

TAIPING ENDURANCE CHALLENGE 2023

RUNNER'S GUIDE



CONTENT



"ENDURANCE IS ONE OF THE MOST DIFFICULT DISCIPLINES; BUT IT IS TO THE ONE THAT ENDURES THAT THE FINAL VICTORY COMES."



About



Runner's Information



Event Schedule



Mandatory Items



Course Information



Rules



Runner's Entitlement

FINISHERR

**Finisher
Entitlement**



Course Pictures

ABOUT

TAIPING ENDURANCE CHALLENGE 2023
is presented by MMTF Consultant.

TAIPING ENDURANCE CHALLENGE 2023
is an endurance looping challenge
around the iconic Taiping Lake Garden.

Our Objectives :

- To promote the sports of endurance running as a way to attain a healthy and active lifestyle.
- To promote the historical Taiping town as a running destination.
- To promote conservation of nature via the iconic Taiping Lake Garden.



RUNNER'S INFORMATION



Details	
Date	01 July 2023 (Expo Opens/ Race Kit Collection/ REPC/ 10:00am – 07:00pm) – For All Race Categories
	02 July 2023 (Prize Giving/ 10:00am – 11:00am)
Start Time	18 Hours (01 July 2023/ 03:00pm)
	12 Hours (01 July 2023/ 09:00pm)
	6 Hours (02 July 2023 / 03:00am)
Venue	Dataran Kedamaian, Taman Tasik Taiping, Perak, West Malaysia
Challenges	6 Hours
	12 Hours
	18 Hours
Event Page	https://www.facebook.com/TaipingEnduranceChallenge
Email Address	info@mmtf.my



“Endurance is not just the ability to bear a hard thing but to turn it into glory.”

RUNNER'S INFORMATION



REPC

- Runners only need to present a soft copy of identification to collect their entitlements
- Runners who can't collect their entitlements in person have to issue a letter of authorization in writing to the person who is collecting on behalf.

CHECKPOINT (CP)

- There will be 2 CP throughout the course. 1 to be situated at Jalan Pekeliling and 1 at the START/ FINISH area.

SUPPORT CREW

- Support crew are not needed for the challenge.
- Support crew are not allowed into RUNNERS ONLY zone.
- Support crew are not allowed to help themselves to food and beverages that the event team prepare for the challengers.
- Challengers may not use the service of a pacer who are not registered as a challenger to the event.

RUNNERS BIB

- No unauthorized transfer of bib allowed and runners must run with their own bib no.

DROP BAGS

- Drop bags deposit counter will be open from 1pm 1 July 2023 at the START/ FINISH AREA.
- Runner's responsibility to ensure that all bags deposited are properly packed and waterproof.
- Event team will not be responsible for any damage/ loss of items deposited.
- All items deposited, if not recovered after 1pm 2 July 2023 will be discarded.

PARKING

- Runners may only park their vehicle at designated parking area at the public toilet across the road from the START/ FINISH area.

CONSERVATION OF NATURE RULING

- Take nothing but leave nothing but footprints and kill memories, nothing but time.

WITHDRAWAL FROM CHALLENGE

- You may withdraw from the challenge at anytime by informing the event team of your decision.



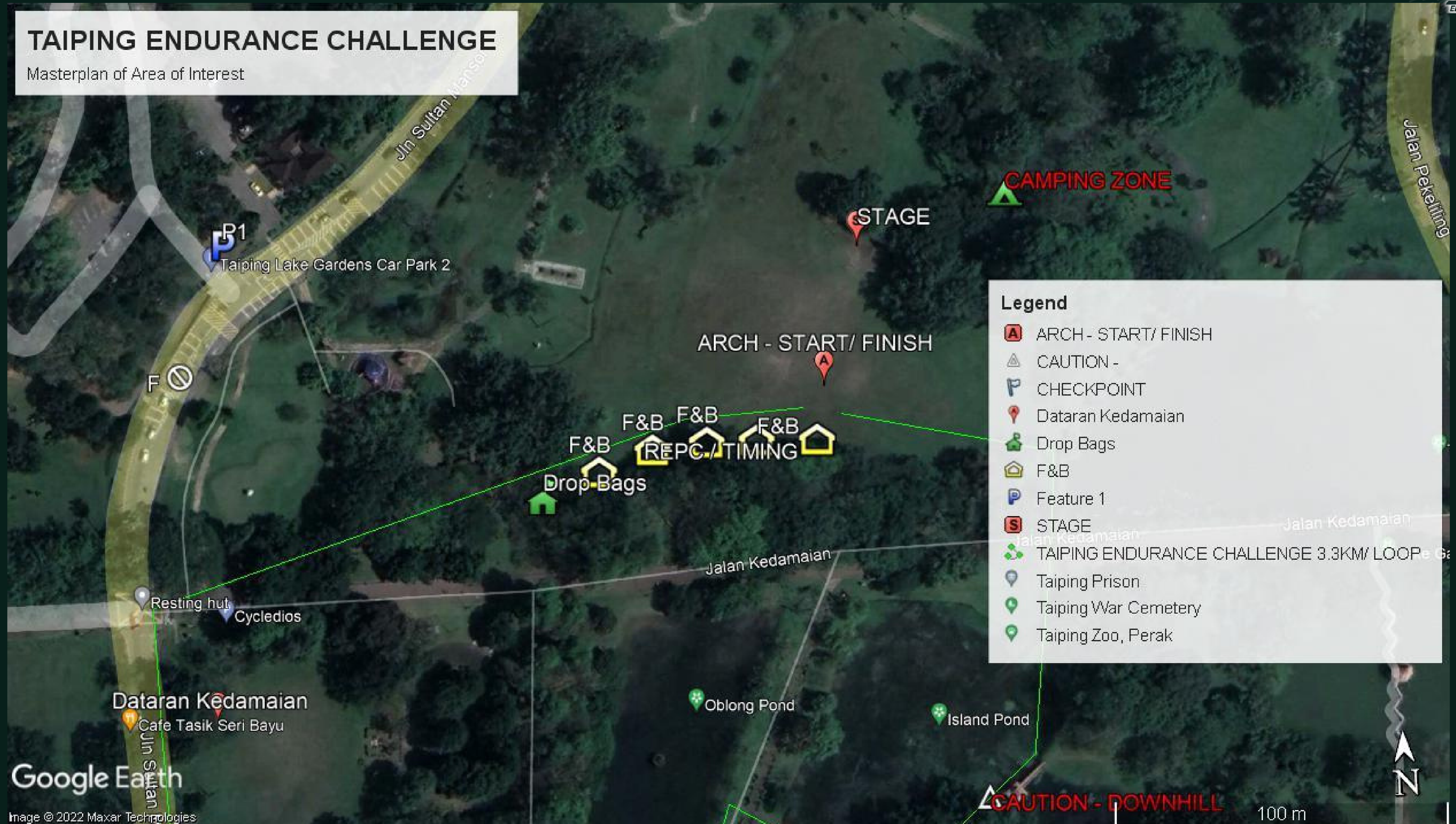
“Happy he who learns to bear what he cannot”

RUNNER'S INFORMATION MAP -RACE VILLAGE



TAIPING ENDURANCE CHALLENGE

Masterplan of Area of Interest



RUNNER'S INFORMATION

F&B MENU



1 JULY 2023 (SATURDAY) - 2 JULY 2023 (SUNDAY)		
DESCRIPTION	TIME	REMARK
DRINKING WATER	3:00pm Onwards	PLEASE PREPARE OWN CUP
COFFEE/ TEA/ COKE/	4:00pm Onwards	PLEASE PREPARE OWN CUP
ISOTONIC FRUITS/ SWEETS	4:00pm Onwards	
BREAD/ NUTELLA/ FRUITS	5:00pm Onwards	
CHICKEN RICE	7:00pm	ONLY FOR RUNNERS 18 HOURS
BUBUR/ PORRIDGE/ FRUITS	1:00am - 6:00am	PLEASE PREPARE OWN UTENSILS/ BOWL
NASI LEMAK/ ROTI CANAI	6.00am - 9.00am	



“Heroism is endurance for one moment more.”

EVENT SCHEDULE



1 JULY 2023 (SATURDAY)

DESCRIPTION	TIME	REMARK
Race Entitlement Pack Collection (REPC) & Race Village / Expo Opens	10:00am - 07:00pm	At Dataran Kedamaian, Taman Tasik Taiping.
Finish Line Drop Bag Counter Open	1.00pm	At Dataran Kedamaian, Taman Tasik Taiping.
Race Start	03:00pm	Dataran Kedamaian, Taman Tasik Taiping Dataran Kedamaian, Taman Tasik Taiping (For 18 Hours)
	09:00pm	Dataran Kedamaian, Taman Tasik
2 JULY 2023		TaipingDataran Kedamaian, Taman Tasik Taiping (For 12 Hours)
(SUNDAY)	TIME	
DESCRIPTION		REMARK
Race Start	03:00am	Dataran Kedamaian, Taman Tasik Taiping(For 6 Hours)
Cut Off Time (COT)	09:00am	Dataran Kedamaian, Taman Tasik Taiping (For All Challenges)
Prize Giving Ceremony	10:00am –11:00am	At Dataran Kedamaian, Taman Tasik Taiping
Finish Line Drop Bag Counter Close	12:00pm	At Dataran Kedamaian, Taman Tasik Taiping



“Heroism is endurance for one moment more.”

MANDATORY ITEMS



	6 HOURS	12 HOURS	18 HOURS
HEAD LAMP	YES	YES	YES
EXTRA BATTERIES	NO	YES	YES
BOWL/ CUP	YES	YES	YES
RECOMMENDED			
VASELINE	YES	YES	YES
WIND BREAKER	YES	YES	YES
EXTRA CHANGE OF CLOTHES	YES	YES	YES



“Come what may, all bad fortune is to be conquered by endurance.”

COURSE INFORMATION

COURSE PROFILE

- 35% Asphalt, 40% Concrete Path, 25% Grass - 3.3KM/ Loop

CHECKPOINT/ AID STATION

- 2 checkpoints (1 at Jalan Pekeliling -1.8KM mark/ 1 at START FINISH)
- Food and Beverage stations only at START/ FINISH area.

COURSE SUMMARY

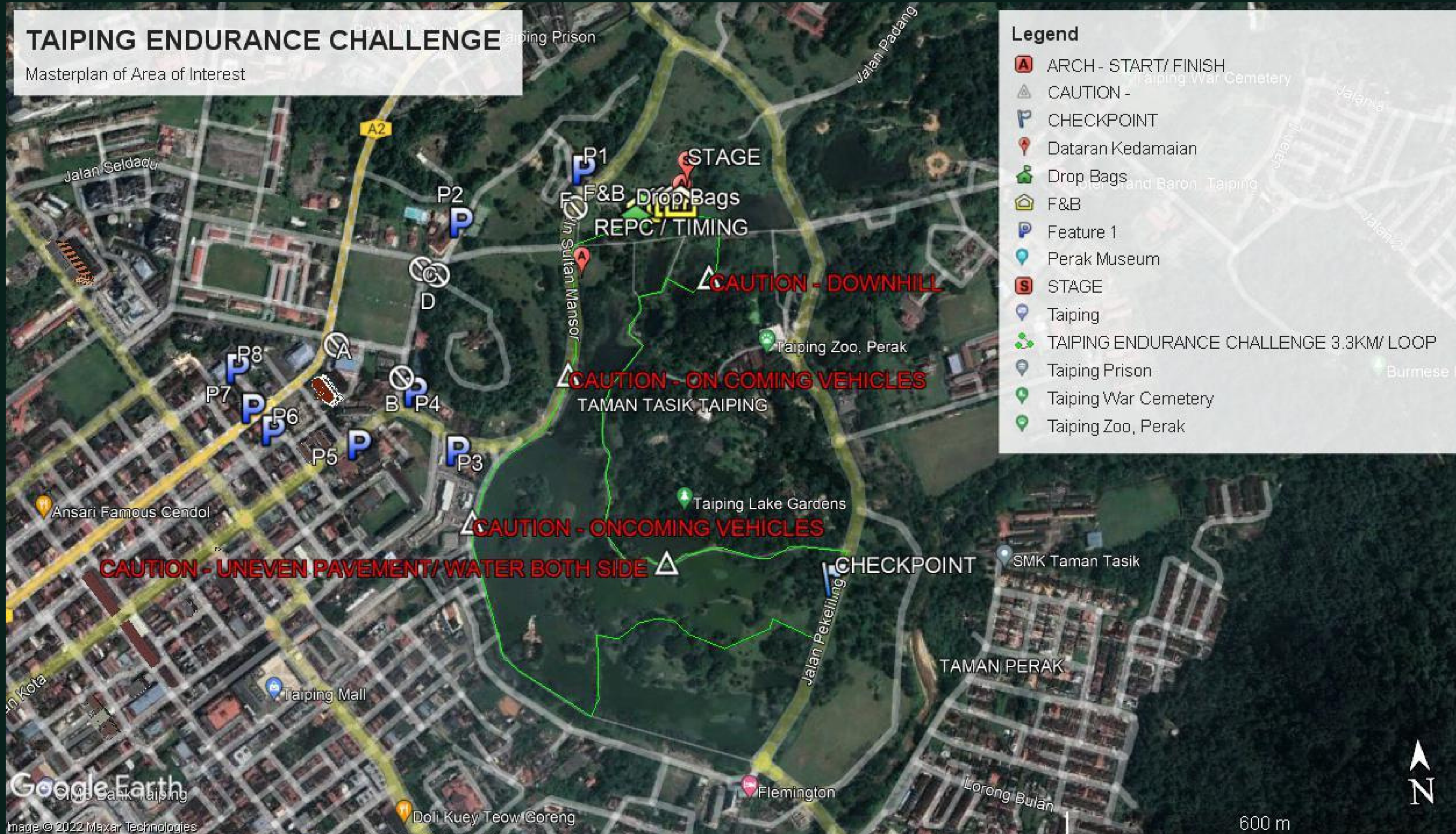
- The course is considered FLAT by its standard and have ZERO difficulty.
- Runners should however practice caution when going up and down the 4 bridges (KM1.2/ KM1.3/ KM2.9/ KM3) along the route as it can be slippery if it happens to rain during the challenge.
- Runners will be running under the raintrees which would provide a perfect umbrella to all.
- Do expect to see and hear the calls of the wilds as the challenge takes you around the iconic Taiping Lake Garden which is also the home of Taiping Zoo.
- Do expect conditions to be chilly if it does rain as apart from being covered whilst running under the raintree, runners will practically run under the moon and stars/ rain.



“Endurance is patience concentrated.”



COURSE INFORMATION



“Endurance is patience concentrated.”

RULES



YOU ARE A FINISHER

- You are a 6 HOURS FINISHER if you complete 10 x 3.3KM loop.
- You are a 12 HOURS FINISHER if you complete 20 x 3.3KM loop.
- You are a 18 HOURS FINISHER if you complete 30 x 3.3KM loop.

PRIZES

- 6 HOURS -Top 5 Men/ Women (Open/ Veteran)
- 12 HOURS -Top 5 Men/ Women (Open/ Veteran)
- 18 HOURS -Top 5 Men/ Women (Open/ Veteran)

PACES

- No outside pacing or assistance allowed.

BIB NO

- No unlawful transfer of bib allowed.
- You must run with your own bib no.
- Your bib must always be visible.

EVENT TEAM

- Abide by the instructions of the event team at all time.

SIGNAGES

- Pay extra caution to and follow strictly all event's markers and signages.



“Endurance is the crowning quality, And patience all the passion of great hearts.”

RUNNER'S ENTITLEMENTS



EVENT TEE



FOOD &
BEVERAGE



insurance



“It’s hard to beat a person who never gives up.”



FINISHER'S ENTITLEMENTS

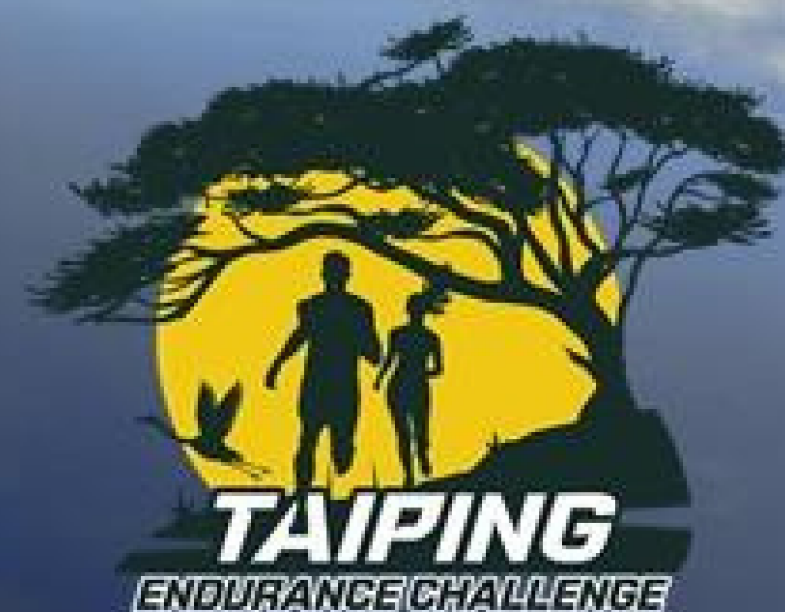


FOOD &
BEVERAGE



“Never say never because limits, like fears, are often just an illusion.”









1-2 JULY 2023

**WE LOOK FORWARD TO
HAVING YOU...**

THANK YOU