

Event Information

The “**18° Celsius Fun Run**” is a 11km non-competitive fun run at the vicinity of Kea Farm and Tringkap where Copthorne Cameron Highlands is located. This is a sequel to the “Copthorne Fun Run 2016” which had gained prominence as one of the 2016 tourism events for the state of Pahang. Of the 11kms, approximately 10kms will be off road trail through serene vegetable farms that Cameron Highlands is famous for. Apart from beautiful sceneries, the trail would also bring you through the mountaineous terrain of Cameron Highlands which would measure your fitness level. The man-made trail which serves as a route to transport vegetables from the farms has never been opened to the general public before and this has made the “**18° Celsius Fun Run**” an adventure not to be missed!

It is open to participants aged 12 and above and the highlight of the fun run will be a free style unlimited photo taking of sceneries along the route of the trail to win exclusive prizes. Photos taken should be posted on “Copthorne Cameron Highlands” Instagram and the Top 10 photos with the most “LIKES” that follows the theme from 10 – 13 September 2023 will win exclusive prizes.

Before the Run Day

Race Pack Collection

Participants are required to present his/her confirmation slip to collect their race pack either in hard copy or show on their mobile.

Date : 9 September 2023, Saturday

Time : 10.00am – 10.00pm

Venue : Hotel Lobby

Run T-Shirt Exchange Policy

Exchange of run t-shirt size is permitted only if the run t-shirt is returned in good condition and entertained on a first-come-first-served basis, based on the availability of size.

For any enquiries, kindly contact

- Ms Penny Goh 019 – 526 1105
- Hotel Tel No. (6)05-496 1777

Run Event Details

Before The Run

- All runners are encouraged to wear the official run t-shirt during the Copthorne Run.
- A group warm up exercise has been arranged before the start of the run. For those unable to join, we would advise you to do your own warm up exercise before the run.
- Before you begin the run, please ensure that you are adequately hydrated.
- If you are feeling unwell on the run day, please REFRAIN from participating in the run.

IMPORTANT NOTES:

- Please note that it may rain on the day of run so do bring along your own rain coat
- After the run, we will provide water at the hotel porch area to clean of your shoes. Please wash your shoes before entering the hotel lobby.
- If you require any assistance during the event, please refer to the race officials who are attired in green jersey with the logo of Copthorne Fun Run.

Medical Aid

- An ambulance and medical personnel will be stationed at the checkpoint for runners who are feeling unwell during the run or if an emergency arises.

Run Entry Pack

- Each Registered runner will receive
 - I. One Race T-Shirt
 - II. One Food Coupon to exchange food pack
 - III. One Run Guide Booklet
 - IV. Finisher Medal

Substitution & Non-Registered Runners

- Only registered runners are eligible to take part in the run
- Registered runners are not allowed to transfer their registration to others

Reporting

- Runners are to assemble at the Start Area after warm up exercise session. Kindly refer to the Run Day Programme in this guide book on the sequence of activities.

Safety on the Road / Trail

- Please follow directions of the run marshals who are entrusted with the traffic management during the run
- As this is a trail run, certain parts of the route are uneven and rocky.
- Runners are advised to stay within the trail and avoid running too close to the edge. In some areas, the edges are steep with sheer drops.
- Runners are also advised to be mindful of the safety of the other participants.

Check Point

- There will be 2 check points along the route at 3.5km & 5.6km into the run. Water will be provided for runners to rehydrate.

Signage

- Signages will be placed around Copthorne Cameron Highlands to identify registration counters, toilets, parking zones, route markers, medical area and other facilities.

Water Stations

- There will be two (2) water stations during 11km run. The first drink station will be at the 3.5km check point and the other will be at the 7km check point.
- Runners are urged to be considerate of the environment by disposing their used cups into the bins provided.

Baggage

- Baggage storage starts at 6.00am at the Hotel Luggage Room
- Only small, light bags with NO VALUABLES
- We reserve the rights not to accept bags that deviate from the above description
- Any bags not collected after 12.00pm will be disposed of.
- This is free courtesy service. Copthorne and its affiliate organising partners of the run will not be held liable for any missing or damaged goods stored in the baggage storage area.

Parking Facilities

- Parking service is available at Entertainment Complex (EC). Please follow traffic directions of RELA personnels.

Toilets

- Toilet facilities are available at the Hotel Lobby at Level 1 and additional toilets are available at Level 3 & Level 4 of the hotel.

Run Completion

- Upon completion of the run, all runners will receive a bottle of water, a fruit and a sandwich in exchange for the Food Coupon provided in the Run Entry Pack.

Vendor Stalls

- There will also be additional food stalls selling various food items / hotel merchandise at affordable prices.

Run Etiquette

Start according to your ability

The Copthorne Fun Run is a non-competitive run. However, we encourage runners to position themselves at the starting line according to their pace and experience. The more experienced runners are recommended to start at the front and the lesser experienced runners to position themselves at the back in order to ensure the safety of all participants.

Double-knot your laces

Shoe laces coming lose in the midst of a run is not only possible, but also dangerous and no one would want to trip on their own laces or to have to stop in the midst of a nice run to re-tie their laces. Prevent your laces from coming loose by simply double knotting them before you start.

Be appreciative of the volunteers

Volunteers wake up earlier than us and go home later than us, so that we can enjoy our run. If anything goes wrong during the run, don't take it out on the volunteers. Bring your complaints directly to the organisers.

Run your own race

One of the objectives of the Copthorne Fun Run is to create awareness on the beauty of Cameron Highlands through the fun run. If you are a competitive runner, do enjoy your run but run at your own pace and be aware of the uneven trail you are on. But most importantly, take the time to enjoy the beautiful scenery that surrounds you. The area you are running in is normally not open to the public. Make the most of it.

Security

This is not directly related to running but it is still important to mention. Minimise the risk of theft by not bringing and keeping valuables in the car. Make sure all valuables are kept in a safe and secure place.

No sudden stop

Whether to take a walk-break, re-tie your laces or to take a 'Copthorne Selfie' amidst the beautiful scenery, gradually move to the side and away from edges of the trail. Do not make any sudden stops as this may invite a fellow runner to run into your rear.

Do not spit or litter

Look around before expelling your bodily fluids. No one likes to be on the receiving end of another person's fluids, for used cups – dispose them into the provided bins.

Photography Contest

Contest Period : 10 to 13 September 2023

The highlight of the fun run will be a free style **unlimited photo taking of sceneries along the route of the trail.**

Terms of Contest

1. **UPLOAD PHOTO** – Upload your best photo(s) taken on Instagram and tag #18c_copthornecameron
2. Include your name in the posting(s). Please post only 1 photo for each posting.
3. **LIKE** – Invite your friends and family to “Like” your photo(s) from 10 till 13 September 2023.
4. **WIN!** - The Top 10 photos with the most “Likes” that follows the theme will win exclusive prizes.

This contest is only open to registered participants of the “18° Celsius Copthorne Fun Run”.

Terms and conditions apply for the contest.

