

MOUNT TRUSMADI INTERNATIONAL CLIMBATHON (MTIC) RACE RULES AND REGULATIONS.

1. Eligibility:

- a. Participants must be between 18 and 70 years old on the event date, 25 May 2024, for both the 30km and 21km categories.
- b. Preference is given to participants with previous mountaineering experience for the 30km category. Nevertheless, this category is also open to all local and international individuals who recognise the demanding and perilous nature of the route and consent to their participation at their own risk.
- c. Participants aged 45 and above (on the event date) in the 21km category will compete in the veteran age category.
- d. Individuals with the following health conditions are not allowed to participate in the event due to potential health concerns:
 - i. Individuals with a history of heart disease, angina, recent heart surgery, or uncontrolled high blood pressure.
 - ii. Severe asthma, chronic obstructive pulmonary disease (COPD), or other significant respiratory issues.
 - iii. Neurological conditions affecting coordination, balance, or causing seizures
 - iv. Pregnant women are not allowed to participate due to potential risks to both the pregnant individual and the foetus.
 - v. Severe mental health conditions that affect judgment or safety.
 - vi. Diabetes.
 - vii. Any other disease which can be aggravated by running.

2. Registration:

- a. To participate, individual must submit online registration by 14 April 2024 via Checkpoint Spot (CPS) and full registration fees must be paid.
- b. As a special offer to early bird registrants, a discounted rate will be offered until 31 December 2023. The registration fees are as shown below.

Category	Early Bird (26 Oct 2023 – 31 Dec 2023)	Normal Entry (1 Jan 2024 – 14 April 2024)
30KM	RM380	RM430
21KM	RM250	RM290

- c. All information provided during the registration process must be accurate.
- d. The sale of race bibs or the transfer of slots is strictly prohibited. MTIC organiser will not be held responsible for any issues that may arise due to unauthorized slot transfers. Individuals caught participating in the race using someone else's bib will be immediately disqualified.
- e. Participant agreement:
 - i. Participants acknowledge that by participating in this event, they accept the demanding and perilous nature of the route, which is tailored for well-conditioned and trained runners.
 - ii. Participants commit to adhering to the event's rules and regulation and accept full responsibility for their health and well-being throughout the event.

- iii. Participants understand that the remote and demanding environment of this event may result in slower medical response times during emergencies.
- iv. MTIC organiser retains the authority to adjust the start time, either delaying or advancing it, make alterations to the race course, including extending or reducing distances, and amend the cut off times if safety concerns necessitate such changes.
- v. Participants must independently complete the course on foot, solely relying on their own power and ability, and must do so within the cut off time. Accepting assistance or support from any person or motorised vehicle may lead to disqualification.
- vi. MTIC organiser reserves the right to withdraw the privilege of running in this race if an individual is found to be acting against the spirit of the race.

3. Course Details:

- a. The 30km course begins at Gate Kupu-Kupu includes a climb to the Mt. Trusmadi Summit. This demanding course encompasses 2km asphalt roads, gravel roads, boardwalk way, single trail rainforest and mossy forests, and rugged terrain.
- b. The 21km course begins at Gate Kupu-Kupu, continues to Mirad Irad Base Camp, then to Boardwalk Starting point, forms a loop back to the Gate Kupu-Kupu, encompassing 2km asphalt roads and 19km gravel roads but does not include a climb to the Mt. Trusmadi Summit.
- c. Trail markers are strategically placed along the race course for participant guidance.
- d. Course maps and elevation profiles for both the 30km and 21km race categories will be made available as points of reference.
- e. A GPX file of the route will be provided for participants to download, offering a digital navigation option.

4. Race Pack Collection

- a. Foreigner participants are required to bring their passport and/or visa during the race pack collection. They should first register at the foreigner participants counter before proceeding to the race pack collection counter.
- b. Participants in the 30km category are required to bring their mandatory gear for inspection during the race pack collection.
- c. Participants are required to bring their E-Ticket generated during online registration, along with their ID (IC for Malaysian or Passport for foreigners).
- d. 21km participants is permitted to have someone else collect their race pack on their behalf. The representative should bring the participant's E-Ticket, ID (IC for Malaysian or passport for foreigners), and complete an authorization form.
- e. However, 30km participants must attend the race pack collection in person to receive important safety briefing.
- f. Additionally, all participants are required to fill and sign an Indemnity Form during the race pack collection process.

5. Safety Measures:

- a. Safety briefings will be conducted for 30km participants during the race pack collection.
- b. Participants are required to register at the Gate Kupu-Kupu starting line upon arrival, where their valid contact numbers will be collected. This information is crucial in case of emergencies.
- c. Due to the limited cellular signal in the area, an assigned telco company will deploy signal boosters for the exclusive use of the MTIC event. We strongly advise participants to acquire a SIM card from this assigned telco company, which will be announced at a later date.
- d. Safety briefing and equipment inspections will be conducted before the flag off.
- e. At some parts of the course, the slope is almost vertical and participants will need to grab onto a rope to climb up and climb down. Mountain guides or race officials will be stationed at some of these sections.
- f. Participants must follow the guidance of mountain guides or race officials at all times.

6. Environmental Responsibilities:

- a. Protected areas and restricted zones must be respected.
- b. The entire route from the Mt. Trusmadi Boardwalks Starting Point to the Mt. Trusmadi Summit is within a protected area managed by Sabah Forestry Department. It is imperative that participants refrain from any actions that could harm the local ecosystem, including but not limited to damaging plant life, disturbing wildlife, or altering the natural landscape.
- c. Please be especially cautious not to pick or disturb any plants you may encounter, including the unique and attractive pitcher plants and other flora that are native to this area. While these plants may be fascinating, it is essential to leave them undisturbed to preserve the fragile balance of the environment.
- d. Participants are reminded that any violations of these environmental regulations may result in fines or penalties as imposed by the authorities.
- e. Participants are strictly prohibited from littering or discarding any waste items along the race course. It is essential to carry your personal trash inside a zip lock plastic bag and dispose of them responsibly at the designated trash bin available at Gate Kupu-Kupu.

7. Equipment Rules:

- a. Participants must carry mandatory gear throughout the MTIC race. Failing to do so may result in TIME PENALTY or DISQUALIFICATION.
- b. The mandatory gear is as follow.

ITEM	30KM	21KM
Race bib	√	√
Trail shoes	√	√
Running vest	√	√
Hydration pack or bottles (min. 1 litre water-carrying capacity)	√	√
Mobile phone (fully charge)	√	√
Emergency whistle	√	√
Zip lock plastic bag for personal trash	√	√
Basic First Aid Kit (min. bandages, cotton wool, gauze, elastic bandage, antiseptic pads and mini scissor)	√	√
Windbreaker (waterproof) or rain jacket	√	√
Survival blanket	√	√
Energy bar (food reserve recommendation: 800 kcal)	√	×
Gloves (2 pairs)	√	×
Headlamp or flashlight	√	×

(√) mandatory (×) recommended but optional

- c. Participants in the 30km are required to wear gloves for protection and to enhance grip on the rope and ladder provided in specific route sections.
- d. Trekking poles are allowed. However, participants are reminded to exercise extra caution to avoid causing injury to others with them.

8. Support Stations:

- a. Participants are obligated to check-in at each water station along the course for timing recording.
- b. Water will be available at each support station except at Mt. Trusmadi Summit Check Point.
- c. Water, food and medical assistance will be available at main water station (WS2/5) situated at Boardwalk Starting Point water station.

9. Timing and Scoring:

- a. Scoring will be based on completion time from the flag off.
- b. The principle of "winning together" is not recognised by MTIC organiser. In the event that participants choose to cross the finish line simultaneously, the winner will be determined by the timing at the last Check Point reached. Participants are strongly encouraged to engage in fair and healthy competition.
- c. Electronic timing devices will be employed for all participants. Manual timing by race officials will be conducted at the Mirad Irad Base Camp water station (WS1) and at the Mt. Trusmadi Summit Check Point. The use of electronic timing devices at this location is not feasible.
- d. Time penalty or disqualifications may occur for rule violations or unsafe behaviour.

10. Cut off time (COT) and did not finish (DNF):

- a. 30km participant who do not meet the COT by arriving after 9.30am (2h30min) at the Boardwalk Starting Point water station (WS2/5) or by arriving after 11.00am (4h) at Taman Sulaiman water station (WS3/4) will be stopped from continuing the race due to safety reason in which the participant will be marked as DNF.
- b. 30km participant who do not complete the course within the 9-hour COT will be assisted by a sweeper vehicle, and the participant will be marked as DNF.
- c. 21km participant who do not complete the course within the 6-hour COT will be assisted by a sweeper vehicle, and the participant will be marked as DNF.
- d. Participants are allowed to withdraw from the race exclusively at water stations, with the exception of medical emergencies. To initiate a withdrawal, participants must clearly communicate their intent to race officials, who will subsequently remove their timing chip and the participant will be marked as DNF. It is imperative to understand that once the withdrawal is confirmed, re-entry or resuming the race will not be possible. Therefore, please ensure that your decision to withdraw is resolute and thoughtfully considered.

11. Insurance coverage:

- a. Participants will be covered by insurance policy as part of the requirement of the MTIC. The Insurance fee is included in the registration fee.

12. Awards and Prizes:

- a. Cash prizes will be awarded to the winners.

Category	Champion	2nd Place	3rd Place	4th Place	5th Place
30KM Men Open	RM3,500	RM2,500	RM1,500	RM800	RM500
30KM Women Open	RM3,500	RM2,500	RM1,500	RM800	RM500
21KM Men Open	RM800	RM700	RM600	RM500	RM400
21KM Women Open	RM800	RM700	RM600	RM500	RM400
21KM Men Veteran	RM800	RM700	RM600	RM500	RM400
21KM Women Veteran	RM800	RM700	RM600	RM500	RM400

- b. Additional awards or prizes will be given to winners.
- c. The awards ceremony is scheduled to take place at 4pm.

13. Protest and Dispute Resolution:

- a. Participants may file a formal protest regarding an incident or issue during the race. Protests should be submitted in writing to the judicial panel within 1 hour after crossing the finish line.
- b. To discourage frivolous protests, RM300.00 protest fee is required and refundable only if the protest is upheld

- c. A designated judicial panel of race officials will review the written protest and any relevant evidence or witness statements. The panel will conduct a thorough investigation to assess the validity of the protest.
- d. Once the review is completed, the decision will be communicated to the protesting competitor. If the protest is upheld, appropriate actions, such as time adjustments or corrections, or disqualification, will be taken.
- e. Competitors have the right to appeal the decision before the prizes presentation ceremony take place. An appeals judicial panel not involved in the initial decision will review the appeal and render a final decision.
- f. Organiser will ensure protesting competitors and witnesses will not face retaliation or discrimination for participating in the dispute resolution process and all involved parties are expected to conduct themselves respectfully and maintain good sportsmanship throughout the protest and dispute resolution process.
- g. Protests can be expected to be resolved within 48 hours after the initial protest letter was submitted.

14. Drop Bags:

- a. Participants are allowed to deposit a drop bag at the Gate Kupu-Kupu starting line.
- b. While the organizer will make every effort to ensure the safety of all drop bags, we strongly advise against placing fragile or valuable items in them.
- c. The organiser cannot be held responsible for any loss or damage to objects in the drop bag.

15. Weather and Cancellation Policy:

- a. The event may be delayed or cancelled in adverse weather conditions. Safety is a top priority, and decisions made by the MTIC organiser are final.
- b. In the event of race cancellation occur, medals and finisher t-shirts will be distributed to participants in person or via courier service.
- c. Registration fees are non-refundable, even in the event that participants do not attend the race pack collection or fail to start the race.