

# **RUNNER'S GUIDE BOOK**

## Larian Denai Sungai **Langkat**

**23 SEPTEMBER 2023**  
**SATURDAY - 7.00 AM UKM, BANGI**



## WELCOME MESSAGE

Friends of River Malaysia with Universiti Kebangsaan Malaysia (UKM) is organising a Larian Denai Sungai Langat on 23 September 2023, in conjunction with the World River Day. This run is open to all ages and all walks of life. This event will be held at UKM Bangi, capitalising on UKM's lush green areas.

The 5km route involves part of the campus and the riverside route, where majority of the surface will be on tarmac. For the 15km running route, 50% is a trail route and the rest comprises of both gravel and tarmac routes. The route includes areas inside and outside of the UKM main campus and the Langat riverside.

For 5km participants, they are also given the option to participate in plogging where the participant who collects the most waste materials (weighing in kilos) will receive a special prize.

And then, the objective of the event is to give awareness to the community about the importance and responsibility of taking care of the river. After that, to instil a continuous spirit to caring for the river. To create a platform for UKM to closely communicate with the community to jointly caring for the river.



# RACE ENTRY PACK COLLECTION SCHEDULE

**22 SEPTEMBER 2023 (FRIDAY)**

**3.00 P.M – 9.00 P.M**

**LOBI A, DEWAN CANSELOR TUN ABDUL RAZAK (DECTAR), UKM BANGI**

TIME	PROGRAMME
<b>3.00 p.m</b>	<ul style="list-style-type: none"><li>- REPC OPEN</li><li>- DOCUMENT CHECK OPEN</li><li>- DROP BAG OPEN</li></ul>
<b>9.00 p.m</b>	<ul style="list-style-type: none"><li>- REPC CLOSED</li><li>- DOCUMENT CHECK CLOSED</li><li>- DROP BAG CLOSED</li></ul>



## LARIAN DENAI SUNGAI LANGAT 2023

23 SEPTEMBER 2023 (SATURDAY)

DECTAR, UKM BANGI

Time	Programme	Venue
5.30 pagi	Arrival and registration of participants	DECTAR/Lobi A
6.30 pagi	Arrival of honourable guests	DECTAR
6.40 pagi	Technical Briefing	Dataran Panggung Seni
6.50 pagi	Welcome talk	Dataran Panggung Seni
7.00 pagi	Flagoff 15km YB Dato' Sri Huang Tuong Sii	Parking DECTAR
7.30 pagi	Flagoff 5km YB Dato' Sri Huang Tuong Sii	Parking DECTAR
8.00-8.30 pagi	First arrival of 15km/5km	Parking DECTAR
10.00 pagi	Arrival of all participants	Parking DECTAR
10.15 pagi	Lucky draw	Dataran Panggung Seni
10.30 pagi	Prize presentation	Dataran Panggung Seni
11.00 pagi	End	Dataran Panggung Seni/ Parking DECTAR



# GUN OFF AND CUT OFF TIME

<b>CATEGORY</b>	<b>GUN OFF</b>	<b>FLAG OFF</b>	<b>HOUR</b>
15 KM	7 : 00 a.m	11 : 00 a.m	4 hour
5 KM	7 : 30 a.m	9 : 30 a.m	2 hour



# RACE ENTRY PACK COLLECTION (REPC)

**DATE : 22 SEPTEMBER 2023 (FRIDAY)**

**TIME : 3.00 P.M – 9.00 P.M**

**VENUE : LOBIA, DEWAN CANSELOR TUN ABDUL RAZAK (DECTAR), UKM BANGI**

- Runner only need to present a soft copy of identification, conformation slip and indemnity form to collect their race kit.
- Runner must bring along their signed indemnity form together with their NRIC/ Passport.
- No unauthorized transfer of bib allowed and runner must run on their own bib number.
- Tempering with the race bib number in any way will result in disqualification.
- Download and print out your confirmation slip [here](#).
- Indemnity Form can download [here](#).
- Participants who are under the age of eighteen (18) years old on race day are required to submit a parental consents letter. Download and print out your Parental Consent Letter [here](#).
- For those who can't collection their race pack on the day you may appoint a representative to collect your Race Kit on your behalf. The representative must present the Representative's NRIC/passport, Photocopy of your NRIC/passport and Printout of your Confirmation Slip and signed by you. Download and print your Confirmation Slip [here](#).

# LAYOUT OF THE RACE VILLAGE

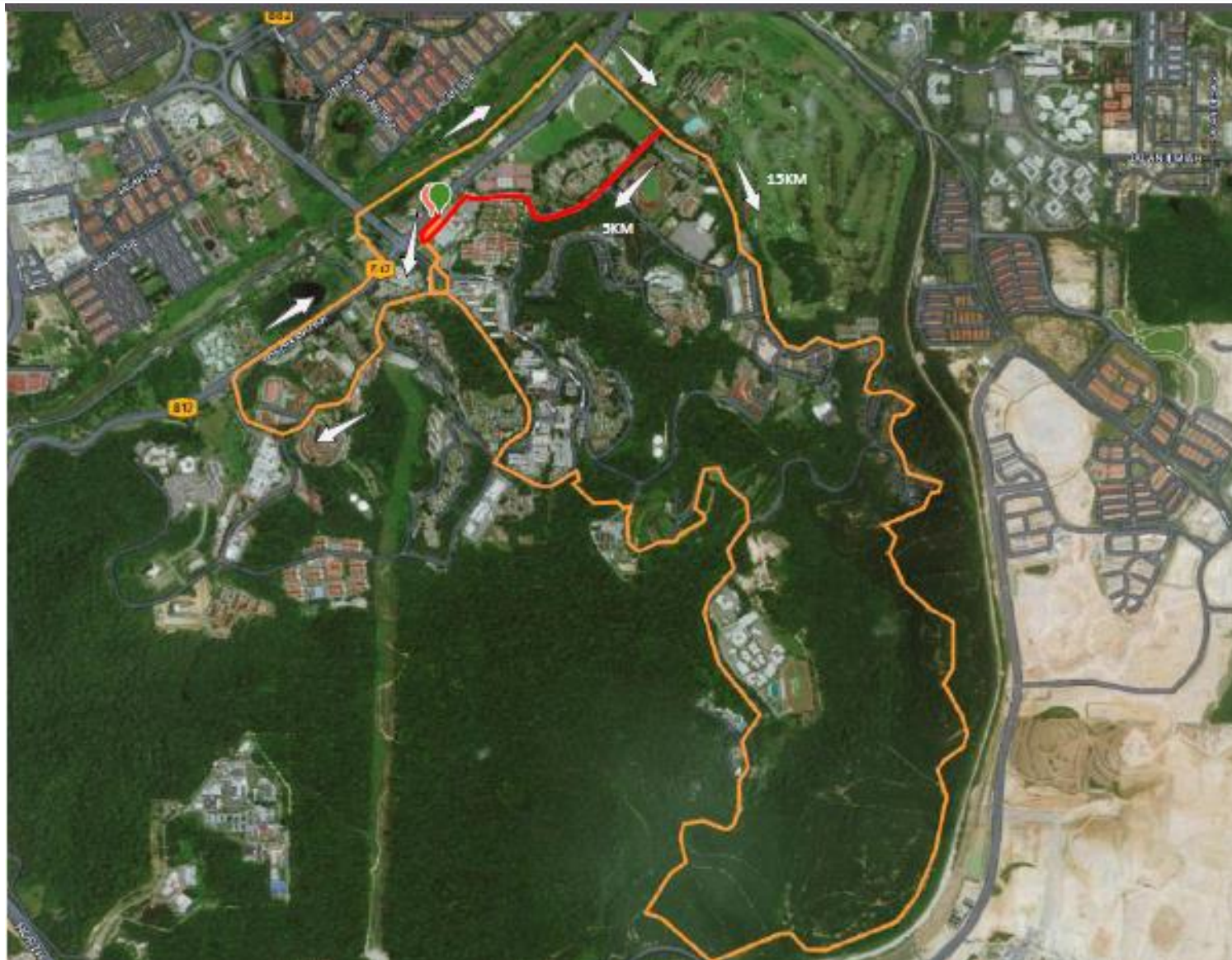




# RACE VILLAGE









# RUNNER'S INFORMATION

## **DROP BAG SERVICE**

Runners may utilize the service provided at the starting line by dropping off any bags that you will require post-race. Please check Race Village layout for the exact location. We advise for runners to not place any valuable items such as wallets, key, or phone, as organizer will not be responsible for any inconvenience to bag contents (theft, damages, loss). All drop bags must be collected before 23 September 2023 11:00 a.m. at Dropbag Zone.

## **CHECKPOINTS**

There will be a tracking system installed along the race course to ensure the legitimacy of every runner's record on the course. Runners are required to run the official route and cross each and every timing mat for each category. Do note that F&B, and CP facilities may differ depending on your category. Refer to your category CP Facilities for more details

## **MEDICAL ASSISTANCE**

Medical assistance is available at the starting line and all checkpoints. Appointed medical officials are within their rights to stop any runner from continuing the race and remove the bib number in the case of runner's safety is compromised or runner does not pass their health check. Should a runner be transported to the hospital for medical treatment, transportation back to the starting line or race village is on one's own responsibility. Any medical expenses incurred ought to be borne by runner themselves.



# RUNNER'S INFORMATION

## **TIMING**

All runners in the 15 KM category will be timed using the electronic timing system.

## **TOILET**

Public toilet are available at the right site of the Panggung Seni. Refer to the layout.

## **PRAYER ROOM**

The UKM Mosque is located about 200 Meters away from the Race Village.

## **LUCKY DRAW**

Lucky draw may be claimed at the prize counter, next to the stage. Look out for your numbers!



# RUNNER'S ENTITLEMENT

ITEM	15 KM	5 KM
Event T-Shirt	/	/
Finisher Medal	/	/
Winner Cash Reward 1 <sup>st</sup> - 3 <sup>rd</sup>	/	
Food and Refreshment	/	/
Insurance	/	/
Bib Number	/	/
Timing Chip	/	
E-Certificate	/	/
Result	/	
Lucky Draw	/	/



**OFFICIAL EVENT TEE**



**FINISHER MEDAL**

# Larian Denai Sungai Langkat

**23 SEPTEMBER 2023**  
**SATURDAY - 7.00 AM UKM, BANGI**

**#SayangiSungaiKita #kelestariansungai #ukmcintaisungai**