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F R E E
Y O U R S E L V E S

27 OCTOBER 2019 | 7AM – 12PM | PADANG MERBOK

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RACE GUIDE



YOLO RUN

YOLO is a movement that symbolises our race in our own life. Often burdened with our own flaws, disabilities, and how the world look at us. YOLO Run encourage participants to break the chains of what the society attempt to shape us. Hence, free yourselves, and cast your burden away, run with perseverance the race marked out for us.

#freeyourselves#livebeautifully #finishwell #whatsyouryolo



CHECKLIST FOR RACE DAY

- 1 Familiarise yourself with the running route (2.5KM,5KM and 10KM).
- 2 Plan your best travel route to take to the race venue.
- 3 Pack your race essentials beforehand, including a change of clothes if necessary.
- 4 Remember to bring your race bib as it grants your entry to the start pen!
- 5 Do not bring any unnecessary valuables to the race.
- 6 Hydrate adequately the night before and on the morning itself.
- 7 Use the toilet if you need before proceeding to the start line.
- 8 Please arrive at least 60 minutes before your flag-off time, so that you may deposit your belongings at the baggage deposit counters.

CATEGORY	FLAG-OFF TIME	LAST ADMISSION
10KM	0700HRS	0715HRS
5KM	0720HRS	0725HRS
2.5KM	0730HRS	0735HRS

- 9 If you feel unwell or uncomfortable, please do not continue the race, seek assistance from our first-aiders or our event volunteers.



RACE DAY PROGRAMME

TIME	ACTIVITY
0530HRS	RACE VILLAGE OPENS
0630HRS	WARM UP SESSION
0700HRS	10KM FLAG OFF
0720HRS	5KM FLAG OFF
0730HRS	2.5KM FLAG OFF
0815HRS	FITNESS CHALLENGE
0900HRS	PRIZE PRESENTATION
1000HRS	LUCKY DRAW
1200HRS	RACE VILLAGE CLOSES

*Programme schedule is subject to change



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10KM ROUTE



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5KM ROUTE



JALAN SULTAN SALAHUDDIN

JALAN DATO ONN

JALAN DATO ONN

JALAN KUCHING

JALAN BERJASA

JALAN TUN ISMAIL

JALAN PARLIMEN

TUNKU ABDUL RAHMAN
PUTRA MEMORIAL

TUN HUSSEIN
ONN MEMORIAL

TAMAN TUGU

START /
FINISH

KUALA LUMPUR
TOURIST BUREAU

ROYAL POLICE
OF MALAYSIA

TUGU NEGARA

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2.5KM ROUTE



BAGGAGE DEPOSIT

- 1 Participants are advised to carry minimal essentials for the race.
- 2 All baggage are to be deposited at the Bag Deposit counter at least 15 minutes before your category flag off time on the race day.
- 3 While maximum care and security will be enforced, the Organiser will not be responsible for any loss or damage, personal or otherwise, to the belongings and items deposited.
- 4 The Organiser also reserves the right to check any items or baggage deposited.

RULES & REGULATIONS

- 1 All participants must wear their bibs for identification purposes.
- 2 Entry into YOLO Run SG 2017 will only be granted to those who wear their bibs.
- 3 All participants are strongly advised to stick to the designated race routes.
- 4 Participants who are late or who participate in another race category will be disqualified.
- 5 For the safety of all race participants, the following are not permitted on the race routes: pets, prams, strollers, and baby carriers.



SAFETY ADVICE

- 1 Ensure that you are properly hydrated before the race.
- 2 Participants are strongly encouraged to go for a medical examination and/or consult their physician prior to race day.
- 3 Participants should do some self-assessment by filling up the Physical Activity Readiness Questionnaire (PAR-Q) on the next page prior to the race.
- 4 For the safety of all participants, runners are strongly advised to run on the designated routes throughout the entire race.
- 5 If you are feeling unwell, inform our first-aiders, crew or volunteers immediately. You should not continue with the race thereafter.
- 6 Please note that individuals with heart disease or chronic medical conditions are strongly advised against participating in this event. If in doubt, kindly consult your physician.
- 7 The Organiser reserves the right to remove any participants deemed physically incapable of continuing with the run to prevent him/her from causing greater harm and injury to himself/herself and others.



PHYSICAL ACTIVITY READINESS QUESTIONNAIRE (PAR-Q)

- 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?
- 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?

Move to next page for further advice after finishing the self-assessment above.



ARE YOU SPORTS SAFE?

If you answered **YES**:

If you answered yes to one or more questions, aged 40 and above, and have been inactive or are concerned about your health, please consult a physician before taking a fitness test or substantially increasing your physical activity. You should ask for a medical clearance along with information about specific exercise limitations you may have.

In most cases, you will still be able to do any type of activity you want as long as you adhere to some guidelines.

If you answered **NO**:

If you answered no to all the PAR-Q questions, you can be reasonably sure that you can exercise safely and have a low risk of having any medical complications resulting from exercise.

It is still important to start slowly and increase gradually. It may also be helpful to have a fitness assessment with a personal trainer or coach in order to determine where to begin.



GENERAL INFORMATION

By participating in this event, you indemnify the Organisers of all possible risks and losses.

Whilst every reasonable precaution will be taken by the Organiser to ensure the participants' safety, participants take part in this event at their own risk and the Organiser, their sponsors, and their appointed officials shall not be liable for any death or injury, loss or damage, suffered or otherwise, and howsoever arising. The Organiser reserves the right to amend the rules and regulations without giving prior notification or any reasons thereof.

In the event of bad weather, the Organiser reserves the right to delay the commencement of the race. Should the bad weather persist after delay, the Organiser reserves the right to cancel the race without any refund.



REACH US

For Enquiries :

Write in to us at info@yolorun.com

In case of emergency :

call us at **+60 129219961**.
(Operates on 27 Oct 2019 | 6am - 12pm)

For more information about the event :

please visit <https://www.yolorun.com/kuala-lumpur-19>

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