

PARTICIPANTS' GUIDE

1. Collection of t-shirt & running bibs:

- Collection of running singlets / t-shirts / bibs and other entitlements shall be held on 25th August 2012 from 10:00am to 4:00pm at the MPSP Tower, Jalan Perda Utama, Bandar Perda, 14000 Bukit Mertajam, Penang.
- The organisers will try to fulfill the singlet/t-shirt sizing indicated by participants on the entry form. However it is not a guarantee that participants shall be provided the "correct" sizes if any discrepancy occurs that is out of the organisers' control. There shall be no size exchange allowed during the collection day.
- There will be NO collection held on the event day itself.
- Failure to collect race bib numbers at the time and place indicated means that participant will not be allowed to participate on event day.
- Wearing of official race bibs during the event is compulsory, while wearing of official event singlet is strongly encouraged.
- Strictly no exchange of race bib numbers is allowed, and participants who are found to have done so will be disqualified immediately.

2. Registration

- Registration starts at 4:00-4:45am for competition and 6:15-6:45am for fun run.
- During registration, please bring running bib to be marked and provided "starting ribbon"
- Late comers will be disqualified.

3. Starting Point

- The starting point will be at MPSP HQ, Jalan Perda Utama, Bandar Perda, 14000 Bukit Mertajam, Penang.
- All competition participants must be at the starting line at 4:50am, with flag-off at 5:00am.
- All fun runners must be at the starting line at 6:50am, with flag-off at 7:00am.

4. Route

- Please refer to the route online.
- Competitive event route - MPSP - Jln Perda Utama - Jln Permatang Pauh - Jln Permatang Batu - Jln Muthu Palaniappan - Jln Ciku - Jln Arumugan Pillai - Jln Abdul Kadir - Jln Tanah Liat - Jln Kumbang Semang - Jln Permatang Pauh - Jln Kg Pertama - Jln Perda Utama - MPSP
- Runners must follow the route at all times and are not allowed to divert or take short-cuts. Participants who do not follow this will be disqualified.
- For competition runners, there will be ribbon stations along the route. To qualify for medal and certificate, the race bib and ribbons must be returned at the finish line.
- Please follow the directions given by officials along the route at all times. Officials have the right to disqualify runners at any point along the route for not following the rules.
- Due to traffic conditions, there will be a time limit for all participants. A sweeper vehicle may be utilized to pick up all remaining runners who the organisers feel may not complete the event within the stipulated time.
- If any participant does not wish to enter the sweeper vehicle when instructed, then he/she is deemed to be no longer a part of the event and their safety will not be the responsibility of the organisers. Their bibs and ribbons will be taken, and they will not qualify for medals / certificates / lucky draws.

5. Finishing Point

- The finishing point will also be at MPSP HQ @ Bandar Perda.
- All participants are required to complete their run at the respective categories' stations.
- Upon completion, participants are required to hand in race bib numbers and ribbons in exchange for goodies bag / medals / certificates at their respective counters.
- Only finishers who complete within the stipulated time shall be provided with finisher medals / certificates / lucky draws.
- Fun runners will only be provided with lucky draws and will have a separate finishing line.
- Please do not crowd the finishing area and make your way to the drink / rest areas as soon as possible.

6. Time Limit

- The time limit for competition run is 3 hours, while fun run is 1 hour.

7. Withdrawal

- Any participant who wishes to withdraw during the event is required to hand in their race bib numbers to any official along the route.

8. Medical Assistance

- Where possible, organisers shall attempt to have medical teams along the route. However, participants are requested to take care of their own safety before, during and after the event.
- In the event that participant requires medical assistance, please seek the help of the nearest official.

9. Other Points of Interest

- As this is a Green run, participants are encouraged to bring along own bottles, cups, drinking canisters, etc to refill at the drinking stations in order to reduce the usage of cups.
- While organisers' will try to provide enough drinking water/isotonic drinks along the route during the event, it is not guaranteed that enough water/isotonic drinks shall be available for ALL participants thus runners are encouraged to provide for their own requirements as far as possible.
- This is only a guide, and organisers are not responsible for any injuries, losses, damages, death and other undesirable occurrences before, during and after the event.
- All decisions by organisers are final, and no disputes shall be entertained.

Organised by:



Supported by:



21KM Competitive Run

Route:

- MPSP - Jln. Perda Utama - Jln. Permatang Pauh - Jln. Permatang Batu
- Jln. Muthu Palaniappan - Jln. Ciku - Jln. Arumugan Pillai - Jln. Abdul Kadir
- Jln. Tanah Liat - Jln. Kumbang Semang - Jln. Permatang Pauh
- Jln. Kg. Pertama - Jln. Perda Utama - MPSP

3 hours to complete.

21KM finishing medal

3KM Fun Run

Route:

- MPSP - Jln. Perda Barat - Jln. Perda Utama - Jln. Perda Barat - MPSP
1 hour to complete.



LARIAN HIJAU MPSP 2012

ENTRY FORM - Green Run 2012

26th August, 2012 5:00 a.m. to 11:00 a.m.

Organised by: Supported by:



Please mark X inside the box

RECEIPT NO. DATE ☐ **COMPETITIVE RUN (21KM)** ☐ **FUN RUN**

NAME

IDENTITY CARD NO. NATIONALITY

DATE OF BIRTH AGE ON 26-8-2012 Year Months ☐ **FEMALE** ☐ **MALE**

CATEGORY Please mark X inside the box (Competitive Only)

☐ **Men's Open** 18 years and above ☐ **Men's Junior Veteran** 40 years and above ☐ **Men's Senior Veteran** 50 years and above ☐ **Women's Open** 18 years and above ☐ **Women's Veteran** 35 years and above

Please mark X inside the box for T-shirt size

☐ **XL** ☐ **L**
☐ **M** ☐ **S**

ADDRESS

POST CODE E-MAIL

TELEPHONE HOUSE HAND PHONE

I, the participant, hereby agree to abide by the rules and regulations of the event. I certify that all the particulars are correct. I am entering the event at my own risk and shall not hold the organizers and sponsors responsible for any accidents, injury, death or loss of property however caused before, during and after the event.

DATE PARTICIPANT'S SIGNATURE

Authorization by parent / guardian of participant under 18 years old please fill in the following :-

I, I.C. No.

parent / guardian of the above named authorise him / her to participate in the **LARIAN HIJAU MPSP 2012**

DATE PARENT / GUARDIAN'S SIGNATURE

Photocopied forms are accepted.

INFORMATION

- Date : **26th August, 2012**
Time : **05:00 a.m.**
Venue : **Start and End at MPSP HQ, Majlis Perbandaran Seberang Perai**
Jalan Perda Utama, Bandar Perda, 14000 Bukit Mertajam.
GPS Coordinates - 5.370151,100.432621
- Organiser : **Majlis Perbandaran Seberang Perai (MPSP) and Penang Adventurer's Club (PAC)**
- Participation : Open to all members of the public from the age of 18 years and above on 26th August 2012 for competitive and fun run age of 13 years and above.
- Place and time of registration : a) **Brunei Clinic**
41 Jalan Aziz Ibrahim, Sungai Nibong, 11900 Penang.
Tel: 04 - 6581 328
Business Hour: Monday to Sunday, 9am to 9pm
- b) **Ann & Anuar**
Suite 6-06, 6th floor, Penang Chinese Town Hall
No. 22, Jalan Masjid Kapitan Keling, 10200, Penang.
Tel: 04 - 2619 115
Business Hour: Monday to Friday
- c) **Dim Sum City at Insa Dunia Food Court**, Bukit Mertajam
Jalan Kampung Baru, Bukit Mertajam
H/P: 017 - 431 9818 Mr. Seah
Business Hour: 9am to 10pm
- d) **Global Win Enterprise**
140 & 142, Jalan Damai, Taman Permata Indah, 14000 Bukit Mertajam.
H/P: 019 - 473 1703 Mr. Steven Heng
Business Hours: 10am to 7.30pm
- e) **Shin Lyan Sheng Trading**
870 Jalan Permatang Tengah, Taman Perkasa, 13000 Butterworth.
H/P: 012 - 522 9556 Mr. Eric Lim
Business Hours: 9am to 6pm
- Entry Fee for Route : **21KM Competitive Run - RM25.00 - per participant**
MPSP - Jln. Perda Utama - Jln. Permatang Pauh - Jln. Permatang Batu
- Jln. Muthu Palaniappan - Jln. Ciku - Jln. Arumugan Pillai - Jln. Abdul Kadir
- Jln. Tanah Liat - Jln. Kumbang Semang - Jln. Permatang Pauh
- Jln. Kg. Pertama - Jln. Perda Utama - MPSP
- Cut-off Time : **3 hours to complete.**
(Bib No. to be returned upon crossing finishing line to exchange for 21KM finishing medal)
- Entry Fee for Route : **3KM Fun Run - RM10.00 per participant**
MPSP - Jln. Perda Barat - Jln. Perda Utama - Jln. Perda Barat - MPSP
- Cut-off Time : **1 hour to complete.**
- Closing date : **On or before 4th August 2012 (Saturday)**
- Receipt : Please get the official receipt for all payments made.
- T-shirt collection : 25th August 2012 (Saturday) from 10 am to 4 pm at MPSP HQ
NO T-shirt and running number collection on the event day.
- Enquiries : **Wong PK** H/P: 012 - 543 5612 **Andrew Loh** H/P 012 - 428 1805 **Alvin Yeoh** H/P 012 - 409 8521
- E-mail : wongpangkong@gmail.com andrewllh@hotmail.com alvin.yeoh@gmail.com
(9am to 6pm only) (6pm to 9pm only) (6pm to 9pm only)
- Website : **http://www.pac.com.my (Downloaded Entry Form)**
- On-line Reg. : **http://charity.grocerasia.com**