



RACE GUIDE

6 AUGUST 2017 | 7AM - 12PM | OASIS SQUARE
#YOLORUNKL #RUNFORCHARITY #FREEYOURSELVES

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2XU YOLO RUN KL 2017

You Only Live Once

The 2XU YOLO Run from Singapore is here in KL! Free yourselves and run for a good cause this August 2017. For every participant who purchases the limited edition Yolo Run T-shirt, the organisers will donate 50% of the sales of the limited edition YOLO Run KL x MAWM merchandise to Make-A-Wish Malaysia.



MANDUKA YOLO YOGA

Join us in the rejuvenating mass outdoor yoga session of mindful stretching by renowned Malaysian musician and yoga instructor Atilia Haron at YOLO Run KL.

10% OF YOUR REGISTRATION WILL GO TO MAKE-A-WISH MALAYSIA!

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CHECKLIST FOR RACE DAY

- 1 Do familiarise with the running route (10km & 5km).
- 2 Plan your best travel route to take to the race venue.
- 3 Pack your race essentials beforehand.
- 4 Do not bring any unnecessary valuables to the race.
- 5 Remember to bring your race bib!
- 6 Please arrive at least 60 minutes before your flag-off time.

CATEGORY	FLAG-OFF TIME	VENUE
10KM	7.15AM	OASIS SQUARE
5KM	7.25AM	OASIS SQUARE

- 7 Hydrate adequately the night before and on the morning itself.
- 8 Use the toilet if you need to before proceeding to the start line.
- 9 Be mindful of how you feel on the day itself.
- 10 If you feel unwell or uncomfortable, please do not continue the race.
- 11 Seek assistance from our first-aiders or our event volunteers.
- 12 Pack a change of clothes if necessary.
- 13 If you have not collected your race bib and goodie bag, please proceed to the information booth.

RACE DAY PROGRAMME

TIME	ACTIVITY
6:00AM	RACE VILLAGE OPENS
6:45AM	ZUMBA WARM UP LED BY HANNAH FROM YOTIW (MAIN STAGE)
7:15AM	10KM FLAG OFF
7:25AM	5KM FLAG OFF
8:45AM	FITNESS CHALLENGE ON STAGE
9:30AM	YOLO YOGA LED BY ATILIA HARON FROM YOTIW
10.30AM	10KM PRIZE PRESENTATION
12:00PM	END OF EVENT

*Programme schedule is subject to change.

*Cut-off time for both 10KM & 5KM is 2 hours.



GETTING THERE (BY CAR/UBER/GRAB/TAXI)

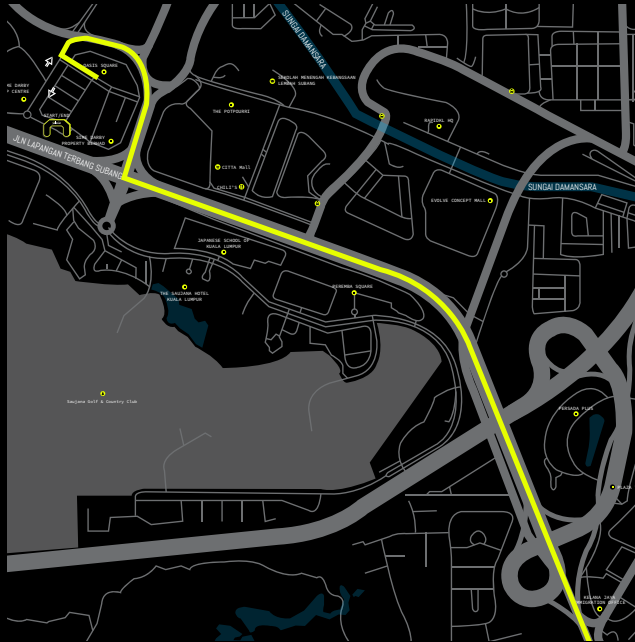


FROM PLUS HIGHWAY

Exit at Tol Subang/Persada PLUS 104. After the toll booth, take the right route towards Subang Airport. Then in 1KM, turn left. Turn right at the traffic lights then keep left. Oasis Square will be on your left.

****No Shuttle buses will be provided.**

GETTING THERE (BY CAR/UBER/GRAB/TAXI)



FROM FEDERAL HIGHWAY

Take the Subang Jaya exit. In 3KM, turn left. Turn right at the traffic lights then keep left. Oasis Square will be on your left.

****No Shuttle buses will be provided.**

GETTING THERE (BY CAR/UBER/GRAB/TAXI)



FROM JALAN SUNGAI BULOH

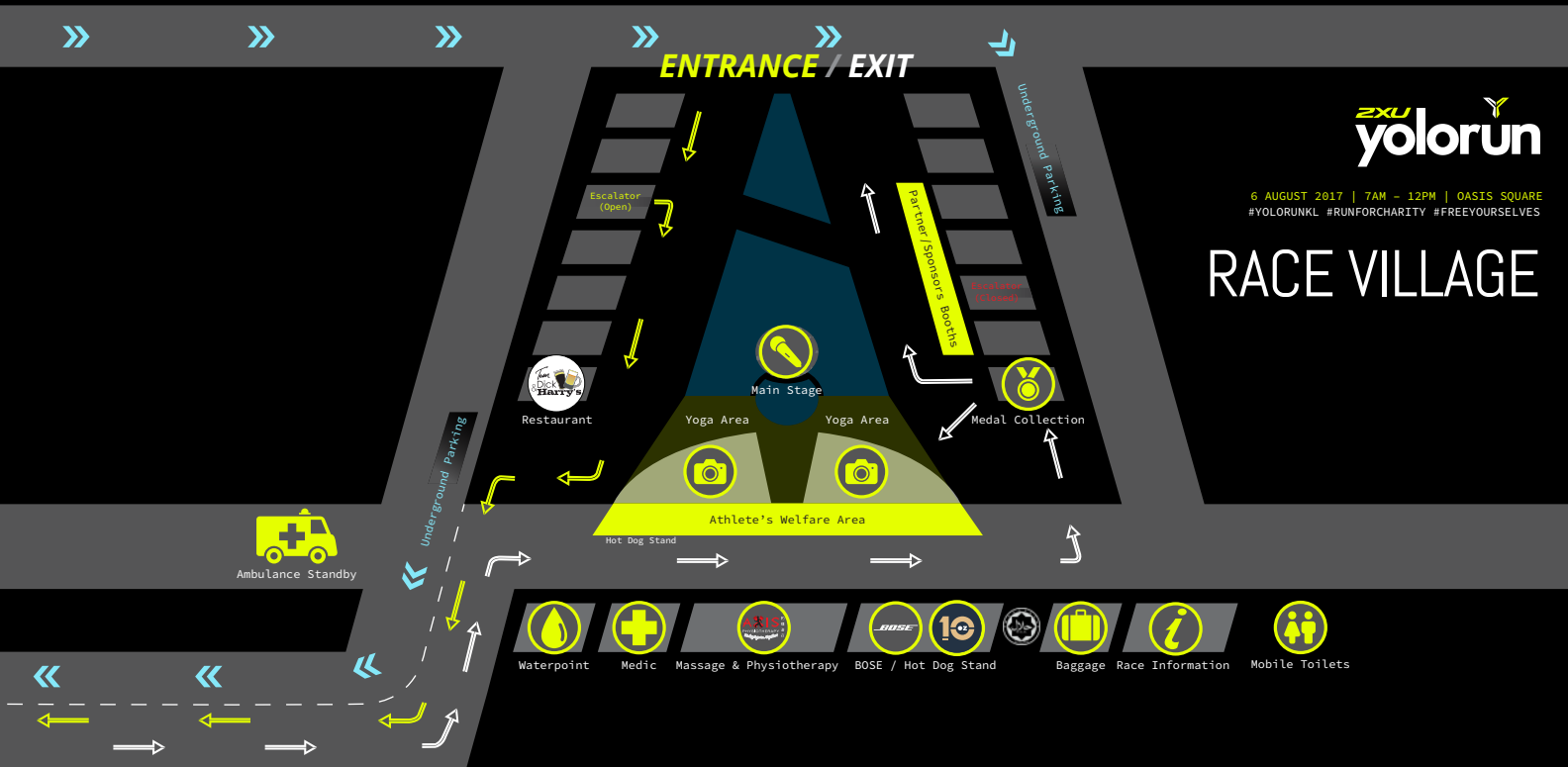
Take the Subang Airport exit. Keep going straight until you've reached a roundabout. Take the '12 o'clock' exit. Then in 1KM, turn left. Turn right at the traffic lights then keep left. Oasis Square will be on your left.

****No Shuttle buses will be provided.**





RACE VILLAGE



SAFETY ADVICE

- 1 Ensure that you are properly hydrated before the race.
- 2 Sound off to any crew member if you're feeling unwell.
- 3 In the event of bad weather, race activities may be delayed or entirely ceased. Seek nearest
- 4 shelter for safety.
- 5 By participating in this event, you indemnify the organisers of all possible risks and losses.
- 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.

RULES & REGULATIONS

- 1 All participants must wear their Bibs for ID purposes.
- 2 Entry into the YOLORUN KL will only be granted to those who wear their bibs.
- 3 All participants are required to be in proper sports attire for the run.
- 4 All participants are strongly advised to stick to the designated Race Route.

ADDITIONAL MERCHANDISE



YOLO CITY TEE
(RM89)



YOLO PRIDE TEE
(RM89)



YOLO RUN SINGLET
(RM79)



YOLO RUN SINGLET
(RM79)



YOLO RUN SPORTS BRA
(RM99)



YOLO PRIDE SPORTS BRA
(RM99)



YOLO YOGA MAT
(RM49)

*Merchandise will be available for sale (while stocks last).





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YOLO RUN KL x MAKE-A-WISH MY TEE
(RM89)



YOLO RUN KL x MAKE-A-WISH MY MY SINGLET
(RM89)

50% of sales go to Make-A-Wish Malaysia.

We remember that as we YOLO there are others who are less fortunate, and when we can we should give back.

<http://www.yolorun.com/yolokl-store/>



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CONTACT US

If you have any queries, feel free to contact us at info_kl@yolorun.com!

SEE YOU AT YOLO RUN KL !

