

## RIDE RUN MARATHON

Welcome to 2026 – The Year of Unstoppable Energy!

Ride Run Marathon is back and faster than ever, with epic challenges to keep you moving, motivated, and stronger every step of the way.

This year, don't just run—own the road, conquer the ride, and crush your goals!

### **ENDURE & RISE 2026 Virtual Run**

Endure & Rise Virtual Run 2026 is here — one step at a time. 🏃🏃🔥

In a world that rushes, 忍 (Endure) teaches us something different.

To endure when the journey feels long.

To persevere when progress feels slow.

To stay faithful when quitting seems easier.

Every runner knows that strength isn't built in a single moment. It's built in the unseen miles.

The early mornings. The aching legs. The decision to keep going when nobody is watching.

忍 (Endure) through the struggle. Rise above the challenge. This isn't just about running. It's about developing a spirit that refuses to give up.

You may not be the fastest. You may not be the strongest. But if you keep moving forward, you are already winning. Because every step is proof of resilience. Every kilometre is a testimony of perseverance. And every finish line is a reminder that those who endure can rise.

忍 (Endure) with patience.

忍 (Endure) • RISE with purpose.

#EndureAndRiseRun #RunWithResilience #KeepGoing #RiseStronger #VirtualRunMalaysia

#忍 EndureRise

🏃 8KM — Endure the challenge.

🏃 21KM — Rise beyond your limits.

You will get the following entitlements delivery right at your doorsteps:

**1. Finisher medal**

**2. Dry fit Tshirt/Jersey**

**3. E-certificate**

Running Distance: **8km or 21km**

Registration Deadline: **30 July 2026**

Running Period **NOW to 31 Aug 2026**

Results Submission ends by **31 Aug 2026**

***\*Special Promo Price throughout the Period***

You can run/ride anywhere at any time. The KM(distance) CAN BE Accumulated in multiple times or at one run.

You can definitely do this at home and with your love ones too.

## **STAY FIT & STAY SAFE**

### **Frequently Asked Questions (FAQ)**

Q: What do you get after completing the virtual challenge?

A: 3 items for all distance categories

- 1) Endure & Rise 2026 Virtual Run 2025 Metal Medal
- 2) Endure & Rise 2026 Virtual Run 2025 Dri-fit Finisher Tshirt (Distance Printed)
- 3) Endure & Rise 2026 Virtual Run 2025 E-Certificate

Q: When and where do I run/ride?

A: The running period is now to **30 Jul 2026**. On the other words, you can run anywhere anytime time from now to **31 Aug 2026** and capture the proof of running and upload to the system or send to us at **RideRunMarathon@gmail.com** (Subject – Endure & Rise 2026 Virtual Run).

Q: When will I receive my finisher items?

A: In general, the finisher items will be sent out in batches starting on **2<sup>nd</sup> week of Sept 2026**.

Q: Can I separate the run/ride distance into a few shorter distance runs?

A: Yes, You can track your distance by using the following methods:

1. Running outdoor with GPS (track by km)
2. Running indoor with treadmill (track by km)
3. Steps counters (1KM = 1,500 steps)
4. Riding/Cycling outdoor with GPS (track by km)
5. Riding/Cycling indoor with cycling machine (track by km)

The Virtual Challenge is flexible in that the runs/steps/ride CAN BE ACCUMULATED in multiples times.

Q: How can I contact the organiser?

A: You can either contact the Ride Run Marathon through email [RideRunMarathon@gmail.com](mailto:RideRunMarathon@gmail.com) or WhatsApp us at +6014-333 7553

### **Terms and Conditions**

Endure & Rise 2026 Virtual Run is organised by the Ride Run Marathon, and it is open to everyone who has a valid address in Malaysia and Singapore. For other locations, please contact us by email – [RideRunMarathon@gmail.com](mailto:RideRunMarathon@gmail.com) or WhatsApp us at +6014-333 7553.

1) Participants can run/ride **ANYTIME** from their registration date until **31 Aug 2026** to complete the run. Where participants can split the distance to as many times as they wish, but if there are more than 10 pictures, they are required to combine some to the pictures to fit into 10 uploads.

2) Entries are non-transferable.

3) All T-shirts/Jersey measurement is subject to 1-2 cm tolerance.

4) Finisher's Tee size is strictly based on the size selected by the participant during registration; any request of size change will not be entertained.

5) All merchandises' colour, design and material may be different from illustration and are subjected to change without notice.

6) **Submission of results must be submitted any time before the 31 Aug 2026.** If participants are unable to submit the result before the dateline above, they will be considered as disqualified and will not be entitle for any of the rewards. As such there will be NO delivery of any medal or T-shirt.

7) Once participants registration is done, there will be NO refund even if participants are not able to participate due to whatever reason.

8) Participants must be certified fit to participate in this event. The organizer (Ride Run Marathon) shall not be liable for any accident, injuries or mishap that happened in the participation of the event.

9) All payments are to be collected in Ringgit Malaysia and it is based on the current conversion rate of the day. The conversion rate is subject to currency fluctuation.

10) Participants agree to provide accurate, true, current, and complete information about the Participants. The Organizer may contact the Participants time by e-mail or text message. Any notice sent to the e-mail address registered with the Organizer shall consider as received by the Participants. If the Participants provide any information that is inaccurate, untrue, not current, or incomplete, or the Organizer has rights to suspect that such information is inaccurate, untrue, not current or incomplete, the Organiser may suspend or terminate the Participants' registration and fees will not be refund.

11) If there is a returned of parcel during the delivery of the rewards due to whatever reason, we could arrange to resend the reward (upon request) but the delivery charges would be borne by participant.

12) Any address changes after registration will incur additional charges.

13) The Organiser reserves the right to use any photographs (including those of Participant), motion pictures, recordings, or any other media records of the Event, for any legitimate purpose including commercial advertising and distribution to the Organiser.

14) The organiser has the rights to amend the Terms & Conditions at any time at its sole discretion without any prior notice.