

RULES & REGULATIONS

1. By successfully signing up for the race, you are deemed to have read and agreed to the rules and regulations pertaining to the event and would have deemed to have read and agreed to the participant's assumption of risks, waiver, release, and indemnity form.
2. **Larian Hari Hutan Antarabangsa (LHHA)** reserves the right to refuse entry to the Event at its sole discretion and without assigning any reason.
3. The age for participation in each race category is as follows:
 - 18 years of age and above on Race Day for 5KM and 10KM.
 - ** Runners below 5 years of age on the race day are to be accompanied by a guardian.**
4. Athletes are strictly prohibited (not allowed) from transferring their assigned Bib Number illegally or unlawfully for the Event.
5. Athletes must attach the assigned Bib Number on the front of the shirt to be permitted entry to the Event. Athletes failing to wear/display the assigned Bib Number correctly may be asked to retire immediately from the race by an Event Official and/or Security Officer.
6. All age-group athletes must participate and compete in the age-group division corresponding to the athlete's age on Race Day.
7. Any athlete asked to retire from the race by any member of the Official Medical Staff, Event Director, Referee, Event Official and/or Security Officer must do so immediately.
8. Any athlete asked to retire from the race will be deemed disqualified and shall not be entitled to receive a Finisher Medal, Finisher e-Certificate and Official Finish Time.
9. Any athlete who starts to race before the official start time of their race category shall be disqualified. Any athlete who fails to start the race within thirty (30) minutes of the official start time of their race category shall be disqualified and **Larian Hari Hutan Antarabangsa (LHHA)** reserves the right not to allow them to start.

10. The Event cut off times for completion of the race categories shall be:

- **3.30 hours for 21KM (8.30 am)**
- **2.30 hours for 10KM (9.00 am)**
- **2.00 Hours for 5KM (9.00am)**

Athletes who are still on the race route after the cut off time and choose to continue racing do so at their own risk. **Larian Hari Hutan Antarabangsa (LHHA)** reserves the right to re-open the race route to live traffic at any time without prior notice to athletes for operational reasons and/or to prevent operational hazards and/or risks to athletes and/or spectators and/or Event staff. **Larian Hari Hutan Antarabangsa (LHHA)** shall not be liable for any loss and/or inconvenience caused by such actions. If an Event Official has reason to believe an athlete is unlikely to finish the race within the cut off time, they may request an athlete to retire from the race and board a safety vehicle.

11. The following are strictly prohibited (not allowed) on the race route: pets, in-line skates, strollers, push carts, shoes with built-in or attached rollers, and any other wheel-run objects. The exception to this rule is Official Events and Official Medical vehicles.
12. Race results will be posted within 24 hours after the event. Race results are final. All results and rankings are based on gun time.
13. Athletes who successfully complete the Event shall be awarded a Finisher Medal upon presentation of their Race Bib to the respective Event Officials.
14. **Larian Hari Hutan Antarabangsa (LHHA)** reserves the right to amend the Race Rules at its sole discretion. If there is ambiguity in any of these provisions, **Larian Hari Hutan Antarabangsa (LHHA)** shall be the authority to interpret and in doing so will consider the interests of all the affected parties.
15. All participants must register online by providing their name, NRIC/Passport number, gender, contact number, email address, and emergency contact details.
16. Upon successful registration, each participant will receive a confirmation slip via email. The confirmation slip serves as the only valid evidence of registration. All participants are required to present their respective confirmation slips and identity card/ passport during Race Entry Pack Collection Day.
17. The Event is open to participants who are 18 years of age and above. Age is calculated based on 18 May 2025.
18. Participants must place their race bibs facing forward, prominently as high as possible on the front of their Running Tee. Do not place your race bib on the side of your hips, on your back, or tucked away in your jacket. Runners found

without their race bib numbers may be penalized or disqualified. Please ensure that the race bib number is visible.

19. Tampering with the race bib in any way (e.g. obscuring/removing the sponsor's identification) will result in your disqualification. **Larian Hari Hutan Antarabangsa (LHHA)** shall immediately disqualify any participants if this rule is not strictly observed.
20. No pets or animals are allowed on the course.
21. A runner is not allowed to be supported by any 3rd Party or participant in the race, other than at the Water Stations provided by **Larian Hari Hutan Antarabangsa (LHHA)** along the course.
22. If you withdraw from the race, you must report to the closest checkpoint. This will ensure that you will be safely removed from the race course and transported back to the race venue.
23. Littering is prohibited.
24. You must obey all instructions by race officials and any information signs and markers along the racecourse.
25. **Larian Hari Hutan Antarabangsa (LHHA)** reserves the right to discourage and/or penalize behavior that is considered unsporting.
26. **Larian Hari Hutan Antarabangsa (LHHA)** reserves the right to postpone or cancel or suspend the race for any reason it deems fit to do so.

SUPPORT CREW

Support crews are not required for this race, as the respective water stations by the organizer are adequate for runners to successfully complete the race.

If you have support crews, kindly ensure that they only support you at the respective water stations only. Support crews are not allowed on the course, as they could be a hazard to other runners or to themselves. Anyone found to have breached this rule of law will be disqualified and evicted from the course.

Organizer is not responsible for the safety of support crews. The registered runner is responsible for the actions of his/ her support crews. Support crews must comply with all instructions from event officials. The runner may be penalized or disqualified for actions or breaches of the rules by their support crew.

Support crews must not consume refreshments at water stations along the route and at the finish line. Refreshment is for the competitors only.

ROUTE MAP

REFUNDS

THERE IS NO REFUND OPTION FOR THIS EVENT.

RACE ENTRY PACK COLLECTION (REPC)

Date: 16 - 17 May 2025 (Saturday)

Venue: At Taman Eko-Rimba Kledang Saiong, Ipoh, Perak

Time: 10:00am – 06:00pm

DOCUMENTS REQUIRED FOR REPC

1. Confirmation slip
Note: We encourage a paperless environment. Hence, a confirmation slip displayed through mobile/smartphone at the REPC counter will suffice.
2. Participants can also produce National Registration Identity Card (Malaysian) or Passport with a confirmation slip for verification during REPC.
3. Please note that race entry packs will not be issued on race day.
4. INDEMNITY AND RELEASE FORM. PLEASE PRINT AND BRING A COPY OF THE INDEMNITY AND RELEASE FORM AS ATTACHED. FAILURE OF WHICH YOU WILL BE CHARGED RM2.00/COPY FOR PRINTING CHARGES.

INSURANCE COVERAGE

** Note 1: All runners are covered by Personal Accident Insurance

Class of Insurance: Personal Accident Insurance

Period of Insurance: 18 May 2025

INSURANCE COVERAGE :

Accidental Death : RM5,000.00 or Personal Disability : RM5,000.00

Medical Expenses : RM200.00

INQUIRY

1. **+6017-3794764** through WhatsApp
2. info@mmtf.my through email