



TRAIL DES GOMBAK

EXPLORING POSSIBILITIES

24-25th JUNE 2023



EVENT GUIDE BOOK

SUPPORTED BY



ABOUT

Projek Hijo welcomes you to Trail des Gombak, where this race consists of trail, road, gravel, hills, rivers, a waterfall, and many more. Trail des Gombak 2023 offers you 7km, 15km, 30 km, and a new category of 50km. For Gombak15, Gombak30, and Gombak50, finishers will receive the UTMB Index and ITRA Points, respectively. Meanwhile, the MULC points are for Gombak50 finishers only. There is no point for the Gombak7 category.

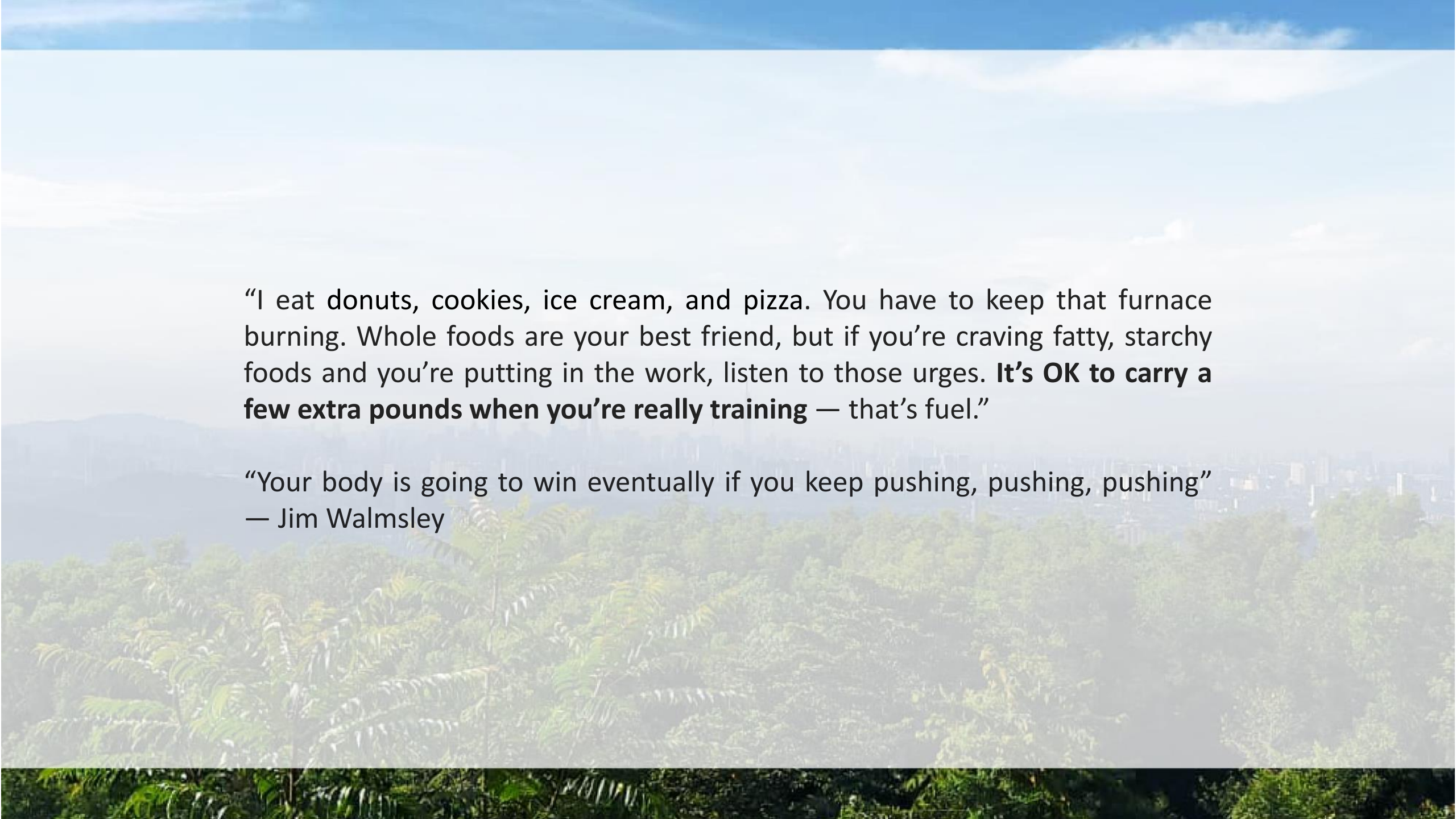
We welcome you to Gombak. This is where *Exploring Possibilities* begins.

MISSION

Our mission is simple and straightforward. We would like to share our love of nature by introducing Gombak Trails, where we have lived nearby for over 30 years. Not many forests still exist near the city centre. While most forests are now turned into farms and developments, through trail running (or maybe trekking or hiking), we can promote to the community in Klang Valley, Malaysia, and around the world what is left before it's gone. We are proud to say that the forest around us is beautiful and mesmerising, definitely worth enjoying together. Cherish the forest we have.

AFFILIATIONS





“I eat donuts, cookies, ice cream, and pizza. You have to keep that furnace burning. Whole foods are your best friend, but if you’re craving fatty, starchy foods and you’re putting in the work, listen to those urges. **It’s OK to carry a few extra pounds when you’re really training** — that’s fuel.”

“Your body is going to win eventually if you keep pushing, pushing, pushing”
— Jim Walmsley

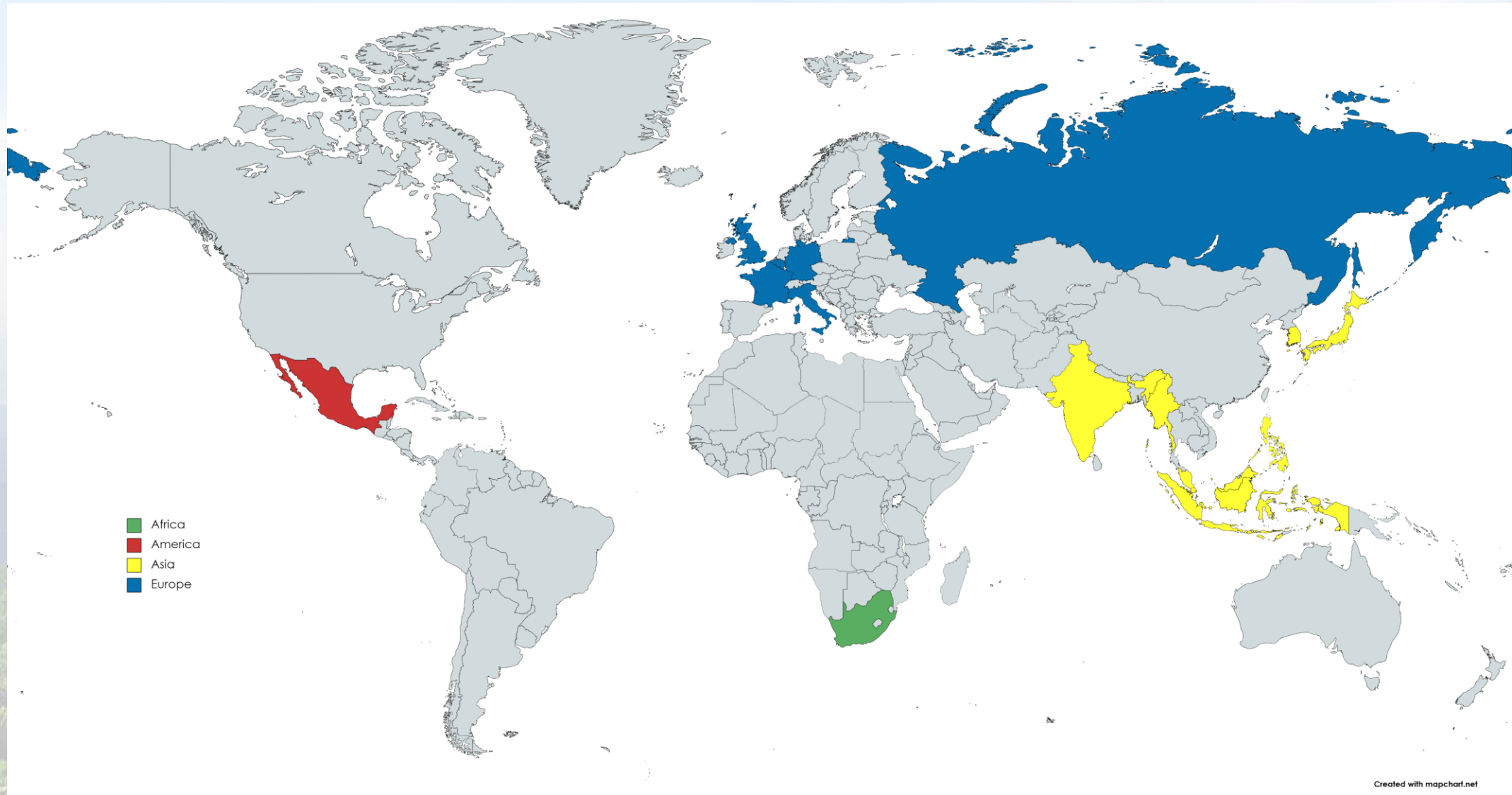
PARTICIPATING COUNTRIES

Africa – South Africa

America – Mexico

Asia – Malaysia, Indonesia, Japan, Singapore, The Philippines, India, South Korea, Myanmar

Europe – Great Britain, France, Belgium, Germany, Italy, Russia



A scenic view of a city skyline from a high vantage point, with a dense forest in the foreground and a blue sky with clouds above. The city skyline is visible in the distance, with various buildings and structures. The foreground is filled with lush green foliage, including palm trees and other tropical plants. The sky is a clear blue with some white clouds scattered across it.

EVENT SCHEDULE

Description	Time	Remarks
Saturday, 24th June 2023		
Registration, Mandatory Items Check & Race Entry Pack Collection	11.00 am – 6.00 pm	Dewan Serbaguna Orang Asli Batu 12, Gombak
Sunday, 25th June 2023		
Baggage Counter Open	2.00 am	Dewan Serbaguna Orang Asli Batu 12, Gombak
Flag-off Time 50km	4.00 am	Dewan Serbaguna Orang Asli Batu 12, Gombak
Flag-off Time 30km	6.30 am	Dewan Serbaguna Orang Asli Batu 12, Gombak
Flag-off Time 15km	7.00 am	Dewan Serbaguna Orang Asli Batu 12, Gombak
Flag-off Time 7km	7.30 am	Dewan Serbaguna Orang Asli Batu 12, Gombak

Description	Time	Remarks
Sunday, 25th June 2023		
Cut-off Time 7km	10.00 am	Dewan Serbaguna Orang Asli Batu 12, Gombak
Cut-off Time 15km	11.00 am (new)	Dewan Serbaguna Orang Asli Batu 12, Gombak
Prize Giving Ceremony	12.00 pm	Dewan Serbaguna Orang Asli Batu 12, Gombak Presented by Marmot Sports
Lucky Draw	11.00 am - 3.00 pm	Dewan Serbaguna Orang Asli Batu 12, Gombak Presented by COROS
Cut-off Time 30km	2.30 pm	Dewan Serbaguna Orang Asli Batu 12, Gombak
Cut-off Time 50km	5.00 pm (new)	Dewan Serbaguna Orang Asli Batu 12, Gombak
Baggage Counter Close	5.30 pm	Dewan Serbaguna Orang Asli Batu 12, Gombak

RACE ENTRY PACK COLLECTION (REPC) VENUE

DEWAN SERBAGUNA JAKOA, BT 12 GOMBAK

24TH JUNE 2023, 11.00 AM – 6.00 PM

GOOGLE MAPS: DEWAN SERBAGUNA JAKOA BT 12 GOMBAK

WAZE: DEWAN SERBAGUNA ORANG ASLI GOMBAK

REGISTRATION & REPC FLOW

1. Please bring a copy of the indemnity and release form to REPC. Failure of which you will be charged RM2.00/copy. To download, click [Indemnity Form](#).
2. Present your ID/Passport and race confirmation slip to event crew at Registration Counter.
3. Proceed to Mandatory Items Check Counter as instructed by the crew.
4. Proceed to Race Entitlements Counter by presenting your race confirmation slip.
5. Please make sure your bib name and category is correct.

Notes:

1. To collect on behalf, please make sure you bring an authorization letter and race confirmation slip.
2. You also need to bring all mandatory times of the person you collect on behalf.
3. One runner one set of mandatory items.

RACE VENUE

DEWAN SERBAGUNA JAKOA, BT 12 GOMBAK

25TH JUNE 2023, 4.00 AM – 5.00 PM

GOOGLE MAPS: DEWAN SERBAGUNA JAKOA BT 12 GOMBAK

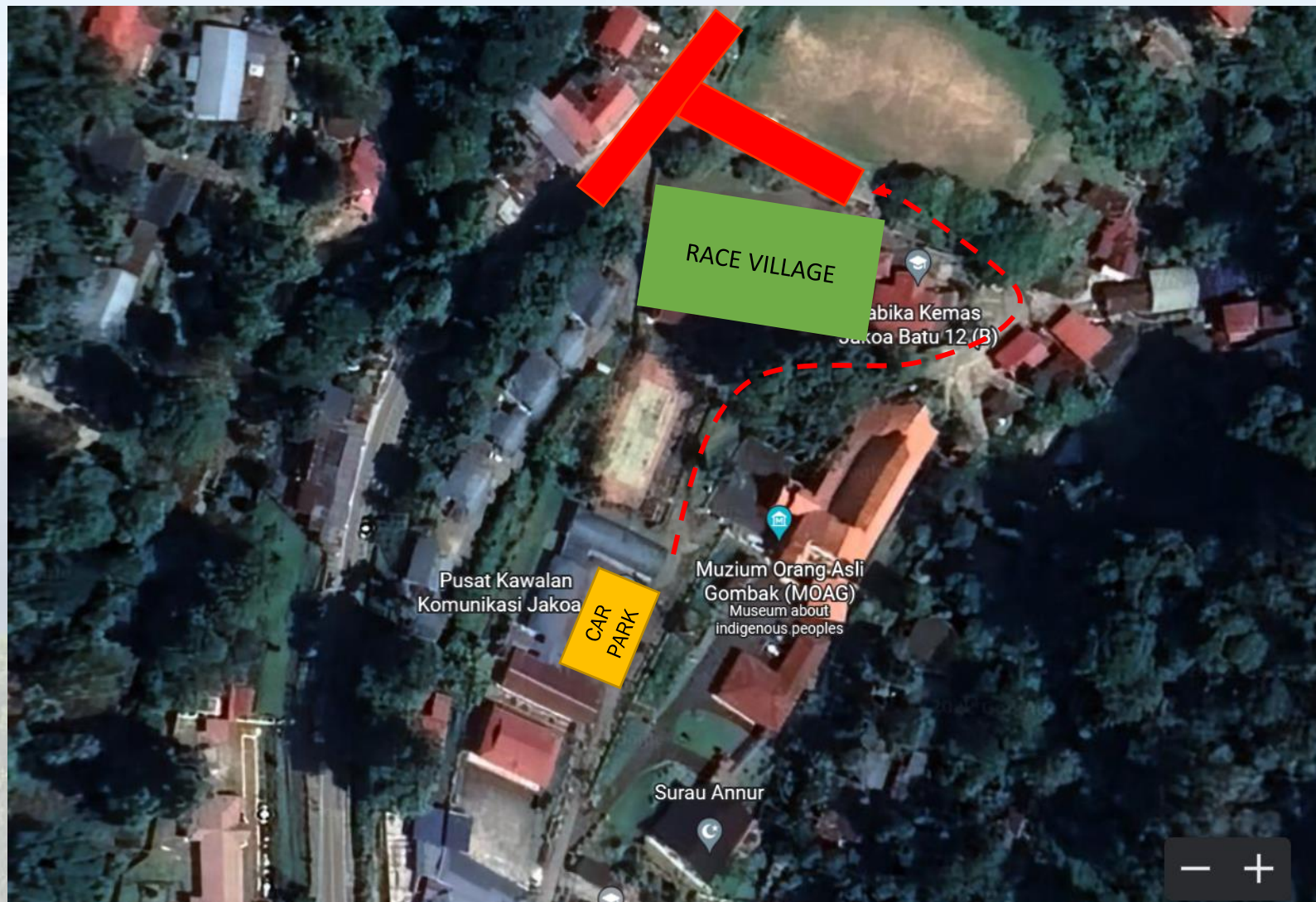
WAZE: DEWAN SERBAGUNA ORANG ASLI GOMBAK

RACE VILLAGE LAYOUT (N 3° 17' 42.262", E 101° 43' 55.653")



1. Start/Finish Line will be at the road in front of the hall/field
2. DO NOT block the main entrance
3. Medic & Ambulance will be on standby at Race Village
4. Please be at the Race Village before your flag-off time
5. Make sure all Mandatory Items are ready
6. Runners may use the baggage drop service in the Dewan from 2.30 am until 5.30 pm only
7. Pray area, toilet are in the hall
8. Throw your trash at designated place
9. Take care of your precious belongings
10. Keep things in the Dewan as it is

RACE VILLAGE LAYOUT (N 3° 17' 42.262", E 101° 43' 55.653")

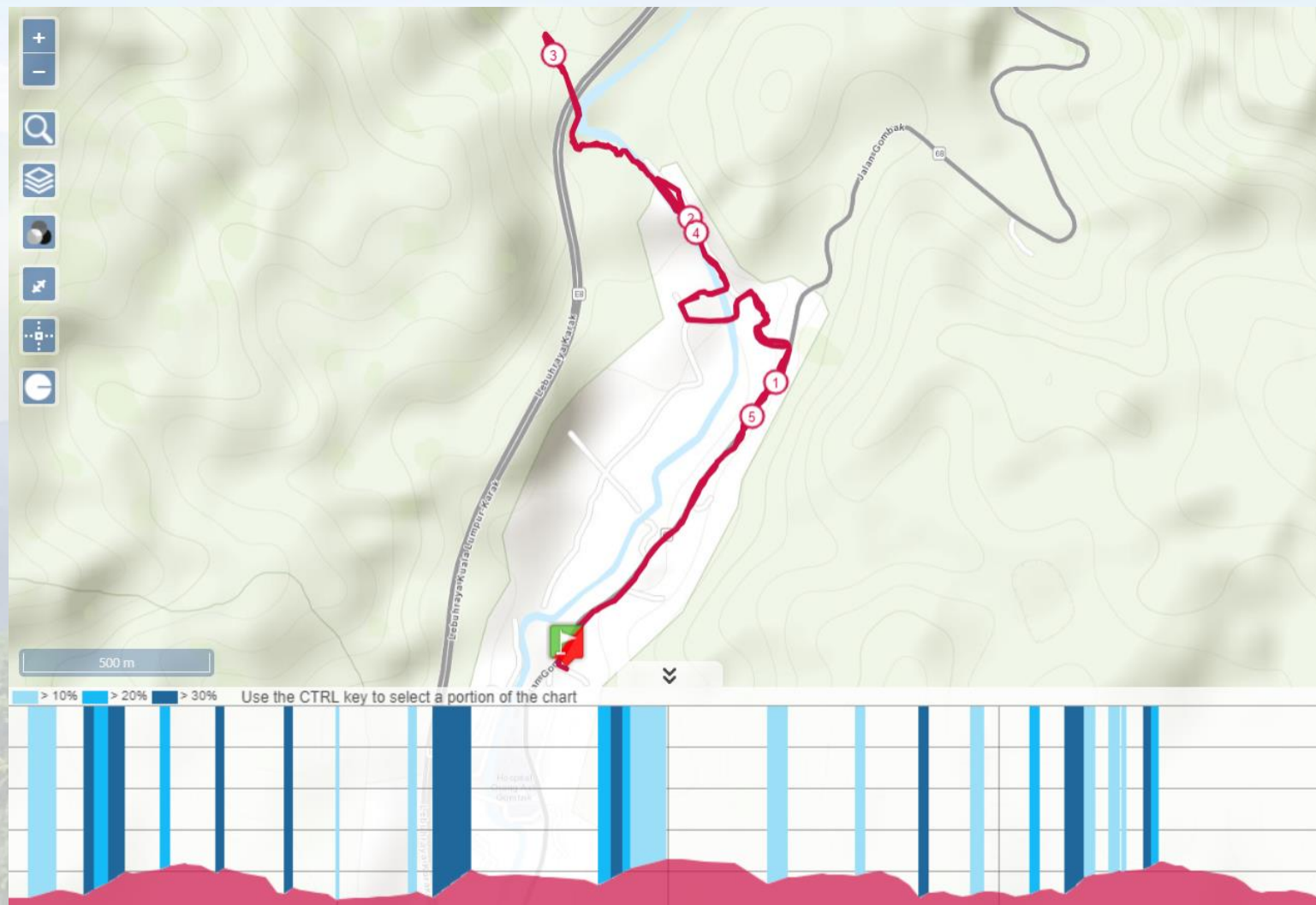


1. Red Box: NO PARKING ZONE
2. Yellow Box: Parking Zone
3. Red Dots: Walk path to Race Village
4. You may park on the roadside
5. DO NOT PARK in front of houses or shops
6. DO NOT BLOCK the road or any entrance/exit
7. DO NOT DOUBLE PARK
8. Make sure NO important treasure in your vehicle
9. Car Park space is limited
10. Park at your own risk

A scenic view of a city skyline seen through a dense forest of green trees under a blue sky with white clouds. The city buildings are visible in the distance, partially obscured by the haze and the foreground foliage.

COURSE INFORMATION

GOMBAK7 Route Map & Course Profile (Powered by COROS)



Start/Finish:
Dewan Serbaguna JAKOA, Bt 12 Gombak

Date/Flag-Off Time:
25th June 2023, 7.30 am

Date/Cut-Off Time:
25th June 2023, 10.00 am

Actual Distance:
5.9km (↓ 0.9km)

Ascent/Descent:
440m/440m (↑ 235m)

Aidstations & Checkpoints:
0

Trail Section:
33.7% (↑ 15.46%)

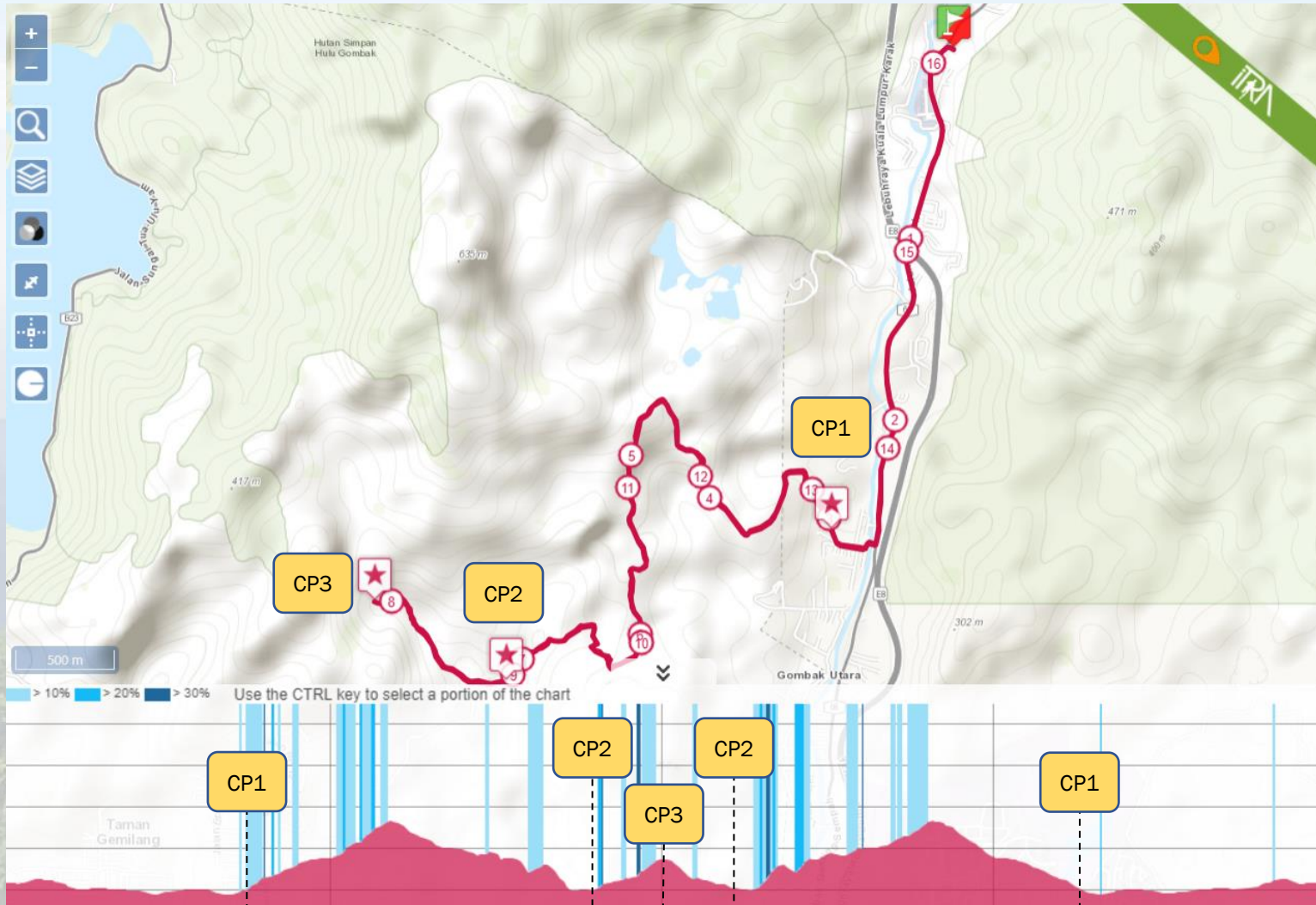
GOMBAK7 Timeline

Location	KM	To Next CP	FOT	COT	Details
Start Dewan JAKOA	0	5.9	7.30 am		Toilet, Medic
Fruit Stall	4.6	1.3			Bring cash if you want to buy fruits
Finish Dewan JAKOA	5.9	0		10.00 am	Finish Line, Toilet, Medic, Refreshments

Notes:

1. Please be at the race village before flag-off time.
2. The race course was diverted to Kem Sedayu due to ECRL development, and the distance was shortened by 900m.
3. There will be no aid stations on the course. Bring your own water.
4. There are at least three river crossings and one tunnel on the route; wear appropriate clothing.
5. Hiking poles, headlamps, and gloves are recommended.
6. Watch out for trucks passing by because it is close to the ECRL construction area.
7. Stay on course and always behind pacers / in front of sweepers.
8. Download the [GPX file](#). GPX is not final. Always follow the pacers.
9. The race course might be diverted or changed due to unforeseen circumstances, e.g., weather conditions, landslides, etc.

GOMBAK15 Route Map & Course Profile (Powered by COROS)



Start/Finish:

Dewan Serbaguna JAKOA, Bt 12 Gombak

Date/Flag-Off Time:

25th June 2023, 7.00 am

Date/Cut-Off Time:

25th June 2023, 11.00 am (↓ 1 hour)

Actual Distance:

16.1km (↑ 0.6km)

Ascent/Descent:

560m/560m (↑ 9m)

Aidstations & Checkpoints:

2 (CP1, CP2) & 3

Trail Section:

75% (↑ 16.6%)

GOMBAK15 Timeline

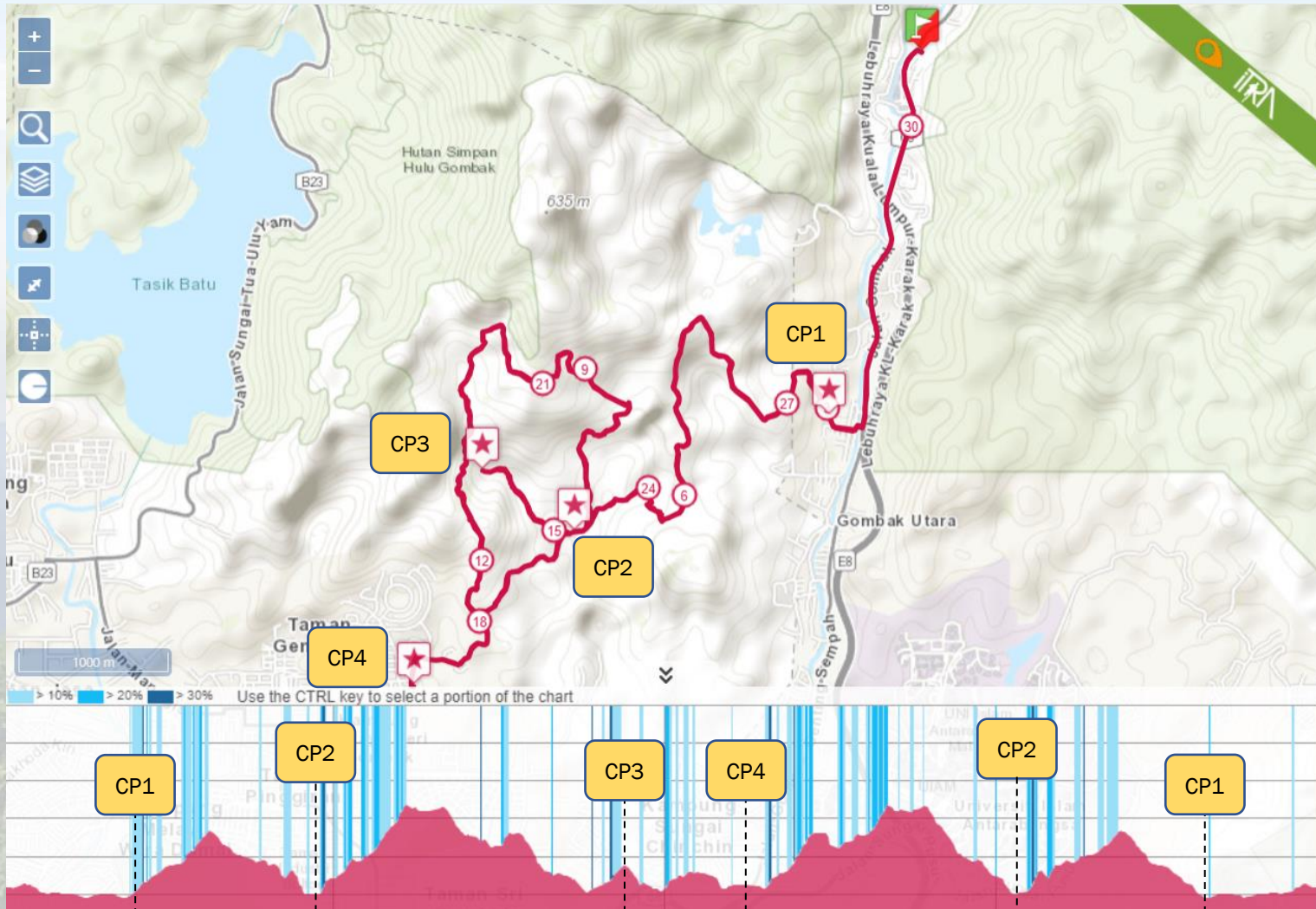


Location	KM	To Next CP	FOT	COT	Details
Start Dewan JAKOA	0	3.0	7.00 am		Toilet, Medic
CP1 Desa Makmur	3.0	4.2			Checkpoint
CP2 MARATHON BAKER	7.2	0.9			Checkpoint, Refreshments
CP3 Air Terjun 7 Puteri	8.1	0.9			Checkpoint, Collect Rubber Band
CP2.1 MARATHON BAKER	9.0	4.3			Checkpoint, Refreshments
CP1.1 Desa Makmur	13.3	2.8			Checkpoint, Refreshments
Finish Dewan JAKOA	16.1	0		11.00 am	Finish Line, Toilet, Medic, Refreshments

Notes:

1. Please be at the race village before flag-off time.
2. The race course was diverted due to ECRL development, and the distance was increased by 500m.
3. CP2 Marathon Baker is at the junction before CP3 Air Terjun 7 Puteri.
4. Collect your rubber band at CP3 and make sure your bib number is keyed in by the checkpoint crew.
5. Download the [GPX file](#).
6. The race course might be diverted or changed due to unforeseen circumstances, e.g., weather conditions, landslides, etc.

GOMBAK30 Route Map & Course Profile (Powered by COROS)



Start/Finish:

Dewan Serbaguna JAKOA, Bt 12 Gombak

Date/Flag-Off Time:

25th June 2023, 6.30 am

Date/Cut-Off Time:

25th June 2023, 2.30pm

Actual Distance:

30.5km (↓ 1km)

Ascent/Descent:

1220m/1220m (↑ 65m)

Aidstations & Checkpoints:

3 (CP1, CP2, CP4) & 4

Trail Section:

79.6% (↑ 10.8%)

GOMBAK30 Timeline

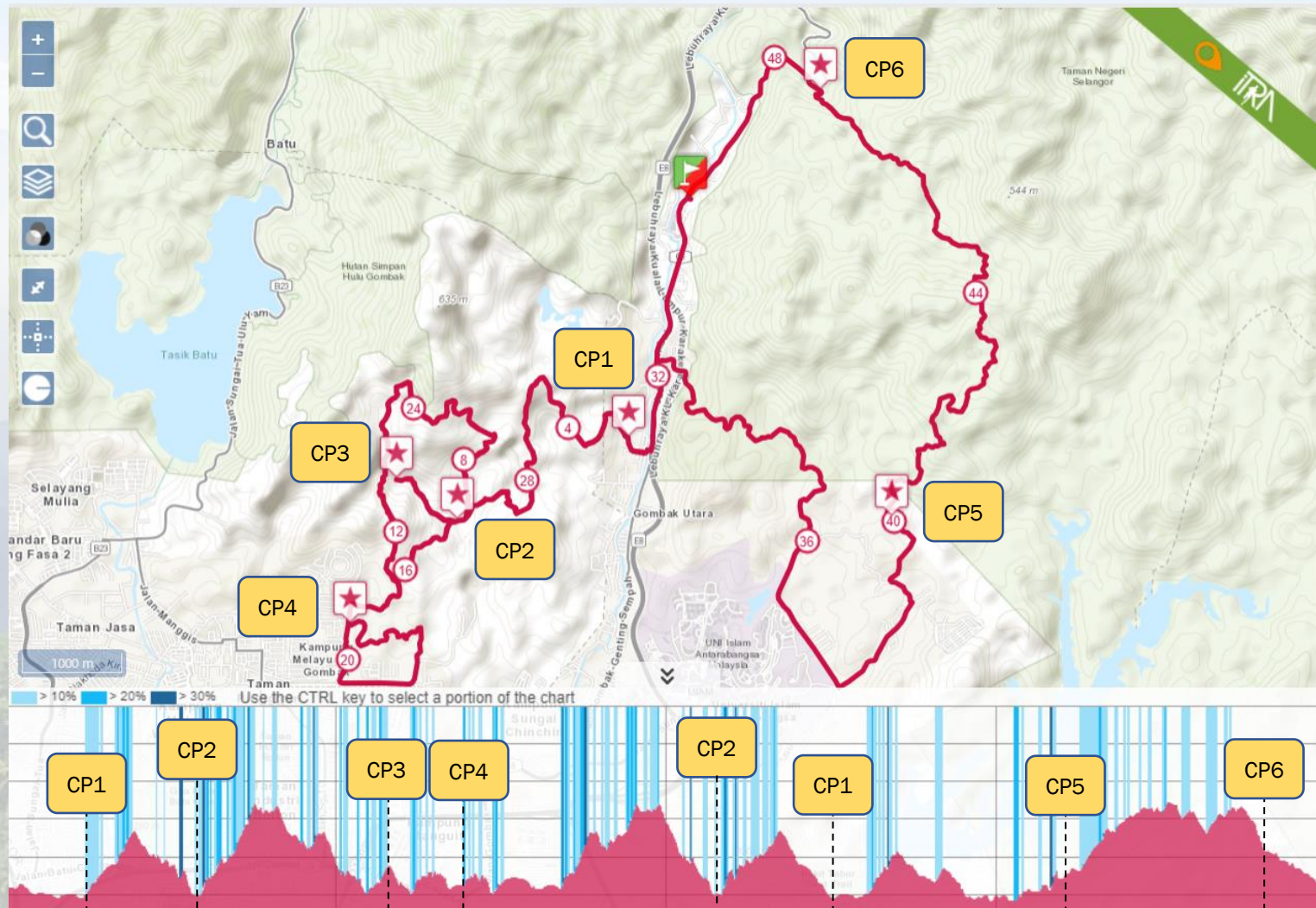


Location	KM	To Next CP	FOT	COT	Details
Start Dewan JAKOA	0	3.0	6.30 am		Toilet, Medic
CP1 Desa Makmur	3.0	4.2			Checkpoint
CP2 MARATHON BAKER	7.2	7.2			Checkpoint, Refreshments
CP3 Air Terjun 7 Puteri	14.4	2.6			Checkpoint, Collect Rubber Band
CP4 Bukit Permata	17.0	6.4			Checkpoint, Medic, Refreshments
CP2.1 MARATHON BAKER	23.4	4.3			Checkpoint, Refreshments
CP1.1 Desa Makmur	27.7	2.8			Checkpoint, Refreshments
Finish Dewan JAKOA	30.5	0		2.30 pm	Finish Line, Toilet, Medic, Refreshments

Notes:

1. Please be at the race village before flag-off time.
2. The race course was diverted due to ECRL development, and the distance was decreased by 1km.
3. CP2 Marathon Baker is at the junction before CP3 Air Terjun 7 Puteri.
4. Collect your rubber band at CP3 and make sure your bib number is keyed in by the checkpoint crew.
5. Download the [GPX file](#).
6. The race course might be diverted or changed due to unforeseen circumstances, e.g., weather conditions, landslides, etc.

GOMBAK50 Route Map & Course Profile (Powered by COROS)



Start/Finish:
Dewan Serbaguna JAKOA, Bt 12 Gombak

Date/Flag-Off Time:
25th June 2023, 4.00 am

Date/Cut-Off Time:
25th June 2023, 5.00pm (↑ 1 hour)

Actual Distance:
49.7km (↓ 0.3km)

Ascent/Descent:
2240m/2240m (↑ 327m)

Aidstations & Checkpoints:
4 (CP1, CP2, CP4, CP5) & 6

Trail Section:
75% (↑ 6.7%)

GOMBAK50 Timeline



Location	KM	To Next CP	FOT	COT	Details
Start Dewan JAKOA	0	3.0	4.00 am		Toilet, Medic
CP1 Desa Makmur	3.0	4.2			Checkpoint
CP2 MARATHON BAKER	7.2	7.2			Checkpoint, Refreshments
CP3 Air Terjun 7 Puteri	14.4	2.6			Checkpoint, Collect Rubber Band
CP4 Bukit Permata	17.0	6.4			Checkpoint, Medic, Refreshments
CP2.1 MARATHON BAKER	23.4	4.3			Checkpoint, Refreshments
CP1.1 Desa Makmur	27.7	12.3		12.00 pm	Checkpoint, Refreshments
CP5 Sg Pusu	40.0	7.4			Checkpoint, Refreshments
CP6 Kuari	47.4	2.3			Checkpoint
Finish Dewan JAKOA	49.7	0		5.00 pm	Finish Line, Toilet, Medic, Refreshments

Notes:

1. Please be at the race village before flag-off time.
2. The race course was diverted due to ECRL development, and the distance was decreased by 300m.
3. CP2 Marathon Baker is at the junction before CP3 Air Terjun 7 Puteri.
4. Collect your rubber band at CP3 and make sure your bib number is keyed in by the checkpoint crew (CP3, CP5 & CP6).
5. Download the [GPX file](#).
6. The race course might be diverted or changed due to unforeseen circumstances, e.g., weather conditions, landslides, etc.



MANDATORY ITEMS & PENALTIES

Mandatory Items	7km	15km	30km	50km	Penalty	Remarks
Headlamp & Blinkers Turn on from start until 7.30 am (and when dark)	No	Yes	Yes	Yes	DQ	Automatic
Basic First Aid Kit Alcohol swipe, plasters, band aid, allergies medication (if any)	No	Yes	Yes	Yes	30 minutes	
Mobile Phone	Yes	Yes	Yes	Yes	DQ	Automatic
Personal Cup	Yes	Yes	Yes	Yes	15 minutes	
Water Bottle/Bladder 250ml	Yes	Yes	Yes	Yes	30 minutes	
Ziplock Bag For Trash	Yes	Yes	Yes	Yes	15 minutes	
Sport Shoes There is no need to bring it during REPC	Yes	Yes	Yes	Yes	DQ	Automatic
Reflective Vest Mandatory on road sections	No	Yes	Yes	Yes	DQ	Automatic
Whistle	Yes	Yes	Yes	Yes	15 minutes	

Notes:

1. Mandatory items will be checked during REPC and randomly throughout the event.
2. "Automatic" means dismissal from the race course.
3. The road section is quite long and has many blind spots, hence the mandatory use of a reflective vest.
4. No slippers are allowed. Shoes will be checked during the event.

A scenic view of a city skyline seen through a dense forest of green trees under a blue sky with white clouds. The text "RECOMMENDED ITEMS" is centered in the middle of the image.

RECOMMENDED ITEMS



Recommended Items

Hiking Poles

Cap/Headwear

Gloves

Emergency/Space Blanket

Waterproof/Windproof Jacket

Energy Gel/Bar

Spare Socks

Anti-chaffing Cream/Vaseline

Sunglasses

ID/Passport

Money

A scenic view of a city skyline from a high vantage point, with a dense forest in the foreground and a blue sky with clouds above. The city skyline is visible in the distance, with many buildings and a prominent tower. The foreground is filled with lush green trees and foliage. The sky is bright blue with scattered white clouds.

EVENT & FINISHER TEES



GOMBAK30 FINISHER



EVENT TEE

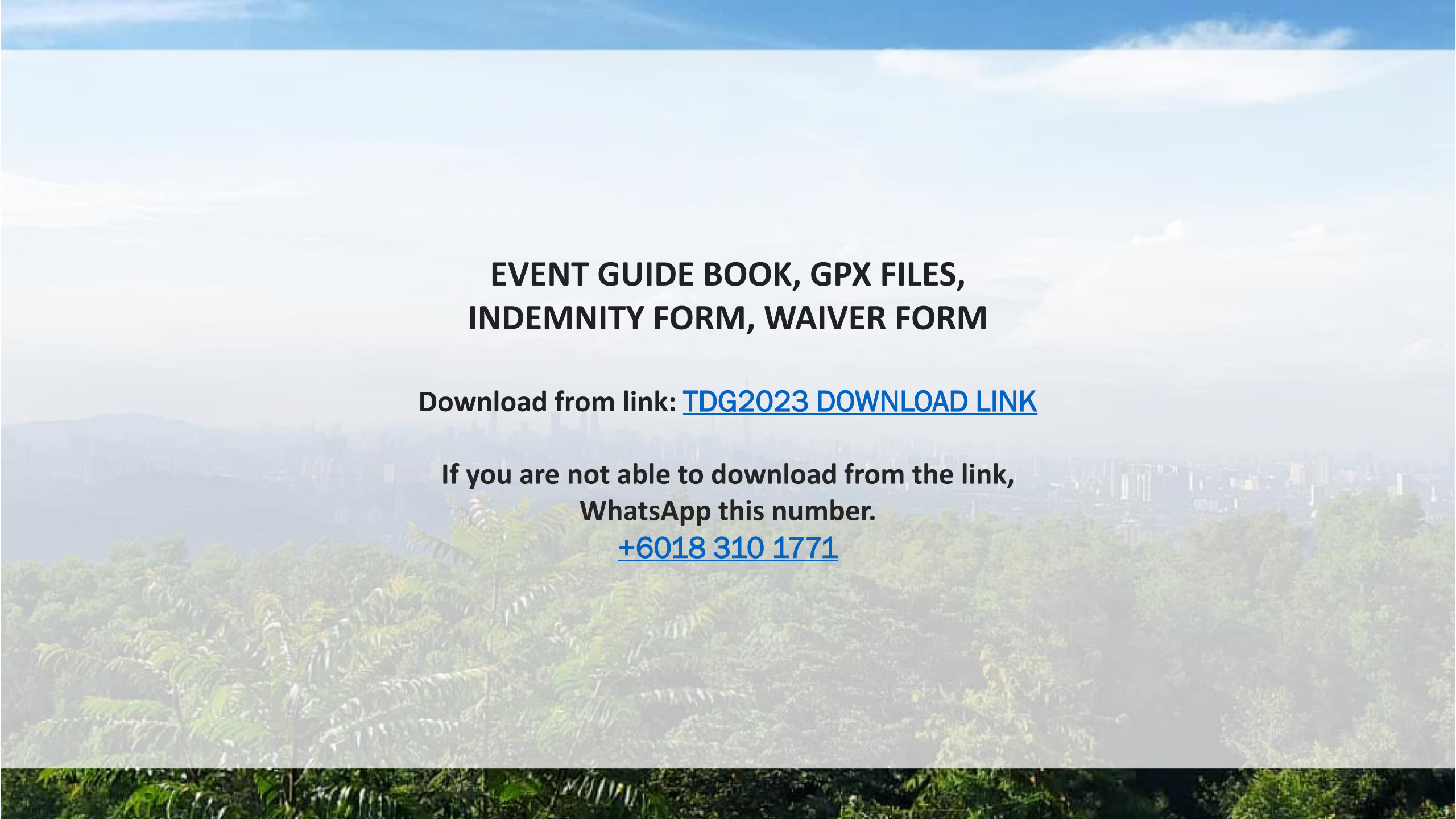


GOMBAK50 FINISHER

A panoramic view of a city skyline, likely Kuala Lumpur, seen from a high vantage point. The foreground is filled with lush green tropical vegetation, including large ferns. The city buildings are visible in the distance, partially obscured by a light haze. The sky is bright blue with scattered white clouds.

FINISHER MEDAL





**EVENT GUIDE BOOK, GPX FILES,
INDEMNITY FORM, WAIVER FORM**

Download from link: [TDG2023 DOWNLOAD LINK](#)

**If you are not able to download from the link,
WhatsApp this number.**

[+6018 310 1771](#)

EMERGENCY CONTACT

RACE VILLAGE +6018 310 1771

TECHNICAL CP1 & CP5 +6012 246 5279

TECHNICAL CP2, CP3 & CP4 +6018 365 0780

TECHNICAL CP6 +6013 293 1082

- **Please save the number above on your mobile phone for emergency purposes.**
- **Please adhere to the MANDATORY ITEMS of the race. It could save your life.**
 - **Please refer to the event crew should you feel unwell during the race.**
- **If you are injured and the telecommunications line is not available, go to the nearest checkpoint or wait along the race course until the sweeper arrives.**
- **DO NOT SWAY OFF THE RACE COURSE DURING THE RACE FOR ANY REASON WHATSOEVER UNLESS YOU ARE INSTRUCTED BY THE EVENT CREW TO DO SO.**
- **If you behave improperly or out of boundaries, the Checkpoint leader has the right to DISQUALIFIED you.**

SPONSORS



PARTNERS



The background of the image is a scenic view of a city skyline, likely Kuala Lumpur, seen from an elevated position. The foreground is filled with dense, vibrant green tropical vegetation, including various types of ferns and palm trees. The city buildings are visible in the mid-ground, partially obscured by a light atmospheric haze. The sky above is a clear, bright blue with a few wispy white clouds. The overall lighting is bright and natural, suggesting a clear day.

WELCOME TO TRAIL DES GOMBAK 2023.

WE LOOK FORWARD TO MEETING YOU.

Follow us for more event updates:

Website: projekhijo.com

Facebook: [Trail des Gombak](https://www.facebook.com/TraildesGombak)

Instagram: [@traildesgombak](https://www.instagram.com/traildesgombak)