



# ASICS *Relay* MALAYSIA



29 SEPTEMBER 2018

KUALA LUMPUR SPORTS CITY, BUKIT JALIL

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RACE GUIDE

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## **WELCOME TO ASICS RELAY MALAYSIA 2018**

The 3rd stop of ASICS Relay 2018 will take place in Kuala Lumpur, the capital city of bustling Malaysia.

Returning for its second year, ASICS Relay Malaysia 2018 aims to attract 1000 teams of 4 and provide every participant with a fulfilling night running experience. Flagging off from Kuala Lumpur Sports City - Bukit Jalil, runners can expect a night of fun & fitness with friends!

What's more, the winning Full Marathon Male, Female and Mixed teams will be rewarded with flight tickets, accommodation and race slots to an ASICS Relay 2018 run in another country.

Have a good race with your team, and bring home a whole lot of good memories!

See you soon.



Anima Sana In Corpore Sano,  
meaning "A Sound Mind in a Sound Body,"  
is an old Latin phrase from which ASICS is  
derived and the fundamental platform on  
which the brand still stands. The company was  
founded more than 60 years ago by Kihachiro  
Onitsuka and is now a leading designer and  
manufacturer of performance athletic footwear,  
apparel and accessories.

For more information, visit **[www.asics.com](http://www.asics.com)**.

# RACE DAY INFORMATION

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## DATE & TIME:

29 SEPTEMBER 2018 · SATURDAY

RACE VILLAGE OPENS @ 6.00PM

## RACE VILLAGE VENUE:

KUALA LUMPUR SPORTS CITY, BUKIT JALIL

## FLAG OFF TIMING (ALL CATEGORIES):

8.00PM

## CUT OFF TIMING (ALL CATEGORIES):

6 HOURS

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ASICS



ASICSMALAYSIA



WWW.ASICSRELAY.COM



ASICSRELAYMALAYSIA@HIVELOCITY.COM.SG



# RACE ENTRY PACK COLLECTION

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## FOR LOCAL & OVERSEAS RUNNERS

### DATE & TIME:

22 - 23 SEPTEMBER 2018 · SATURDAY & SUNDAY

10AM TO 9PM

### VENUE:

1 UTAMA MALL

FIRST FLOOR HIGHSTREET (NEAR PARKSON)

## FOR OVERSEAS RUNNERS

### DATE & TIME:

29 SEPTEMBER 2018 · SATURDAY

6PM TO 7.45PM

### VENUE:

INFORMATION BOOTH AT THE RACE VILLAGE

KUALA LUMPUR SPORTS CITY, BUKIT JALIL



# RACE ENTRY PACK COLLECTION

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Only one team member will be required to collect the race packs for the team. Race packs will not be distributed individually.

It is mandatory for all teams to collect their race entry pack on the dates stated above. The designated team member will need to bring along the following documents for their collection of race entry packs:

1. A copy of your Passport/Photo ID for verification purposes (Both soft and hard copies are accepted)
2. A copy of your Race Confirmation slip (Both soft and hardcopies are accepted)
3. Signed Indemnity form (For participants below the age of 18)

The Race Organiser reserves the right to refuse participants without the above documents from collecting their race entry packs. Late collection will not be entertained and the organiser will not be liable for any other loss or inconvenience caused, due to participants' inability to collect their race entry packs. The organiser is not liable to extend the collection period or timing to ensure that a participant receives his or her race entry pack.

# RACE INFORMATION

TIME	PROGRAM
<b>29 September 2018 · Saturday</b>	
6.00PM	Race Village Opens
6.00PM	Baggage deposit and late race pack collection opens
7.20PM	Warm-up by Celebrity Fitness
7.30PM	Start Pen Opens For Half Marathon and Full Marathon Runner #1
7.40PM	Transition briefing for all Runners at Start / Transition Area
7.50PM	Transition Zone opens for Half Marathon Runner #2
7.55PM	Opening Act by Percussionists
8.00PM	Flag off for Half Marathon & Full Marathon
8.05PM	Transition Zone opens for Half Marathon Runner #3 & Full Marathon #2
8.20PM	Transition Zone opens for Half Marathon Runner #4
8.35PM	Transition Zone opens for Full Marathon Runner #3
9.00PM	DJ Performance at Main Stage
9.05PM	Transition Zone opens for Full Marathon Runner #4
9.30PM	Aerobics Session by Celebrity Fitness at Main Stage
10.00PM	Prize Presentation for Half Marathon (Male & Mixed race categories)
10.30PM	Band Performance by Chek Dou
10.45PM	Prize Presentation for Half Marathon (Female race category)
11.00PM	DJ Performance at Main Stage
<b>30 September 2018 · Sunday</b>	
00.01AM	Prize Presentation for Full Marathon (Male & Mixed race categories)
01.00AM	Prize Presentation for Full Marathon (Female race category)
02.00AM	Race Cut off
02.30AM	Race Village closes

# IMPORTANT RACE INFORMATION

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1. All runners should arrive at least 1 hour before the race start. This will give you plenty of time to deposit your baggage and prepare for your race!
2. Runners must report to the Start Pen / Transition Zone on time. Participants who miss their timing will be disqualified from the race.
3. All runners must wear your race bib visibly at all times. Runners without a race bib will not be allowed entry into the Start Pen / Transition Zone.
4. There is no race more important than your health. Should you feel unwell at any juncture, please stop racing and approach a race marshal on-site.
5. Each team is required to complete a total distance of 42KM for the Full Marathon Category and 21KM for the Half Marathon category. Each Half Marathon runner will complete 1 loop of 5.25KM, while each Full Marathon runner will need to complete 2 loops each.



# REPORTING DETAILS

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The first runner of each team must arrive **at least 30 minutes earlier** than the flag off timing to collect the Relay Token before entering the Start Pen at the Start Pen Entry. The first runner of each team will report to the Start Pen, while the remaining three members will report to the Transition Zone.



42KM FULL MARATHON



21KM HALF MARATHON

## IMPORTANT REMINDERS:

- The first runner designated in each team must start at the actual flag off time, any participant who does not start within 30 minutes from the actual flag off time will be disqualified and, for safety reasons, may not be allowed to start.

# REPORTING DETAILS

- The relay will continue until the last runner crosses the finish line, completing the required distance corresponding to their race category (Full/Half Marathon):
- Each team member is required to complete 2 legs of 5.25KM for the Full Marathon category.
- Each team member is required to complete 1 leg of 5.25KM for the Half Marathon category.

RACE CATEGORY	TRANSITION ZONE OPENING TIME	REPORTING AREA
21KM HALF MARATHON		
RUNNER #1	7.30PM	START PEN
RUNNER #2	7.50PM	TRANSITION ZONE
RUNNER #3	8.05PM	TRANSITION ZONE
RUNNER #4	8.20PM	TRANSITION ZONE
42KM FULL MARATHON		
RUNNER #1	7.30PM	START PEN
RUNNER #2	8.05PM	TRANSITION ZONE
RUNNER #3	8.35PM	TRANSITION ZONE
RUNNER #4	9.05PM	TRANSITION ZONE
*All runners must report to their respective areas at the reporting time.		

# IMPORTANT THINGS TO NOTE FOR TRANSITION

## STEP 1 • Familiarize yourself with the RACE BIBS

- Each team will have a unique bib number.
- **21KM Half Marathon** • Bib numbers will start with the number 2.
- **42KM Full Marathon** • Bib numbers will start with the number 4.



**Runner 1**  
**Lime green bib "A"**



**Runner 2**  
**Pink bib "B"**



**Runner 3**  
**Light blue bib "C"**



**Runner 4**  
**White bib "D"**

# IMPORTANT THINGS TO NOTE FOR TRANSITION

**STEP 2 • Runner 1 to report to the START with the RELAY TOKEN when the start pen opens.**

- Relay Tokens will only be given out to the 1st runners at the start pen. Runners 2, 3 and 4 do not need to collect the Relay Tokens.



Lime Green Relay Token is for 42KM Full Marathon. Blue Relay Token is for 21KM Half Marathon.

**STEP 3 • Runner 2, 3 and 4 to report to TRANSITION PENS**

- Runner 2, Runner 3 and Runner 4 reports to the TRANSITION PEN, that will be identified by the corresponding bib colour and letter at the announced pen opening timings.



# IMPORTANT THINGS TO NOTE FOR TRANSITION

## STEP 4 • Race begins

- **Each 42KM Runner runs 2 x 5.25KM.**

Runners should collect a wrist band (that serves as a 2<sup>nd</sup> loop marker) from volunteers stationed at the Start when they start their 2<sup>nd</sup> loop.

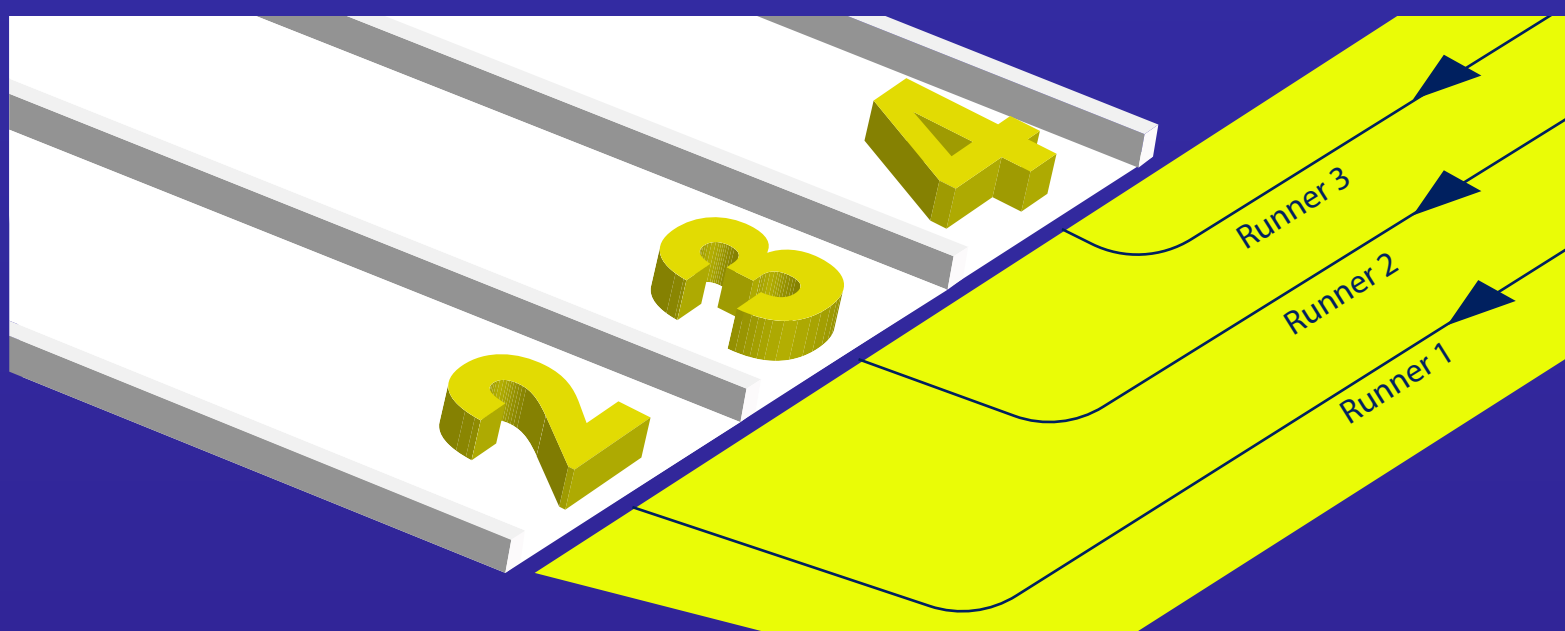


Look out for directional signages along the route

- **Each 21KM Runner runs 1 x 5.25KM.**

## STEP 5 • Familiarize yourself with the TRANSITION ZONE

- Runner 1, 2, and 3 of both categories should run into the TRANSITION ZONE after completing their run.
- Runner 2, 3 and 4 should be waiting for the incoming runner at the respective TRANSITION PENS.





# IMPORTANT THINGS TO NOTE FOR TRANSITION

## **STEP 5 • Familiarize yourself with the TRANSITION ZONE**

### **For incoming runners**

- The TRANSITION ZONE is split into 3 sections
  - Runner 2, Runner 3 and Runner 4.
- Run towards the zone where the subsequent outgoing runner is standing. For example, if you are Runner 1, you should run towards Runner 2's TRANSITION ZONE.
- Once you have identified your teammate, pass the RELAY TOKEN to him/her and exit the TRANSITION ZONE area.

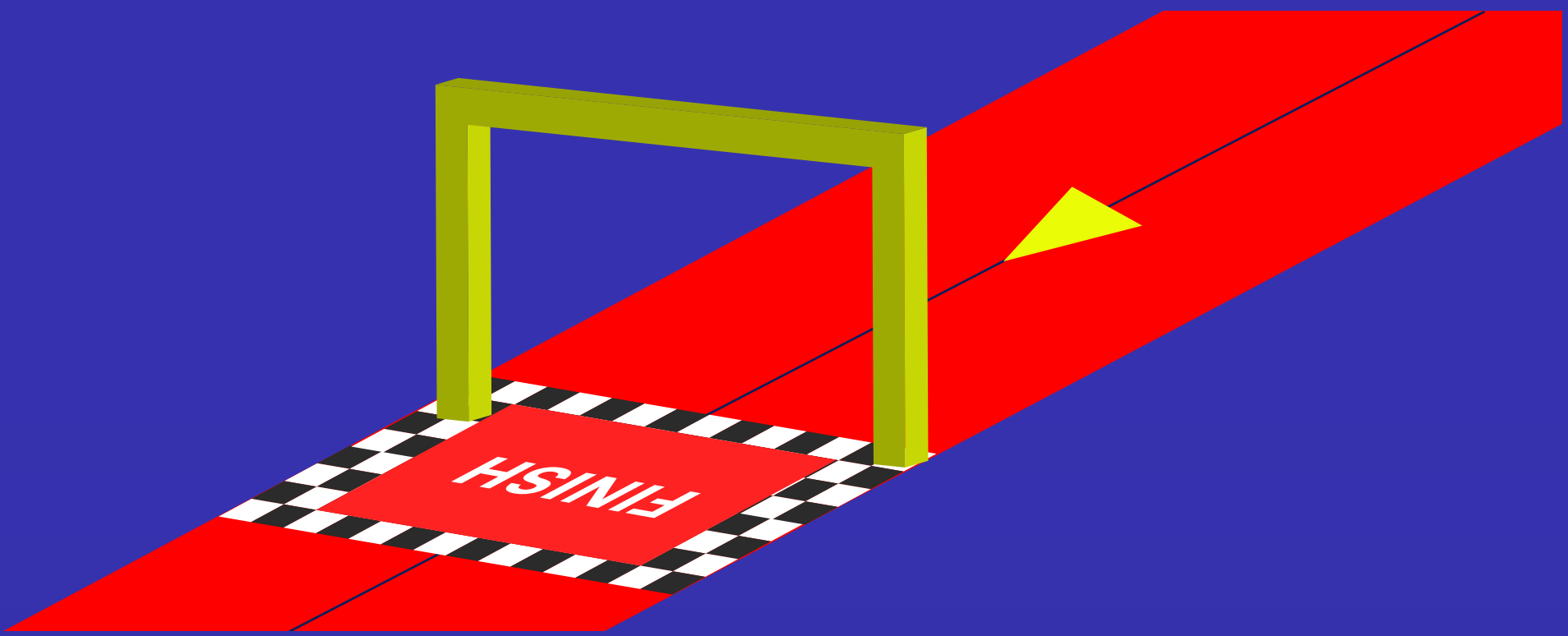
### **For outgoing runners**

- The bib numbers of incoming runners will be displayed via a LED Screen. Keep a look out for your team's bib number.
- When your team's bib number is shown, the next outgoing runner should get ready by keeping within the TRANSITION LANE as guided by the Event Staff.
- Get your RELAY TOKEN from the incoming runner before starting your run.

# IMPORTANT THINGS TO NOTE FOR TRANSITION

## STEP 6 • Runner 4 to finish at the FINISH ARCH

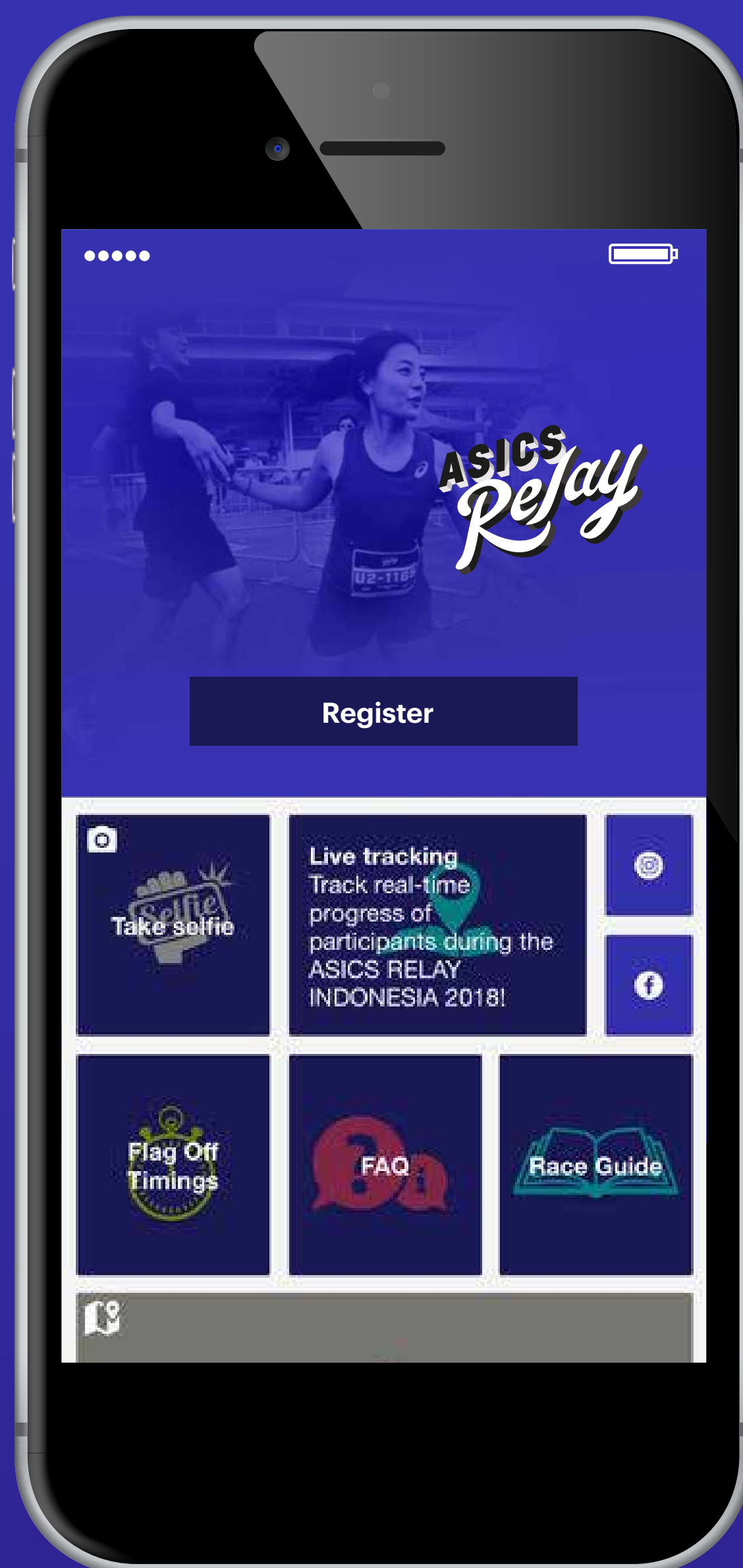
- Runner 4 finishes the relay by crossing the Finish Arch and collects 4 medals for the team.
- Look out for directional signages along the route to direct you here.



# ASICS RELAY APP

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Keeping track of race details has never been easier! From race updates, race results, event photos, and even live tracking – all the race information you need in one place. Simply download the ASICS Relay application now! With the new Live Tracking function, you will even be able to track your teammate's position and prepare for your turn!



# RUNNER'S ENTITLEMENTS

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## RACE BIB

All runners will receive a race bib in the race entry pack. During the entire race, the race bib must be worn visibly in the front of your race singlet (chest level or lower) with the safety pins provided.

- Display your race bib clearly on the front of your Race Tee at all times during the relay.
- Ensure that all personal and emergency contact details on the reverse side of the bib are correct.
- Please ensure that you run across the timing mats at the start point and all checkpoints. Failure to do so will result in disqualification.
- Do not alter, modify, fold or crumple the bib.
- Please ensure that the bib is attached properly.

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### 21KM HALF MARATHON

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Runner #1



Runner #2



Runner #3



Runner #4

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### 42KM FULL MARATHON

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Runner #1



Runner #2



Runner #3



Runner #4



# RUNNER'S ENTITLEMENTS

## RELAY TOKEN

The first runner of each team must collect the race token before entering the start pen.

During the changeover, the 2nd

runner must receive the relay token from the 1st runner; this relay will continue until the 4th (last) runner of the team finishes the race.



Lime Green Relay Token is for 42KM Full Marathon. Blue Relay Token is for 21KM Half Marathon.

## RACE TEE

Every runner will receive an exclusive ASICS Relay Race Tee. The colour of your Race Tee is indicated during your registration. Wear it with pride!



## FINISHER MEDAL

The 4th and finishing runner who crosses the finish line within the stipulated cut-off timings of your race category will receive on behalf of the team 4 pieces of the ASICS Relay glow-in-the-dark medal unique to your race category.





# RACE DETAILS

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## INFORMATION TENT

There will be one main information tent at the race village to assist you with event information.

## LATE RACE ENTRY PACK COLLECTION

Late race entry pack collection will be available from 6.00PM to 7.45PM (29 Sept 2018) at the Race Village.

## BAGGAGE DEPOSIT AREA

Baggage deposit/retrieval will be available from 6.00PM (29 Sept 2018) to 2.30AM (30 Sept 2018).

We encourage all to travel light and not to bring any valuables on race day as the Race Organizer will not be responsible for the loss of any items.

## HYDRATION

Hydration will be available to all runners at the race village before and after your race.

## DISTANCE MARKERS

Distance markers will be placed at every kilometre along the run route so you know when to push the pace!

## CUT-OFF TIMINGS

Complete your run within the following cut-off times:

- 42KM Full Marathon – 6 hours
- 21KM Half Marathon – 6 hours

# RACE DETAILS

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## RESULTS

Official results will be posted on the ASICS Relay website ([www.asicsrelay.com](http://www.asicsrelay.com)) and ASICS Relay App after the race.

## DISPUTE OVER WINNER'S RESULTS

In the event of a dispute over race results, an appeal must be lodged at the Information Tent 15 minutes before the start of each category's prize presentation.

A non-refundable administration fee of USD50 will be charged per appeal. The organizers reserve the final rights to the decision over the dispute of race results.

## RACE CERTIFICATES WITH NET TIMING

All runners who have completed and received a finishing time at ASICS Relay Malaysia 2018 will be entitled to receive an electronic race certificate with their Net Time about one month after the official results have been released. The personalised race certificate will be available for download via [www.asicsrelay.com](http://www.asicsrelay.com).

## LOST AND FOUND

If you have lost or found an item, please approach the Information Tent.

If you have lost an item, it is your responsibility to contact the Race Organizer at [asicsrelaymalaysia@hivelocity.com.sg](mailto:asicsrelaymalaysia@hivelocity.com.sg) with a description and to pay for its return to you.

# RACE TIMING

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## **RACE TIMING**

ASICS Relay Malaysia will be adopting MyLaps Timing Chip to record your times electronically. All runners will have a Timing Chip attached to the back of your race bib.

## **HOW DO I USE MY TIMING TAG?**

The Timing Tag is a disposable one-time race timing tag which is attached to the back of your race bib.

## **WHAT DO I DO WITH THE TIMING TAG AFTER THE RUN?**

You do not need to return the Timing Tag and can dispose it after completing the race.

## **WHAT HAPPENS IF THE TIMING TAG GETS WET?**

The Timing Tag is completely weatherproof and will work regardless of rain, heat, storms, humidity or other inclement conditions.

## **HOW DO I MAKE SURE THAT MY TIMING TAG WORKS?**

Each Timing Tag is checked and verified for functionality before it is distributed to each participant. The Timing Tag is always “on standby” and will not need to be activated.

# RACE TIMING

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It will be effective when placed within 1metre of the timing mats located at the start, finish & split points on the race course.

## **WHAT SHOULD I NOT DO WITH THE TIMING TAG?**

Do not bend, perforate or remove the Timing Tag from the race bib. Any unauthorised alternations and amendments to your race bib and/or the Timing Chip will result in disqualification.

## **WHAT IS A TIMING CHIP TIME AND HOW IS IT DIFFERENT FROM GUN TIME?**

Chip time is recorded by the electronic Timing Tag that is attached to the back of your race bib. Your Timing Tag records the time which you cross at the Start Line, Finish Line and at the several split points in between. Chip time is often shorter than gun time because it begins only when a runner crosses the start line, while gun time begins once the start gun is fired; many runners don't cross the start line until several minutes after their official gun time has begun.

## **HOW ACCURATE IS TIMING CHIP TIME?**

Chip time is the most accurate form of run timing available because it measures the exact time between a runner crossing the start line and finish line. Chip time also records several important splits, providing an accurate record of each runner's progress and pace.



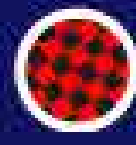
# Asics Jay

MALAYSIA

## LEGEND



START



FINISH



TRANSITION ZONE



HYDRATION

SUNGAI KUYOH

NATIONAL AQUATIC  
CENTER

MALAYSIA AXIATA ARENA  
STADIUM  
CORPORATION

NATIONAL  
SQUASH  
CENTRE

BUKIT  
JALIL  
NATIONAL  
STADIUM

1  
KM

4  
KM

5  
KM

<FINISH

>START

RACE  
VILLAGE

JALAN MERAH CAGA

BUKIT JALIL














MEX (TROLL ROAD)



# ASICS Relay

## MALAYSIA

### LEGEND

- |   |               |   |             |
|---|---------------|---|-------------|
|    | PHOTOWALL     |    | FOOD TRUCK  |
|    | TRAMPOLINE    |    | INFORMATION |
|    | SURAU         |    | VIP BOOTH   |
|    | BAGGAGE       |    | ASICS BOOTH |
|   | FACE PRINTING |   | FIRST AID   |
|  | MASSAGE       |  | HYDRATION   |
|  | KIDS ZONE     |   |             |

2<sup>ND</sup> LOOP ROUTE FOR 42KM RUNNERS

TRANSITION ROUTE

START

FINISH

MEX (TOLL ROAD)

< 2<sup>ND</sup> LOOP ROUTE FOR 42KM RUNNERS

< FINISH

START

EXIT

EXIT

21KM  
RUNNER 4

21KM  
RUNNER 3

21KM  
RUNNER 2

42KM  
RUNNER 4

42KM  
RUNNER 3

42KM  
RUNNER 2

S1  
S2  
S3  
S4

STAGE

VIP

## MEDICAL & SAFETY

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The Organiser has taken all necessary precaution to ensure the safety of all participants and will not be responsible for any injury sustained, loss of or damage to personal property during the race. The Organiser reserves the right to remove any participants deemed physical incapable of continuing with the run to prevent him/her from causing greater harm and injury to himself/herself.

Participants are strongly encouraged to go for medical examination and/or consult their medical practitioner prior to race day.

Participants should do some self-assessment by filling up the Physical Activity Readiness Questionnaire (PAR-Q) prior to the race.

For the safety of all participants, runners are advised to run on the designated route throughout the entire race.

### **Physical Activity Readiness Questionnaire (PAR-Q)**

The Physical Activity Readiness Questionnaire (PAR-Q) is designed to help you assess your level of readiness for physical activity. It's a simple test that only requires a few minutes of your time to complete. If you are planning to become more physically active than you are now, start by answering the seven questions in the box below.

## MEDICAL & SAFETY

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If your age range falls between 15 to 69 years, the PAR-Q will be an indication if you should check with your doctor before you start. If you are over 69 years of age and are not used to being very active, please check with your doctor before proceeding.

### ARE YOU SPORTS SAFE?

(at the side of every qn include a yes/no check box)

Common sense is your best guide when answering these questions. Please read them carefully and answer each one honestly

#### YES / NO

- ☐ / ☐ 1. Has your doctor ever said that you have a heart condition and that you should only do physical activity recommended by a doctor?
- ☐ / ☐ 2. Do you feel pain in your chest when you do physical activity?
- ☐ / ☐ 3. In the past month, have you had chest pain when you were not doing physical activity?
- ☐ / ☐ 4. Do you lose your balance because of dizziness or do you ever lose consciousness?

## MEDICAL & SAFETY

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- ☐ / ☐ 5. Do you have a bone or joint problem (for example, back, knee or hip) that could be made worse by a change in your physical activity?
- ☐ / ☐ 6. Is your doctor currently prescribing drugs (for example, water pills) for your blood pressure or heart condition?
- ☐ / ☐ 7. Do you know of any other reason why you should not do physical activity?

If you answered **YES** to one or more questions, talk to your doctor before you start becoming more physically active or before a fitness appraisal. Tell your doctor about the PAR-Q and the questions you answered “Yes” to.

If you answered **NO** honestly to all PAR-Q questions, you can be reasonably sure that you can start becoming more physically active- begin slowly and build up gradually. This is the safest and easiest way to go

# PRIZES

FULL MARATHON (MALE, FEMALE, MIXED)	
POSITION	PRIZE
1 <sup>ST</sup>	RM 2,900 per team 4 x ASICS Jackets 4 x ASICS Backpacks 4 x ASICS Running Caps
2 <sup>ND</sup>	RM 1,750 per team 4 x ASICS Jackets 4 x ASICS Backpacks 4 x ASICS Running Caps
3 <sup>RD</sup>	RM 1,150 per team 4 x ASICS Jackets 4 x ASICS Backpacks 4 x ASICS Running Caps
4 <sup>TH</sup>	ASICS Vouchers worth RM 1,150 per team
5 <sup>TH</sup> - 8 <sup>TH</sup>	ASICS Vouchers worth RM 600 per team
* Top 3 winners are required to be present for Prize presentation on event day. Prizes for 4th - 8th place will not be presented on stage, but winners must report to the stage to verify and claim their prize.	

HALF MARATHON (MALE, FEMALE, MIXED)	
POSITION	PRIZE
1 <sup>ST</sup>	ASICS Vouchers worth RM 2,900 per team 4 x ASICS Jackets 4 x ASICS Backpacks 4 x ASICS Running Caps 4 x ASICS Shoecase
2 <sup>ND</sup>	ASICS Vouchers worth RM 2,900 per team
3 <sup>RD</sup>	ASICS Vouchers worth RM 2,350 per team



# PRIZES

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## NOTE:

- The Organisers reserve the right to remove or replace stated prizes with other items.
- Winners of all categories will be based on their respective Gun Times.
- Prizes such as footwear and apparel, but not limited to the aforementioned, may not be presented to the Race Winners on the race day. Race Winner will be notified of the location to collect their prizes after the race day.
- Prizes must be taken, in the forms as presented by the Race Organiser. They are not transferable or exchangeable for cash and are subjected to the Rules & Regulation and/or Terms & Conditions as determined by the Race Organiser.
- The Race Organiser reserves the right to replace any winner if he or she is found to be disqualified.

# PRIZES

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## REGIONAL LEADERBOARD

To encourage teams to move, and push beyond their limits for ASICS Relay 2018, prizes will be given to the top Full Marathon Teams (Male, Female, and Mixed) that clock the fastest timings in the Full Marathon race category of each country!

These 3 champion teams will be flown to race in the upcoming ASICS Relay in the country of their choice.

The prize for each team is worth SGD \$3,000 and includes:

- 1 x team Full Marathon race slot
- 4 x Return Air Tickets
- 2 x twin room for 1 night of accommodation during race day

## TERMS & CONDITION

1. The prize is valid for 365 days. The team will have to race in the ASICS Relay event of another country within the 365 days. (i.e. Teams can choose the country to race in but the race must take place within the stipulated period.)
2. Prize will be forfeited if it is not redeemed within the 365 days.

## PRIZES

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1. The team is required to race in the Full Marathon race category.
2. The team is only allowed a maximum of 2 substitutions. (i.e. There must be a minimum of 2 runners from the champion team running in the next race.)
3. If the team consist of residents from the country they had won the race, the team will be sponsored with return air tickets for a round trip to and from the specific country of residence. If the team consists of non-residents from the country they had won the race, the team will be sponsored return air tickets which will be capped at SGD \$250 per pax.
4. The prize is not exchangeable for cash.
5. The airline and hotel is determined by Event Organizer, HiVelocity Pte Ltd.
6. The prize and any rules, terms or conditions may be amended by HiVelocity Pte Ltd., at any time and will be applied and interpreted within their sole discretion.
9. For overseas winners, prizes are subjected to withholding taxes.

EVENT OWNER



ORGANISED BY



Official Timekeeper



Official Insurance Partner



Wireless Headphones Partner



Venue Partner



Official Sports Nutrition Sponsor



Gym Partner



Sports Recovery Partner



Entertainment Partner



Official Isotonic Sponsor

