



# THE NORTH FACE

## MALAYSIA MOUNTAIN TRAIL FESTIVAL

### 2023

CAT VERTICAL KM / 13K

25K / 50K / 100K

UTMB-WORLD SERIES QUALIFIER M

## EVENT GUIDE

A LOSE YOUR MIND DISCOVER YOUR SOUL PROJECT  
BY MMTF CONSULTANT & FORESTRY DEPARTMENT OF PERAK





The North Face® Malaysia Mountain Trail Festival is part of TORX eXperience Circuit .

50 FINISHERS from The North Face® Malaysia Mountain Trail Festival 2023 100KM Ultra-Trail Challenge will gain entry to TORX 2024 on 1st come 1st serve basis without having to go through the balloting process.

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The North Face® Malaysia Mountain Trail Festival is the 1st "LOSE YOUR MIND DISCOVER YOUR SOUL" project.

Lose your mind; discover your soul, signifies projects that we believe will benefit the community and the places of interest which it is held.

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To runners, it simply meant being taken to an exotic location and provided with a challenge which befits the #LoseYourMindDiscoverYourSoul.





**THE  
NORTH  
FACE**   
**NEVER STOP EXPLORING**



# CONTENT

## THE NORTH FACE® MALAYSIA MOUNTAIN TRAIL FESTIVAL 2023

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Introduction

Our Objectives

An International Race

Giving Back To Society

A Sustainable Event Organization

We Brought The Race To The World

Rules & Regulations

General Info & Event Schedule

REPC

Mandatory Items

Course/ CP Information

Runners Entitlements & Prize Giving Ceremony

Partners & SPonsors

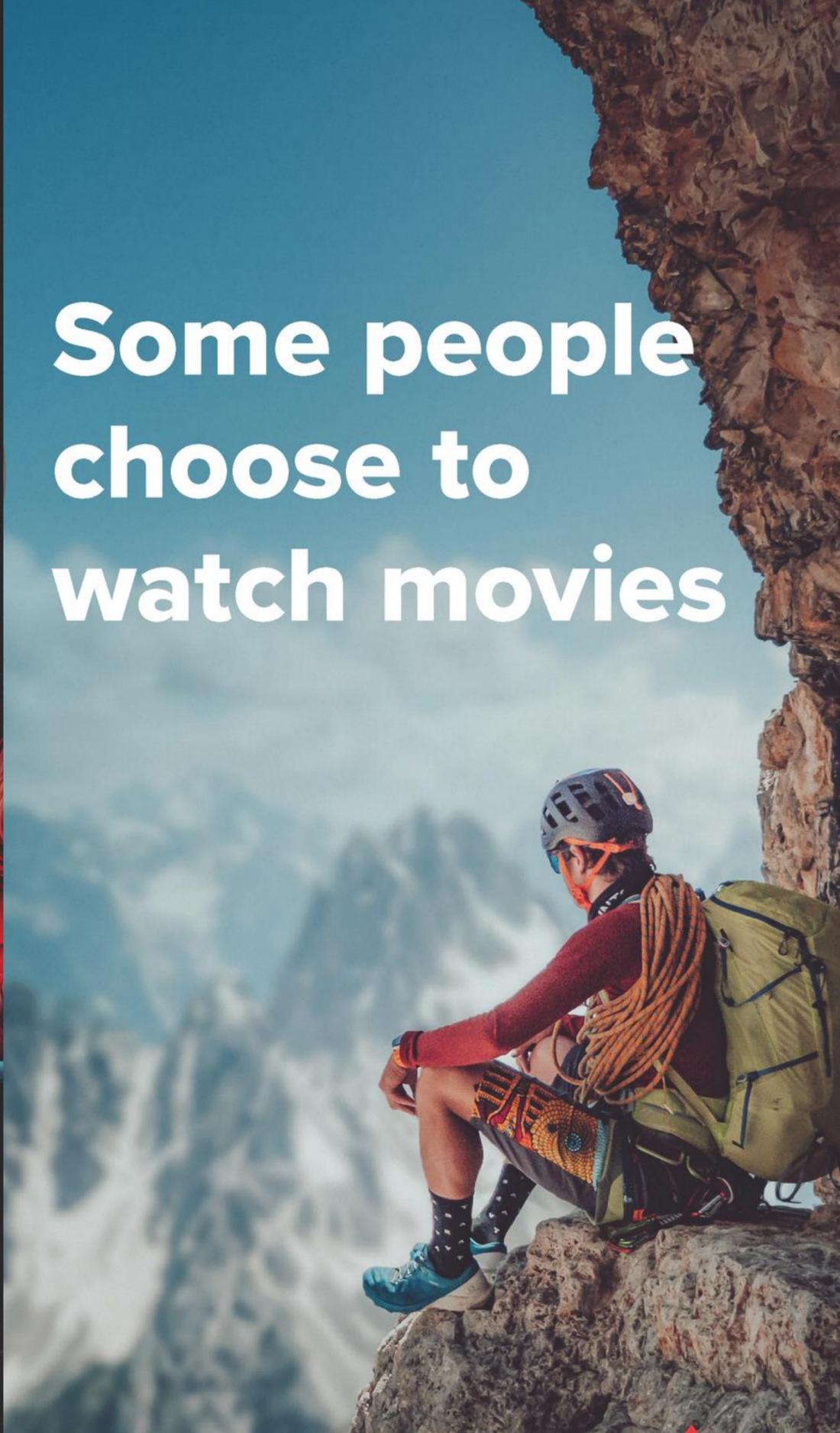
Places of Interest

**Some people  
choose a  
crowded club**



PROPERTY OF MMIF CONSULTANT

**Some people  
choose to  
watch movies**



**Some people  
choose a gym  
in the basement**



**SUUNTO**



# INTRODUCTION

The North Face® Malaysia Mountain Trail Festival is Malaysia's 1st ultra-trail running festival since 2018.

The North Face® Malaysia Mountain Trail Festival is a member of the International Trail Running Association (ITRA) and International Skyrunning Federation (ISF).

The North Face® Malaysia Mountain Trail Festival is certified by ITRA and remains the only ISF "CERTIFIED COURSE LABEL" in Malaysia.

The North Face® Malaysia Mountain Trail Festival is the 1st race in APAC to be accorded TORX eXperience Circuit by VDA Trailers in Italy.

The North Face® Malaysia Mountain Trail Festival is also a Qualifying Race for Western States 100

The North Face® Malaysia Mountain Trail Festival is part of UTMB World Series Qualifiers Index race and an Asia Trail Master (ATM) Championship Series point race since 2019.

The North Face® Malaysia Mountain Trail Festival has a record of zero incident zero claim since 2018.

The North Face® Malaysia Mountain Trail Festival took the lead to be the 1st mass participation sporting event in Malaysia after the pandemic.

# 杖一 | ZENONE

## ULTRA-LIGHT TREKKING POLES

**PERSONALIZED SERVICES**

### Engraving

Complimentary

Note: Upto 8 alphanumeric or 4 Chinese/Japanese/Korean characters (including spacing)

Come with Mud Guard Basket Caps Suitable for Muddy and Sandy Condition

**MMTF**  
Limited Edition Wristband

Soft and Comfortable Strap resistance design with Duraflex fastener



# OUR OBJECTIVES

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- To cultivate and promote trail running as a sport and a way to attain an 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.



**GB13 GROUP**



# An International Race

A member of International Trail Running Association (ITRA) and International Skyrunning Federation (ISF)

A race that is certified by ITRA

The 1st ISF "Certified Course Label" in Malaysia

1st TORX eXperience Circuit race in APAC.

Western States 100 Qualifying Race

UTMB World Series Qualifiers Index race.

Asia Trail Master (ATM) Championship Series point race since 2019.

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.



**milestone**®

LIGHTING YOUR WAY

# GIVING BACK TO THE SOCIETY THROUGH TRAIL RUNNING

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# FUEL X PRO - PRODUCT RANGE

**PUSH YOU LIMITS - NO ROOM FOR EXCUSES!**

840g Bulk Bag  
30 Scoops  
100 Calories per Scoop



1.96kg Bulk Bag  
70 Scoops  
100 Calories per Scoop  
Lemon-Lime & Watermelon

55g Sachets  
200 Calories



Pear

Lemon-Lime

Watermelon

**Fuel X PRO Endurance Fuel contains the same as Fuel X PLUS premium AMINO ACIDS Leucine & Alanine for improved PERFORMANCE and ENDURANCE.**

# INNOVATION

## A WINNING Formula

- BREAKTHROUGH CRAMP MANAGEMENT
- Our proprietary formula has been created to contain just the right blend of astringency, pH and mineral content to provide rapid relief.
- Unique, no-mix drink. Low dose.
- Especially useful for all anyone who suffers from muscle cramps
- Especially useful for athletes during sport.
- 50ML Multi-Serve Bottles - 3-5 serves
- 20ml Single-Serve Sachets
- 3 Flavours: Lemon, Raspberry, Espresso with 7mg caffeine.
- All with 8mg carbohydrates per serve



# CRAMPFIX®



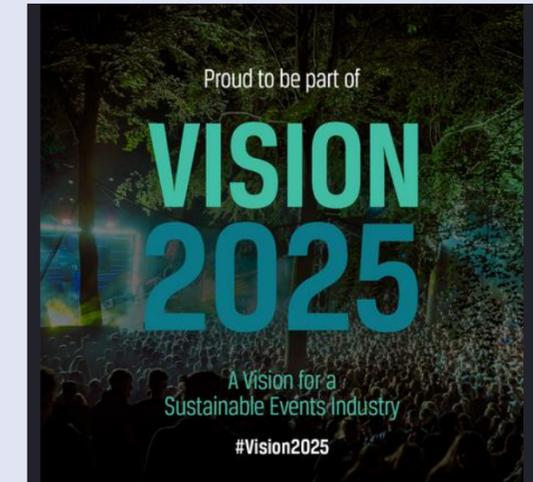
# A SUSTAINABLE EVENT ORGANISATION

The North Face® Malaysia Mountain Trail Festival has taken the VISION 2025 pledge with the aim to cut our environmental impact by 50% by 2025.

The event team has participated in tree planting initiatives since 2021 in line with our support of the nation's 100 million tree planting program.

The event team has replanted 5300 trees at Maxwell BaseCamp since October 2022.

Our event team supports and are trained Malim Gunung Perhutanan (MGP) as its our aim to help and be actively involved with the Forestry Department of Malaysia (JPSM) conservation of nature program.





# BOOM+

Be Thirsty.

# WE BROUGHT THE RACE TO THE WORLD

BROADCASTED GLOBALLY SINCE 2019

The North Face® Malaysia Mountain Trail Festival has been broadcasted to more than 160 countries/ 1.44 billion households annually since 2019.

This is inline with our objectives to introduce Malaysia's trails and Malaysia to the world.

Special credit to our media partners - ICarus Sports | Postmotion Studio | Pelari Denai | TWT Marathon



cōwa™

## Benefits of Cowa Coconut Water



- 0% FAT
- ZERO CHOLESTEROL
- GLUTEN FREE
- ESSENTIAL ELECTROLYTES

cōwa™

**Ingredients For A Better World**

# RULES & REGULATIONS

- All participants must register online by providing their name, NRIC/Passport number, gender, contact number, email address, and emergency contact details.
- Upon successful registration, each participant will receive a confirmation slip via email. The confirmation slip serves as the only valid evidence of registration. All participants are required to present their respective confirmation slips and, or identity cards and; or passports during Race Entry Pack Collection Day. A confirmation slip displayed through mobile/smartphone at the REPC counter will also suffice.
- Participants must place their race bibs facing forward, prominently as high as possible on the front of their Running Tee. Do not place your race bib on the side of your hips, on your back, or tucked away in your jacket. Runners found without their race bib numbers may be penalized or disqualified. Please ensure that the race bib number is visible.
- Tampering with the race bib in any way (e.g. obscuring/removing the sponsor's identification) will result in your disqualification. The organizer shall immediately disqualify any participants if this rule is not strictly observed.
- A runner is not allowed to be supported by any 3rd Party or participant in the race, other than at the Checkpoints/ Water Stations provided by the organizer along the course.
- It is the runner's responsibility to ensure that they provide the correct phone no at the point of registration/ REPC. Any runner not contactable during the race will be subjected to potential disqualification owing to safety reasons.
- If you withdraw from the race, you must report to the technical commissioners at the closest aid station. This will ensure that you will be safely removed from the race course and transported back to the race venue.
- If you need First Aid assistance on the course, you must contact the emergency number as stipulated in the EVENT GUIDE.
- You must carry your own mandatory gear at all times during the race. Random gear checks will be conducted during the race. Runners without mandatory items will be disqualified or penalized accordingly
- You must obey the instructions given by the technical commissioners, or course "Trail Masters" and withdraw from the race if you miss any cut-off time at the aid station or on the course.
- Littering is prohibited. Kindly dispose of all litter at the nearest aid station.
- Please respect the locals and their culture.
- Do not leave any human faeces on the track. If you need to poo, use a toilet, a wag bag or get off track and "Leave No Trace".
- You must obey any information signs and markers along the race course.
- Leave the gates as you find them. If closed, you may open the gate to pass through but please ensure that you close them back after you.
- The organizer reserves the right to discourage and/or penalize behaviour that is considered unsporting.
- The organizer reserves the right to postpone or cancel or suspend the race for any reason it deems fit to do so.

EMA DENDENG DAGING



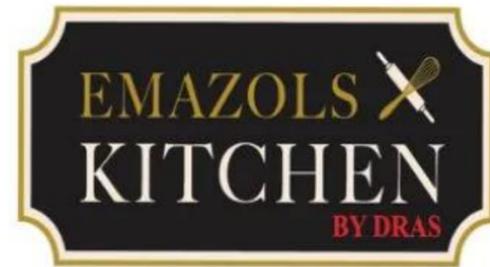
EMA RENDANG DAGING



EMA GULAI KUNING DAGING



# ADVENTURE PACK



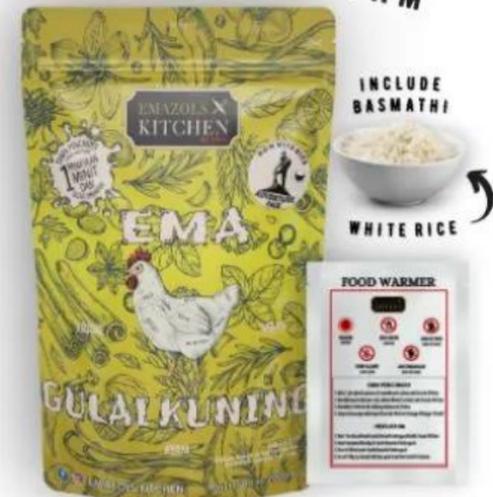
EMA DENDENG AYAM



EMA RENDANG AYAM



EMA GULAI KUNING AYAM



# GENERAL INFO

## RACE VILLAGE

- The race village is situated at Esplanade, Taiping which is adjacent to the iconic Taiping Lake Garden.
- REPC, MAIN STAGE, RACE EXPO and START/ FINISH will all be located at Esplanade, Taiping.

## PARKING

- Runners are advised to park their vehicles at the designated parking area and NOT around the field/ RACE VILLAGE.
- All vehicles that are NOT parked at designated parking area risk being towed away by the authorities and owners subjected to summons by the local council.

## CAMP ZONE

- **Runners are NOT ALLOWED to camp around the RACE VILLAGE. KINDLY CONTACT AMIRUL +601133451009 TO BOOK A CAMPING SPACE AT MAXWELL BASECAMP.**

## RUBBISH

- Please discard your rubbish responsibly at the designated rubbish bins located around the field.
- Please place your rubbish according to the labels (NON RECYCLABLE/ RECYCLABLE) found on the bins.

## REPC

- Runners only need to present a soft copy of identification and signed indemnity form to collect their entitlements
  - **Runners who has opted to have their mandatory items checked at TNF Pavilion Damansara Heights between 20 - 22 October 2023, would need to present a soft copy of identification, a signed indemnity form and the signed checker list presented during the mandatory item check.**
- Runners who decide not to attend the race and can't collect their entitlements in person will have to issue a letter of authorization in writing to the person who is collecting on behalf.

## RUNNER'S BIB

- No unauthorized transfer of bib allowed and runners must run with their own bib no.
- Tampering with the race bib in any way (e.g. obscuring/removing sponsor's identification) will result in your disqualification. The organizer shall immediately disqualify any participants, if this rule is not strictly observed.

## SUPPORT CREW

- Support crews are not needed for the event.
- Support crews are not allowed beyond 50 meters of the CPs.
- Support crews are not allowed to help themselves to food and beverages that are provided to runners at the CPs.
- Runners may not use the service of a pacer who are not registered as a participant to the event.

# GENERAL INFO

## FLAG OFF/ CUT OFF TIME (COT)

Distance	Flag off Time	Cut Off Time	Duration
Vertical Kilometer (VK)	8am, 03/11/2023 (Friday)	10.30am, 03/11/2023 (Friday)	2.5 Hours
13 KM	7am, 05/11/2023 (Sunday)	11am, 05/11/2023 (Sunday)	4 Hours
25 KM	3pm, 04/11/2023 (Saturday)	12am, 05/11/2023 (Sunday)	9 Hours
50 KM	10am, 04/11/2023 (Saturday)	3am, 05/11/2023 (Sunday)	17 Hours
100 KM	3am, 04/11/2023 (Saturday)	11am, 05/11/2023 (Sunday)	32 Hours

### WITHDRAWAL FROM THE RACE

- You may withdraw from the race at anytime during the race by informing the event team at the next/ nearest CP of your decision.

### NO PETS ALLOWED ON THE COURSE

- We love animals but no pets of any kind is allowed on the course

### EMERGENCY NO

- **The dedicated EMERGENCY NO during the race weekend is +6013 9766697 and +60165571250**

- **Please take note that owing to the vast area and remoteness that the race covers, it will take up to 3 hours for the RESCUE AND SAFETY team to reach you once reported.**

# EVENT SCHEDULE

## 2 NOVEMBER 2023 (THURSDAY)

DESCRIPTION	TIME	REMARK
Race Entitlement Pack Collection (REPC)	02:00pm - 07:00pm	At Esplanade, Taiping, Perak (All Distance Category)

## 3 NOVEMBER 2023 (FRIDAY)

DESCRIPTION	TIME	REMARK
Race Start	08:00am - 08:30am	Kaki Bukit Larut, Taiping (VK Only) (Time Trial Format)
Race Entitlement Pack Collection (REPC)	06:00am - 07:00am	Kaki Bukit Larut, Taiping (VK Only)
	10:00am - 07:00pm	At Esplanade, Taiping, Perak (All Distance Category)
Cut Off Time (COT)	10:30am - 11:00am	Bukit Larut, Taiping (VK)
Elite Introduction	05:00pm - 05:30pm	At Main Stage, Race Village, Esplanade
Race Briefing	05:30pm - 06:30pm	At Main Stage, Race Village, Esplanade By Ewegene Tan of MMTF
Vertical KM Prize Presentation	06:30pm - 07:00pm	At Main Stage, Race Village, Esplanade
Welcome Dinner	07:00pm - 08:30pm	At Esplanade, Taiping, Perak

## 4 NOVEMBER 2023 (SATURDAY)

DESCRIPTION	TIME	REMARK
Race Pack Entitlement Collection (REPC)	12:00am - 01:30am	Esplanade, Taiping (100KM Only)
	07:00am - 08:30am	Esplanade, Taiping (50KM Only)
	12:00pm - 01:30pm	Esplanade, Taiping (25KM Only)
	02:00pm - 05:00pm	Esplanade, Taiping (13KM Only)
Finish Line Drop Bag Counter Opens	01:00am	At Esplanade, Taiping, Perak (For All Categories)
Race Start	03:00am	Esplanade, Taiping (100KM)
	10:00am	Esplanade, Taiping (50KM)
	03:00pm	Esplanade, Taiping (25KM)
Expected Arrival 1st Runner	04:15pm	Esplanade, Taiping, (100KM)
	05:00pm	Esplanade, Taiping (50KM)
	06:30pm	Esplanade, Taiping (25KM)

# EVENT SCHEDULE

5 NOVEMBER 2023 (SUNDAY)

DESCRIPTION	TIME	REMARK
Race Pack Entitlement Collection (REPC)	04:00am - 05:30am	Esplanade, Taiping (13KM Only)
Race Start	07:00am	Esplanade, Taiping (13KM)
Expected Arrival 1st Runner	08:10am	Esplanade, Taiping (13KM)
Cut Off Time (COT)	12:00am	Esplanade, Taiping, Perak (25KM)
	03:00am	Esplanade, Taiping, Perak (50KM)
	11:00am	Esplanade, Taiping, Perak (100KM)
	11:00am	Esplanade, Taiping, Perak (13KM)
Prize Collection (4th - 10th place)	08:00am - 09:30am	At Secretariat Tent Race Village, Esplanade, Taiping, Perak
Prize Giving Ceremony (1st - 3rd place)	10:00am - 12:00pm	At Race Village, Esplanade, Taiping, Perak
100KM Honoring Ceremony	12:00pm - 01:00pm	At Race Village, Esplanade, Taiping, Perak
Finish Line Drop Bag Counter Close	02:00pm	At Race Village, Esplanade, Taiping, Perak (For All Categories)

Note :

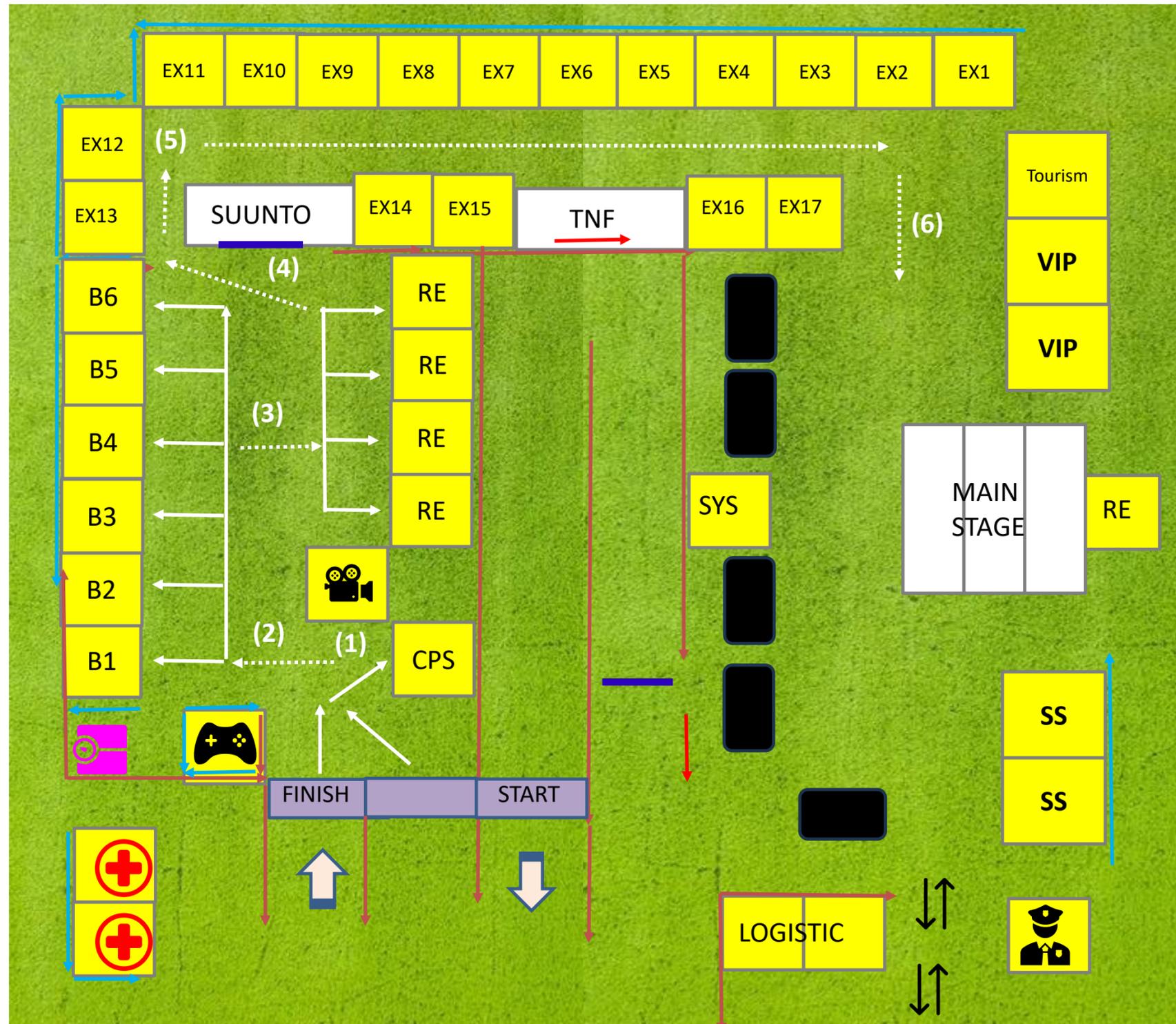
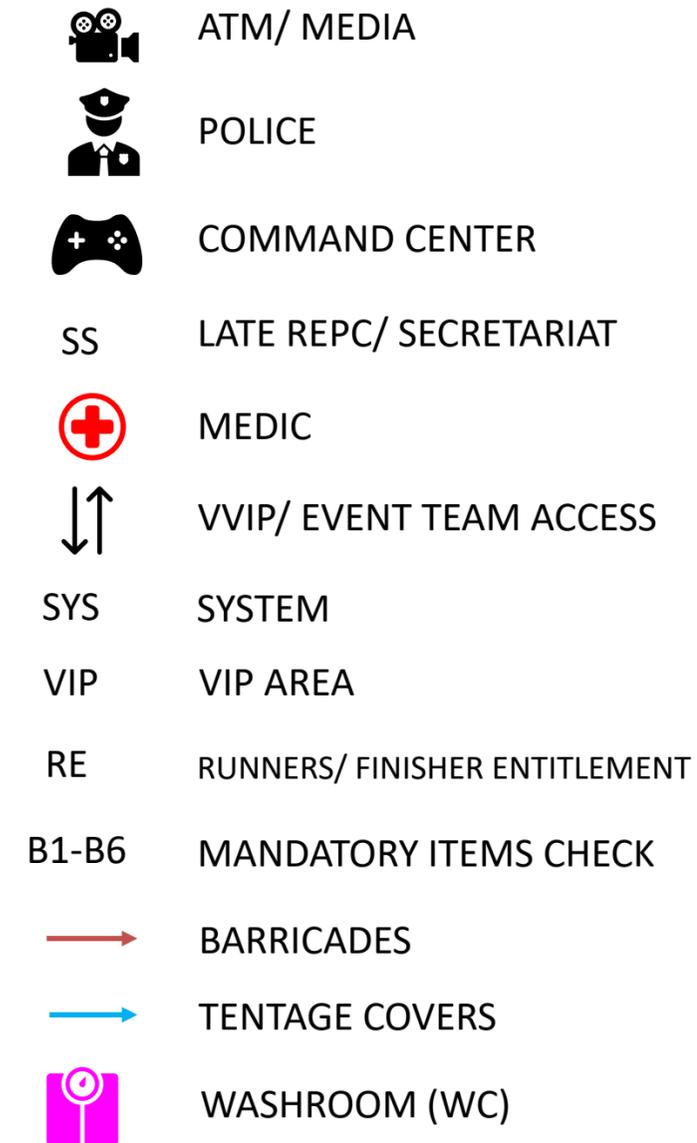
- Schedule is subjected to change when deemed necessary by organizer.
- Mandatory gears check will be conducted during REPC and at selected Aid-Station (AS)
- Please follow the instructions of signages and event crews at all times.
- Welcoming dinner only for runners.
- No Race Bib No Race Rule
- All drop bags must be retrieved with RUNNER'S BIB at the respective drop bag counters by 2:00pm (5 November 2023) either by runners themselves or a representative. Any drop bags not collected after 2:00pm may be disposed of. The organizer will not be held responsible for any loss or damage to any item in the drop bag.
- 100KM Finishers who are not able attend the honoring ceremony at 12:00pm 5 November 2023 may collect their entitlement from "RE Tent" located behind the main-s between 8:00am - 9:30am on 5 November 2023



LOSE YOUR MIND DISCOVER YOUR SOUL

# THE NORTH FACE® MALAYSIA MOUNTAIN TRAIL FESTIVAL 2023

## RACE ENTITLEMENT PACK COLLECTION FLOW



### Runners to follow the collection flow :

- (1) Ensure you have your **signed indemnity form** with you. Proceed to “CPS Tent” for registration.
- (2) Upon collecting the registration slip, please proceed to “B1-B6 Tents” for Mandatory Items Check.  
*(\*For those who have passed their Mand Items Check at TNF Pavillion Damansara Heights can proceed directly to collect race entitlements at “RE tent” with **signed and stamped checklist**)*
- (3) After passing the Mand Items Check, please proceed to “RE Tent” to collect race entitlements.
- (4) Proceed to exit to Race Expo immediately after collecting the race entitlements.

# THE NORTH FACE® MALAYSIA MOUNTAIN TRAIL FESTIVAL 2023

## REPC (RACE ENTITLEMENT PACK COLLECTION)

Race Entitlement Pack Collection (REPC)		
Date	TIME	Venue
2 Nov 2023 (Thu)	02:00pm – 07:00pm	Esplanade, Taiping, Perak (All Distance Categories)
3 Nov 2023 (Fri)	06:00am – 07:00am	Kaki Bukit Larut, Taiping (VK Only)
	10:00am – 07:00pm	Esplanade, Taiping, Perak (All Distance Categories, except VK)
4 Nov 2023 (Sat)	12:00am – 01:30am	Esplanade, Taiping (100KM / 100KM DUO)
	07:00am – 08:30am	Esplanade, Taiping (50KM)
	12:00pm – 01:30pm	Esplanade, Taiping (25KM)
	02:00pm – 05:00pm	Esplanade, Taiping (13KM)
5 Nov 2023 (Sun)	04:00am – 05:30am	Esplanade, Taiping (13KM Only)

*\*For runners who cannot attend the race event, you may print the **Authorization Form** and pass to your representative to collect your race entitlements on behalf. The Authorization Form can be downloaded from <https://mmtf.my/events/mmtf2023/>*

*\*\* For those who are unable to collect race entry pack on 2-3 Nov, you may collect your race entry pack based on the respective time slots on 4-5 Nov. Please proceed to “**SS Tent**” for your registration with your mandatory items. Kindly note that the counter will only be open for 1.5 hours.*

# THE NORTH FACE® MALAYSIA MOUNTAIN TRAIL FESTIVAL 2023

## REPC (RACE ENTITLEMENT PACK COLLECTION)

1. Kindly note that the registered participant is required to collect his/ her own race entry pack. You are not allowed to collect race entry pack on behalf of other runners.
2. Runners can present Confirmation Slip (via email suffice) and Identity Card/ Passport for verification at the Registration counter @ **“CPS Tent”**.
3. Runners must download and sign the **Indemnity Form** from <https://mmtf.my/events/mmtf2023/> and present at the REPC Registration counter. If you are unable to present for whatever reason, you will be requested to pay **RM2.00** for Indemnity Form at the counter.
4. For those who have not done their mandatory items check at The North Face Pavilion Damansara Heights, please bring along your mandatory items to check before you can collect your race entry pack.
5. Upon successful registration, runners will be given a registration slip to proceed to **“B1-B6 Tents”** for their mandatory items check.
6. For those who have passed their mandatory items check at The North Face Pavilion Damansara Heights, you are required to present the signed and stamped checklist at the REPC Registration counter (as proof) to collect your race entry pack directly, otherwise a **RE-CHECK** will be required.
7. Upon passing your mandatory items check, the crew will stamp on your registration slip and you may proceed to **“RE Tent”** to collect your race entry pack.
8. Runners are required to exit to Race Expo after collecting your race entry pack to prevent over-crowding at the collection area.

# MANDATORY ITEMS

MANDATORY ITEMS RULES AND PENALTIES						
ITEMS	13KM	25KM	50KM	100KM	PENALTY	REMARKS
Headlamp		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	100KM (x1) = 15 mins
Waterproof/ Windproof Jacket			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	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 and Bowl			Yes	Yes	15 Minutes	Min. Drinking Cup (for Hot meals)
Gloves			Yes	Yes	15 minutes	
Shoes	Yes	Yes	Yes	Yes	DQ	Automatic
<b>Recommended Items</b>						
Anti Chafing Cream/ Vaseline						
Spare Socks						
Reflective Vest						
Sunblock/ Sunscreen						
Spare Running Top						
Sunglasses						
ID and Money						
Facemask						
Hand Sanitizer						
Hiking Poles						

**Notes :-**

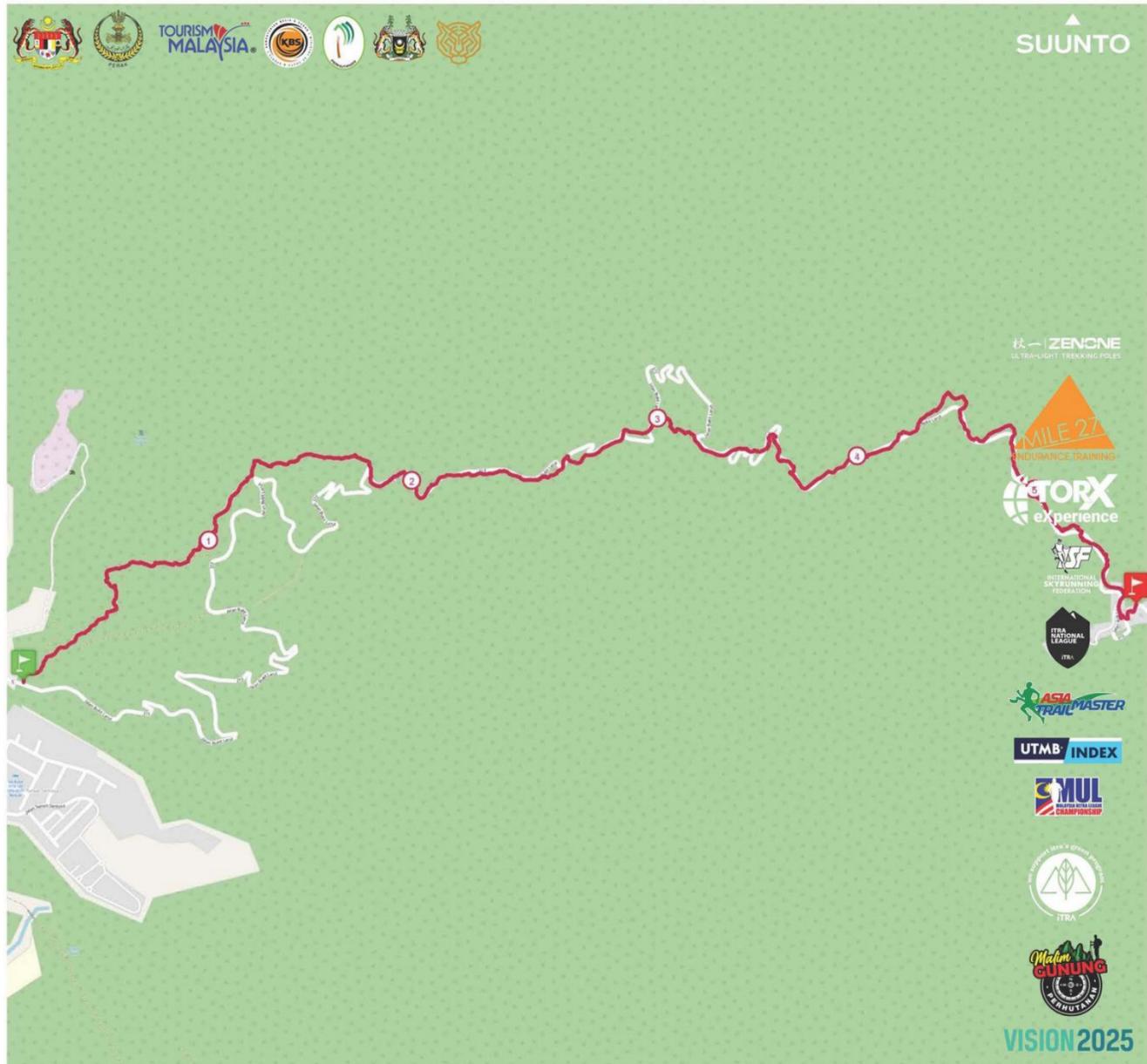
1. Mandatory items will be checked during REPC and randomly during the race.
2. Automatic = dismissal from the race course

**NOTES:**

Runners who has their mandatory items checked at TNF Pavilion Damandara Heights May Proceed to collect their registration entitlement after collecting their confirmation slip at Counter A during REPC.

**TECHNICAL COMMISSIONERS** at all AS will be empowered to randomly stop and check runner's mandatory items.

5.7 km  930 m  50 m



# COURSE INFORMATION VERTICAL KILOMETER (VK)

Time/ Date - 8:00 am - 8:30 am/ 03 November 2023

Start/ Finish - Kaki Bukit Larut - Bukit Larut Taiping

Cut Off Time (COT) - 2.5 hours (10:30 am - 11:00 am/ 03 November 2023)

Maximum Altitude - 1000m

Longest Ascent - 1000m

Longest Descent - 0m

No of AS/ CP - 1 no

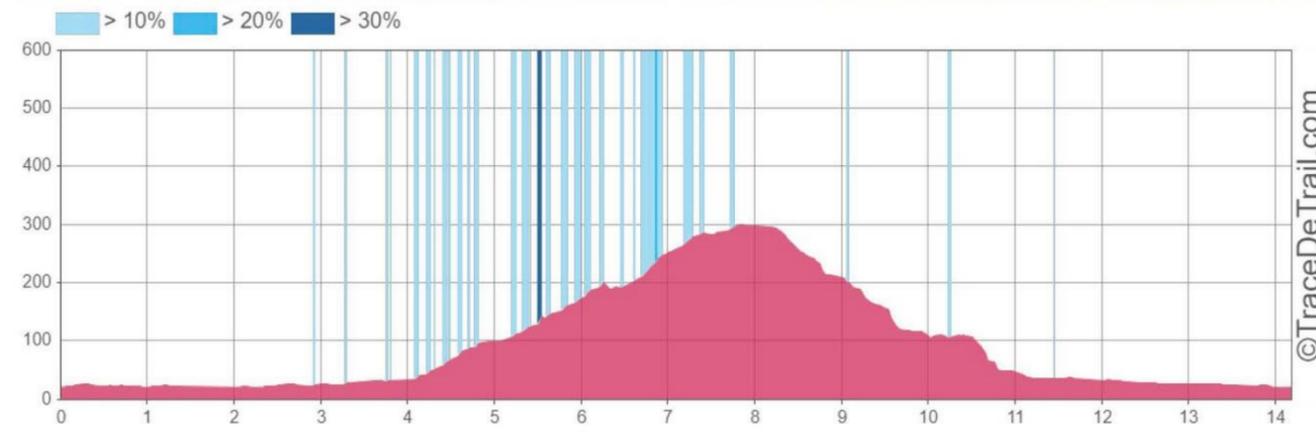
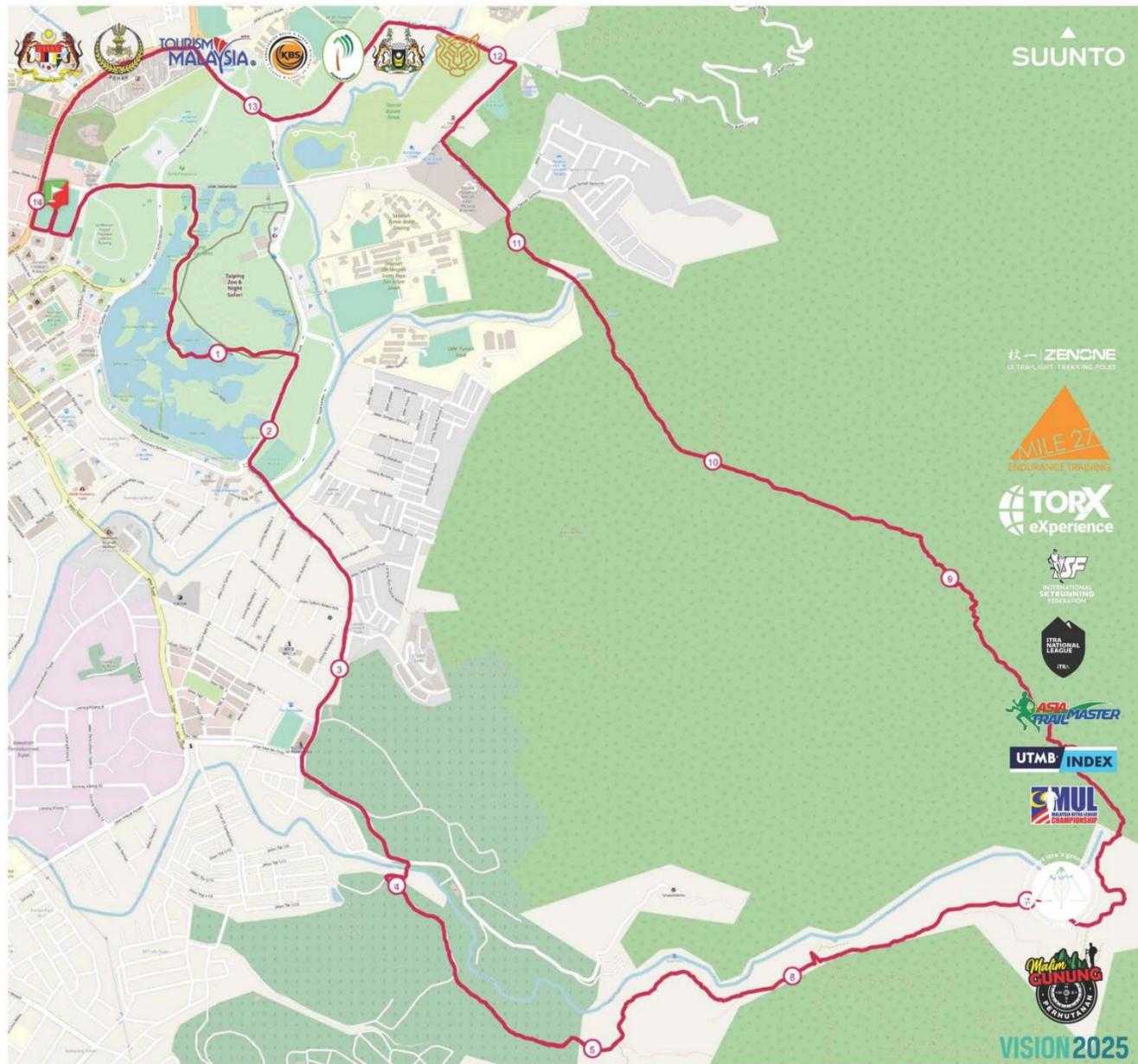
This course is suited for runners who favors vertical gain. The course will take runners up to 1000m asl over 5.5KM.

Runners are reminded to exercise extra caution on the trail segments as some parts are extremely steep.

Trail road ratio for this race is 80/20%.

CAUTION - Runners would have to walk their way down after the race (the normalcy of VK around the world which would help runners shrug off the lactic acid accumulated from taking the challenge)

14.1 km  320 m  320 m



# COURSE INFORMATION

## 13KM FRESHMEN CHALLENGE

Time/ Date - 7:00am/ 05 November 2023

Start/ Finish - Esplanade Taiping

Cut Off Time (COT) - 4 hours (11:00am/ 05 November 2023)

Maximum Altitude - 341m

Longest Ascent - 420m

Longest Descent - 390m

No of AS/ CP - 1 no

This course is suited for trail runners of all levels.

Runners are reminded to exercise extra caution on the road segments, and at the 2 river crossing at KM8 and KM9.

Trail road ratio for this race is 60/40%.

# CP TIMELINE INFORMATION 13KM FRESHMEN CHALLENGE

SUPPORTED BY



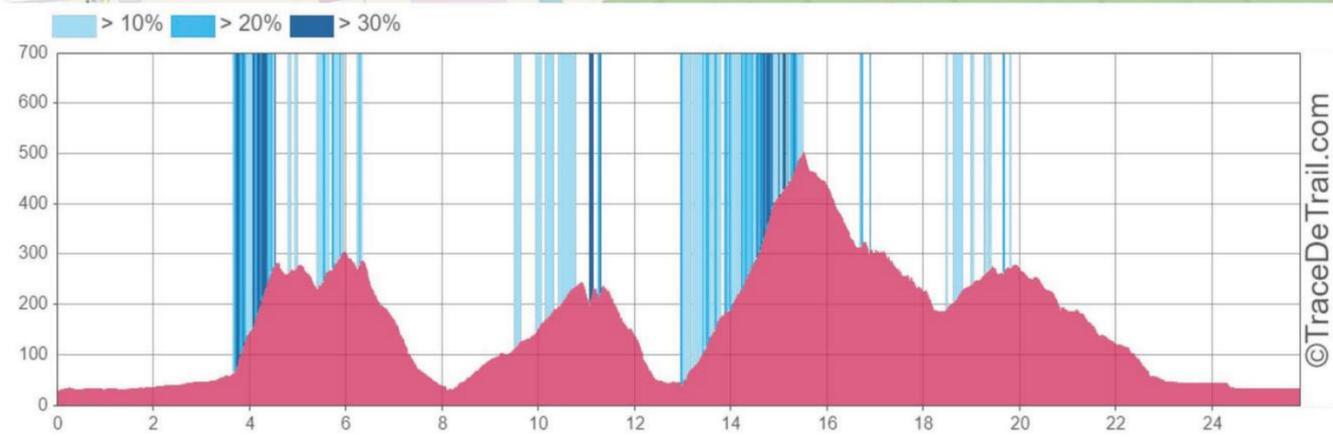
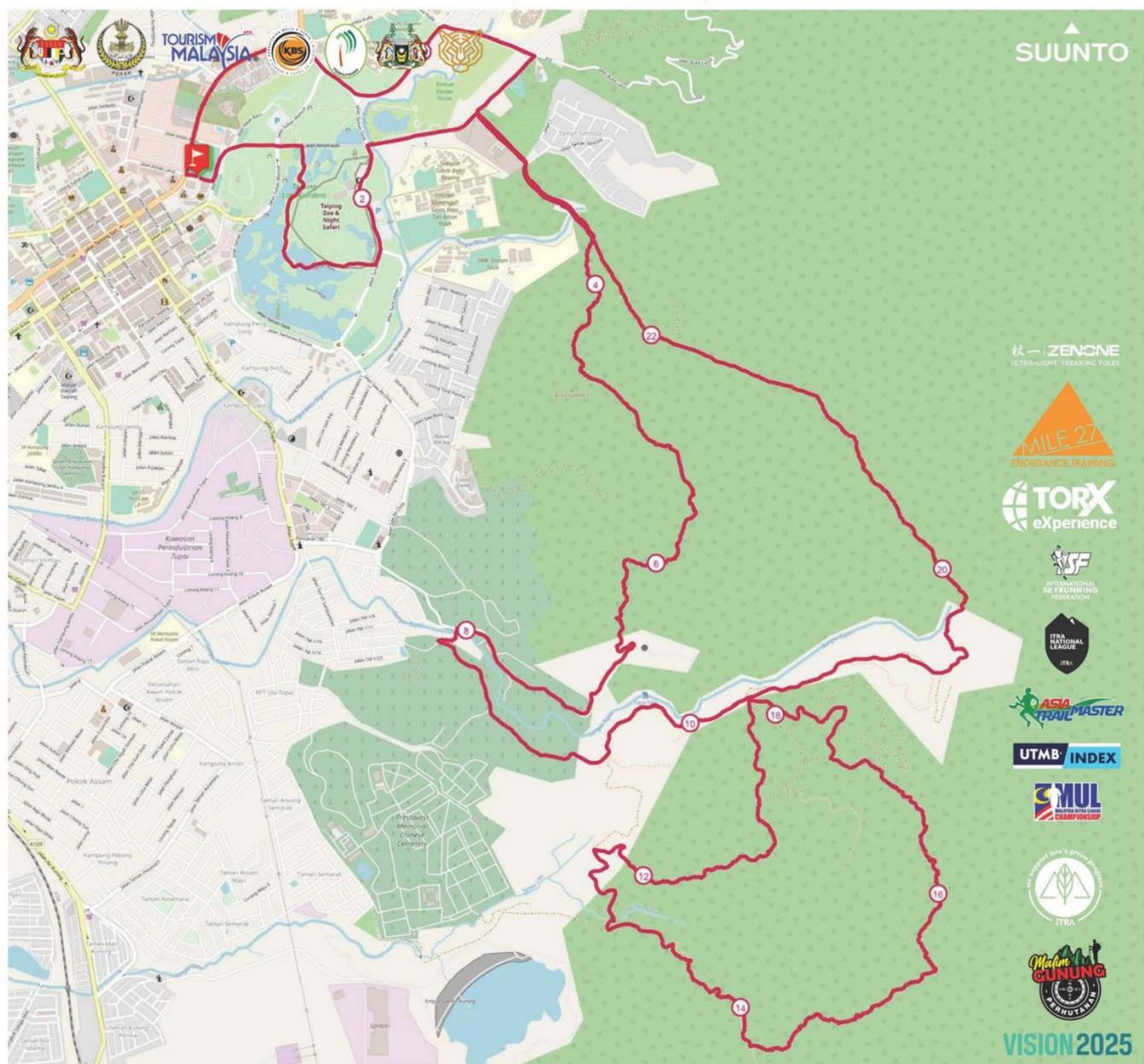
THE NORTH FACE®MALAYSIA MOUNTAIN TRAIL FESTIVAL 2023 13KM FRESHMEN CHALLENGE TIME LINE											
LOCATION	AS TO AS COT (HRS)	CUMULATIVE COT (HRS)	KM	DISTANCE BTW AID STATIONS	AS TO AS ELEVATION GAIN (m)	CUMULATIVE GAIN (m)	FASTEST PASSAGE	SLOWEST PASSAGE	CUT OFF TIME		AS TRIPOLOGY
									IN	OUT	
START											
ESPLANADE TAIPING	0		0		0	0				7.00am 5-Nov	Race Base
AS1 SUUNTO (MTB)	2	2	6.2	6.2	194	194	7.30am 5-Nov	9.00am 5-Nov		9.00am 5-Nov	Timing Control/ Medic/ Light Refreshments
FINISH	2	4	14.3	8.1	296	490	8.10am 5-Nov	11.00am 5-Nov		11.00am 5-Nov	Race Base/ Light Refreshments - Meals
ESPLANADE TAIPING											

UTMB INDEX RACE 20K



LOSE YOUR MIND DISCOVER YOUR SOUL

25.8 km 1380 m 1370 m



# COURSE INFORMATION

## 25KM BALL-BREAKER CHALLENGE

Time/ Date - 3:00pm/ 04 November 2023

Start/ Finish - Esplanade Taiping

Cut Off Time (COT) - 9 hours (12:00am/ 05 November 2023)

Maximum Altitude - 529m

Longest Ascent - 480m

Longest Descent - 380m

No of AS/ CP - 2 nos

This course has a mixture of technical and non technical trails. There will be technical climb at KM3.8-5.8 and KM14.5-15.5. Runners will be guided by trail markers/ gpx. Conditions are expected to be humid though runners will have the forest and trees providing the much needed shades. There will be 2 river crossing at approximately KM20 and KM21.

Runners are reminded to exercise extra caution on the road segments. Trail road ratio for this race is 65/35%.

# CP TIMELINE INFORMATION 25KM BALL-BREAKER CHALLENGE

SUPPORTED BY



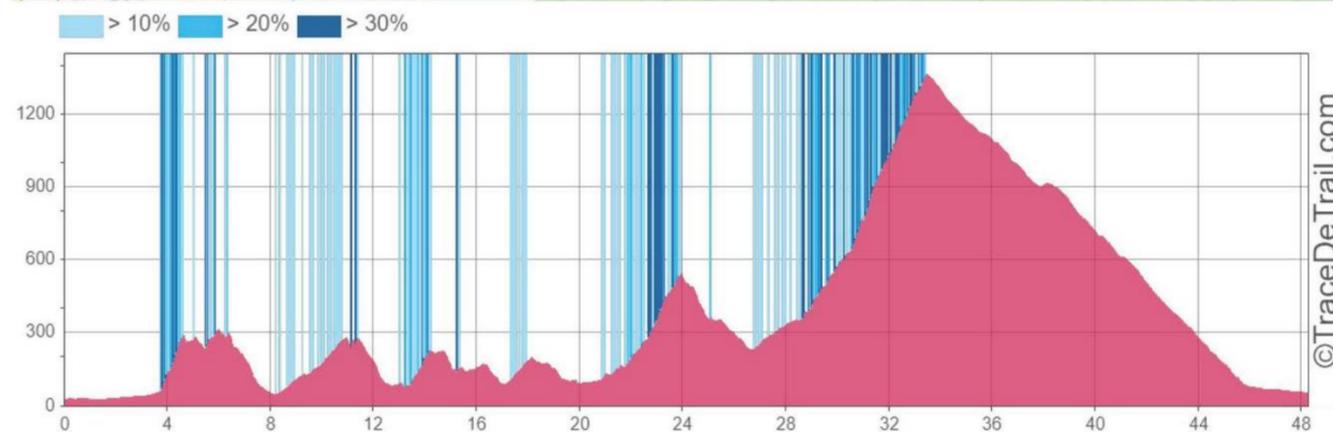
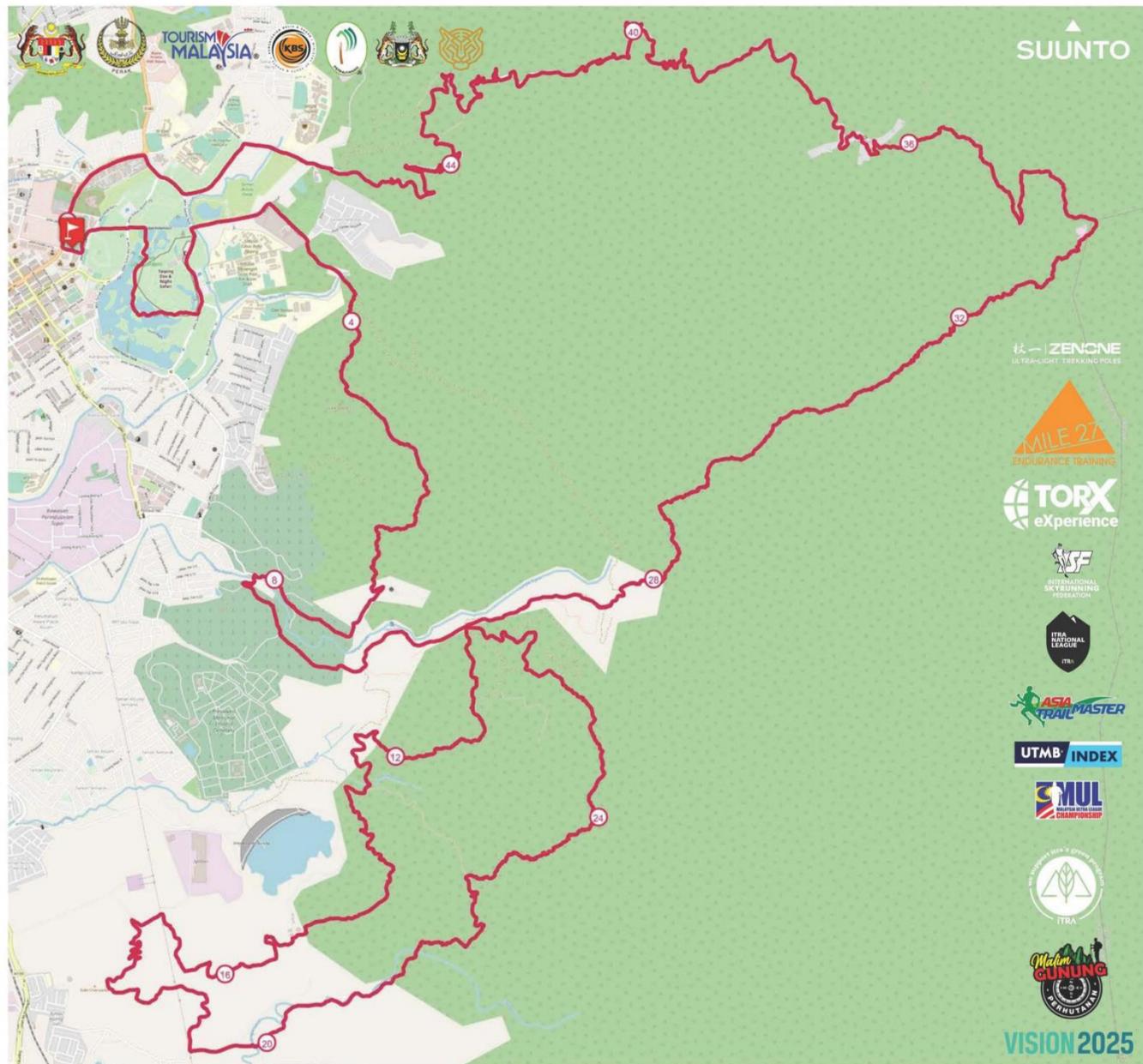
THE NORTH FACE®MALAYSIA MOUNTAIN TRAIL FESTIVAL 2023 25KM BALL-BREAKER CHALLENGE TIME LINE											
LOCATION	AS TO AS COT (HRS)	CUMULATIVE COT (HRS)	KM	DISTANCE BTW AID STATIONS	AS TO AS ELEVATION GAIN (m)	CUMULATIVE GAIN (m)	FASTEST PASSAGE	SLOWEST PASSAGE	CUT OFF TIME		AS TRIPOLOGY
									IN	OUT	
START											
ESPLANADE TAIPING	0		0		0	0				3.00pm 4-Nov	Race Base
AS1 SUUNTO (MTB)	3	3	10	10	572	572	4.15pm 4-Nov	6.00pm 4-Nov		6.00pm 4-Nov	Timing Control/ Medic/ Light Refreshments
AS2 SUUNTO (MTB)	3	6	18	8	570	1142	5.30pm 4-Nov	9.00pm 4-Nov		9.00pm 4-Nov	Timing Control/ Medic/ Light Refreshments
FINISH	3	9	26	8	218	1360	6.30pm 4-Nov	12.00am 5-Nov		12.00am 5-Nov	Race Base/ Refreshments - Meals
ESPLANADE TAIPING											

ITRA 1 POINT  
UTMB INDEX RACE 20K



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48.2 KM 2970 m 2940 m



# COURSE INFORMATION 50KM ULTRA CHALLENGE

Time/ Date - 10:00am/ 04 November 2023  
 Start/ Finish - Esplanade Taiping  
 Cut Off Time (COT) - 17 hours (3:00am/ 05 November 2023)  
 Maximum Altitude - 1381m  
 Longest Ascent - 1080m  
 Longest Descent - 1380m  
 No of AS/ CP - 5 nos

This course has a mixture of technical and non technical trails. There will be technical climb at KM3.8-5.8, KM23-24 and KM29-33. Runners will be guided by trail markers/ gpx. Conditions are expected to be humid though runners will have the forest and trees providing the much needed shades. Runners are reminded to exercise extra caution on the road segments. Trail road ratio for this race is 70/30%.

WARNING - Runners will be taken into the Virgin Jungle Reserves (VJR)

# CP TIMELINE INFORMATION 50KM ULTRA CHALLENGE

SUPPORTED BY



THE NORTH FACE®MALAYSIA MOUNTAIN TRAIL FESTIVAL 2023 50KM ULTRA CHALLENGE TIME LINE											
LOCATION	AS TO AS COT (HRS)	CUMULATIVE COT (HRS)	KM	DISTANCE BTW AID STATIONS	AS TO AS ELEVATION GAIN (m)	CUMULATIVE GAIN (m)	FASTEST PASSAGE	SLOWEST PASSAGE	CUT OFF TIME		AS TRIPOLOGY
									IN	OUT	
START											
ESPLANADE TAIPING	0		0		0	0				10.00am 4-Nov	Race Base
AS1 SUUNTO (MTB)	3	3	10	10	584	584	11.15am 4-Nov	1.00pm 4-Nov		1.00pm 4-Nov	Timing Control/ Medic/ Light Refreshments
AS2 U TURN/ KUNING SARI	3	6	20	10	434	1018	12.15am 4-Nov	4.00pm 4-Nov		4.00pm 4-Nov	Timing Control/ Medic/ Light Refreshments Hot Meals
AS3 SUUNTO (MTB)	2	8	26	6	498	1516	1.15pm 4-Nov	6.00pm 4-Nov		6.00pm 4-Nov	Timing Control/ Medic/ Light Refreshments
AS4 ANGKASA	5	13	36	10	1271	2787	3.45pm 4-Nov	11.00pm 4-Nov		11.00pm 4-Nov	Timing Control/ Medic/ Light Refreshments
AS5 THE NORTH FACE® (KAKI BUKIT LARUT)	3	16	46	10	94	2881	4.45pm 4-Nov	2.00am 5-Nov		2.00am 5-Nov	Timing Control/ Medic/ Light Refreshments
FINISH	1	17	49	3	77	2958	5.00pm 4-Nov	3.00am 5-Nov		3.00am 5-Nov	Race Base/ Refreshments - Meals
ESPLANADE TAIPING											

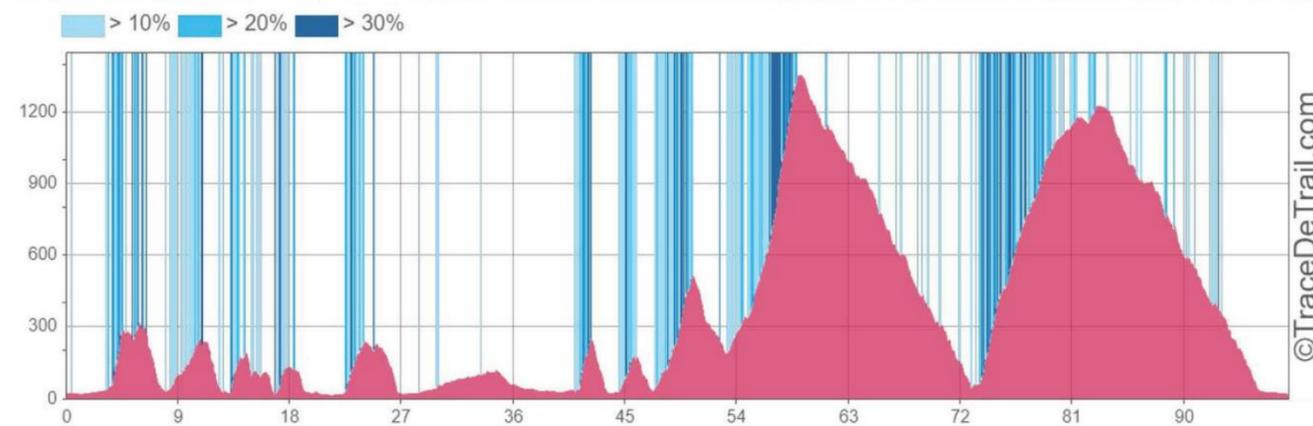
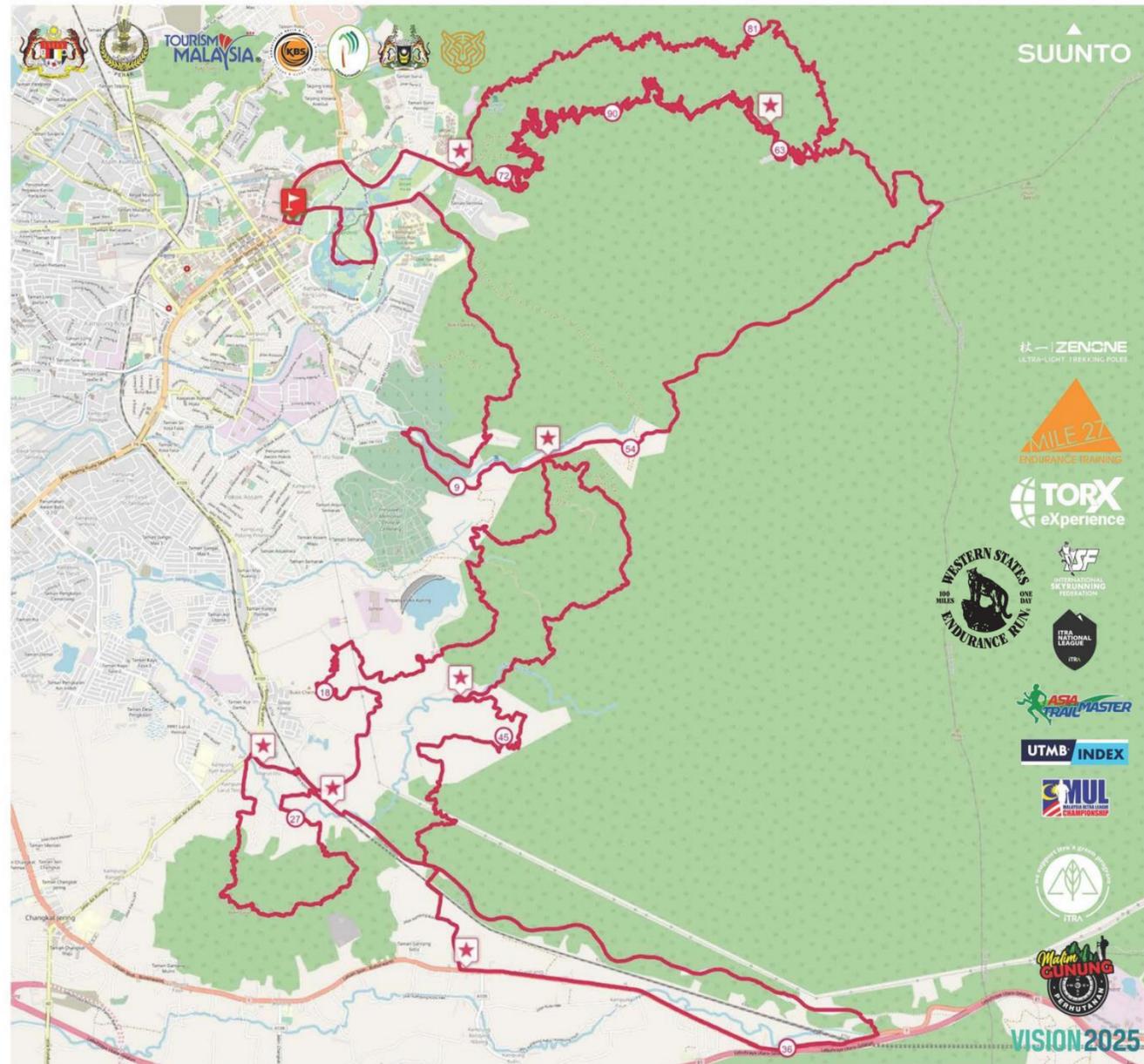
ISF CERTIFIED COURSE LABEL - WORLD RANKING RACE  
ASIA TRAIL MASTER CHAMPIONSHIP  
ITRA 3 POINTS  
UTMB INDEX RACE 50K



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# THE NORTH FACE® MALAYSIA MOUNTAIN TRAIL FESTIVAL 2023 100KM ULTRA TRAIL

98.4 KM 4940 m 4940 m



## COURSE INFORMATION 100KM ULTRA-TRAIL® CHALLENGE

Time/ Date - 3:00am/ 04 November 2023

Start/ Finish - Esplanade Taiping

Cut Off Time (COT) - 32 hours (11:00am/ 05 November 2023)

Maximum Altitude - 1381m

Longest Ascent - 1280m

Longest Descent - 1380m

No of AS/ CP - 10 nos

This is the ultimate challenge of the race weekend. The course has a mixture of technical and non technical trails. There will be technical climb at KM3.8-5.8, KM41-42, 4KM49.5-50.5, KM54-59 and KM73-83. Runners will be guided by trail markers/ gpx. Conditions are expected to be humid though runners will have the forest and trees providing the much needed shades. Runners are reminded to exercise extra caution on the road segments. Trail road ratio for this race is 70/30%.

WARNING - Runners will be taken into the Virgin Jungle Reserves (VJR)

**NOTE: RUNNERS IN DUO CATEGORY WILL HAVE TO MOVE TOGETHER THROUGHOUT THE RACE FROM AS TO AS.**

# CP TIMELINE INFORMATION

## 100KM ULTRA-TRAIL® CHALLENGE

SUPPORTED BY



THE NORTH FACE®MALAYSIA MOUNTAIN TRAIL FESTIVAL 2023 100KM ULTRA-TRAIL® CHALLENGE TIMELINE											
LOCATION	AS TO AS COT (HRS)	CUMULATIVE COT (HRS)	KM	DISTANCE BTW AID STATIONS	AS TO AS ELEVATION GAIN (m)	CUMULATIVE GAIN (m)	FASTEST PASSAGE	SLOWEST PASSAGE	CUT OFF TIME		AS TRIPOLOGY
									IN	OUT	
START											
ESPLANADE TAIPING	0		0		0	0				3.00am 4-Nov	Race Base
AS1 SUUNTO (MTB)	3	3	10	10	584	584	4.15am 4-Nov	6.00am 4-Nov		6.00am 4-Nov	Timing Control/ Medic/ Light Refreshments
AS2 - AYER KUNING	3	6	21	11	463	1047	5.30am 4-Nov	9.00am 4-Nov		9.00am 4-Nov	Timing Control/ Medic/ Light Refreshments
AS3 T8 (TUNNEL)	2	8	28	7	311	1358	6.15am 4-Nov	11.00am 4-Nov		11.00am 4-Nov	Timing Control/ Medic/ Light Refreshments
AS4 CHANGKAT IBOL JUNCTION	2	10	40	12	199	1557	7.30am 4-Nov	1.00pm 4-Nov		1.00pm 4-Nov	Timing Control/ Medic/ Light Refreshments
AS5 U-TURN AYER KUNING	3	13	47	7	434	1991	8.15am 4-Nov	4.00pm 4-Nov		4.00pm 4-Nov	Timing Control/ Medic/ Hot Meals/ Drop Bags
AS6 SUUNTO (MTB)	2	15	53	6	498	2489	9.00am 4-Nov	6.00pm 4-Nov		6.00pm 4-Nov	Timing Control/ Medic/ Light Refreshments
AS7 ANGKASA	5	20	63	10	1271	3760	11.30am 4-Nov	11.00pm 4-Nov		11.00pm 4-Nov	Timing Control/ Medic/ Light Refreshments
AS8 THE NORTH FACE® (KAKI BUKIT LARUT)	3	23	73	10	94	3854	12.30pm 4-Nov	2.00am 5-Nov		2.00am 5-Nov	Timing Control/ Medic/ Light Refreshments
AS9 ANGKASA	5	28	86	13	1305	5159	3.00pm 4-Nov	7.00am 5-Nov		7.00am 5-Nov	Timing Control/ Medic/ Light Refreshments
AS10 THE NORTH FACE® (KAKI BUKIT LARUT)	3	31	96	10	94	5253	4.00pm 4-Nov	10.00am 5-Nov		10.00am 5-Nov	Timing Control/ Medic/ Light Refreshments
FINISH	1	32	99	3	77	5330	4.15pm 4-Nov	11.00am 5-Nov		11.00am 5-Nov	Race Base/ Light Refreshments - Meals
ESPLANADE TAIPING											

ASIA TRAIL MASTER CHAMPIONSHIP  
ITRA 5 POINTS  
UTMB INDEX RACE 100K



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THE NORTH FACE® MALAYSIA MOUNTAIN TRAIL FESTIVAL 2023

# RUNNERS ENTITLEMENTS

- All runners will be provided with a bib no (with timing device), an event tee, personal insurance, refreshments and food on the course and entry to the welcoming dinner.
- All runners who complete their race within Cut-Off-Time (COT) will receive an e-cert and limited edition finisher medal. All Vertical KM (VK), 25KM Ball-Breakers, 50KM Ultra Runners and 100KM Ultra-Trail Runners who complete their race within Cut-Off-Time(COT) will receive a limited edition finisher tee.
- **NOTE : 100KM Ultra-Trail Finishers Entitlements will be presented on main-stage to every runner who complete the race within COT at the end of the award ceremony on 5 November 2023.**



# THE NORTH FACE® MALAYSIA MOUNTAIN TRAIL FESTIVAL 2023

## PRIZE GIVING CEREMONY

Prize Giving Ceremony			
VK			
1st to 10th Position	3-Nov-23	6:30pm - 7:00pm	Main Stage, Race Village, Esplanade
All Categories (except VK)			
4th to 10th Position	5-Nov-23	8:00am - 9:30am	Secretariat (SS) Tent beside the Main Stage
1st to 3rd Position	5-Nov-23	10:00am - 12:00pm	Main Stage, Race Village, Esplanade
100KM Award Ceremony			
All 100KM Finishers	5-Nov-23	12:00pm - 1:00pm	Main Stage, Race Village, Esplanade

1. All runners can scan the **QR Code** on your own bib for your results after you complete your race.
2. All winners are required to present your bib for verification to collect your winning prize.
3. For **VK (1<sup>st</sup> to 10<sup>th</sup> Position)**, please be present at 6:30pm, Main Stage at Race Village for the Prize Giving Ceremony.
4. For **the remaining categories (4<sup>th</sup> to 10<sup>th</sup> Position)**, please proceed to the SS Tent to collect your prize from 8:00am to 9:30am on 5-Nov-23 (Sunday). **Top 3 position** will be presented at the Main Stage.
5. **No collection of prize is allowed after 9:30am at the SS Tent**, as all runners are required to attend the Prize Giving and Award Ceremony at the Main Stage.
6. **Prize collection at the SS Tent will only resume for 30 mins AFTER the 100KM Award Ceremony.**
7. For 100KM finishers who are unable to attend the Award Ceremony at 12:00pm, you are required to present your bib at the **“RE Tent” behind the Main Stage** from **8:00am to 9:30am** to collect your finisher entitlements.

## THINGS TO DO/ PLACES TO VISIT IN TAIPING



- Taiping Museum
- Matang Mangrove Forest
- Taiping Zoo & Night Safari
- Boat Tour at Kuala Sepetang
- Savor the wide varieties of seafood at Matang/ Kuala Sepetang
- Visit the charcoal factory at Kuala Sepetang
- Maxwell Hill/ Bukit Larut
- Taiping Lake Garden
- Taiping War Cemetery
- Taiping Old Railway Station
- Sāsanāraḁkha Buddhist Sanctuary
- Cool down at Burmese Pool
- Larut Matang Hawker Center
- Lake Garden Hawker Center
- Spritzer EcoPark
- Visit the old wet market at Pokok Assam or Taiping Town to savor some traditional delicacies
- Ansaari Famous Cendol
- Doli Fried Koay Teow
- Antong Coffee
- Wonder Farm Mushroom



# MALAYSIA MOUNTAIN TRAIL FESTIVAL 2023

CAT

**VERTICAL KM 13K**

**25K 50K 100K** UTMB WORLD SERIES QUALIFIER **M**

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