



RULES AND REGULATIONS

Upon registering, the Participants must agree to the Rules and Regulations of the Race.

For Junior Category, a letter of consent will be provided to the Participants on the Registration Day which must be signed by the Participants' parent or guardian and to be submitted to the Organizer.

Registration fee is not refundable if cancellation is made after the registration closing date. If the registered Participants is unable to compete in the Race for medical reason ONLY and wish to cancel and request for the refund, a notification to the Organizer must be made in writing with relevant doctor's report must be submitted together latest by five (5) working days before the Race Day. The Organizer reserves the right to accept or reject the request at its sole and absolute discretion without prior notices to the Participants.

A RM30 administration fee will be charged for any refund made by the Organizer. If the registered Participants failed to check-in before the Race start at the Check-In Station within the specified time frame given on registration day, the Participants will be automatically categorized as "Did Not Start" (DNS) and will be disqualified.

LIABILITY DISCLAIMER

Upon registering and participating in the Race, the Participants agrees that it is at the Participants' own risk. All the Participants must take all the necessary measures at their own effort and costs to ensure they are covered by insurance for any accidents or mishaps that may occur during the Race. The Organizer, their sponsors and/or affiliates will not be responsible or liable for any losses or injury suffered by the Participants, directly or indirectly, consequent to the Participants' involvement in the Race.

In an emergency situation, under extreme time constraint and under adverse circumstances during or after rescue effort, medical decision and action may have to be taken on behalf of the Participants, in which case, the Organizer will not be responsible or liable for any expenses that may incur consequent to such situation.

RACE KIT COLLECTION

Race kit can be collected at a later place and date (We'll update the details in our FB page).

RACE BRIEFING

Race Briefing will be held at a later place and date (We'll update the details in our FB page).

The Organizer reserves the right to change, amend, delete or add any of these Rules and Regulations without prior notice and the participants will be bound to such changes, however, the Organizer at its best effort will make the announcement on any changes during this Race Briefing.

Hence, the Race Briefing is made **COMPULSORY** to all the Participants. Failure to attend the Race Briefing will not be an excuse for any violation to the updated Rules and Regulations of the Race (if any) that will announced during the Race Briefing.

TRACK WALK

The Race track will be closed on 11th July 2024 (Thursday) to allow the track walk activity for the Participants. No bikes are allowed during this day.

PRACTICE DAY

Official practice day is on 12th July 2024 (Friday) starting from 0800hrs to 1200hrs and 1430hrs to 1730hrs. Uplift service will be provided on the Practice Day. For safety reason, practice is **MANDATORY** to all Participants by at least one (1) full run from start to finish. Failing to do so, the Participants will be automatically **DISQUALIFIED** for the Race. A sticker will be issued to the Participants at start when making practice run and it will be recognized by the Organizer to allow for Seeding/Qualifying Run on 13th April (Saturday) and the Race Day on 14th April (Sunday).

TIMING PROCEDURE

All Participants will be provided with a timing device (ProChip System Transponder) on Seeding/Qualifying Run and Race Day. The supply of each device is subjected to:

- A cash deposit of RM200 per device, or
- Submitting the Participants' Driving License or International Passport.

Participants will also be supplied with a rubber holder to hold the device and sufficient cable ties to fasten it on the LEFT side of the suspension fork.

Race time will be activated when the Participants passes through the Start Gate. The timing device will automatically activate (within 3 meters).

After the Participants completed the run, upon returning to the event site, the timing device must be returned to claim the deposits.

Subsequently, individual race time slip will be printed and issued to the Participants and the General Classification (GC) will be displayed on the electronic display unit. This result is not official until all decision is made by the Organizer to officially announce the race results.

Participants are **FULLY RESPONSIBLE** for their own timing device. Any loss or faulty caused by the Participants' negligence will be subject to a compensation charges of RM500 to the Organizer.

RACE CATEGORY

Junior Age 13 – 18 (Birth year between 2005 – 2010)

Women Open Women, age 13 and above (Birth year 2010 and below)

Men Open Men, age 19 – 29 (Birth year between 1994 – 2004)

Men Master A Men, age 30 – 39 (Birth year between 1984 – 1993)

Men Master B Men, age 40 – 49 (Birth year between 1974 – 1983)

Men Master C Men, age 50 and above (Birth year 1973 and below)

Men Master Expert Men, age 30 and above (Birth year 1985 and below – Recommended for top 5 placing in any race in 2022)

Men Elite Age 13 and above (Birth year 2011 and below – Recommended for sponsored, SUKMA, National and Ex-National athletes)

RACE PLATE NUMBER

Race plate number will be given on registration day. Race number will be determined by categories as follows:

Men Elite: 101 - 199
Men Master Expert: 201- 299
Men Open: 301 - 399
Men Master A: 401 - 499
Men Master B: 501 - 599
Men Master C: 601 - 699
Junior: 701 - 799
Women Open: 801 - 899

BIKE

Any mountain bike types of full-suspension/hardtail are welcome. No e-bikes allowed for this race. The Participants are responsible for the wellbeing of their bikes before, during and after the Race.

SAFETY

A one-piece construction full-face helmet must be worn properly both during practicing, seeding run and racing on the track. The Organizer also strongly recommend that all Participants to wear the following protective gears:

- back, elbow, knee and shoulder protectors made of rigid materials;
- protection for the nape and the cervical vertebrae;
- padding on shins and thighs;
- broad full-length trousers made from rip-resistant material incorporating protection for the knees and calves, or broad-cut shorts made from rip-resistant material plus knee and calf protectors with a rigid surface;
- long sleeved shirt, sleeveless shirts are NOT allowed;
- full finger gloves.

SEEDING RUN

The Organizer will start the Seeding Run by category in an orderly manner listed as follows:

- Junior
- Women Open
- Men Master C
- Men Master B
- Men Master A
- Men Open
- Men Master Expert
- Men Elite

The “Seeding Run” is to seed the Participants from the slowest to fastest for each category.

For each category on Race Day, the Participants will start the race on reverse order base on their position in the Seeding Run results. (Starts from slowest Participant to fastest Participant)

In the event where the weather is bad on the Race Day (before and/or during the race) as determined by the Organizer, the Participants will start to race according to their race plate number.

The Participants who did not turn up for the Seeding Run, they will start to race on Race Day randomly which will be determined and arranged by the Organizer based on their category. The decision as determined by the Organizer in their sole-discretion is FINAL and cannot be challenged.

RACE DAY

We will start the race by category as follows:

- Junior
- Women Open
- Men Master C
- Men Master B
- Men Master A
- Men Open
- Men Master Expert
- Men Elite

For each category, winners will be determined by the fastest time. All Participants need to complete the race to be given a place. Fail to do so will get you a “Did Not Finish” (DNF) or “Disqualified” (DQ) status.

In the event where the weather is bad on the Race Day (before and/or during the race) as determined by the Organizer, the Organizer reserves the right to continue, to suspend or ultimately to cancel the race. If the organizer decided to stop or cancel the race due to safety reasons, Seeding/Qualifying Run results will be applied to determine the winner for each category.

COMPLAINT AND PROTEST

For any complaint and protest, it must be submitted or reported in writing by the Participants (him/her self) to the Organizer within the given protest period after provisional results announced.

A refundable deposit of RM400 is required for any submission of complaint or protest. The deposit will be refunded if the complaint or protest is valid and accordance with the rules and regulations of the Event and Race.

The Organizer, upon due investigation, will finalize all decisions within one (1) hour after receiving the complaint/protest) and any decision made by the Organizer is FINAL.

In the event that the Organizer's final decision is to decline or dismiss the complaint/protest, the deposit will be forfeited.

GENERAL TERMS

1. The Organizer, their sponsors and/or affiliates will not be responsible or liable for any loss in connection with the Race, including, but not limited to the following:
 - Any problem, loss or damage of whatsoever nature suffered by any party due to any delay and/or failure in starting and finishing the Race.
 - Any problems, expenses, damages, losses, suits and claims of whatsoever nature against any participants that may arise from or in connection with their participation in the Race.
 - Any error (including error in announcement of winners), omission, interruption, deletion, defect, delay in operation of the Race, theft, destruction of, or unauthorized access to the race track, unresponsive timing devices whether or not arising during the Race or transmission as a result of signal malfunctions, virus, bugs or other causes outside its control.
2. By entering the Race, Participants shall agree to appear in internet, videos, and photographs write-ups which may be used in advertising (any form of media) or other materials by the Organizer, their sponsors and/or affiliates. Participants shall not be entitled to any payment for such use, or for any re-use; and acknowledge that all copyright, including the right to reproduce likeness or image shall belong to the Organizer, their sponsors and/or affiliates absolutely; and to release and discharge of the Organizer, their sponsors and/or affiliates from any claims in relation to the use of likeness or image.
3. The Organizer reserves right to disqualify any Participants that it determines to be falsifying with the registration process of the Race, to be acting in breach or potential breach of this Race's Rules and Regulations.
4. The Organizer reserves the right to cancel, modify, suspend or delay the Race in the event of unforeseen circumstances beyond its reasonable control.
5. By participating in this Race, all Participants hereby warrant that all statements personal details given are true, correct, and accurate and that they have read and understood all the Rules and Regulations of the Race and agree to unconditionally bind by it.
6. By participating in this Race, all Participants agree to defend, indemnify and hold the Organizer, their sponsors and/or affiliates harmless from and against any suits, claims, losses, damages and expenses, including reasonable legal fees that may arise from or in connection with the Race.
7. The Organizer reserves the right to change, amend, delete or add any of these Rules and Regulations without prior notice and the Participants will be bound to such changes.