

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!

Love Pa & Ma Virtual Run

Love Pa & Ma Virtual Run 2026 is here — celebrating Parents' Day in the most active way!





    Father's Day! Mother's Day!

Two special days. One powerful love. This year, we bring it together — because behind every strong child stands the love of Pa & Ma.

They carried us before we could walk. They guided us before we could decide. They sacrificed quietly while we were growing loudly.

Now it's our turn to take the steps. No pressure. No competition. Just meaningful miles for the ones who mean everything.

This run is for:

-  Sons and daughters running in gratitude
-  Parents staying strong for their families
-  Families creating healthy memories together
-  Anyone who wants to honour both Father's & Mother's Day in one celebration

5KM – A steady stride of appreciation

10KM – A powerful run of honour and love

Every step says:

“Thank you, Pa.”

“We love you, Ma.”

Because love isn't just spoken.

It's shown.

It's lived.

It's celebrated together.

So gather your family.

Run side by side or dedicate your miles to the ones who raised you.

Move with gratitude. Run with love. Celebrate Parents' Day the active way.  

One family.

One heartbeat.

One meaningful run at a time.

#LovePaMaRun #ParentsDayRun #RunForPaMa #FamilyMiles #VirtualRunMalaysia
#LariUntukIbuBapa #runridemarathon

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: **31st May 2026**

Running Period **NOW to 30th June 2026**

Results Submission ends by **30th June 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) Love Pa & Ma 2026 Virtual Run 2025 Metal Medal
- 2) Love Pa & Ma 2026 Virtual Run 2025 Dri-fit Finisher Tshirt (Distance Printed)
- 3) Love Pa & Ma 2026 Virtual Run 2025 E-Certificate

Q: When and where do I run/ride?

A: The running period is now to **31st May 2026**. On the other words, you can run anywhere anytime from now to **31st May 2026** and capture the proof of running and upload to the system or send to us at **RideRunMarathon@gmail.com** (Subject – Love Pa & Ma 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 **1st-2nd week of July 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 or WhatsApp us at +6014-333 7553

Terms and Conditions

This 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 or WhatsApp us at +6014-333 7553.

- 1) Participants can run/ride **ANYTIME** from their registration date until **30th June 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 30th June 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.