

**WE  
RUN  
KL**

**NIKE MALAYSIA 21K**

**— 2016 —**



**NIKE.COM/RUNNING**

1004  
16

NIKE  
MALAYSIA 21K  
2016



# RACE INFORMATION

**4.00AM – RACE VILLAGE OPENS**

**5.00AM – RUNNERS TO LINE-UP AT THE START PENS**

**5.30AM – NIKE WE RUN KL 21K 2016 FLAG OFF**

**11.00AM – BAGGAGE COUNTERS CLOSE**

**END OF EVENT**

**\* LATE-COMERS MAY NOT BE ALLOWED TO START FOR SAFETY REASONS.**

**\*\* THE PROGRAMME SCHEDULE IS SUBJECT TO CHANGE.**

**\*\*\* THE OFFICIAL CUT-OFF TIME IS 4 HOURS. SWEEPER BUSES WILL BE DEPLOYED FOLLOWING THE 4.00 HOUR PACER. AT KM 17, RUNNERS LAGGING BEHIND THE 4:00 HOUR PACER WILL BE REQUIRED TO BOARD THE BUS, HAVE THEIR TIMING CHIP REMOVED AND WILL NOT BE ENTITLED TO A FINISHER MEDAL.**

# BEFORE THE RACE

## YOUR RACE CHECKLIST

- ALL RUNNERS MUST WEAR THE OFFICIAL NIKE WE RUN KL 21K 2016 TEE IN ORDER TO PARTICIPATE IN THE RACE. FAILURE TO DO SO WILL RESULT IN AUTOMATIC DISQUALIFICATION.
- YOU ARE ADVISED TO ARRIVE AT THE RACE VENUE EARLY TO AVOID ANY INCONVENIENCE.
- ALL RUNNERS MUST SECURE THE MULTISPORTS TAG TO THEIR ANKLE BEFORE THE START OF THE RACE IN ORDER TO GET AN INDIVIDUAL RACE TIME. THE MULTISPORTS TAG IS A DEVICE USED TO RECORD YOUR RACE TIMING ON RACE DAY. (SEE "HOW TO WEAR THE MULTISPORTS TAG" SECTION).
- WARM UP PROPERLY BEFORE THE RACE.
- DRINKS WILL BE PROVIDED BEFORE THE RACE AT THE RACE VILLAGE.
- PLEASE MAKE YOUR WAY TO THE START PENS AT 5.00 AM.
- IF YOU ARE FEELING UNWELL ON EVENT DAY, PLEASE REFRAIN FROM PARTICIPATING IN THE RACE.

## INFORMATION COUNTER

- THE INFORMATION COUNTER IS LOCATED AT THE RACE VILLAGE. REPORTING OF LOST AND FOUND ITEMS CAN BE MADE AT THE INFORMATION COUNTER.
- THE INFORMATION COUNTER WILL BE OPERATIONAL FROM 4.00 AM TO 11.00 AM.

## BAGGAGE COUNTERS

- BAGGAGE DEPOSIT/RETRIEVAL SERVICE WILL BE AVAILABLE FROM 4.00 AM TO 11.00 AM ON RACE DAY.
- EACH PARTICIPANT WILL ONLY BE ALLOWED TO DEPOSIT ONE PIECE OF BAGGAGE NOT EXCEEDING 13" X 17". THE ORGANISER RESERVES THE RIGHT TO REFUSE ANY BAGGAGE AT ITS SOLE DISCRETION. ALL BAGGAGE DEPOSITED IS AT THE RUNNER'S OWN RISK AND THE ORGANISER WILL NOT BE HELD RESPONSIBLE FOR ANY LOSS OR DAMAGE.
- PLEASE REFRAIN FROM CHECKING IN VALUABLES AT THE BAGGAGE DEPOSIT AREA.
- PLEASE ARRIVE EARLY TO AVOID DELAYS IN BAGGAGE DEPOSIT.
- ALL BAGS DEPOSITED MUST BE COLLECTED BY 11.00 AM.

# BEFORE THE RACE

**ABOVE 2:30 HR**

## STARTING PENS

YOUR DESIGNATED START PEN IS INDICATED ON YOUR WRISTBAND, PLEASE USE THE CORRECT ENTRANCE TO YOUR START PEN.

THE ELITES, SUB 2:00 HR PEN AND SUB 2:30 HR PEN WILL BE CLOSED 10 MINUTES BEFORE FLAG-OFF.

**SUB 2:30 HR**

LATE-COMERS AND RUNNERS WITHOUT A WRISTBAND WILL HAVE TO START FROM THE ABOVE 2:30 HR PEN. FOR SAFETY REASONS, LATE-COMERS MAY NOT BE ALLOWED TO START. SO MAKE SURE YOU ARE ON TIME.

**SUB 2:00 HR**

ELITES - RUNNERS WITH GOAL TIME OF BELOW 1 HOUR AND 30 MINUTES.

SUB 2:00 HR – RUNNERS WITH GOAL TIME OF BELOW 2 HOURS.

**ELITES**

SUB 2:30 HR – RUNNERS WITH GOAL TIME OF BELOW 2 HOURS AND 30 MINUTES.

**START ARCH**

ABOVE 2:30 HR – RUNNERS WITH GOAL TIME OF ABOVE 2 HOURS AND 30 MINUTES, AND BELOW 4 HOURS.

# HEALTH AND SAFETY ADVICE

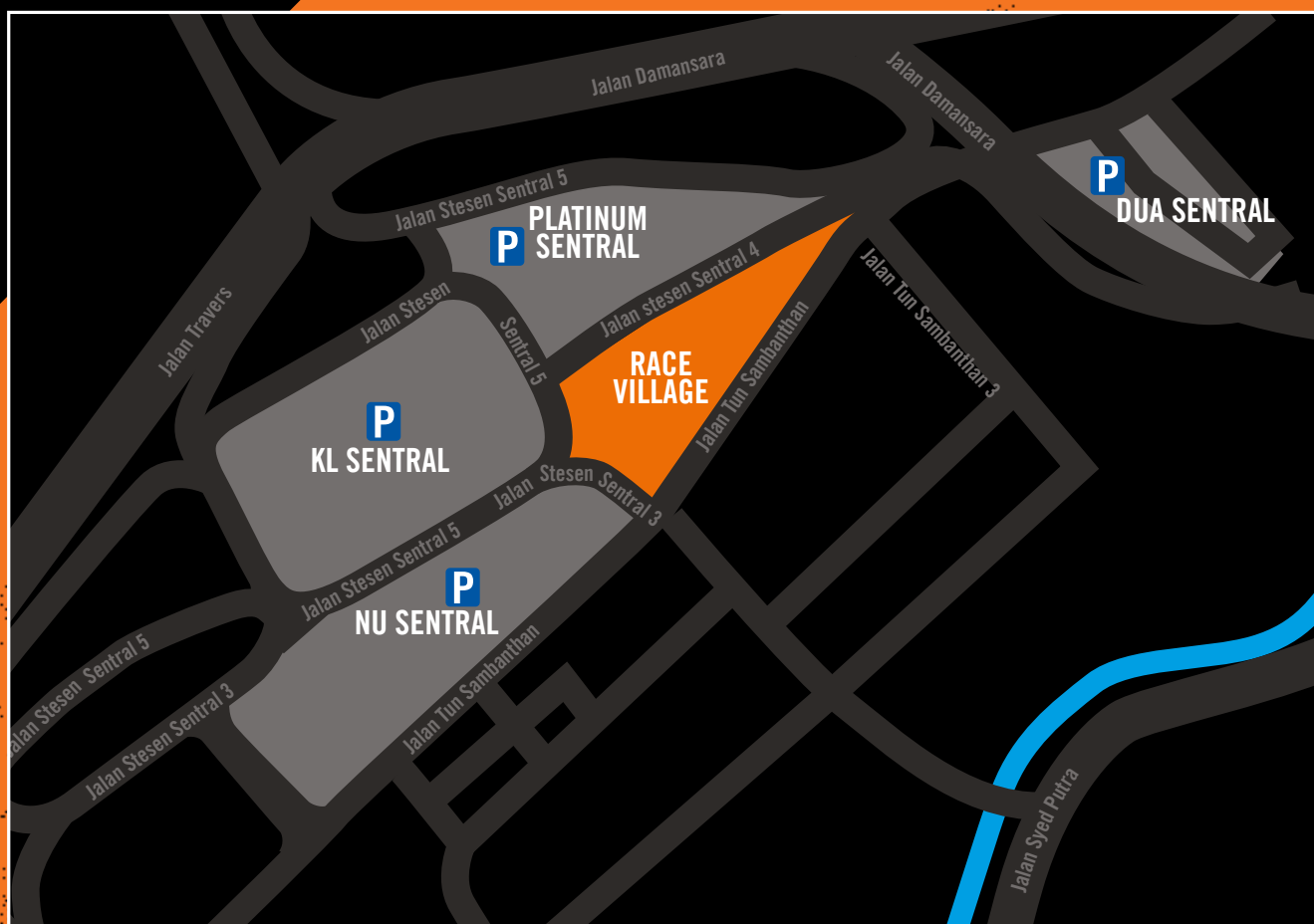
## ON THE ROUTE

THE MOST IMPORTANT THING YOU CAN DO IS LISTEN TO YOUR BODY. IF YOU DEVELOP UNUSUAL SYMPTOMS EITHER BEFORE OR DURING YOUR RUN SUCH AS CHEST PAINS, DIZZINESS, NAUSEA, UNUSUAL SHORTNESS OF BREATH OR DISORIENTATION, STOP RUNNING AND SEEK MEDICAL ATTENTION AS SOON AS POSSIBLE.

MEDICAL AID STATIONS ARE LOCATED EVERY 2 KM, AFTER KM 3 (1ST REFRESHMENT STATION). A MEDICAL CENTRE IS ALSO AVAILABLE AT THE FINISH AREA. EMERGENCY RESPONSE VEHICLES WILL BE LOCATED ALONG THE ROUTE. FOR MEDICAL ATTENTION, PLEASE REPORT TO AN AID STATION OR ASK A RACE MARSHALL FOR ASSISTANCE.

DO TAKE EVERY ADVANTAGE OF THE REFRESHMENT STATIONS LOCATED ALONG THE ROUTE TO STAY HYDRATED.

# GETTING TO THE VILLAGE



THE RACE STARTS AND ENDS AT JALAN TUN SAMBANTHAN, KUALA LUMPUR.

## BY CAR

LIMITED PARKING SPOTS ARE AVAILABLE AT:

NU SENTRAL

KL SENTRAL

PLATINUM SENTRAL

DUA SENTRAL

## BY TAXI

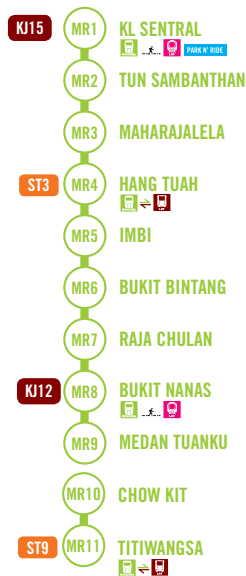
PLEASE DISEMBARK AT NU SENTRAL, JALAN TUN SAMBANTHAN



# LRT AND MONORAIL SERVICES

- COMPLIMENTARY LRT AND MONORAIL SERVICES WILL BE PROVIDED FROM 3.30 AM TO 6.00 AM, AT AN INTERVAL OF 10 MINUTES.
- THE AMPANG, KELANA JAYA AND MONORAIL LINES WILL DEPART FROM THEIR RESPECTIVE DEPARTING STATIONS AT 3.30 AM.
- PLEASE DISEMBARK AT KL SENTRAL STATION. IF YOU ARE USING THE AMPANG LINE, SWITCH TO THE KELANA JAYA LINE AT MASJID JAMEK STATION, OR SWITCH TO THE MONORAIL LINE AT HANG TUAH OR TITIWANGSA STATION AND DISEMBARK AT KL SENTRAL STATION.

## MONORAIL LINE



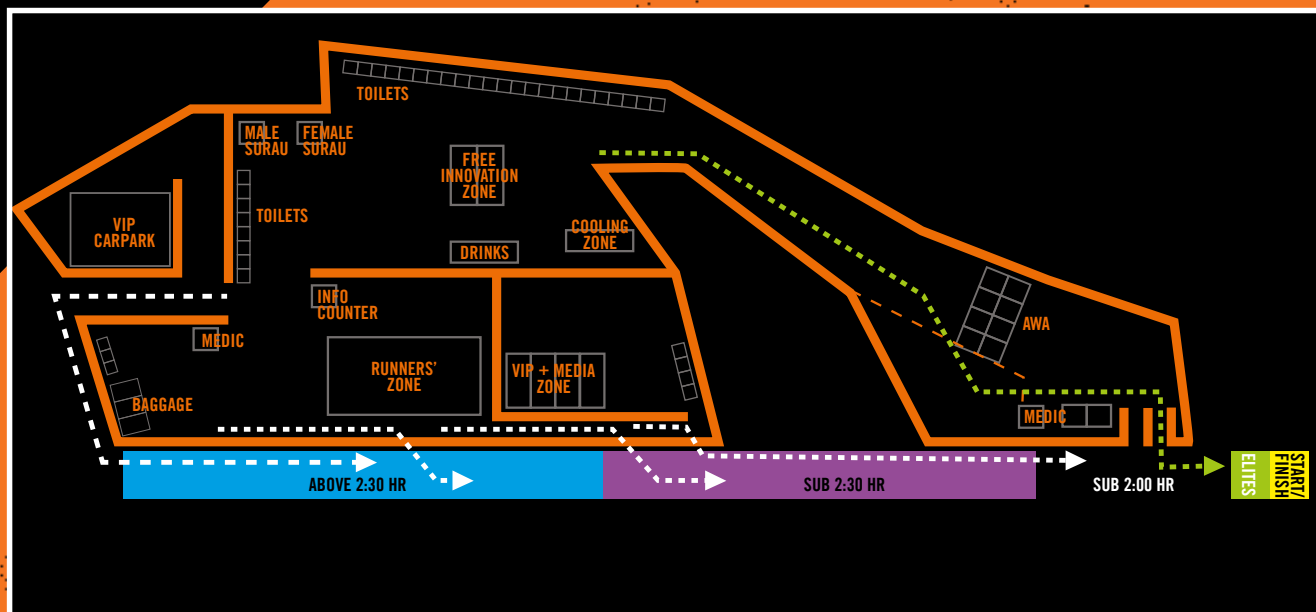
## KELANA JAYA LINE



## AMPANG LINE



# RACE VILLAGE MAP



# PRIZE PRESENTATION AND APPEALS

- WINNING RESULTS ARE BASED ON GUN TIME.
- RESULTS OF THE TOP 3 RUNNERS IN THE INDIVIDUAL CATEGORIES WILL BE POSTED AT THE INFORMATION COUNTER AT THE RACE VILLAGE 30 MINUTES AFTER THE TOP 10 RUNNERS HAVE CROSSED THE FINISHING LINE.
- IN THE EVENT OF A DISPUTE OVER RACE RESULTS, AN APPEAL CAN BE LODGED AT THE INFORMATION COUNTER AT THE RACE VILLAGE WITHIN 30 MINUTES AFTER POSTING OF THE RESULTS.
- IF YOU ARE IN THE TOP 3 OF YOUR RESPECTIVE CATEGORY, PLEASE PROCEED TO THE VIP + MEDIA TENT TO HAVE YOUR IDENTIFICATION VERIFIED BY 7.30 AM. PLEASE BRING ALONG YOUR ORIGINAL NRIC/PASSPORT.
- PLEASE CHECK IN AT THE VIP + MEDIA TENT FOR THE PRIZE PRESENTATION CEREMONY, WHICH IS ESTIMATED TO TAKE PLACE AT 8.00 AM. WITH THE EXCEPTION OF MEDICAL REASONS, IT IS MANDATORY THAT YOU ATTEND THE PRIZE PRESENTATION CEREMONY TO BE ELIGIBLE FOR YOUR CASH PRIZE AND/OR NIKE VOUCHER.
- THE ORGANISER'S DECISION IS FINAL AND NO PROTESTS OR APPEALS THEREAFTER WILL BE ENTERTAINED.













# RACE ROUTE

**START / FINISH**  
5:30AM-9:30AM (4 HOURS)



## LEGEND

				
START POINT	FINISH POINT	DISTANCE MARKER	WATER	MEDIC
				
TOILET	ISOTONIC	MOSQUE	SPONGE	BANANAS



# PRIZES

## MEN'S & WOMEN'S OPEN CATEGORY

1ST- RM1000 CASH + RM1000 NIKE VOUCHER + TROPHY  
2ND- RM600 CASH + RM600 NIKE VOUCHER + TROPHY  
3RD- RM400 CASH + RM400 NIKE VOUCHER + TROPHY

## MEN'S AND WOMEN'S UNDER 25 CATEGORY

1ST- RM1000 NIKE VOUCHER  
2ND- RM600 NIKE VOUCHER  
3RD- RM400 NIKE VOUCHER

# RACE ROUTE INFO

THE OFFICIAL RACE ROUTE OF THE NIKE WE RUN KL 21K 2016 IS AIMS CERTIFIED. THE ROUTE IS DESIGNED TO CHALLENGE YOU WITH SLOPES AND TURNS WITH THE HIGHEST ELEVATION OF 88.34M LOCATED AT THE 6KM MARK.

## TOILETS

TOILETS ARE AVAILABLE AT THE START & FINISH AREA AS WELL AS ALONG THE ROUTE.

## DISTANCE MARKERS

DISTANCE MARKERS ARE PLACED AT EVERY KILOMETER ALONG THE ROUTE.

## MOSQUE

MASJID AL-BUKHARY IS LOCATED ON JALAN HANG TUAH AT APPROXIMATELY 5KM INTO YOUR RACE FOR RUNNERS INTENDING TO PERFORM THEIR SUBUH PRAYERS.

## TIMING

ALL RUNNERS WILL BE TIMED USING THE MULTISPORTS TAG SYSTEM.

## ROAD CLOSURES

NORMAL TRAFFIC CONDITIONS WILL RESUME 4 HOURS AFTER THE START TIME (5.30 AM) AFTER WHICH YOU WILL BE REQUIRED TO BOARD THE SWEEPER BUSES.

PLEASE CHECK FOR ROAD CLOSURE UPDATES FROM TIME TO TIME BEFORE THE RACE.

# INCLEMENT WEATHER

- IN THE EVENT OF UNSUITABLE WEATHER CONDITIONS, THE RACE MAY BE DELAYED OR CANCELLED. PLEASE WAIT FOR OFFICIAL ANNOUNCEMENTS.
- IF RAIN OCCURS AFTER THE RACE HAS STARTED, YOU ARE ADVISED TO SEEK SHELTER ALONG THE RACE ROUTE. IF YOU WISH TO CONTINUE WITH THE RACE, YOU WILL BE RUNNING AT YOUR OWN RISK.

## AVAILABLE STATIONS AT THE RACE



WATER



MEDIC



TOILET



ISOTONIC



MOSQUE



SPONGE



BANANAS

## RACE RESULTS

RACE RESULTS WILL BE EMAILED TO ALL RUNNERS 24 HOURS AFTER THE EVENT.

## DO'S AND DON'T'S

### DO'S

- LISTEN TO YOUR BODY.
- USE THE GARBAGE BINS PROVIDED.
- OBSERVE DISCIPLINE AND PATIENCE.
- RESPECT VOLUNTEERS, OFFICIALS, CREW AND OTHER RUNNERS.
- RETIRE AT ONCE IF RECOMMENDED TO DO SO BY A MEDICAL OFFICER.
- HAVE FUN!

### DON'T'S

- DON'T LITTER.
- DON'T JUMP QUEUES.
- DON'T RUN IF YOU ARE FEELING UNWELL.
- DON'T BE AN UNHAPPY RUNNER. THE OFFICIALS WILL DO WHATEVER IS BEST FOR YOU AND YOUR FELLOW RUNNERS.

# HOW TO WEAR THE MULTISPORTS TAG

THE MULTISPORTS TAG MUST BE WORN AROUND THE ANKLE. IF YOU WEAR LONG RUNNING TIGHTS, MAKE SURE YOU WEAR THE TAG UNDERNEATH YOUR LONG RUNNING TIGHTS!

STEP 1: WRAP THE TAG AROUND YOUR LEFT OR RIGHT ANKLE.

STEP 2: REMOVE THE WHITE BACKING PAPER ON THE END OF THE TAG.

STEP 3: CAREFULLY APPLY THE TAG AROUND THE ANKLE.

MAKE SURE YOU APPLY THE TAG DRY AND CORRECT AT ONCE. DO NOT REAPPLY THE TAG AS THE ADHESIVE WILL WEAKEN AND YOU MAY LOSE THE TAG.



# MORE INFORMATION

EMAIL: [SUPPORT@WERUNKL.COM](mailto:SUPPORT@WERUNKL.COM)

HOTLINE: +60176072166/ +60176072176

# EMERGENCY CONTACTS

AMBULANCE/POLICE: 999

FIRE DEPARTMENT: 994

RESCUE: 991

# EVENTS PARTNERS

