



## **TASIK TEMOH RUN 2024**

### **THE EVENT BACKGROUND**

We are thrilled to present the inaugural Tasik Temoh Half Marathon, a groundbreaking event hosted by Perak Tourism and

Majlis Daerah Tapah in collaboration with Event Organizers AMMJB Swimmers Enterprise and XS Elite Performance.

This inaugural run will draw participants from across Perak and throughout Malaysia

It marks the first edition where runners will have the opportunity to witness the breathtaking beauty of the running area

## Race Details

Tasik Temoh Run 2024

Date: 2 June 2024 (Sunday)

Venue: Tasik Temoh

Time: 5.00am

Race Distance: 10KM, 5KM

Age Group Categories:

10KM

Men Open 39 yrs and below, Men Senior 40yrs and above

Women Open 39 yrs and below, Women Senior 40yrs and above

5KM

Men Open

Women Open

## Race Categories & Fees

Event Type	Fee
Mini Marathon (10KM)	RM65
Fun Run (5KM)	RM40

Limited to 200 slots (total headcount) or registration closed on 25 May 2024. (Whichever comes first)

Registration will close when maximum participants is achieved.

\*Registration fees are subjected to admin fees

The entry fee includes:

- Event T-shirt
- Finisher's Medal
- PA Insurance & Medical Insurance
- E-Certificate

## Race Pack Collection & Sponsor Booth

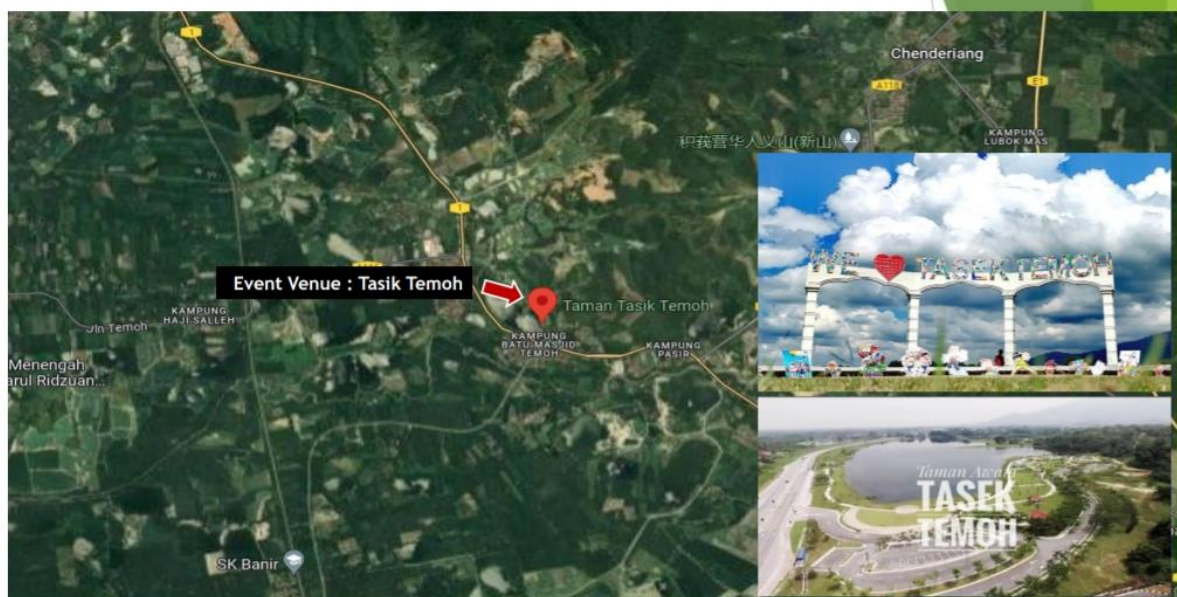
Date : 1 June 2024 (Saturday)

Time : 12.00pm - 7.00pm

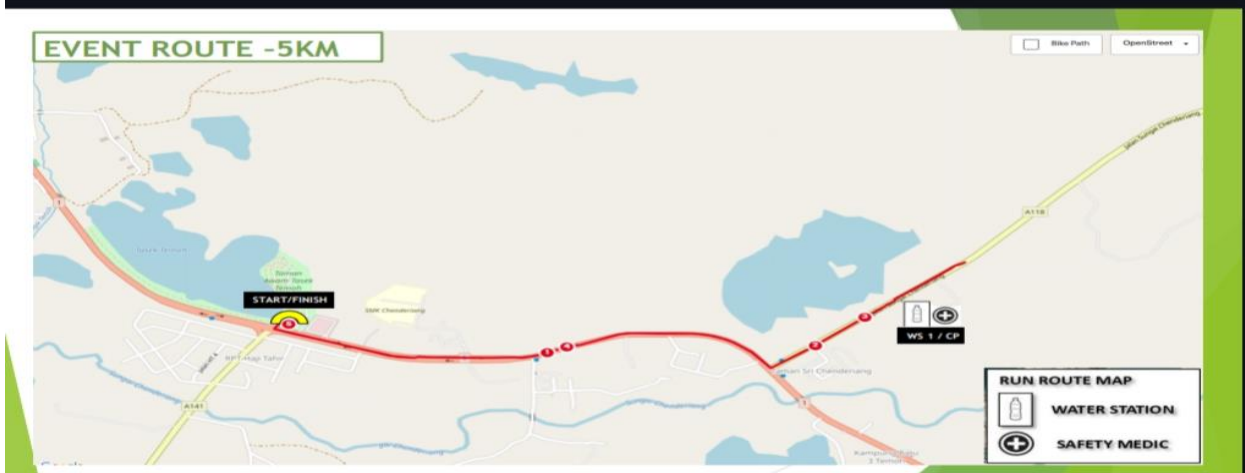
Venue : TBA

Kindly present your ID/Passport for identification purposes. You are required to bring along your confirmation slip to collect your Race Entry Pack. (Softcopy are acceptable)

## EVENT VENUE MAP



# EVENT ROUTE 10km / 5km



## Event Schedule

### EVENT SCHEDULE – 1<sup>ST</sup> JUNE 2024 (SATURDAY)

TIME	ACTIVITIES	VENUE
8.00AM - 12.00PM	FISHING COMPETITION / EXHIBITION	TASIK TEMOH
1.00PM - 7.00PM	RACE PACK COLLECTION / BOOTH SALES	TASIK TEMOH

### EVENT SCHEDULE – 2<sup>ND</sup> JUNE 2024 (SUNDAY)

TIME	ACTIVITIES	VENUE
5.00AM 6.00AM 6.30AM	RACE SITE & BAG DROP COUNTER OPEN ZUMBA WARM UP SESSION HALF MARATHON FLAG OFF (21.1KM)	TASIK TEMOH
7.00AM 7.30AM 8.00AM	MINI MARATHON FLAG OFF (10KM) FUN RUN FLAG OFF (5KM) TASIK TEMOH FESTIVAL ACTIVITIES START	TASIK TEMOH
10.30AM 11.30AM	PRIZE GIVING / LUCKY DRAW VIP LUNCH SERVED	TASIK TEMOH GRAND STAGE

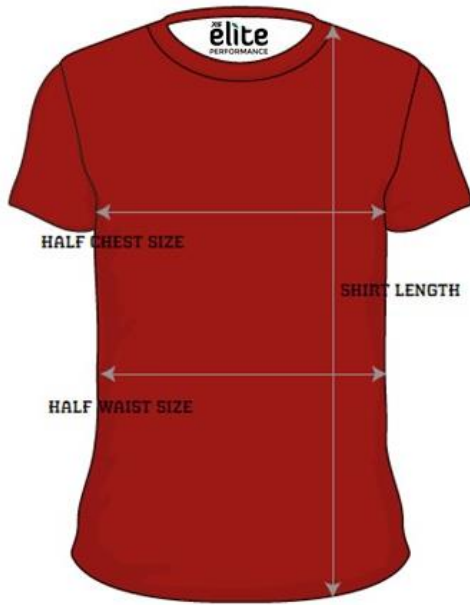
## Event Tee & Finisher Medal



# Race Entitlements



## T-shirt Size Chart



**XS**  
**elite**  
PERFORMANCE

### Size Chart & Measurements Guide Malaysia (Inches)-Unisex

- 1) All measurements above subject to +/-0.5 tolerance.
- 2) Tapered curve bottom at the back specially designed for athletic movements, enhancing flexibility and performance.
- 3) Half chest to be measured from left to right seam, 1" down from the armpit joint.
- 4) Half waist to be measured from left to right seam on the waist line.
- 5) Shirt length to be measured from the highest tip of the shoulder to the bottom hem.

Cutting Style	Size / Length	Half Chest Length(Inches)	Half Waist Length(Inches)	Shirt Length(Inches)
Unisex Athlete-Fit	3XS	16"	16"	24"
Unisex Athlete-Fit	2XS	17"	17"	25"
Unisex Athlete-Fit	XS	18"	18"	26"
Unisex Athlete-Fit	S	19"	19"	27"
Unisex Athlete-Fit	M	20"	20"	28"
Unisex Athlete-Fit	L	21"	21"	29"
Unisex Athlete-Fit	XL	22"	22"	30"
Unisex Athlete-Fit	2XL	23"	23"	31"
Unisex Athlete-Fit	3XL	24"	24"	32"
Unisex Athlete-Fit	4XL	25"	25"	33"
Unisex Athlete-Fit	5XL	26"	26"	34"
Unisex Athlete-Fit	6XL	27"	27"	35"

## Rules & Regulations

### General

- Participants who completed the Online Registration agreed to abide by the rules and regulations of the event that has been signed up.
- The Organiser reserves the right to limit, accept or reject any entries without assigning any reasons thereof.
- All participants are required to complete the Online Registration entry form with accurate and correct information.
- Once the registration is being processed, there will be **NO REFUND** for those who fail to show up for the race and/or withdraw from it.
- The race registration will only confirm when full payment of the race entry fee has been made.
- Race category or race entry is not transferable.

- Strictly **NO CHANGES** of name and race category after registration is completed. Please check and ensure all details are correct before submitting.
- On-the-spot entries will **NOT** be entertained.
- Whilst every reasonable precaution will be taken by the Organiser to ensure the participants' safety, participants partake in this event at their own risk and the Organiser shall not be liable for any bodily injuries, loss and/or damage to property, whether personal or otherwise, and howsoever arising.
- The Organiser reserves the right to use any photographs or recordings of the participants for any commercial or advertising purposes for any commercial advertising including legitimate purpose.
- The Race Director/Organising Committee decision is final.
- All participants should pick up their Race Packs and Goodie Bag on the On-Site Race Registration Day which has been designated.
- Participants can appoint a friend to collect their Race Packs should they are not able to be present personally.
- Participants who do not collect their Race Pack during the scheduled date and time will be forfeited.
- There will be a Race Briefing conducted by the Organiser. First timer is encouraged to attend. However, all participants are required to download the E-Briefing (available soon) notes that contains important information, route map and guides for the event.
- A grace period of 15 minutes after the commencement of the race will be given for latecomers. Anyone who reports later than this grace period will not be allowed to participate in the race. Latecomers should be aware that their timings would have commenced when the race begins.
- A participant may be disqualified for the following reason(s):
  - (a) Refusing to follow the rules and regulations and /or instructions given by the Organiser and/or Race Officials.
  - (b) Consumption of alcohol, stimulants or any kind of prohibited drugs 24 hours before the race.
- Any participants decided to withdraw from the race should report to the Race Officials.
- The details on the reverse side of your RACE BIB must be filled in to enable us to contact your next-of-kin in case of emergency.
- The Organiser will not be responsible for any inaccuracy in participant's race timings due to improper wearing of Timing Chip.
- Minimum age for Half Marathon and Mini Marathon Race is 16 years of age on 31 Dec 2023 to compete in the race. Fun Run is 12years of age and above. Age 5yrs – 11yrs old will need parents/guardian to accompany during the run.
- Cut off time for Mini Marathon (10KM) is 2hours and there is no cut off time for 5KM.



## **Running**

- All runner must ensure that their race numbers are clearly visible both in front of their running attires at all times.
- Bare torso is not allowed at all times.
- Support vehicles or pacers are not allowed.

## **Inclement Weather**

- In the event of inclement weather, the Organizer reserves the right to delay the commencement of the race.
- Should the inclement weather persist after the delay, the Organizer reserve the right to further delay or postpone the race without any refund of registration fees.

## **Medical Advisory**

- Marathon is a physically demanding sport. Therefore, if you are unsure of your physical health condition, please seek medical advice from a medical professional before your register for the race.
- Participants are advised against the consumption of alcohol, stimulants or any kind of prohibited drugs 24-hours before the race.
- Participants are to ensure that they are physically prepared, well-rested and well-hydrated on the race day.
- Should a participant feels unwell in the course of the race, he/she should stop and seek immediate medical attention from the on-course ambulance or at the finishing area.
- If a participant is deemed to be physically incapable of continuing the race eg. severe dehydration, dizziness, fainting; the Race Officials and/or Medical Practitioner has the rights to remove him/her from continuing the race. The Organizer's decision is final in determining the 1.removal/disqualification of the participant(s)