which is against the interest of the Organiser or the event or which is in violation of the terms or any rules or regulations of the event or in case of (suspicion of) foul play or fraud. It is the duty and responsibility of the participant to ensure his/her legal eligibility to participate in the event.
10. The Organiser reserves the right to cancel, defer and or add any event category without prior notice to the participant.
11. Participant is strictly not allowed to transfer their event entry to another party or change the event categories after his/her registration is confirm.
12. Participant agree to accept promotional materials/ items from the Organiser whether in relation to the event or otherwise.

Older Stronger Faster Run 2023 event participation

1. The participants take part in the event voluntarily, assuming all of the responsibility for his/her activities, actions, belongings, health, and physical and psychological integrity. He or she explicitly renounces all responsibility, and thus waives the ability to make any claim against the organizers, sponsors, volunteers, and/or representatives thereof, about any damages, including, but not limited to, the following: physical pain, morals, theft, misplacements/lost items, or any other incident he or she could suffer personally or have to occur to a third-party member, his/her friends, or belongings before, during, or after the event.
2. The Organiser reserve the right to amend the event's race routes and final distance as it deems fit whether for the safety of the participants/ or to prevent any potential hazards in the running of the event or otherwise, at any time without prior notice to the participant. In such event, every effort will be made to inform the participant prior to the date of the event.
3. Whilst every reasonable precaution will be taken by the organizer to ensure the participants safety, participants run at their own risk and the organizer will not be responsible or held liable for any injury or death howsoever arising from training for or during participation in the race. Participants are strongly encouraged to go for a medical examination and or consult their medical practitioner prior to registration and before the actual race day.
4. There will be both stationary and mobile medical along the race route. If any member of those teams determines that a runner must not continue, the competitor must obey his/her command and/or instructions. If a runner is not able to complete the race, he/she must inform any member of the crews and wait at the nearest aid station, from where he/she will be transferred to the finish line.
5. The organizer reserves the right to delay the commencement of the race in the event of heavy rain or thunderstorm or extreme weather condition. Should the condition persist after delay, the organizer reserves the right to cancel the race without any refund. In the event of catastrophic or natural disaster resulting in postponement or cancellation of the above event, the organizer shall not be held responsible for any claims whatsoever in any form made by individuals or parties concerned.
6. Participant must always wear the assigned bib number on his/her chest during the event's race. Participant who is not wearing the bib number will be taken off the event's race route by security officials.

7. As per the instruction by HSAAS and UPM management, no participants are allowed to remain on the route after the closure time. If the participant proceeds to run after the closure time it will be at participant own risk.
8. Participant must always follow the respective event route, the direction of UPM & HSAAS security officials, event crews and any RELA enforcement officers.
9. Participant must retire from the event immediately if require to do so by any member of the medical staff, technical head & race director,
10. No pets or any form of wheel-run objects of transport e.g. In-line skates, prams, push chairs, shoes with rollers, etc. are allowed on the whole run
11. The organizer reserves the right to use any photograph (including those of participants), motion pictures, video recordings or any other media records of the event taken before, during and after the event, for any legitimate purpose including commercial advertising and distribution to sponsors.
12. A participant who commences to run before the actual start time (Flag Off) of his/her registered category in the event will be disqualified. There may be wave starts based on different race categories.
13. The Organizer is not responsible for any loss, injury or claims from using sponsored and non-sponsored products or services in this run.
14. The race will pass through the parameter compound of HSAAS. Participants are not allowed enter any restricted zones.
15. The Organizer is not liable and held responsible for any sickness cause by the consumption of fruits, food & beverage distributed after the race.

Race Kit collection & Health screening day

1. All participant must collect their race entry pack which include the race bib, event running tee and other goodies if any at the race pack collection day of which detail is stated below. If participants are unable to collect their race entry pack in person, they may empower a duly authorized person with a print out of the racexasia official receipt
2. Late collection will not be entertained and the Organiser shall not be liable for any loss or inconvenience caused, due to participants inability to collect their race entry packs. For avoidance of doubt, the Organiser is not obliged to extend the collection time or to ensure the participant receive their race entry pack.
3. At all times, it is the responsibility of the participant to collect their race entry pack during their collection period. Entry packs not collected during collection period will be deemed as unwanted, and the Organiser shall be at liberty to dispose or redistribute them accordingly.
4. The Organizer will provide the T-shirt based on the specified size stated in the registration form. *(If any of the specific sizes are unavailable, the organizer has the right to replace the stated sizes with a different size)*
5. HSAAS will conduct the complimentary five-point health screening to all participants age 40 & above including all wheel-chair participants after collection of race kit.
6. HSAAS have the full rights to cancelled, change or reduce the health screening type & protocol to the eligible participants based on the hospital available resource at that time.
7. No report will generated from the health screening. The eligible participants will be brief on the health results by the Doctor during consultation.
8. There will be given referral letter to doctor for follow-up treatment if found to be at risk. All will be done during consultation on health screening day.

9. Point 5 to 8 above is applicable for all participants below age 40 who paid RM50.00 for the health screening as well.

Prize Giving

1. All prize winners must produce their identity card for age verification at race technical booth
2. Winners must ensure to collect their hampers and trophy after the race and upon announcement of results.
3. Winners will only qualify based on confirmation of all race check points and valid registration. Please bring along your mykad or passport for verification.
4. All uncollected trophy and hampers will be forfeited.
5. Category A to H is a competitive event and is eligible for prizes for the top eight finishers.
6. Category I, J & K is a fun run event with no prizes for top finishers.

Refreshment

There will be 1 drink station for 5 km run and 2 drink stations for 10 km run category.

Baggage Counter on race day

Baggage Counter will be open at 6.30am on Race Day and will be closed at 10.00 am

End of Competition

The 10 km run will be officially over in 2 hours 30 minutes and 5 km run will be officially over in 2 hours respectively from the start time.

Finisher Medals and Certificates

1. Finisher Medals will be distributed to all participants at the goodies tent after the finish line
2. For *Family Fun Run package* only two medals will be distributed to each family. However, this package will receive four t-shirts for 4 participants.
3. e-certificate will be mail to the participants 7 days after the race day.
4. No claims will be entertained thereafter.

Refund

1. No refund will be made for wrongful or multiple registration.
2. Substitution and changing of categories are NOT allowed. Please ensure to select the category that you are eligible. Otherwise, you will have to re-register.

Race Kit Collection & Health Screening Day

Please bring your official receipts issued by racexasia to collect your race kit & health screening as follows:

Date	27 th & 28 th October 2023 (Fri & Sat)
Time	10am to 5pm
Venue	Hospital Sultan Abdul Aziz Shah (HSAAS)
Address	Persiaran Mardi, UPM 43400, Serdang, Selangor DE.
Tel	03-9769 5500

Note: The organizer will not entertain any collections & health screening request after this date.

Enquiries

Please contact Ms. Aishah at 019-2007569 (MY10K Team) and Mr Waffy at 011-2737 2962 (HSAAS) for any further information.

Final Registration

Older Faster Stronger Run 2023 registration will close on midnight Wednesday 30th September 2023.