



Category	Men & Women				
Date	26 th January 2014				
Venue	Sport Science Stadium, University Malaya				
Start time	7.30am				
Closing date	12 th January 2014 or 1500 runners. Whichever earlier				
Registration	www.myraceonline.com				
Facebook page	www.facebook.com/TheBurdenRun				
Eligibility	Open to all Malaysian and foreigners				
Age eligibility	17 years and above				
Distance	10.2km				
Race illustration	<ol style="list-style-type: none"> 1. 4.5km run 2. Pick up the sandbag at sandbag station 3. Run with sandbag for the remaining 5.7km 4. Enter the stadium 5. Cross finishing line and collect your medal and tshirt 6. Return the sandbag at deposit counter if you don't wish to bring back the sandbag 				
End of competition	The event is officially over after 3 hours				
Entry fees	RM 65				
T shirt sizing	S	M	L	XL	XXL
	38	40	42	44	46
Rack pack collection	Saturday 25 th January 2014 12pm-5pm Sport Science Stadium, University Malaya				
Documents required for race pack collection	Confirmation slip or Identification card Please note that race kit will not be issued on the event day				
Prize	<ul style="list-style-type: none"> • Men's category <ul style="list-style-type: none"> 1st – RM 1000 2nd – RM 500 3rd – RM 250 • Women's category <ul style="list-style-type: none"> 1st – RM 1000 2nd – RM 500 3rd – RM 250 				
Winner verification	<ul style="list-style-type: none"> • The age of all prize winners will be verified. • Please produce your identity card or other valid documents for verification purposes. • The weight of the sandbag will be checked. 				

Runners entitlement	<ul style="list-style-type: none"> • Runners bib • Finisher's T shirt (drifit) • Finisher's medal • Sandbag (10kg Men/ 7kg Women)
Running bib	<ul style="list-style-type: none"> • The reverse side of the participants bib number must be filled up with emergency name and contact number. • Runners must wear the assigned bib number on his/her chest at all times during the event race. • Runners not wearing a bib number will be disqualified.
Finisher medal	<ul style="list-style-type: none"> • All runners who successfully complete the race WITH THE SANDBAG IN ONE PIECE WITH EXACT WEIGHT will be awarded a Finisher's medal upon presentation of their Bib Number to the respective officials at the medal collection counter. • No external tools allowed to assist to carry the sandbag (eg back pack, waist strap etc) • All Finisher's Medals must be collected on Race Day. • No requests thereafter will be entertained
Runner's indemnity	<ul style="list-style-type: none"> • Whilst every reasonable precaution will be taken by the Organizer to ensure the participants' safety, participants run at their own risk and the Organizer will not be responsible or held liable for any injury or death howsoever arising from training for or during participation in the race. • Participants are strongly encouraged to go for a medical examination and/or consult their medical practitioner prior to registration and before the actual Race Day.
Medical	<p>Medical personnel have the sole and final authority to</p> <ul style="list-style-type: none"> • Remove a competitor from the event if the competitor is judged to be physically incapable of continuing the event without risk of serious injury. • To send casualty to the nearest and/or recommended hospital. • It is the responsibility of every participant to ensure that they are fit and healthy enough to complete the run. • If you are in any doubt, it would be advisable to consult your doctor.
Organizer reserves the right	<ul style="list-style-type: none"> • To limit and refuse entry. • To modify or substitute any of these rules and regulations of the event from time to time as they deem fit. If there is ambiguity in any of the provisions, the Organizer shall be the authority to interpret and in so doing, the Organizer will take into account the interests of all the affected participants. Any update on the rules and

	<p>regulations of the event will be notified on the official website http://www.myraceonline.com</p> <ul style="list-style-type: none"> • To cancel the event at any time without prior notice to the participant, in which case the Organizer will make effort to inform the participant prior to the date of the event. If the event has to be cancelled, for reason of force majeure i.e. due to occurrence of incidents that is beyond the control of the Organizer and which renders it impossible or unsafe to hold the event, there shall be no refund of fees paid unless the Organizer deems fit to give a refund and the Organizer shall not be liable for any other loss or inconvenience caused. • To amend the event race routes as they deem fit for the safety of the participants and/or to prevent any potential hazards in the running of the event, at any time without prior notice to the participant. In such cases, every effort will be made to inform the participant prior to the date of the event. The Organizer shall not be liable for any other loss or inconvenience caused due to such changes. • The Organizer reserve the right to cancel and/or add any race category without prior notice to the participants • To disqualify any participant for failing to observe the Rule and Regulations and no refund shall be given. • To use any photographs, motion picture, recording, or any other record of this race and of participants for any legitimate purpose including commercial advertising.
<p>Information centre</p>	<p>Wan: 010 – 793 1249 (wan@metconx.com) Tom: 012 – 665 9004 (tom@metconx.com)</p>

