



RUN FOR A GOOD CAUSE

* 100% of Entry Fees go to local charities

Organized By:



Supported By:



Official Apparel:



Venue Host:



Official Drink:



PUBLIC : Register at
• BROOKS @ Green Heights Mall
• CJC Thurs Nite Run 7pm

CLOSING DATE: 16 AUGUST 2015

Date : 6 September 2015 (Sunday)

Venue : MBKS

Flag-Off : 7.00 am sharp (5KM)

6.30 am sharp (10KM)

Entry Fees: RM35 (5KM) / RM45 (10KM) includes Brooks T-Shirt, Finisher's Medal & Goodie Bag

REGISTRATION FORM

NAME:	
NRIC:	
AGE:	
CONTACT NO.:	
ADDRESS:	
POSTCODE:	
NATIONALITY:	
GENDER:	MALE/FEMALE
EMAIL:	

IN CASE OF EMERGENCY

CONTACT PERSON:	
CONTACT NO.:	

I WISH TO PARTICIPATE IN CMS TRIBAL RUN

CATEGORY:	5KM		10KM				
T SHIRT SIZE:	XXS	XS	S	M	L	XL	XXL
CHEST MEASUREMENT:	17"	18"	19"	20"	21"	22"	23"

WAIVER / INDEMNITY

I, the undersigned, agree not to hold the Organiser and Co-organisers, their representatives and sponsors against all cost, expense or liability that arise in consequence of my participation in the "CMS TRIBAL RUN", I hereby waive all claims for any and all injuries, death and invalidity to me or the person under my care which may be caused by any act, or failure to act by the organiser, members and employees arising directly or indirectly during the course of event or arising as a result of it. In consideration of the Organiser accepting this entry, I hereby assume liability for any loss, damage or liability from the above event. I confirm that I have read and accepted the conditions of entry to "CMS TRIBAL RUN" and the rules and regulations for this event.

DATE:		SIGNATURE:	
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FOR PARTICIPANTS UNDER 18 YEARS

PARENTS/GUARDIAN:	PARENTS/GUARDIAN IC:
PARENTS/GUARDIAN TEL:	PARENTS/GUARDIAN SIGNATURE:

FOR OFFICE USE ONLY

PAYMENT SLIP - CMS TRIBAL RUN

NAME:		T-SHIRT SIZE:	
TEL:		RUN CATEGORY:	5KM 10KM
DATE:		RECEIVED BY:	

* Please present this slip upon collecting your T-Shirt, Run Bib & Goodie Bag on 29 August 2015 onwards.

For more info, call: 016-589 2233 (Albert Tan), 014-3955194 (Agu Heng), Brooks Outlet GHM (082-459397)



Revolution Run Borneo / CJC Kuching





Rules and Regulations

1. Age Restrictions:

You must be **above** 14 years of age or older on race day to be eligible to participate in the CMS Tribal Run (“the Event”) independently. Participants below 14 years of age **MUST** be accompanied by their Parents/guardians. The Organiser of CMS Tribal Run reserves the right to require proof of age.

2. Course Safety & Road Closure:

The 5KM and 10KM Categories are a foot race for registered participants only. Inline skates, bicycles, skateboards, strollers and running with pets are **strictly prohibited** for safety and liability reasons. Participants must run on the designated race route, short cuts are not allowed. Non-compliance with these safety rules will result in disqualification. Traffic will be controlled by the police and course marshals, but participants should take extreme caution at all times.

3. Cut-Off Time:

Cut-off time for the run 5KM category is 1 hour 30 minutes and 10km category is 2 hours 30 minutes. After 9:00am, traffic road marshals will end their duties and participants will be running at their own risk.

4. Headphones and Music Players:

The Event takes place primarily on roadways, therefore we are unable to obtain complete closures of all course-route roadways. To ensure the safety of all runners, the use of headphones and music players are **NOT** recommended. When runners share a roadway with traffic, it can be very dangerous to wear a headset as it tends to isolate runners from vehicle traffic, signals from race officials or run marshals.

5. Running Bibs:

Participants **must** wear the assigned bib number on his/her chest. Participants who are not wearing a bib number will be taken off the course by road marshals/officials and will not be entitled to a medal at the end of the run.

Participants are **NOT** allowed to transfer their race entries to another party or change race categories after their registrations are confirmed.

6. Health Issues:

Whilst every reasonable precaution will be taken by the Organisers to ensure the participants' safety, participants run at their own risk and the Organisers will not be responsible or held liable for any injury or death howsoever arising from participation in the race. Participants deemed physically incapable of continuing the race must retire from the race immediately, if required to do so by any member of the Medical Staff, Race Director or Road Marshals.

7. Photography:

The Organiser and support teams reserve the right to use your name, personal identification, photographs, motion pictures, recordings, or any other media records of the Event, for any legitimate purpose including commercial advertising and distribution to the Sponsors and Media.

8. Race Route:

The Organiser reserves the right to amend the Event race routes and or these rules as they deem fit for the safety of the Participants and/or to prevent any potential hazards in the running of the Event, at any time without prior notice to the Participant.

9. Event Cancellation:

There will be no fee refund if the Event is cancelled for reason of force majeure i.e. due to occurrence of incidents that are beyond the control of the Organiser and which renders it impossible or unsafe to hold the Event. However, all entry fees will still go to Charity.

10. Early or Late Runners:

Participants who commences to run before the actual start time of his/her registered race and those who turn up late and who do not start within 15 minutes from their respective flag-off time will be disqualified and for safety reasons may not be allowed to start.

11. Run Results

All disputes or appeals must be made within 30 minutes of the announced result or immediately after prize presentation whichever is earlier. Failing which, the Organisers have the right not to entertain any disputes or appeals after.

12. Prize Winners

All prize winners must present their identification document (Malaysian IC) or other valid certified documents for verification in order to collect the prize.