

KL WELLNESS CITY FITNESS CHALLENGE 2022

Description

At the forefront of wellness and healthcare, KL Wellness City is the first in Southeast Asia to cultivate a lifestyle fully integrated with healthcare. Pioneering a comprehensive ecosystem embodying healthcare and wellness living, KL Wellness City's concept is uniquely modelled by its declaration to redefining, strengthening, and broadening our experience of health and quality of life.

Sharing in this vision of building a 360-degree wellness hub, the KL Wellness City community boasts The International Tertiary Hospital, Medical Suites, innovation laboratories, clinical R&D facilities, healthcare company office towers, a retirement resort, a Healthcare Hub, wellness-centric serviced apartments, a fitness-based Central Park, and more. Serving as a healthcare nexus, these pivotal elements collectively render KL Wellness City the ultimate one-stop oasis for the body and the mind.

Each component of this township is carefully conceptualised to excel both independently and collectively as a part of the community's integrated ecosystem encompassing medical care, healthcare, wellness and fitness

KL Wellness City Fitness Challenge 2022 is the first edition of fitness challenge race to be held in KLWC Sales Gallery.

Race Details

KL Wellness City Fitness Challenge 2022

Date: 11th December 2022

Venue : KL Wellness City Gallery, Bukit Jalil, KL, Malaysia.

Time : 7.00am – 12.00pm

Race Distance : Run 5km + 5 Fitness Challenge

Age Group Categories :

Men Junior (16 - 29 years), Men Open (30 - 44 years), Men Master (45 years & above)

Women Junior (16 - 29 years), Women Open (30 – 44 years), Women Master (45 years & above)

Race Categories & Fees

Event Type	Category	Fees(Early Bird/Normal/Late)
5KM + 5 Fitness Challenge	Individual	RM59/RM79/RM99
	Corporate	RM59(Special Rate)

Early Bird Rate until 30th September 2022, Normal Rate until 31st October 2022, Closing Date 15th November 2022

Registration will close when maximum participants of 500pax is achieved.

The entry fee includes:

- Goodies Bag (Worth RM150 & above)
- Race Kit
- Race Timing Chip
- Event T-shirt (Microfiber Dri-Fit Fabric)
- Finisher's medal
- Post Race Meal
- E - Certificate
- Personal Accident + Medical Insurance

Race Pack Collection & Sponsor Booth

Date : 10th December 2022 (Saturday)

Time : 12.00pm - 6.00pm (Saturday)

Venue : KL Wellness City Gallery, Bukit Jalil, KL, Malaysia.

Participants who can't make it to the race pack collection can assign on behalf with consent letter/indemnity form signed and show proof of registration slip/picture of IC/Passport or else we will not allow you to collect.

Participants who do not collect their Race Pack during the scheduled date and time will be forfeited and will not be allowed to collect on the race day morning.

Event sponsors will be putting up booths during the Race Pack Collection Day.

VENUE : KL WELLNESS CITY, BUKIT JALIL, KL



EVENT ROUTE



EVENT ROUTE – Run Route (1KM)

Runners will run the first 1KM loop before challenge first obstacle on event transition. Continue the second 1KM loop and challenge the second obstacles. Participants must complete 5 set of (1KM run + 1 Fitness Challenge) in order to be a finishers. Road Marshall will be manned on each junction to ensure safety of participants. There will be only 1 water station in the fitness challenge transition



5 TYPE OF FITNESS CHALLENGE



REPC & EVENT SCHEDULE

10th December 2022 – Race Pack Collection

TIME	ACTIVITIES	VENUE
12.00 PM -06.00 PM	RACE PACK COLLECTION BOOTH SALES + LIGHT REFRESHMENT	KL WELLNESS CITY GALLERY
3.00 PM 5.00 PM	RACE BRIEFING – 1 st Batch RACE BRIEFING – 2 nd Batch	KL WELLNESS CITY GALLERY

11th December 2022 – Event Schedule

TIME	ACTIVITIES	VENUE
6.00 AM	RACE SITE & DROP BAG OPEN	KL WELLNESS CITY GALLERY
6.45 AM	DROP BAG CLOSED	
6.45 – 07.00 AM	WARM-UP	
07.00 AM	FLAG OFF	KL WELLNESS CITY GALLERY
07.03 AM	MEN/WOMEN 18-29	
07.09 AM	MEN/WOMEN 30-44 MEN/WOMEN 45 & ABOVE	
11.00 AM	PRIZE GIVING	KLWC GRAND STAND
11.30 AM	LUCKY DRAW	
12.00 PM	END OF EVENT	

T-Shirt Size Chart

Unisex						
Sizes	XS	S	M	L	XL	XXL
Chest (inch)	18	19	20	21	22	23
Length (inch)	26	27	28	29	30	31

CATEGORIES & PRIZE

Men Junior (16 - 29 years), Men Open (30 - 44 years), Men Master (45 years & above)

Women Junior (16 - 29 years), Women Open (30 – 44 years), Women Master (45 years & above)

TOP 3 – Cash Prizes , TOP 5 – Trophy

CUT OFF TIMES

Race cut off times, please note that all events carry a flexible but enforceable time limit / cut off time. These will be implemented at the race director's discretion in conjunction with the course sweep and medical officer. Following is the guide for cut off times

Each Age Group CUT OFF TIMES will be 4hours. All categories cut off will be at 11.30am.

Travel & Hotels

Travel Information

KL Wellness City Sales Gallery is located beside the PAVILION Bukit Jalil Shopping Malls. You can get public transport to the malls and have a 1.4KM walk or 4mins drive to event site. For international participants, you can take a taxi around 40mins drive from KLIA (Kuala Lumpur International Airport) airports.

Hotels

There are many hotels nearby event venue within 3KM radius. You can search from hotel booking platforms/apps nearby Pavilion Bukit Jalil area.

Rules & Regulations

General

- Participants who completed the Online Registration agreed to abide by the rules and regulations of the event (**KLWCFC2022**) that has been signed up.
- The Organiser reserves the right to limit, accept or reject any entries without assigning any reasons thereof.
- All participants are required to complete the Online Registration entry form with accurate and correct information.
- Once the registration is being processed, there will be **NO REFUND** for those who fail to show up for the race and/or withdraw from it.
- The race registration will only confirm when full payment of the race entry fee has been made.
- Race category or race entry is not transferable.
- Strictly **NO CHANGES** of name and race category after registration is completed. Please check and ensure all details are correct before submitting.
- On-the-spot entries will **NOT** be entertained.
- Whilst every reasonable precaution will be taken by the Organiser to ensure the participants' safety, participants partake in this event at their own risk and the Organiser shall not be liable for any bodily injuries, loss and/or damage to property, whether personal or otherwise, and howsoever arising.
- The Organiser reserves the right to use any photographs or recordings of the participants for any commercial or advertising purposes for any commercial advertising including legitimate purpose.
- The Race Director/Organising Committee decision is final.
- All participants should pick up their Race Packs and Goodie Bag on the On-Site Race Registration Day which has been designated.
- Participants who do not collect their Race Pack during the scheduled date and time will be forfeited.
- There will be a Race Briefing conducted by the Organiser. First timer is encouraged to attend. However, all participants are required to download the E-Briefing (available soon) notes that contains important information, route map and guides for the event.
- A participant may be disqualified for the following reason(s):
 - (a) Refusing to follow the rules and regulations and /or instructions given by the Organiser and/or Race Officials.
 - (b) Consumption of alcohol, stimulants or any kind of prohibited drugs 24 hours before the race.
- Any participants decided to withdraw from the race should report to the Race Officials.
- The details on the reverse side of your RACE BIB must be filled in to enable us to contact your next-of-kin in case of emergency.
- The Race Timing Chip is the sole means of race timing measurement.
NO CHIP = NO TIMING
- All participants must ensure that their Timing Chips are securely place in front for officials to read your race bib number.
- The Organiser will not be responsible for any inaccuracy in participant's race timings due to improper wearing of Timing Chip.

Running

- All runner must ensure that their race numbers are clearly visible both in front of their running attires at all times.
- Bare torso is not allowed at all times.
- Support vehicles or pacers are not allowed.
- No headphone / ear phone are allow during running.

Inclement Weather

- In the event of inclement weather, the Organizer reserves the right to delay the commencement of the race.
- Should the inclement weather persist after the delay, the Organizer reserve the right to further delay or postpone the race without any refund of registration fees.

Medical Advisory

- This is a physically demanding sport. Therefore, if you are unsure of your physical health condition, please seek medical advice from a medical professional before your register for the race.
- Participants are advised against the consumption of alcohol, stimulants or any kind of prohibited drugs 24-hours before the race.
- Participants are to ensure that they are physically prepared, well-rested and well-hydrated on the race day.
- Should a participant feels unwell in the course of the race, he/she should stop and seek immediate medical attention from the on-course ambulance or at the finishing area.
- If a participant is deemed to be physically incapable of continuing the race eg. severe dehydration, dizziness, fainting; the Race Officials and/or Medical Practitioner has the rights to remove him/her from continuing the race. The Organizer's decision is final in determining the removal/disqualification of the participant(s).