



MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021

LOSE YOUR MIND, DISCOVER YOUR SOUL

17 – 19 DECEMBER 2021



EVENT GUIDE

PRESENTED BY :
MMTF CONSULTANT





ABOUT MALAYSIA MOUNTAIN TRAIL FESTIVAL



MALAYSIA MOUNTAIN TRAIL FESTIVAL

(INTRODUCTION)

- Malaysia Mountain Trail Festival is owned and managed by MMTF Consultant.
- Malaysia Mountain Trail Festival is co-organized by Jabatan Perhutanan Negeri Perak, MMTF Consultant and Larut Matang Hash House Harriers and Harriets since 2018.
- Malaysia Mountain Trail Festival is the 1st ultra trail running festival in Malaysia.
- Malaysia Mountain Trail Festival is an internationally recognized and certified event.
- Malaysia Mountain Trail Festival is the 1st ultra trail festival in Malaysia.
- Malaysia Mountain Trail Festival is one of the fastest growing ultra trail race in Malaysia with 1400 runners in 2018 (28 countries) and 2300 runners in 2019 (35 countries).
- Since 2018, ZERO incident record ZERO claims record.



Our Mission

- To cultivate and promote trail running as a sport and a way to attain active lifestyle.
- To bring together the trail running community from around the world.
- To organize an internationally recognized and certified ultra trail race.
- To introduce and promote Malaysia's trail running and trail to the world.
- To give back to the community surrounding us.
- To contribute to the social economy of Taiping as a town, Perak as a state and Malaysia as a nation.
- To raise awareness of conservation of nature.
- To help accelerate the nations economic recovery via sports tourism.



AN INTERNATIONAL RACE

(AN INTERNATIONALLY RECOGNISED AND CERTIFIED RACE)

- Malaysia Mountain Trail Festival is a member of International Trail Running Association (ITRA) and International Skyrunning Federation (ISF).
- Malaysia Mountain Trail Festival is certified by ITRA.
- Based on Runner's Survey by ITRA, MMTF gathered an astonishing 4.5 points over 5 points (norm 3 points) for organization of the race.
- Malaysia Mountain Trail Festival is certified by ISF.
- Malaysia Mountain Trail Festival is a qualifying race for Ultra Trail Mont Blanc (UTMB)
- Malaysia Mountain Trail Festival is an Asia Trail Master (ATM) point race and have been accorded ATM SEASON FINAL RACE STATUS 2019 - 2023.
- Malaysia Mountain Trail Festival is part of the Malaysia Ultra League (MUL)



GIVING BACK TO SOCIETY

- We are not your everyday event and race organizer albeit we don't organize events or races for sake of organizing them. We organize events and races to give back to the community since 2018.
- From mountain porters in Kota Kinabalu to the less fortunate most notably orphanage in Malaysia and towards maintenance of Maxwell Hill.
- To supporting the development of athletes in need (Malaysia No 1 and 2 Trail Runner Daved Simpat/ Safrey Sumping to our very own world No 2 tower runner Soh Wai Ching).



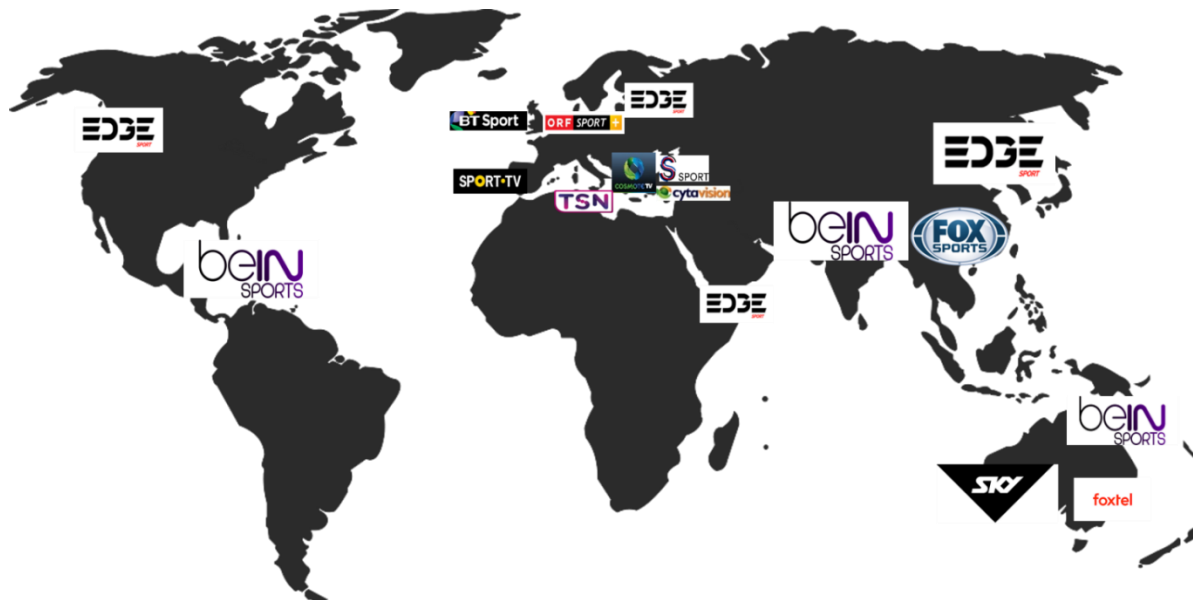
A SUSTAINABLE EVENT ORGANIZATION

- Malaysia Mountain Trail Festival is the 1st event in Malaysia to have taken the [#Vision2025](#) pledge with @EventVision2025 – aiming to cut our environmental impacts by 50% by 2025.
- We are a partner of Tree-Nation, a tree planting initiative we are undertaking inline with our support of the nation's 100 million tree planting program. We have taken a pledge to plant a tree for every registered runner in 2021.
- We are also part of Malim Gunung Perhutanan program in our aim to help and be actively involved with Forestry Department of Malaysia (JPSM) conservation of nature program.



WE BROUGHT THE RACE TO THE WORLD

- We want to introduce Malaysia's trail running and trails to the world.
- Malaysia Mountain Trail Festival have been broadcasted to more than 38 countries/ 855 million household worldwide since the race weekend in December 2019. This is as a result of successful international collaboration with an international sports production and broadcasting company – ICARUS SPORTS which we are a partner of since 2020.
- Full aired documentary as shown in beIN SPORTS (USA & Canada) and SPORT TV (Portugal) : <https://youtu.be/ZiorXzHZZ-E>



A RUNNER'S EXPRESSION OF MMTF

BY ADIGUNA TAN (AN INDONESIAN RUNNER BASED IN JAPAN)





MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021

General Info & Event Schedule



MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021

- Malaysia Mountain Trail Festival 2021 is scheduled to take place between 17 – 19 December 2021 START/ FINISH at Esplanade Taiping.
- The 2021 race is sold out based on the 60% capacity we are implementing as the nation recovers from the endemic (1400 runners).
- Malaysia Mountain Trail Festival 2021 will play host to Asia Trail Master's MALAYSIA TRAIL MASTER CHAMPIONSHIP in lieu of the regional suspension of the ATM Championship Series in 2020/2021.
- Malaysia Mountain Trail Festival 2021 is certified by ISF and ITRA and will continue to be the qualifying race for UTMB until 2022.
- Malaysia Mountain Trail Festival 2021 will continue to be broadcasted globally in partnership with local production team Directors Think Tank and Icarus Sports, an international sports production and broadcasting company based in Greece. The race will be broadcasted to more than 38 countries globally/ to more than 855 million homes just as in 2019.



NO RACE BAND = NO RACE

MALAYSIA MOUNTAIN TRAIL FESTIVAL
LOSE YOUR MIND DISCOVER YOUR SOUL

MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021

(EVENT SCHEDULE – 17 to 18 December 2021)

17 DECEMBER 2021 (FRIDAY)

DESCRIPTION	TIME	REMARK
Rapid Test (RTK)	10:00am – 07:00pm	At Dataran Wawasan Adjacent to MPT Building
Race Entitlement Pack Collection (REPC)	10:00am – 07:00pm	At Esplanade, Taiping, Perak (All Distance Categories)
Race Briefing	05:00pm – 06:00pm	At Main Stage, Race Village, Esplanade By Ewegene Tan of MMTF

18 DECEMBER 2021 (SATURDAY)

DESCRIPTION	TIME	REMARK
Rapid Test (RTK)	03:00am – 04:00am	At Dataran Wawasan Adjacent to MPT Building (84KM Only)
	06:00am – 07:00am	At Dataran Wawasan Adjacent to MPT Building (50KM Only)
	09:00am – 10:00am	At Dataran Wawasan Adjacent to MPT Building (25KM Only)
	02:00pm – 05:00pm	At Dataran Wawasan Adjacent to MPT Building (16KM Only)
Race Pack Entitlement Collection (REPC)	03:00am – 04:30am	Esplanade, Taiping (84KM Only)
	06:00am – 07:30am	Esplanade, Taiping (50KM Only)
	09:00am – 10:30am	Esplanade, Taiping (25KM Only)
	02:00pm – 05:00pm	Esplanade, Taiping (16KM Only)
Finish Line Drop Bag Counter Opens	03:00am	At Esplanade, Taiping, Perak (For All Categories)
Race Start	06:00am	Esplanade, Taiping (84KM)(Wave 1)
	06:30am	Esplanade, Taiping (84KM)(Wave 2)
	09:00am	Esplanade, Taiping (50KM)(Wave 1)
	09:30am	Esplanade, Taiping (50KM)(Wave 2)
	10:00am	Esplanade, Taiping (50KM)(Wave 3)
	12:00pm	Esplanade, Taiping (25KM)(Wave 1)
	12:30pm	Esplanade, Taiping (25KM)(Wave 2)
Expected Arrival 1st Runner	01:00pm	Esplanade, Taiping (25KM)(Wave 3)
	02:15pm	Esplanade, Taiping (25KM)
	02:30pm	Esplanade, Taiping (50KM)
Cut Off Time (COT)	03:30pm	Esplanade, Taiping (84KM)
	10:30pm	Esplanade, Taiping (25KM)

MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021

(EVENT SCHEDULE – 19 December 2021)

19 DECEMBER 2021 (SUNDAY)

DESCRIPTION	TIME	REMARK
Rapid Test (RTK)	04:00am - 05:00am	At Dataran Wawasan Adjacent to MPT Building (16KM Only)
Race Pack Entitlement Collection (REPC)	04:00am - 05:30am	Esplanade, Taiping (16KM Only)
Race Start	07:00am	Esplanade, Taiping (16KM)(Wave 1)
	07:30am	Esplanade, Taiping (16KM)(Wave 2)
Expected Arrival 1st Runner	08:30am	Esplanade, Taiping (16KM)
Cut Off Time (COT)	03:30am	Esplanade, Taiping (50KM)
	11:00am	Esplanade, Taiping (84KM)
	01:00pm	Esplanade, Taiping (16KM)
Prize Giving Ceremony	11:00am – 12:00pm	At Race Village, Esplanade, Taiping, Perak
Finish Line Drop Bag Counter Close	01:30pm	At Race Village, Esplanade, Taiping, Perak (For All Categories)

Note :

- Schedule is subjected to change when deemed necessary by organizer.
- Mandatory gears check will be conducted during REPC and randomly along the race course.
- Please follow the instructions of signages and event crews at all times.
- Runners will be charged RM5.00/ RTK on site.
- Face Mask Compulsory at all areas RTK/ Race Village.
- No Vaccine No Entry.
- Runners to scan MYSejahtera.
- If you are unable to attend the race, you may assign someone to collect your race pack on your behalf, with an authorisation letter and your email confirmation slip.
- There will be no half way drop bags for 84KM in 2021, owing to Standard Operating Procedure (SOP) Implementation.
- All drop bags must be retrieved with RUNNER'S BIB at the respective drop bag counters by 1:30pm (19 December 2021) either by runners themselves or a representative. Any drop bags not collected after 1:30pm may be disposed of. The organizer will not be held responsible for any loss or damage to any item in the drop bag.



MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021

Registration Procedure/ Flow
Late Registration Procedure/ Flow



REGISTRATION PROCEDURE/ FLOW



1. Runners to proceed to RTK Collection Centre at Dataran Wawasan MPT to collect organizer's Rapid Test Kit (RTK).
2. Runners to test themselves in their own space.
3. Runners who are tested positive have to inform organizer via WHATSAPP +60139766697 and thereafter go into self isolation or seek medical attention if needed.
4. Runners who are tested negative may proceed to Race Band Collection Center at Dataran Wawasan MPT to exchange the RTK Testing Strip for their respective Race Band.
5. Runners may proceed to Race Village at Esplanade Taiping to register for the race after receiving their Race Band.

(Note : Please attach the Race Band on your wrist properly. Runners will be charged RM50.00/ band for lost/ replacement)

PLEASE FOLLOW THE INSTRUCTIONS OF EVENT STAFF/ INFORMATION BOARD AT VENUE



RTK COLLECTION CENTRE

1. **Check In Mysejahtera**
(Please show proof of completion of vaccination)
2. **Check your temperature**
(Please inform event crew if your temperature is greater than 37.8°)
3. **Present your id / race confirmation slip**
(Mandatory for id to be presented and to inform event crew of distance registered in absence of race confirmation slip)
4. **Collect the RTK**
(Please prepare payment of RM5/kit)
5. **Sign on the acknowledgement**
(Please ensure you sign on the right column)
6. **Test yourself**
(For more accurate result please do not consume any food 30 minutes prior to testing)
7. **If you are positive**
(Please inform us via whatsapp at +60139766697 and self isolate immediately)
8. **If you are negative**
(Please proceed to collect your race band)

#kitajagakita



Checkpoint A Collection of RTK (Dataran Wawasan)

NO RACE BAND = NO RACE

MALAYSIA MOUNTAIN TRAIL FESTIVAL
LOSE YOUR MIND DISCOVER YOUR SOUL

Checkpoint B Race Band Collection (Dataran Wawasan)



RACE BAND COLLECTION CENTRE

1. **Check In Mysejahtera**
(Please show proof of completion of vaccination)
2. **Check your temperature**
(Please inform event crew if your temperature is greater than 37.8°)
3. **Present your id / race confirmation slip**
(Mandatory for id to be presented and to inform event crew of distance registered in absence of race confirmation slip)
4. **Please present your RTK test result**
(Please ensure that the result is negative)
5. **Sign on the acknowledgement**
(Please ensure you sign on the right column)
6. **Collect your race band**
(Please ensure your race band is properly secured as you will be charge RM50 for replacement)
7. **Congratulation you may proceed to REPC Centre to register for your race**

#kitajagakita



LATE REGISTRATION PROCEDURE/ FLOW

(RUNNERS WHO INTEND TO REGISTER AND COLLECT THEIR RACE ENTITLEMENTS 3 HOURS BEFORE START TIME)



1. Please email organizer at info@mmtf.my of your intention and get a confirmation in return from organizer in accepting your request.
2. Runners have to proceed to RTK Collection Centre at Dataran Wawasan MPT to collect organizer's Rapid Test Kit (RTK) 3 hours before the start of the race.
3. Runners to test themselves in their own space.
4. Runners who are tested positive have to inform organizer via WHATSAPP +60139766697 and thereafter go into self isolation or seek medical attention if needed.
5. Runners who are tested negative may proceed to Race Band Collection Center at Dataran Wawasan MPT to exchange the RTK Testing Strip for their respective Race Band.
6. Runners may proceed to Race Village at Esplanade Taiping to register for the race after receiving their Race Band.

(Note : Please attach the Race Band on your wrist properly. Runners will be charged RM50.00/ band for lost/ replacement)

PLEASE FOLLOW THE INSTRUCTIONS OF EVENT STAFF/ INFORMATION BOARD AT VENUE

WARNING 01 – RTK AND RACE BAND COLLECTION WILL ONLY OPEN FOR **1 HOUR**, 3 HOURS BEFORE THE START OF YOUR RACE (Example : If race starts at 6:00am; RTK and Race Band Collection Centre will only open between 3:00 – 4:00am)

WARNING 02 – LATE REGISTRATION COUNTER WILL ONLY OPEN FOR **1 HOUR 30 MINS**, 3 HOURS BEFORE THE START OF YOUR RACE (Example If race start at 6:00am; Late Registration Counter will only open between 3:00 – 4:30am)

NO RACE BAND = NO RACE

REGISTRATION AT RACE VILLAGE (ESPLANADE)

(Only proceed to Race Village after you collect your Race Band with your negative RTK test)

- Get ready your signed indemnity form (you can find it at <https://mmtf.my/events/mmtf2021/>) and mandatory gears.
- Kindly show your Race Band to the event staff at the Race Village Entrance.
- Scan and checkin to MySejahtera.
- Please scan your temperature (ensure that your temperature is below 37.8°C).
- Please present ID /Race Confirmation Slip to event staff at the Registration counter.
- Event staff at the Registration counter will provide you with a REGISTRATION CONFIRMATION SLIP.
- Please proceed to MANDATORY ITEMS CHECK COUNTER as instructed by event staff, after collecting your Registration Confirmation Slip.
- Please ensure event staff stamps and scans your Registration Confirmation Slip after your pass your Mandatory Kit Check.
- Please proceed to collect your RACE ENTITLEMENTS at the Race Entitlements Counter.
- Please check your Bib Name and verify your timing chip at the Timing Chip Scanning Counter next to the Race Entitlements Counter.

**** For participants who are unable to turn up for the event, you may :**

1. assign someone to collect your race entitlements at the REPC with an authorization letter and your email confirmation slip; OR
2. email to info@mmtf.my to request mailing of race entitlements to you, which will be done after the event. Postage is to be paid by runner.

NO RACE BAND = NO RACE



MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021

Event Venue & Race Village Layout



EVENT VENUE LAYOUT



RACE VILLAGE LAYOUT

NO RACE BAND = NO RACE

MALAYSIA MOUNTAIN TRAIL FESTIVAL
LOSE YOUR MIND DISCOVER YOUR SOUL





MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021

Course Info



16KM FRESHMEN CHALLENGE

(START TIME 7:00AM / 19 DECEMBER 2021)

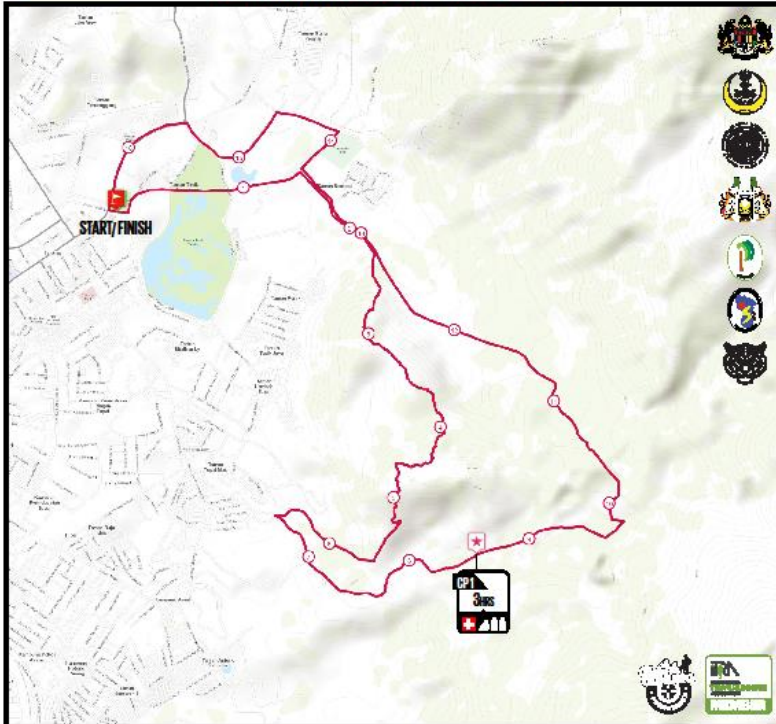
NO RACE BAND = NO RACE



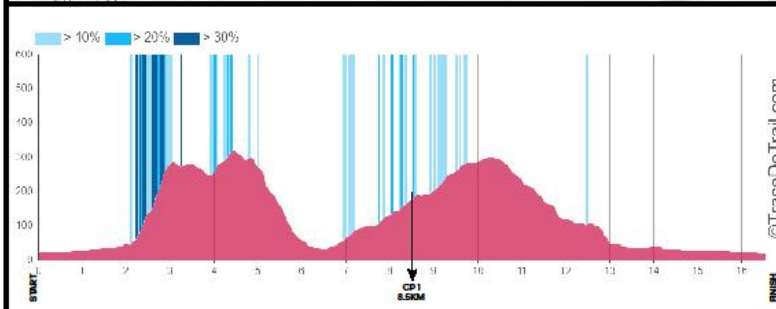
Malaysia Mountain Trail Festival 2021 - 16 KM Freshmen

16.5 km  640 m  640 m

START 07.00 AM 19.12.2021 FINISH 12.00 PM 19.12.2021



- Start/ Finish Location: Esplanade Taiping, Perak, West Malaysia
- ITRA Points: 0
- ITRA Certified: YES
- Mountain points : 4
- Distance / vertical gain : 16.50km / 640m+
- Cut Off Time(COT): 5 hrs (12:00pm 19 December 2021) Hard Cut Off 01:00pm 19 December 2021



SUPPORTED/ APPROVED/ ORGANIZED BY



16KM FRESHMEN TIME LINE

MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021 16KM FRESHMEN RUN TIME LINE											
LOCATION	CP TO CP COT (HRS)	CUMULATIVE COT (HRS)	KM	DISTANCE BTW AID STATIONS	CP TO CP ELEVATION GAIN (m)	CUMULATIVE GAIN (m)	FASTEST PASSAGE	SLOWEST PASSAGE	CUT OFF TIME		CP/ WS TRIPOLOGY
									IN	OUT	
START											
ESPLANADE TAIPING	0		0		0	0				7.00am 19-Dec	Race Base
CP1 - SUUNTO (MTB)	3	3	8.5	8.5	518	518	8.00am 19-Dec	10.00am 19-Dec		11.00am 19-Dec	Timing Control/ Medic/ Light Refreshments
FINISH	2	5	16.5	8	179	697	8.50am 19-Dec	12.00pm 19-Dec		1.00pm 19-Dec	Race Base/ Light Refreshments - Meals
ESPLANADE TAIPING											

1. Please be at Race Village 1 hour before the start of your wave.
2. 2 Wave Start
 - 1st Wave 7:00am
 - 2nd Wave 7:30am
3. Please report for the start as per the wave and time mentioned on your bib.



AFFILIATION



VISION 2025

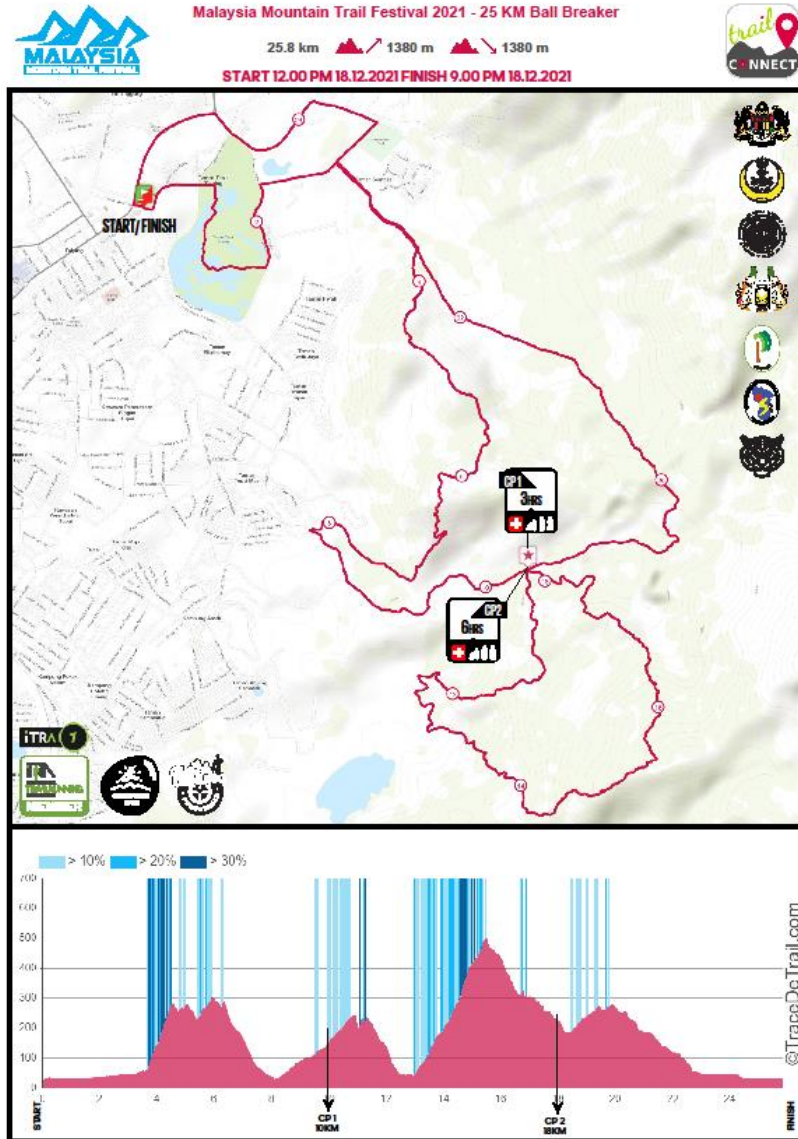
INITIATIVES

25KM BALL-BREAKER CHALLENGE

(START TIME 12:00PM / 18 DECEMBER 2021)

NO RACE BAND = NO RACE

MALAYSIA MOUNTAIN TRAIL FESTIVAL
LOSE YOUR MIND DISCOVER YOUR SOUL



- Start/ Finish Location: Esplanade Taiping, Perak, West Malaysia
- Start Time: 12:00pm
- ITRA Points: 1 Point (YOUR NET TIME MUST BE 9 HRS AND BELOW)
- ITRA Certified: YES
- UTMB 2022 Qualifying Race: YES
- Mountain points : 5
- Distance / vertical gain : 25.80km / 1380m+
- Cut Off Time(COT): 9 hrs (09:00pm 18 December 2021) Hard Cut Off 10:30pm 18 December 2021



MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021

MALAYSIA MOUNTAIN TRAIL FESTIVAL
25KM 1380m

EWEGENE

0001

EMERGENCY NO: +0123456789

WAVE: **01** REPORTING TIME :11:30 - 12:00 PM

The bib also features logos of various sponsors and a small elevation profile at the bottom.



SUPPORTED/ APPROVED/ ORGANIZED BY



25KM BALL-BREAKER TIME LINE

MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021 25KM BALL BREAKER TIME LINE											
LOCATION	CP TO CP COT (HRS)	CUMULATIVE COT (HRS)	KM	DISTANCE BTW AID STATIONS	CP TO CP ELEVATION GAIN (m)	CUMULATIVE GAIN (m)	FASTEST PASSAGE	SLOWEST PASSAGE	CUT OFF TIME		CP/ WS TRIPOLOGY
									IN	OUT	
START											
ESPLANADE TAIPING	0		0		0	0				12.00pm 18-Dec	Race Base
CP1 - SUUNTO (MTB)	3	3	10	10	572	572	1.15pm 18-Dec	3.00pm 18-Dec		4.30pm 18-Dec	Timing Control/ Medic/ Light Refreshments
CP2 - SUUNTO (MTB)	3	6	18	8	570	1142	2.30pm 18-Dec	6.00pm 18-Dec		7.30pm 18-Dec	Timing Control/ Medic/ Light Refreshments
FINISH	3	9	26	8	218	1360	3.30pm 18-Dec	9.00pm 18-Dec		10.30pm 18-Dec	Race Base/ Refreshments - Meals
ESPLANADE TAIPING										18-Dec	

1. Please be at Race Village 1 hour before the start of your wave.
2. 3 Wave Start
 - 1st Wave 12:00pm
 - 2nd Wave 12:30pm
 - 3rd Wave 1:00pm
3. Please report for the start as per the wave and time mentioned on your bib.



AFFILIATION

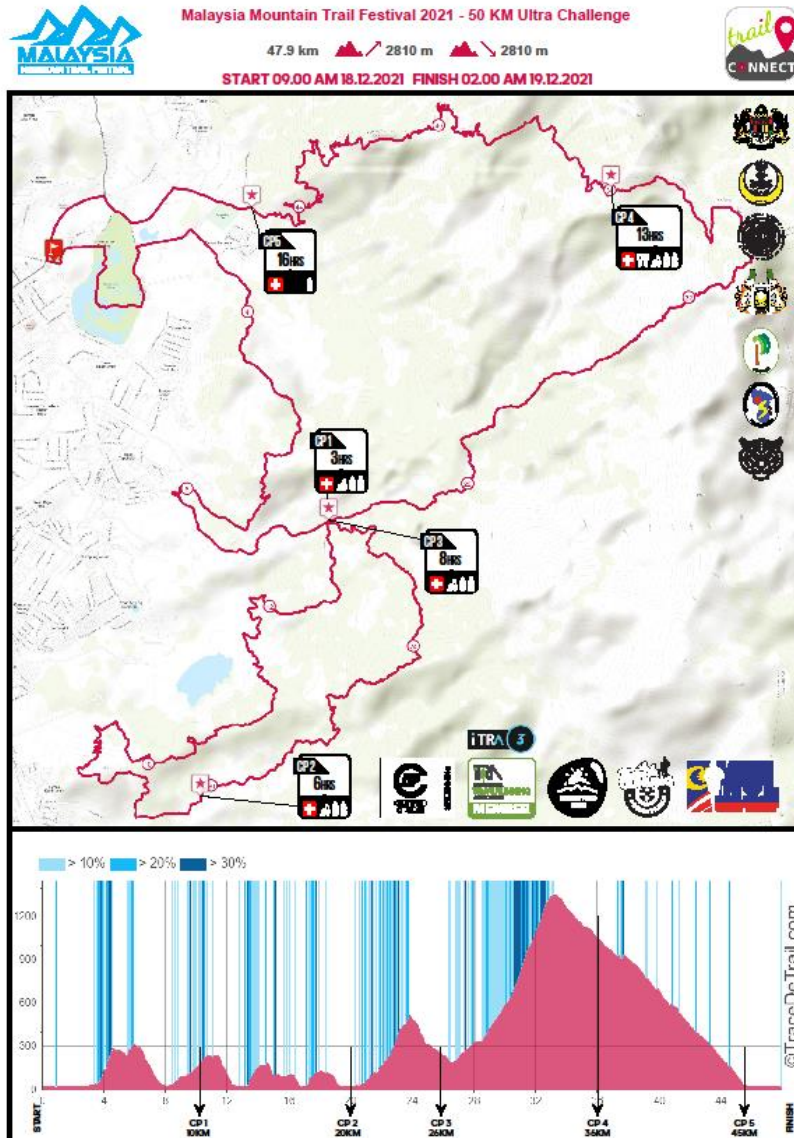
INITIATIVES

50KM ULTRA CHALLENGE

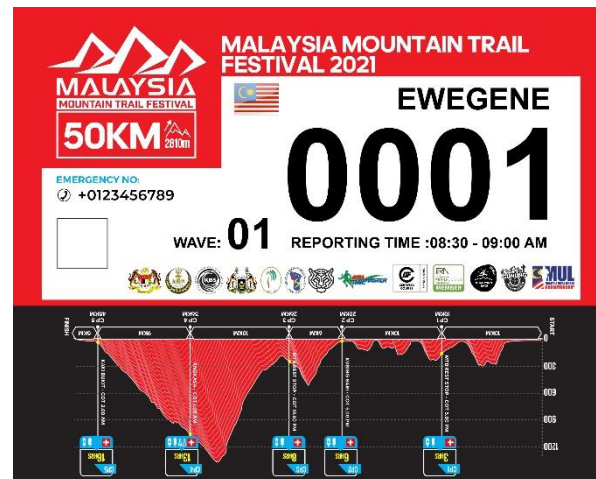
(START TIME 9:00AM / 18 DECEMBER 2021)

NO RACE BAND = NO RACE

MALAYSIA MOUNTAIN TRAIL FESTIVAL
LOSE YOUR MIND DISCOVER YOUR SOUL



- Start/ Finish Location: Esplanade Taiping, Perak, West Malaysia
- Start Time: 09:00am
- ITRA Points: 3 Point (YOUR NET TIME MUST BE 17 HRS AND BELOW)
- ITRA Certified: YES
- UTMB 2022 Qualifying Race: YES
- Mountain points : 5
- ISF Certified Course Label : YES
- Distance / vertical gain : 47.90km / 2810m+
- Cut Off Time(COT): 17 hrs (02:00am 19 December 2021) Hard Cut Off 03:30am 19 December 2021



MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021

50KM 2810m

EWEGENE

0001

EMERGENCY NO: +0123456789

WAVE: 01 REPORTING TIME :08:30 - 09:00 AM

The race bib is red and white with a black background for the runner's name and number. It features the Malaysia Mountain Trail Festival logo, the race distance and vertical gain, the runner's name 'EWEGENE', and the race number '0001'. It also includes an emergency number, a wave number '01', and a reporting time window. The bib is decorated with various certification logos including ITRA, UTMB, and ISF.



SUPPORTED/ APPROVED/ ORGANIZED BY

50KM ULTRA TIME LINE

MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021 50KM ULTRA CHALLENGE TIME LINE											
LOCATION	CP TO CP COT (HRS)	CUMULATIVE COT (HRS)	KM	DISTANCE BTW AID STATIONS	CP TO CP ELEVATION GAIN (m)	CUMULATIVE GAIN (m)	FASTEST PASSAGE	SLOWEST PASSAGE	CUT OFF TIME		CP/ WS TRIPOLOGY
									IN	OUT	
START ESPLANADE TAIPING	0		0		0	0				9.00am 18-Dec	Race Base
CP1 - SUUNTO (MTB)	3	3	10	10	572	572	10.15am 18-Dec	12.00pm 18-Dec		1.30pm 18-Dec	Timing Control/ Medic/ Light Refreshments
CP2 - U TURN/ KUNING SARI	3	6	20	10	446	1018	11.15am 18-Dec	3.00pm 18-Dec		4.30pm 18-Dec	Timing Control/ Medic/ Light Refreshments
CP3 - SUUNTO (MTB)	2	8	26	6	498	1516	12.15pm 18-Dec	5.00pm 18-Dec		6.30pm 18-Dec	Timing Control/ Medic/ Light Refreshments
CP4 - ANGKASA	5	13	36	10	1271	2787	1.45pm 18-Dec	10.00pm 18-Dec		11.30pm 18-Dec	Timing Control/ Medic/ Hot Meals
CP5 - KAILAS (KAKI BUKIT LARUT)	3	16	46	10	94	2881	2.45pm 18-Dec	1.00am 19-Dec		2.30am 19-Dec	Timing Control/ Medic/ Light Refreshments
FINISH ESPLANADE TAIPING	1	17	49	3	81	2962	3.00pm 18-Dec	2.00am 19-Dec		3.30am 19-Dec	Race Base/ Refreshments

1. Please be at Race Village 1 hour before the start of your wave.
2. 3 Wave Start
 - 1st Wave 9:00am
 - 2nd Wave 9:30am
 - 3rd Wave 10:00am
3. Please report for the start as per the wave and time mentioned on your bib.



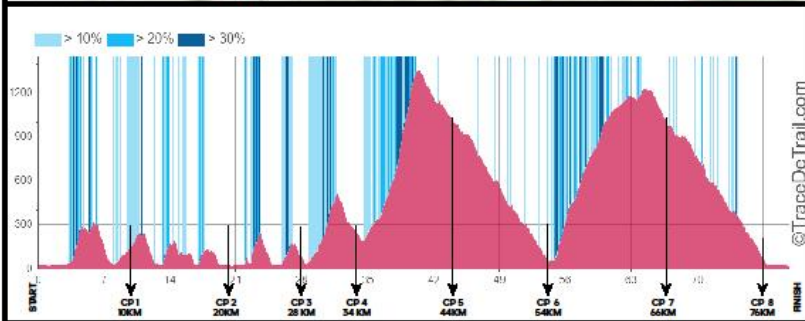
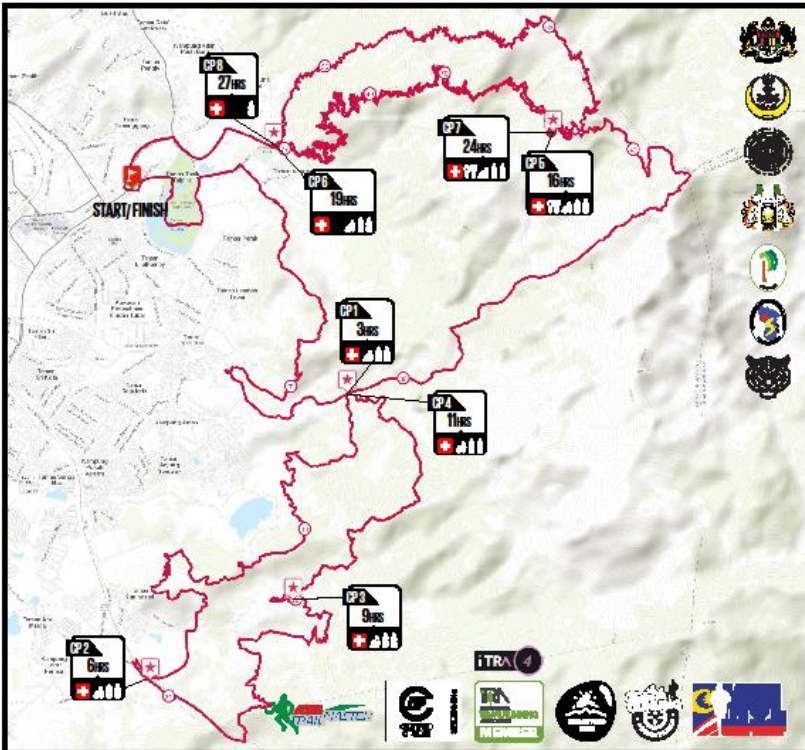
AFFILIATION

INITIATIVES

84KM ULTRA CHALLENGE

(START TIME 6:00AM / 18 DECEMBER 2021)




Malaysia Mountain Trail Festival 2021 - 84 KM Ultra Challenge
 79.7 km 4610 m 4610 m
START 06.00 AM 18.12.2021 FINISH 10.00 AM 19.12.2021

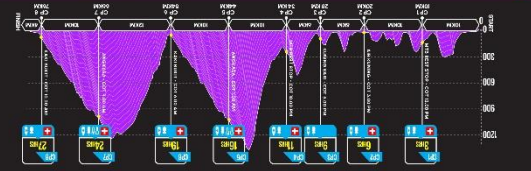


NO RACE BAND = NO RACE

MALAYSIA MOUNTAIN TRAIL FESTIVAL
LOSE YOUR MIND DISCOVER YOUR SOUL

- Start/ Finish Location: Esplanade Taiping, Perak, West Malaysia
- Start Time: 06:00am
- ITRA Points: 4 Point (YOUR NET TIME MUST BE 28 HRS AND BELOW)
- ITRA Certified: YES
- UTMB 2022 Qualifying Race: YES
- Mountain points : 5
- ISF Certified Course Label : YES
- Distance / vertical gain : 79.70km / 4610m+
- Cut Off Time(COT): 28 hrs (10:00am 19 December 2021) Hard Cut Off 11:00am 19 December 2021


MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021
84KM 4610m
EWEGENE
0001
 EMERGENCY NO. +0123456789
 WAVE: **01** REPORTING TIME :06:30 - 06:00 AM






SUPPORTED/ APPROVED/ ORGANIZED BY

84KM ULTRA TIME LINE

MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021 84KM ULTRA CHALLENGE TIME LINE											
LOCATION	CP TO CP COT (HRS)	CUMULATIVE COT (HRS)	KM	DISTANCE BTW AID STATIONS	CP TO CP ELEVATION GAIN (m)	CUMULATIVE GAIN (m)	FASTEST PASSAGE	SLOWEST PASSAGE	CUT OFF TIME		CP/ WS TRIPOLOGY
									IN	OUT	
START ESPLANADE TAIPING	0		0		0	0				6.00am 18-Dec	Race Base
CP 1 SUUNTO (MTB)	3	3	10	10	572	572	7.15am 18-Dec	9.00am 18-Dec		10.00am 18-Dec	Timing Control/ Medic/ Light Refreshments
CP2 - AYER KUNING	3	6	20	10	462	1034	8.15am 18-Dec	12.00pm 18-Dec		1.00pm 18-Dec	Timing Control/ Medic/ Light Refreshments
CP3 - U TURN/ KUNING SARI	3	9	28	8	430	1464	9.00am 18-Dec	3.00pm 18-Dec		4.00pm 18-Dec	Timing Control/ Medic/ Light Refreshments
CP4 - SUUNTO (MTB)	2	11	34	6	498	1962	10.00am 18-Dec	5.00pm 18-Dec		6.00pm 18-Dec	Timing Control/ Medic/ Light Refreshments
CP5 - ANGKASA	5	16	44	10	1271	3233	11.30am 18-Dec	10.00pm 18-Dec		11.30pm 18-Dec	Timing Control/ Medic/ Hot Meals
CP6 - KAILAS (KAKI BUKIT LARUT)	3	19	54	10	94	3327	12.30pm 18-Dec	1.00am 19-Dec		2.00am 19-Dec	Timing Control/ Medic/ Light Refreshments
CP7 - ANGKASA	5	24	66	12	1294	4621	2.30pm 18-Dec	6.00am 19-Dec		7.00am 19-Dec	Timing Control/ Medic/ Hot Meals
CP8 - KAILAS (KAKI BUKIT LARUT)	3	27	76	10	94	4715	3.30pm 18-Dec	9.00am 19-Dec		10.00am 19-Dec	Timing Control/ Medic/ Light Refreshments
FINISH ESPLANADE TAIPING	1	28	79	3	81	4796	3.45pm 18-Dec	10.00am 19-Dec		11.00am 19-Dec	Race Base/ Light Refreshments

1. Please be at Race village 1 hour before the start of your wave.
2. 2 Wave Start
 - 1st Wave 6:00am
 - 2nd Wave 6:30am
3. Please report for the start as per the wave and time mentioned on your bib.



AFFILIATION

INITIATIVES



MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021

Mandatory Items
Rules & Penalties



Risk Management – MANDATORY ITEMS



SUPPORTED/ APPROVED/ ORGANIZED BY

MANDATORY

MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021						
MANDATORY ITEMS						
RULES AND PENALTIES						
ITEMS	16KM	25KM	50KM	84KM	PENALTY	REMARKS
Headlamp	YES	Yes	Yes	Yes	DQ	Automatic
Extra Batteries For Headlamp			Yes	Yes	30 Minutes	Option : 2nd Headlamp is allowed
Emergency/ Space Blanket		Yes (x1)	Yes (x1)	Yes (x2)	30 Minutes	84KM (x1) = 15 Mins Penalty
Waterproof/ Windproof Jacket		Yes	Yes	Yes	30 Minutes	
Mobile Phone	Yes	Yes	Yes	Yes	DQ	Automatic
Compass			Yes	Yes	15 minutes	
Whistle			Yes	Yes	15 Minutes	
Basic First Aid Kit			Yes	Yes	30 Minutes	
Personal Drinking Cup	Yes	Yes	Yes	Yes	15 Minutes	
Water Bottle/ Bladder	500ml	500ml	1.5 Litre	1.5 Litre	DQ	Automatic
Ziplock bag For Personal Trash	Yes	Yes	Yes	Yes	30 Minutes	
Energy Gel/ Bar (Energy Food Source)		Yes	Yes	Yes	15 Minutes	
Buff/ Cap		Yes	Yes	Yes	15 Minutes	
Spoon/ Bowl			Yes	Yes	15 Minutes	Min. Drinking Cup / No Hotmeals
Gloves			Yes	Yes	15 minutes	
Shoes	Yes	Yes	Yes	Yes	DQ	Automatic
Face Mask (3 Pieces)	Yes	Yes	Yes	Yes	DQ	Automatic
Hand Sanitizer	Yes	Yes	Yes	Yes	DQ	Automatic
Recommended Items						
Anti Chafing Cream/ Vaseline						
Spare Socks						
Reflective Vest						
Sunblock/ Sunscreen						
Spare Running Top						
Sunglasses						
ID and Money						
Hiking Poles						

Notes :-

1. Mandatory items will be checked during REPC and randomly during the race.
2. Automatic - dismissal from the race course

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MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021

Standard Operating Procedures (SOP)

Covid Officers



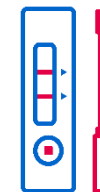
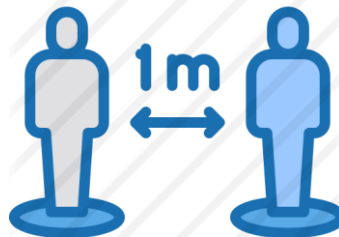
STANDARD OPERATING PROCEDURES (SOP)

GENERAL HEALTH PROTOCOLS

(To Be Followed By All Event Staffs and Runners)

There are 6 general health protocols that will dictate how we operate and implement things

1. Complete 2 dosages of vaccination - Min 14 days before event (Please provide proof when requested).
2. Face Mask - Where physical distancing is difficult, please follow rules regarding MASK ON ZONE and MASK OFF zones throughout the course and at the Race Village.
3. Social Distancing - To keep 1-2m apart from each other at all times and to pass runners on the course only when there is ample space. Please be at Race Village 1 hour before the start of your respective race wave as mentioned on your bib no. Please follow the wave start reporting strictly as per time stated on your bib.
4. Sanitize/ Hand Washing – Practise Regular washing or sanitizing of hands. Gloves should not be an option to sanitizing/ handwashing.
5. Rapid Test (RTK) - Every crew, participant and contractor will be subjected to MANDATORY Rapid Test. Those who have symptoms of covid are advised to test themselves with RTK and self isolate if positive.
6. MySejahtera - To help the government's track and trace initiatives, all event crew, runners and visitors have to check into MySejahtera at the Race Village at Esplanade Taiping and at the RTK and Race Band Collection Centre at Dataran Wawasan.



STANDARD OPERATING PROCEDURES (SOP) (COVID OFFICER)

- For the 1st time in the history of Malaysia Mountain Trail Festival, we have appointed COVID OFFICERS who possess absolute overriding powers to assist in maintaining SOP throughout the race course/ program.
- Our COVID OFFICERS have an absolute power role to check that event crew does operate in consistent with SOP in place, to remind event crews and runners of SOP in place and to evict those who repeatedly ignore and act against the SOP/ rules which we have in place.
- COVID OFFICER have also been given the authority to check your mandatory items during the race.





MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021

Race Reporting Procedures

Race Start SOP

Checkpoints SOP

Finishing Line SOP



RACE REPORTING PROCEDURE

- Please head to the Race Village at Esplanade Taiping 1 hour before your WAVE START as displayed on your race bib.
- Please check in MySejahtera and scan your temperature at the main entrance of the Race Village at Esplanade Taiping.
- Please ensure that your RACE BIB is clearly visible on the front and your RACE BAND properly secured on your wrist.
- Please ensure that you have your MANDATORY ITEMS along with you before reporting for your race.
- There are 2 entrances to the starting pen; please ensure you show your race bib to the event staff manning the entrance.
- Please report for your race based on the WAVE and REPORTING TIME mentioned on your race bib.
- You are NOT allowed to EXIT from the START PEN once you report for race.
- If you do not report before the start of your WAVE NO/ START TIME as mentioned on your race bib, you will automatically be transferred to the next WAVE NO/ START TIME.
- Please practise SOCIAL DISTANCING in the STARTING PEN.

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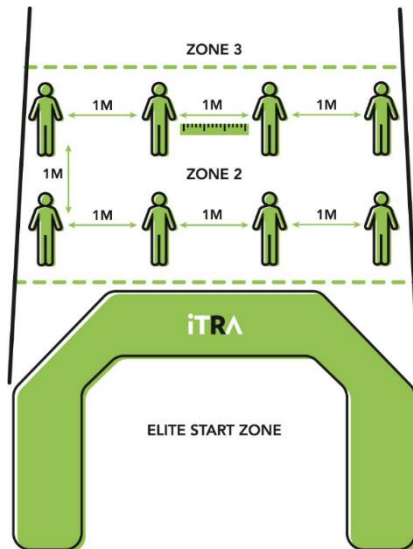
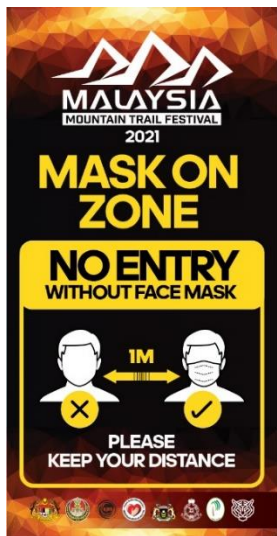
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MALAYSIA MOUNTAIN TRAIL FESTIVAL **LOSE YOUR MIND DISCOVER YOUR SOUL**

- The RACE BAND is of important significance and carry an important message.
- The RACE BAND tells the event team that you are a participant who have been tested negative of COVID-19 and have been cleared to race.
- WARNING – You are strongly advised to follow all Standard Operating Procedures (SOP) even though you are in the crowd where everyone has a RACE BAND. A RACE BAND is not an option to not follow SOP. Do not let your guard down at any time.

STANDARD OPERATING PROCEDURES (SOP) RACE START/ FLAG OFF

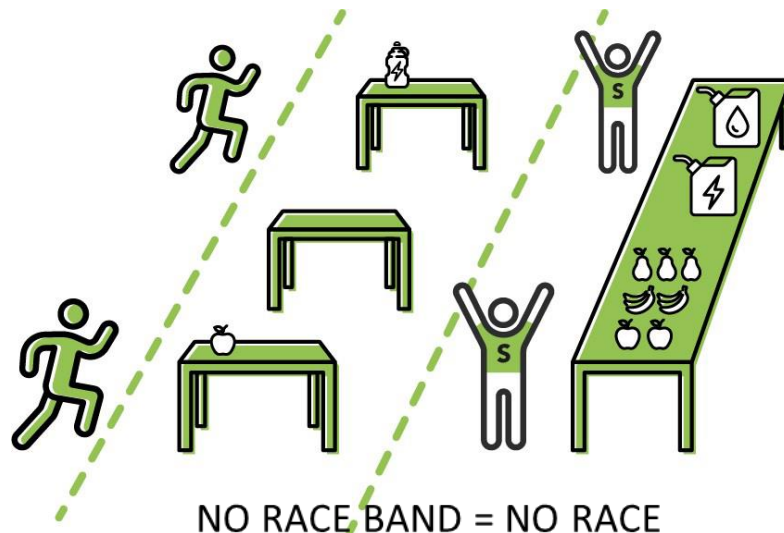
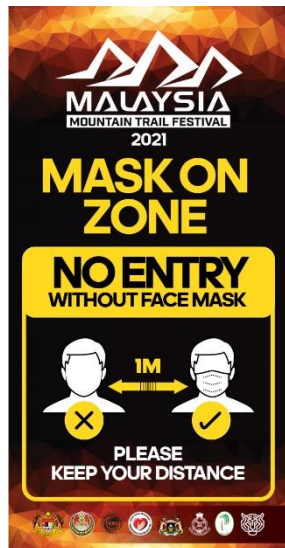
- 4 distance categories – 84KM (28 hrs COT), 50KM (17 hrs COT), 25KM (9 hrs COT) and 16KM (5 hrs COT)
- 84KM (Start 6:00AM 18 December 2021 – 2 Waves 120 pax/ wave – 30 mins apart)
- 50KM (Start 9:00AM 18 December 2021 – 3 Waves 150 pax/ wave – 30 mins apart)
- 25KM (Start 12:00pM 18 December 2021 – 3 Waves 150 pax/ wave – 30 mins apart)
- 16KM (Start 7:00AM 19 December 2021 – 2 Waves 120 pax/ wave – 30 mins apart)
- START/ FINISH are Mandatory MASK ON ZONE.
- Runners are advised to be at race village only 1 hour before respective flag off time.
- Runners are only allowed into STARTING PEN based on reporting time/ wave mentioned on race bib.
- Runners are to adhere to Mask On and Social Distancing Rule at the starting pen.



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STANDARD OPERATING PROCEDURE (SOP) (CHECKPOINTS)

- Direct contact between crews and runners is to be avoided.
- Runners are advised and will be constantly reminded to adhere to SOP (Mask On, Social Distancing and Sanitize Frequently).
- All refreshment will be prepacked.
- All supplies/ entitlements will be placed on tables for runners to retrieve.
- CPs are MASK ON ZONE (50m before and 50m after). Runners would need to pick what they want and move on to MASK OFF ZONE to enjoy their refreshment.
- Please prevent wastage and take only what you need and move on to the MASK OFF ZONE to enjoy your refreshment.



FINISHING LINE PROCEDURE

(What Should You Do After Crossing The Finishing Line?)

- Please wear your FACE MASK soonest as you cross the FINISH LINE.
 - Physical contact with event staff or supporters is to be avoided at all times.
 - No physical celebratory is allowed with event staff, supporters or fellow runners.
 - Please proceed to collect the printed RESULT SLIP at the timing tent.
 - Please proceed to collect your FINISHER ENTITLEMENTS (Avoid physical contact with event staff.)
 - Please proceed to collect your meals and refreshment.
 - Please ensure that you sanitize/ wash your hands before enjoying your meals.
 - Please ensure MASK ON after you finish your meals.
 - Please practise social distancing at all times.
 - You may check your official position via [Malaysia Mountain Trail Festival 2021 \(V.4.0\) \(checkpointspot.asia\)](https://www.checkpointspot.asia). Do note that results will only be finalized after event has ended.
- * Top 10 winners of each category to report at Prize Giving Tent next to stage at 10:00 am (19 Dec Sunday)

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MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021

Participant Code of Conduct

Spectator Code of Conduct

Event Staff Code of Conduct



PARTICIPANT CODE OF CONDUCT

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

- Do not travel to the event if you are showing any symptoms of covid-19 as outlined by the KKM (We highly suggest that runners do RTK test before starting their journey).
- Do your homework – make sure you are aware of and understand the pre-race briefing information offered by our event.
- Come ready to run - minimise your interaction with race staff, volunteers and participants by being as self-sufficient as possible.
- Come alone if you can.
- Under no circumstances should you swap your number, race band or give your place to another participant without authorization by the organizer.
- Be respectful to volunteers and participants and follow instructions of event team and markers throughout the race course.
- Observe social distancing wherever possible.
- Carefully consider your travel plans, avoiding public transport if at all possible.
- Leave more time than you normally would to get to and from the event.
- Be prepared to bring your cup, bowl and spoon/ fork to enjoy the refreshment to be provided by the organizer throughout the event. Only take what you need and can consume at all checkpoints. Please think of others behind you and prevent wastages.
- Be aware of your personal hygiene e.g. avoid spitting and nasal clearance.
- Be mindful of your surroundings and the impact of your actions on other participants, spectators, volunteers and the public. Don't run with or carry children, pacer, supporter or anyone not registered for the race in the race.
- Please follow the instructions of all event staff and all organizer's printed markers/ instructions found throughout the course
- Bring your own hand sanitizer and sanitize as frequent as possible.
- If you experience COVID symptoms soon after the event, then please make this known to the organizer (+60139766697).

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PARTICIPANT CODE OF CONDUCT

(Please follow the instructions of all event staff and all organizer's printed markers/ instructions found throughout the course)



- Banners and Buntings will be placed in the race village and throughout the course to remind everyone of the Standard Operating Procedure (SOP).
- Please follow the Standard Operating Procedure (SOP) in place or you risk being evicted from the race village/ race.
- Please follow distance, arrow or trail markers found through the course and do not sway off course at any point of the race.
- Do not remove or damage any distance, arrow or trail markers found throughout the course.
- Do not damage or remove any signages and properties belonging to the organizer or other entities throughout the course.



SPECTATOR/ SUPPORTER CODE OF CONDUCT



Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

- You are also advised NOT attend the event if:
 - i) If you have a fever of $\geq 38^{\circ}\text{C}$ on the day.
 - ii) If you have had any signs or symptoms of COVID-19 in the past 14 days. Such as a new continuous cough, fever, change/loss of taste/smell.
 - iii) If you have been in contact with anyone who is sick (symptomatic) in the past 14 days.
 - iv) If you have travelled within the past 14 days to any international location with widespread ongoing local COVID-19 transmission.
 - v) If you are living in location where Emergency Movement Control Order (EMCO) is in effect.
- Do your homework – make sure you are aware of and understand the pre-race briefing information offered by the event
- Be self-sufficient – bring your own hand sanitizer and refreshments as the organizer caters only for event crew and participants.
- Avoid the most congested areas
- You are not allowed to wander into the race course.
- If you are travelling home with a participant, agree a designated meeting place after the race
- Avoid physical contact with participants, volunteers or spectators including high fives and hugs
- Wherever possible keep toilets clear for the use of participants and event staff and volunteers
- Be respectful to volunteers and participants and please follow the instruction of the event team at all time.
- Observe social distancing wherever possible
- Carefully consider your travel plans, avoiding public transport if at all possible
- Leave more time than you normally would to get to and from the event
- Be mindful of your surroundings and the impact of your actions on other spectators, participants, volunteers and the public. Please dispose of any rubbish responsibly
- If you experience COVID symptoms soon after the event, then please make this known to the organizer (+60139766697).



EVENT STAFF CODE OF CONDUCT

Please ensure that you read and observe this code of conduct to ensure a safe and enjoyable event for everyone.

- You are also advised NOT attend the event if:
 - i) If you have a fever of $\geq 38^{\circ}\text{C}$ on the day.
 - ii) If have had any signs or symptoms of COVID-19 in the past 14 days. Such as a new continuous cough, fever, change/loss of taste/smell.
 - iii) If you have been in contact with anyone who is sick (symptomatic) in the past 14 days.
 - iv) If you have travelled within the past 14 days to any international location with widespread ongoing local COVID-19 transmission.
 - v) If you are living in location where Emergency Movement Control Order (EMCO) is in effect.
- Please ensure that you are properly informed of your roles
- Leave more time than you normally would to get to and from the event
- Be prepared to bring your own water and food and carry it with you during the race and please dispose of rubbish responsibly
- Bring your own hand sanitizer
- Ensure you maintain Social Distancing
- Must wear PPE as supplied by the organizer (gloves, masks)
- If you touch an athlete re-sanitize or replace gloves
- If you remove your gloves, replace with new or sanitize your hands
- Avoid using public transport to the event where possible
- When shouting encouragement or instructions to athletes ensure you are wearing your face mask
- When collecting and returning Instructions, Please keep to social distancing if in a queue
- Be mindful of the impact of your actions on other spectators, participants, volunteers and the public. Please dispose of any rubbish responsibly
- If you experience COVID symptoms soon after the event, then please make this known to the organizer (+60139766697).

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MALAYSIA MOUNTAIN TRAIL FESTIVAL 2021

Emergency Contact No



EMERGENCY CONTACT NO

EMERGENCY CONTACT NO 1
+60139766697

EMERGENCY CONTACT NO 2
+60165571250

- Please save the above emergency no in your phone.
- Please adhere to the MANDATORY ITEMS requirement for your respective race. It will save your lives in extreme cases.
- Please inform the event crew if you are not feeling well during the course of the race.
- Owing to the vast area that the race covers, help can take time to reach you. In any case please remain calm.
- In areas where there is no telco coverage or in situation you are not able to contact us and you are injured, please stay put beside the trail markers until the sweepers we deploy during the race reach you.
- **YOU SHOULD NOT SWAY OFF COURSE IN ANY GIVEN TIME DURING THE RACE FOR WHATEVER REASON UNLESS YOU ARE SUPERVISED OR INSTRUCTED BY THE EVENT CREW TO DO SO.**

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WE LOOK FORWARD TO SEEING AND HAVING YOU.
THANK YOU

