



**RACE GUIDE:
T8 PAHANG ECO 2022**

**ORGANIZER:
ELPIS EVENT MANAGEMENT**



WELCOME NOTE

TERIMA KASIH

825

Registered participants for your support.

T8 Pahang Eco 2022 will traverse all of you through the white sandy beach and beautiful pine trees lining up along the coast, with some rocky promontories facing the incessant waves of the South China Sea and the beautiful trails of Bukit Pelindung and Bukit Tokki.

Our main objective is to promote running event towards eco-tourism, bringing all especially outstation runners to see and appreciate the beauty of Kuantan as well as to help reviving the severely affected economic sectors due to the Covid-19 pandemic.

We are excited to meet all of you next month,
Train Hard & Race Easy.

RD



EVENT INFO

ORGANIZER: ELPIS EVENT MANAGEMENT

SANCTIONED BY: PESURUHJAYA SUKAN MALAYSIA (KBS)

SUPPORTED BY:

TOURISM MALAYSIA

TOURISM PAHANG

EVENT PARTNERS

PEJABAT PERHUTANAN NEGERI PAHANG

IPD KUANTAN

BALAI TRAFIK KUANTAN

JABATAN BOMBA KUANTAN

TITLE SPONSOR: T8 MALAYSIA

DATE: 22- 24 JULY 2022

VENUE: DATARAN TELUK CEMPEDAK, KUANTAN PAHANG



VENUE

RACE VILLAGE WILL BE LOCATED AT **DATARAN TELUK CEMPEDAK**

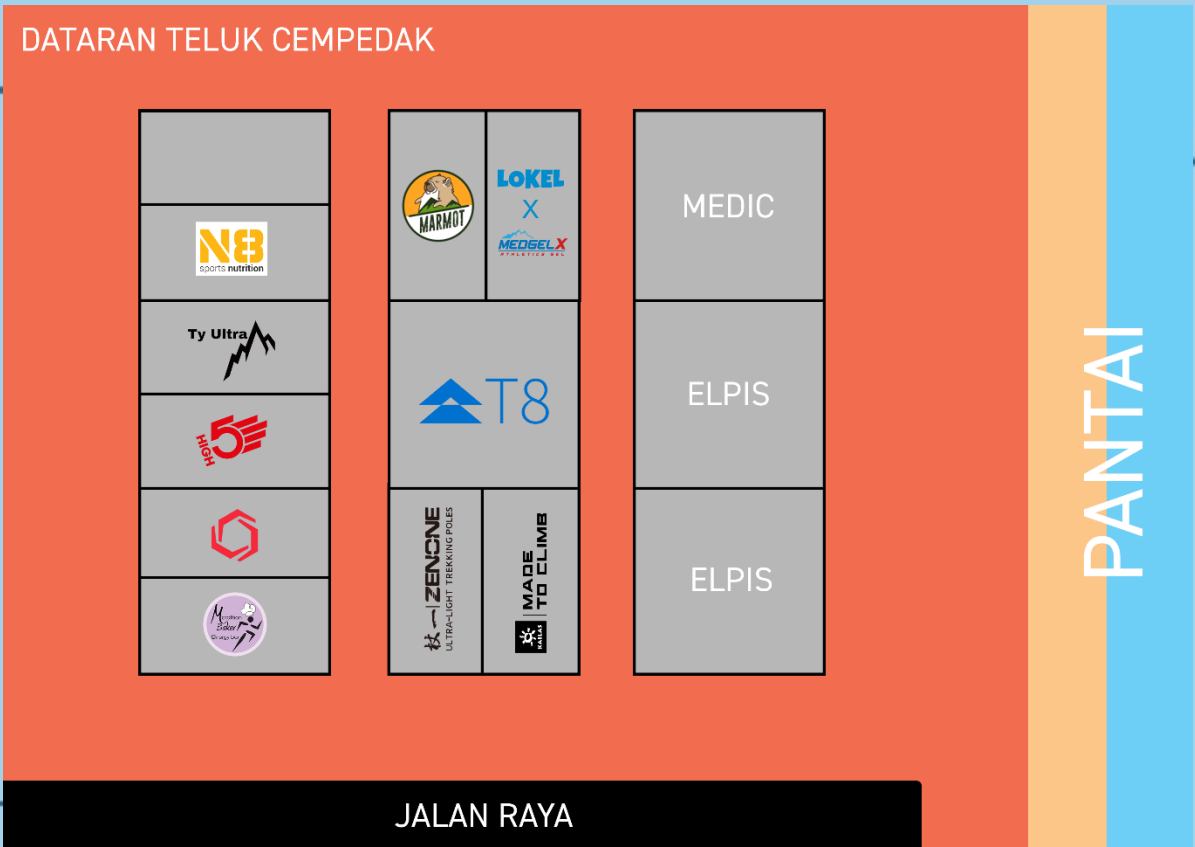
GOOGLE MAP: <https://goo.gl/maps/ioJh3Dmx8vFannSk8>

Please ensure that you park your car at the designated parking area to avoid your car from being compounded by the local authorities.

Do not leave your personal belongings or valuables in your car.



RACE VILLAGE FLOOR PLAN



HEALTH & SAFETY MEASUREMENTS

COVID-19

1. Participants are not required to scan MySejahtera but are encouraged to do so.
2. Participants are not required to perform RTK or saliva test anymore, however please ensure that you are in good condition healthwise prior to the race to prevent any unwanted risk.
3. Wearing face mask is compulsory during the racekit collection.
4. Please ensure to keep your hands clean and sanitized regularly.

MANDATORY ITEMS

1. Mandatory items check is compulsory for all 50km and 25km participants.
2. If you have chosen to have your racekit delivered, we will have it posted via courier within 14 days before the event date. Please make sure to keep your timing chip on the bib not folded or damaged. You may come and check the functionality of your timing chip at the race site but please note that there will be extra charges if the timing chip is broken and needed replacement.
3. We will randomly check your mandatory items during and after you finish the race.
4. **30 minutes penalty** will be given for each item missing/incomplete and this will affect your overall timing result.
5. **Missing of headlamp, emergency blanket, water blader/ soft flask, or first-aid kit will lead to disqualification from the race.**



HEALTH & SAFETY MEASUREMENTS

TRAIL COURSE

1. Some parts of the trail are raw and rarely used by locals.
2. 20-40% of the route do not have Telco coverage.
3. GPX might be haywire on the route due to large trees and thick forest. Your main guidance will be the orange neon colored markers. The markers are very visible and can be seen every 5-10 meters.
4. If markers cannot be seen within 5 steps, please stop and search for the markers before proceeding to continue.
5. Be aware of the original inhabitants (wildlife animals) on the route.
6. In case of heavy rain, always pay attention of the surroundings and do not stay nearby old trees.
7. Please follow our crews' (trail masters) instructions.

DNF (Decide to stop)

1. If you decide to stop, please make sure to stop at the checkpoint.
2. You will be taken back to the race village and need to inform crew on duty.

INJURIES AND EMERGENCY

1. Do not panic, inform others to help notify our nearby crew on your whereabouts.
2. If needed, blow your whistle.
3. We will have SWEEPERS for all categories, their task is to ensure all runners are out of the trail safely. No runners will be left behind.
4. If needed, please rest at safe area.

All participants is covered with personal accident insurance on 23-24 July 2022.



HEALTH & SAFETY MEASUREMENTS

WILDLIFE ANIMAL IN RACE COURSE

1. Do not approach them.
2. Do not share your food with them.
3. If needed please stop and let them pass first.



Giant Black Squirrel



Boar



Monkey



Red head snake



Leech

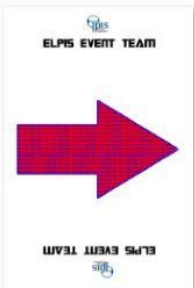
HEALTH & SAFETY MEASUREMENTS

OFFICIAL MARKERS & SIGNAGES

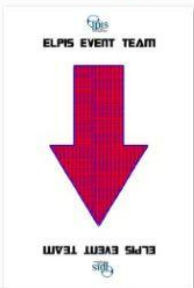


ORANGE NEON FABRIC MARKER

OUR SIGNAGES WIL HAVE
OUR COMPANY LOGO



LEFT RIGHT



STRAIGHT



SLOW



UTURN



BIB TRANSFER

Official bib transfer can be done during Race Kit Collection with RM30 charge.

It is compulsory for bib transfer participants to update their details. For those found guilty not changing their details, they will be considered as using illegal bibs and disqualified from the race.

Official bib transfer is important as all participants will be provided with insurance and forest permits. Your safety is our top priority.

Bib transfer is only allowed within the same category.

Eg:

Ball Breaker Men Open to Ball Breaker Women Veteran **(YES)**

Ball Breaker Men Open to Ball Breaker Men Veteran **(YES)**

Ball Breaker Men Open to Ultra Challenge Men Open **(NO)**

Only original participant with solid reason (Health issue) will be consider to downgrade with term and condition.

T-shirt size are not allowed to change.





ULTRA CHALLENGE
50KM



HIGH5 ULTRA CHALLENGE 50KM INFO

RACE KIT COLLECTION

22 JULY 2022 : 9.00PM – 12.00AM

23 JULY 2022 : 4.00AM – 5.30AM

(Breakfast will be provided from 4.00am – 6.00am for all 50KM participants)

SUBUH: 5.45AM

RACE & SAFETY BRIEFING

23 JULY 2022 : 6.15AM

FLAG OFF

23 JULY 2022 : 6.30AM

LATE FLAG OFF : 10 MINUTES AFTER

EVENT CUT-OFF TIME

24 JULY 2022 : 12.30AM (18 hours)



HIGH5 ULTRA CHALLENGE 50KM

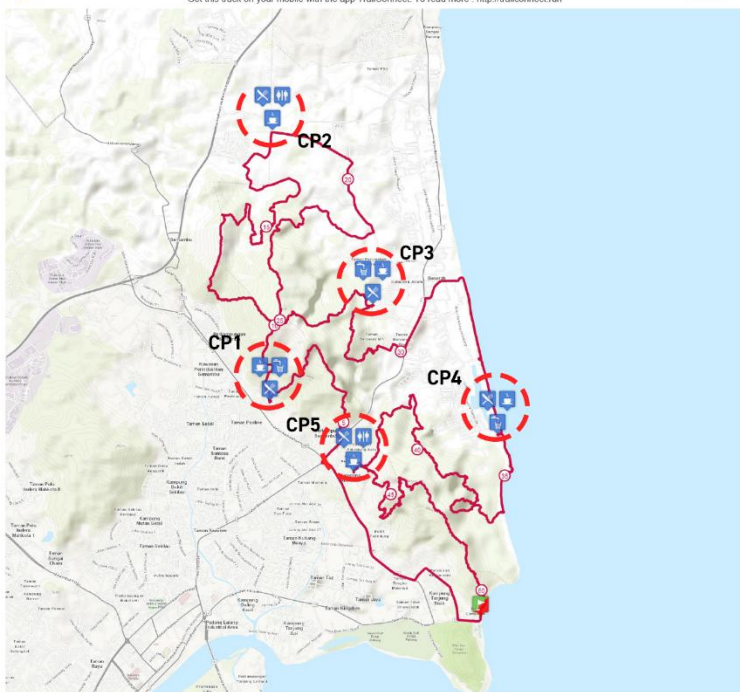
ROUTE PROFILE

TRACE
DE
trail

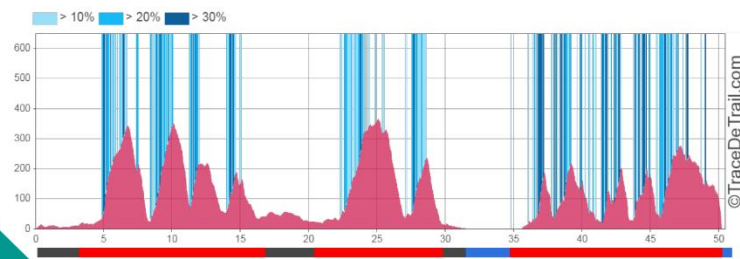
PAHANG ECO 2022 - 50KM ULTRA CHALLENGE

50.4 km 2880 m 2890 m

Get this track on your mobile with the app TrailConnect. To read more : <http://trailconnect.run>



<https://tracedetrail.com>



© TraceDeTrail.com



MAP LEGEND

H5 ULTRA CHALLENGE (50KM)

QUALIFIER **50K M**

iTRA **3**

MOUNTAIN LEVEL: 6

TARMAC
 TRAIL
 BEACH

CP 1: HIGH5

- HIGH5 SUPPLEMENT
- WATER REFILL
- FOOD
KM: 8.2
COT: NILL

CP 2: MARATHON BAKER

- TOILET
- WATER REILL
- FOOD
KM: 18.37
COT: NILL

CP 3: KAILAS

- WATER REFILL
- FOOD
KM: 27.15
COT: 3.30PM



CANDIDATE RACE



MAP LEGEND

H5 ULTRA CHALLENGE (50KM)

QUALIFIER **50K M**

iTRA **3**

MOUNTAIN LEVEL: 6

TARMAC
 TRAIL
 BEACH

CP 4: COWA

- DROP BAG STATION
- COWA COCONUT WATER
- WATER REFILL
- FOOD
KM: 33
COT: NILL

CP 5: N8 SPORTS NUTRITION

- TOILET
- WATER REILL
- FOOD
KM: 43.2
COT: NILL

DISTANCE: 50.1KM
ELEVATION GAIN: 2,721M
CATEGORY COT: 12.30AM (18H)



CANDIDATE RACE



HIGH5 ULTRA CHALLENGE 50KM

CHECKPOINT INFO

CP1	CP2	CP3	CP4	CP5
HIGH 5	MARATHON BAKER	KAILAS	COWA	N8 SPORTS NUTRITION
KM8.2	KM18.37	KM27.5	KM33	KM43.2
COT: NILL	COT: NILL	COT: 03.30PM	COT: NILL	COT: NILL
Timing Control/ Medic	Timing Control/ Medic/ Toilet	Timing Control/ Medic	Timing Control/ Medic/ Drop bag Station	Timing Control/ Medic/ Toilet
1. HIGH5 SUPPLEMENT 2. 100 PLUS 3. COLA 4. MOMA WATER LITE FOOD - ONIGIRI - BISKUT - KEK	1. MB GUMMY ULTRA 2. 100 PLUS 3. COLA 4. MOMA WATER FOOD - BISCUIT - BANANA CAKE - DATES - CHICKEN RICE - SOUP - VEGETABLE SOUP - EGG - FRUIT	1. 100 PLUS 2. COLA 3. MOMA WATER FOOD - BISCUIT - BANANA CAKE - DATES - CHICKEN RICE - SOUP - VEGETABLE SOUP - EGG - FRUIT	1. COWA COCONUT WATER 2. 100 PLUS 3. COLA 4. MOMA WATER 5. MB Gummy Ultra FOOD - BANANA CAKE - DATES - CEKODOK BILIS - CELUP TEPUNG - SATA - FRUITS	1. 100 PLUS 2. COLA 3. MOMA WATER 4. TEH HALIA 5. AIR PANAS LIGHT FOOD - BISCUIT - BREAD - CAKE - DATES - BANANA PORIDGE - MEGGIE MEE

THERE WILL BE CP BONUS IN BETWEEN CP4 & CP5 TO REFILL YOUR WATER (MOMA WATER & 100 PLUS)



HIGH5 ULTRA CHALLENGE 50KM MANDATORY ITEM



MANDATORY ITEM



CUP, SPOON & BOWL



GLOVES



TRAIL SHOES



MANDATORY ITEM



HEADLAMP



BLINKERS



EMERGENCY BLANKET



EXTRA BATTERIES



HYDRATION BAG



MANDATORY ITEM



MOBILE PHONE
FULLY CHARGE



WHISTLE



BASIC PERSONAL AID
(Paracetamol, Bandage, Plaster,
antiseptic cream and etc)



WATER CONTAINER
AT LEAST 1L



ZIPLOCK BAG



ENERGY BAR/ GEL



RECOMENDED ITEM



HEADWEAR



ANTI CHAFING/ VASELINE



WIND BREAKER



TREKKING POLES

GPX & ROUTE INFO

T8 PAHANG ECO 2022

GPX

HIGH5 ULTRA CHALLENGE

[CLICK HERE](#)

ROUTE

T8 PAHANG ECO 2022

HIGH5 ULTRA CHALLENGE

[CLICK HERE](#)

INFO



UTMB®

INDEX





sports **nutrition**

BALL BREAKER

25KM



N8 BALL BREAKER INFO

RACE KIT COLLECTION

23 JULY 2022 : 9.30AM – 6.00PM

RACE & SAFETY BRIEFING

24 JULY 2022 : 6.15AM

FLAG OFF

24 JULY 2022 : 6.30AM

LATE FLAG OFF : 10 MINUTES AFTER

EVENT CUT-OFF TIME

24 JULY 2022 : 2.30PM (8 HOURS)



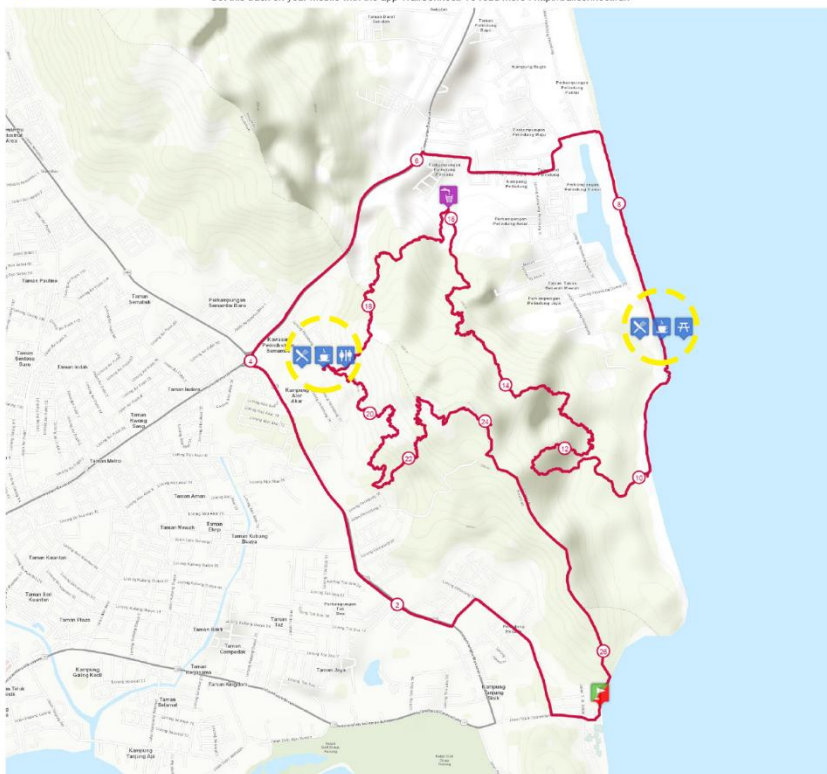
N8 BALL BREAKER 25KM ROUTE PROFILE

TRACE
DE
trail

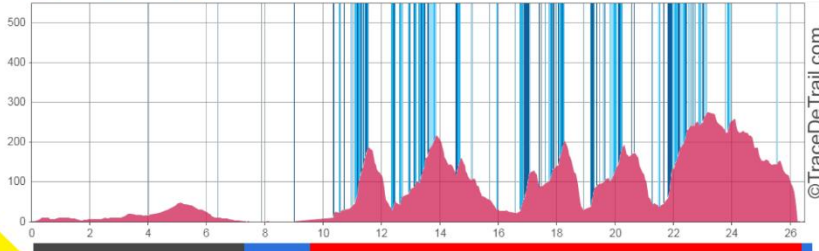
PAHANG ECO 2022 - 25KM BALL BREAKER

26.4 km 1240 m 1240 m

Get this track on your mobile with the app TrailConnect. To read more : <http://trailconnect.run>



> 10% > 20% > 30%



MAP LEGEND N8 BALL BREAKER (25KM)

QUALIFIER 20K

ITRA 1

MOUNTAIN LEVEL: 5

TARMAC
 TRAIL
 BEACH

CP 1: COWA

- COWA COCONUT WATER
 - WATER REFILL
 - FOOD
- KM: 8.6
COT: NILL

CP BONUS

- WATER REFILL
- KM: 16.5

CP 2: N8 SPORTS NUTRITION

- TOILET
 - N8 SUPPLEMENT
 - WATER REILL
 - FOOD
- KM: 19.2
COT: 12.00PM

CATEGORY COT: 2.30PM (8H)

DISTANCE: 26.4KM
ELEVATION GAIN: 1,239m

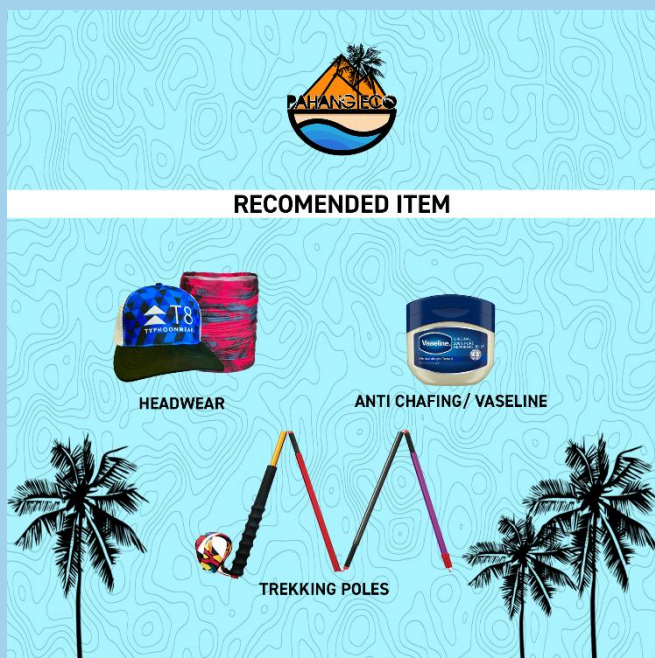
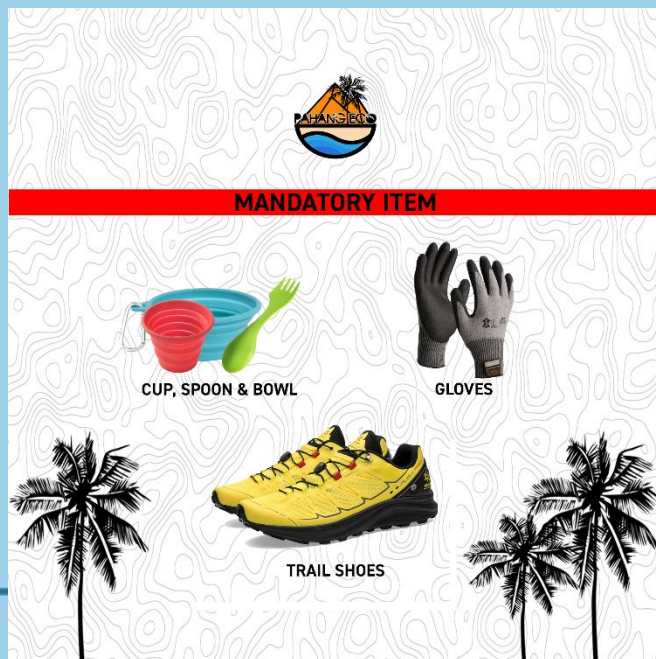
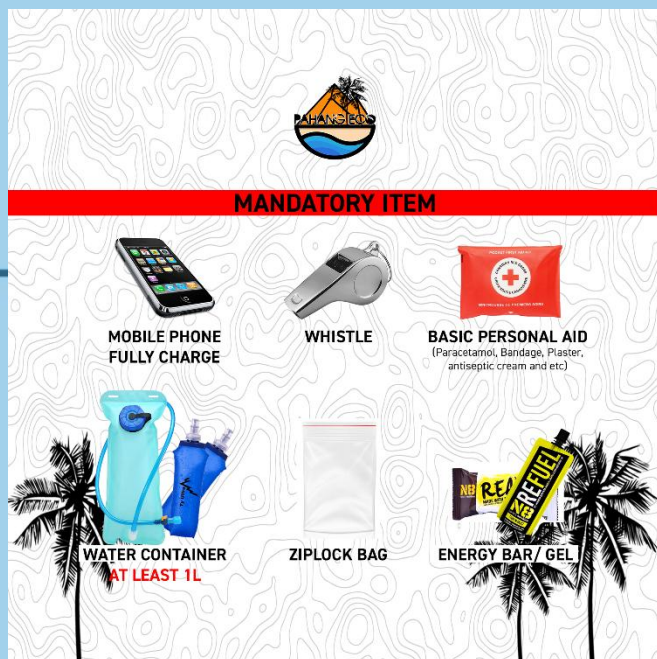


N8 BALL BREAKER 25KM CHECKPOINT INFO

CP1	CP2
COWA	N8 SPORTS NUTRITION
KM8.6	KM19.2
COT: NILL	COT: 12.00PM
TIMING CONTROL	TIMING CONTROL/ TOILET/ MEDIC
1. COWA COLD COCONUT JUICE 2. 100 PLUS 3. COLA 4. MOMA WATER 5. MB Gummy Ultra FOOD - BANANA CAKE - DATES - FRUIT - BREAD	1. 100 PLUS 2. COLA 3. MOMA WATER LIGHT FOOD - BISCUIT - BREAD - CAKES - DATES - ONIGIRI - (Lunch Pack serve at 11AM)
THERE WILL BE CP BONUS IN BETWEEN CP1 & CP2 TO REFILL YOUR WATER (MOMA WATER & 100 PLUS)	



N8 BALL BREAKER 25KM MANDATORY ITEM



GPX & ROUTE INFO

T8 PAHANG ECO 2022

GPX

N8 BALL BREAKER

[CLICK HERE](#)

ROUTE

T8 PAHANG ECO 2022

N8 BALL BREAKER

[CLICK HERE](#)

INFO



UTMB®

INDEX





FUN TRAIL

12KM



MB FUN TRAIL INFO

RACE KIT COLLECTION

23 JULY 2022 : 9.30AM – 6.00PM

RACE & SAFETY BRIEFING

24 JULY 2022 : 6.45AM

FLAG OFF

24 JULY 2022 : 7.00AM

LATE FLAG OFF : 10 MINUTES AFTER

EVENT CUT OFF

24 JULY 2022 : 10.30AM (3.30 HOURS)



MB FUN TRAIL 12KM

CHECKPOINT INFO

CP1

COWA

KM8.6

TIMING CONTROL

1. COWA COLD COCONUT JUICE
2. 100 PLUS
3. COLA
4. MOMA WATER
5. MB Gummy Ultra

FOOD

- BANANA CAKES
 - DATES
 - FRUITS
 - BREAD



ROUTE INFO

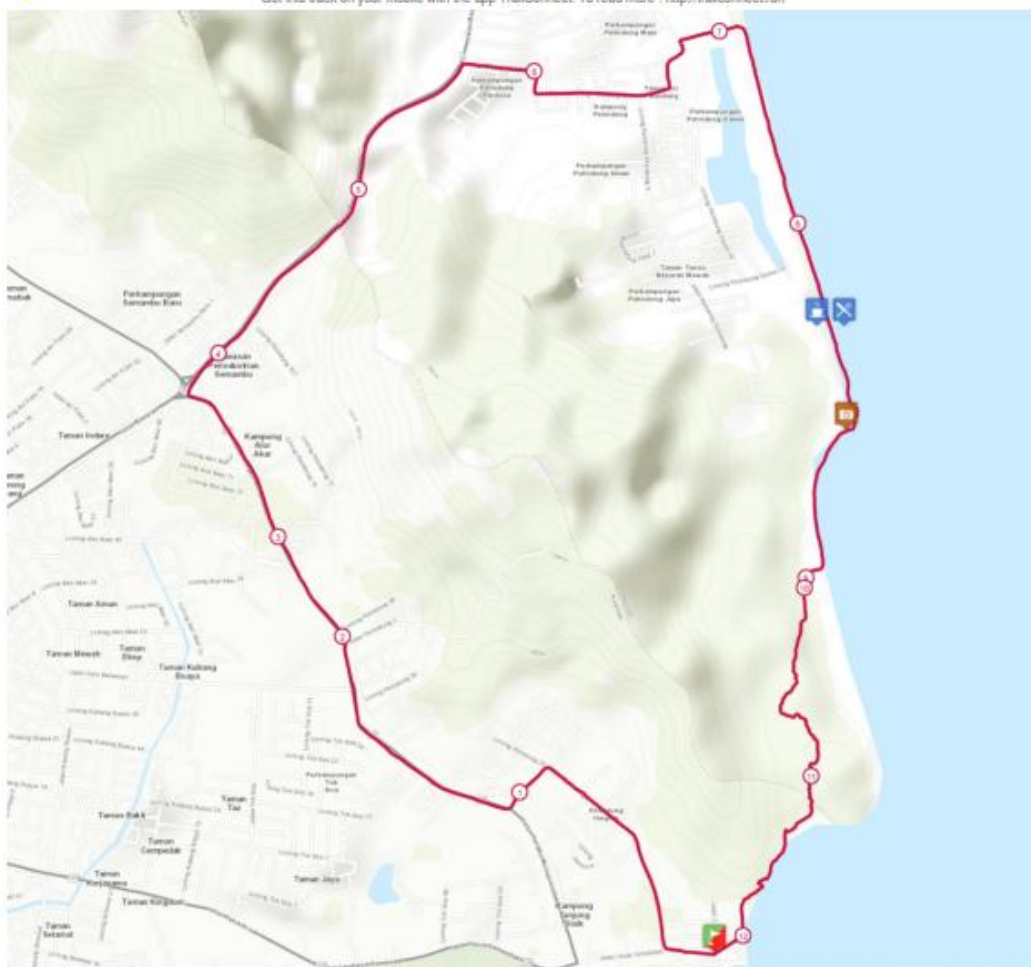


Pahang Eco 2022 - 12 km Fun Trail

12.1 km 110 m 110 m

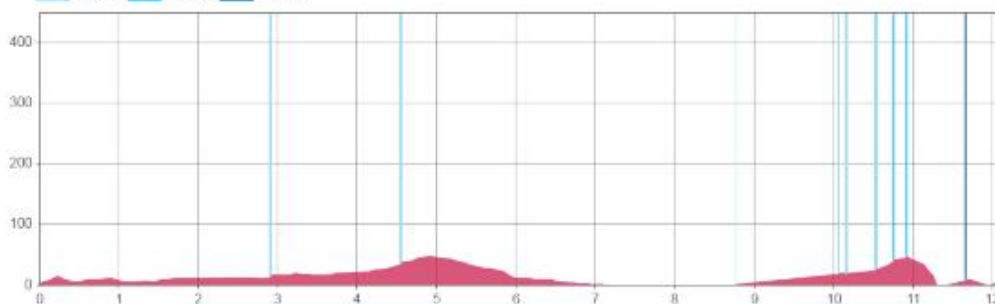


Get this track on your mobile with the app TrailConnect. To read more : <http://trailconnectrun>



<https://tracedetrail.com>

> 10% > 20% > 30%



© TraceDeTrail.com



T8 PAHANG ECO 2022

PLOGGING | FUN TRAIL | BALL BREAKER | ULTRA CHALLENGE



TENTATIVE UPDATES

22/07/22

9.00PM- 12.00AM

Race Kit Collection
(50KM only)

23/07/22

4.00AM- 5.30AM

Race Kit Collection
(50KM only)

6.15AM

Race & Safety Briefing

6.30AM

Flag Off 50KM

10.00AM- 6.00PM

Race Kit Collection
25KM | 12KM | Plogging

12.30AM

24/07/22

50KM Cut Off

24/07/22

6.00AM

Race & Safety Briefing

6.30AM

Flag Off 25KM

7.00AM

Flag Off 12KM

8.00AM

Plogging

10.30AM

Cut Off: 12KM & Plogging
Prizes Giving Ceremony

02.30PM

25KM Cut Off

03.00PM

Event Ended

VENUE: DATARAN TELUK CEMPEDAK



EVENT SPONSORS

PLOGGING

12KM

25KM

50KM

