

Organised by :



## RULES & REGULATIONS



#fun@swissgardendamailaut

## Event Information

The **“Swiss-Garden Beach Resort Damai Laut Charity Fun Run 2019”** is a 10km non-competitive fun run at the multi-award winning resort amidst lush greenery with an exhilarating beach overlooking the Straits of Malacca and an eco-golfing paradise. Apart from the beach and natural surroundings, the Charity Fun Run will bring you across the exclusive Damai Laut Golf Course which was voted as the 3rd Most Scenic Golf Course Malaysia by Golf Malaysia Course Poll.

One of the main objective(s) of the event is to raise RM20,000. This amount will be donated to the National Cancer Society Malaysia to help provide medical treatment for cancer to needy Malaysians.

It is open to participants aged 12 and above and the highlight of the charity fun run will be a free style unlimited photo taking of sceneries along the route of the trail to win exclusive prizes. Photos taken should be sent to “Swiss-Garden Beach Resort Damai Laut” official Facebook at <https://www.facebook.com/SwissGardenBeachResortDamaiLaut/> and the selected Top 5 photos with the most “LIKES” that follows the theme from 24 March 2019 till 1 April 2019 will win exclusive prizes.

Terms and conditions apply for the Contest.

## Before the Run Day

### Race Pack Collection

Participants are required to present his/her confirmation slip to collect their race pack either in hard copy or show on their mobile.

Date : 23 March 2019, Saturday

Time : 10.00am – 10.00pm

Venue : Persiaran Swiss-Garden, Jalan Damai Laut, Off Jalan Teluk Senangin, 32200 Lumut, Perak.

### Run T-Shirt Exchange Policy

Exchange of run t-shirt size is permitted only if the run t-shirt is returned in good condition and will be entertained on a first-come-first-served basis, based on the availability of size.

For any enquiries, kindly contact

- Maureena : +605 684 3333 ext 379

## Run Event Details

### Before The Run

- All runners are encouraged to wear the official run t-shirt during the “Swiss-Garden Beach Resort Damai Laut Charity Fun Run 2019”.
- A group warm up exercise has been arranged before the start of the run. For those unable to join, we would advise you to do your own warm up exercise before the run.
- Before you begin the run, please ensure that you are adequately hydrated.
- If you are feeling unwell on the run day, please REFRAIN from participating in the run.

### IMPORTANT NOTES:

- Please note that it may rain on the day of the run, so do bring along your own rain coat.
- If you require any assistance during the event, please refer to the race officials who are attired in pink jersey.

### Medical Aid

- An ambulance and medical personnel will be stationed at the checkpoint for runners who are feeling unwell during the run or if an emergency arises.

### Run Entry Pack

- Each Registered runner will receive
  - I. One Race T-Shirt
  - II. Finisher Medal

### Substitution & Non-Registered Runners

- Only registered runners are eligible to take part in the run
- Registered runners are not allowed to transfer their registration to others

### Reporting

- Runners are to assemble at the Start Area after warm up exercise session. Flag-off is at 7am.

### Safety on the Road / Trail

- Please follow directions of the run marshals who are entrusted with the traffic management during the run
- Runners are advised to stay within the trail and are not permitted to run on the fairway or the greens of the golf course. Runners are also advised to be mindful of the safety of the other participants.

### Check Point

- There will be 1 check point along the route. Water will be provided for runners to rehydrate.

## **Signage**

- Signages will be placed around Swiss-Garden Beach Resort Damai Laut to identify registration counters, toilets, parking zones, route markers, medical area and other facilities.

## **Water Stations**

- There will be one (1) water station during the 9km run. Runners are urged to be considerate of the environment by disposing their used cups into the bins provided.

## **Baggage**

- Baggage storage starts at 6.00am at the Hotel Luggage Room
- Only small, light bags with NO VALUABLES
- We reserve the right not to accept bags that deviate from the above description
- Any bags not collected after 12.00pm will be disposed of.
- This is a free courtesy service. Swiss-Garden and its affiliate organising partners of the run will not be held liable for any missing or damaged goods stored in the baggage storage area.

## **Parking Facilities**

- Parking service is available at the compound of the resort. Please follow traffic directions of the hotel Security personnel.

## **Toilets**

- Toilet facilities are available at the Beach front area and additional toilets are available opposite the Garden Terrace Restaurant and pool area.

## **Vendor Stalls**

- There will also be additional food stalls selling various food items / souvenirs / handicraft / hotel merchandise at affordable prices.

# Run Etiquette

## Start according to your ability

The Swiss-Garden Beach Resort Damai Laut Charity Fun Run 2019 is a non-competitive run. The flag-off will be at 7.00am sharp. However, we encourage runners to position themselves at the starting line according to their pace and experience. The more experienced runners are recommended to start at the front and the lesser experienced runners to position themselves at the back in order to ensure the safety of all participants.

## Double-knot your laces

Shoe laces coming lose in the midst of a run is not only possible, but also dangerous and no one would want to trip on their own laces or to have to stop in the midst of a nice run to re-tie their laces. Prevent your laces from coming loose by simply double knotting them before you start.

## Be appreciative of the volunteers

Volunteers wake up earlier than us and go home later than us, so that we can enjoy our run. If anything goes wrong during the run, don't take it out on the volunteers. Bring your complaints directly to the organisers.

## Run your own race

One of the objectives of the Swiss-Garden Beach Resort Damai Laut Charity Fun Run 2019 is to raise funds for the National Cancer Society Malaysia to help provide medical treatment for cancer to needy Malaysians. If you are a competitive runner, do enjoy your run but run at your own pace. But most importantly, take the time to enjoy the beautiful scenery that surrounds you. The area you are running in is normally not open to the public. Make the most of it.

## Security

This is not directly related to running but it is still important to mention. Minimise the risk of theft by not bringing and keeping valuables in the car. Make sure all valuables are kept in a safe and secure place.

## No sudden stop

Whether to take a walk-break, re-tie your laces or to take a 'Swiss-Garden Selfie' amidst the beautiful scenery, gradually move to the side and away from the edges of the trail. Do not make any sudden stops as this may invite a fellow runner to run into your rear.

## Do not spit or litter

Look around before expelling your bodily fluids. No one likes to be on the receiving end of another person's fluids. For used cups – dispose them into the provided bins.

# Photography Contest

**Contest Period: 24 March to 1 April 2019**

The highlight of the charity fun run will be a free style **unlimited photo taking of sceneries along the route of the trail.**

## Terms of Contest

1. SEND PHOTO – Send your best photo(s) to our Facebook page at [https://www.facebook.com/pg/SwissGardenBeachResortDamaiLaut/events/?ref=page\\_internal](https://www.facebook.com/pg/SwissGardenBeachResortDamaiLaut/events/?ref=page_internal)  
Add Photo / Video under Discussion.
2. Include your name in the posting(s). Please post only 1 photo for each posting.
3. LIKE – Invite your friends and family to “Like” your photo(s) from 24 March to 1 April 2019.
4. WIN! - The Top 5 photos with the most “Likes” that follows the theme will win exclusive prizes.

This contest is only open to registered participants of the “Swiss-Garden Beach Resort Damai Laut Charity Fun Run 2019”.

*Terms and conditions apply for the contest.*