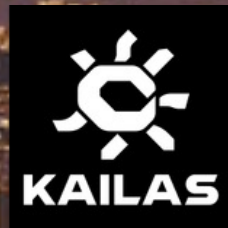




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5KM | 10KM | 30KM | 50KM

PENANG SKYRACE

SKY IS THE LIMIT

2026

24-26 APRIL 2026

YOUTHPARK, GEORGETOWN, PULAU PINANG

RACE GUIDE



ECCEVAI

ULTRA THICK MIDSOLE

Responsive and Well-cushioned
Vanquish Ultra Long Distance



Fearless of wet and slippery surfaces

VIBRAM MEGAGRIP

Five separate zones for all-round and stronger grip
Fit for mixed terrains in ultra runs races



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SPONSORS & PARTNERS



**Some people
choose a
crowded club**



**Some people
choose to
watch movies**



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



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PENANG SKYRACE
2026



INTRODUCTION

- Kailas Penang Skyrace is co-organized by MMTF CONSULTANT and PENANG INTERNATIONAL HIKER'S.
- Kailas Penang Skyrace marks the return of Skyrunning World Series in Malaysia more specifically in the UNESCO WORLD HERITAGE SITE of Georgetown, Penang.
- Kailas Penang Skyrace is 1 of the 19 races under Merrell Skyrunning World Series 2026 globally.
- Kailas Penang Skyrace will see mountain runners from all around the world gunning for honors in 4 distances namely 5KM, 10KM, 30KM and 50KM.
- 50KM SKY ULTRAKS is part of Asia Trail Master 2026 Championship Point Race! This means every runner who completes this distance within COT will earn ATM points, contributing to their overall ranking in the prestigious series.
- 30KM PRO SKY being the MERRELL SKYRUNNER WORLD SERIES (1 of 19 races globally) and only 1 of the 2 races in Malaysia besides KK Climbathlon.
- The 10KM SHORT SKY is 1 of the 11 U-23 TROFEO ESTEBAN OLIVERO series race globally.



N8B

sports **nutrition**

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PENANG SKYRACE
2026

INTRODUCTION

MMTF Consultant

MMTF Consultant is a company that specializes in international sporting event management (most notably in running/ trail running). MMTF Consultant is a member of the International Trail Running Association (ITRA) and International Skyrunning Federation (ISF).

Most recent completed projects – EcoTrail AlUla 2022 (Saudi Arabia), Salomon X-Trail Putrajaya 2022, The 9 Dragons Ultra Malaysia 2022 , Malaysia Mountain Trail Festival 2018 - 2023 (Taiping, Perak), Taiping Endurance Challenge 2022-2025, Kailas Tioman Ultra 2023 - 2024, Melaka International Marathon 2023 – 2024, Lazada Run Malaysia 2025, and part of the organising team of Malaysia Ultra-Trail by UTMB (2024-2025).

PENANG INTERNATIONAL HIKER'S

Penang International Hiker's (formerly known as Penang Hiker's) was founded in 2008. PIH members are passionate about jungle exploration and deeply love the beauty of nature. PIH initially started as a social hiking group. Over the years, PIH not only organized hiking events but also actively participated in various social responsibility activities concerning social responsibility, sustainability and protection of the environment.



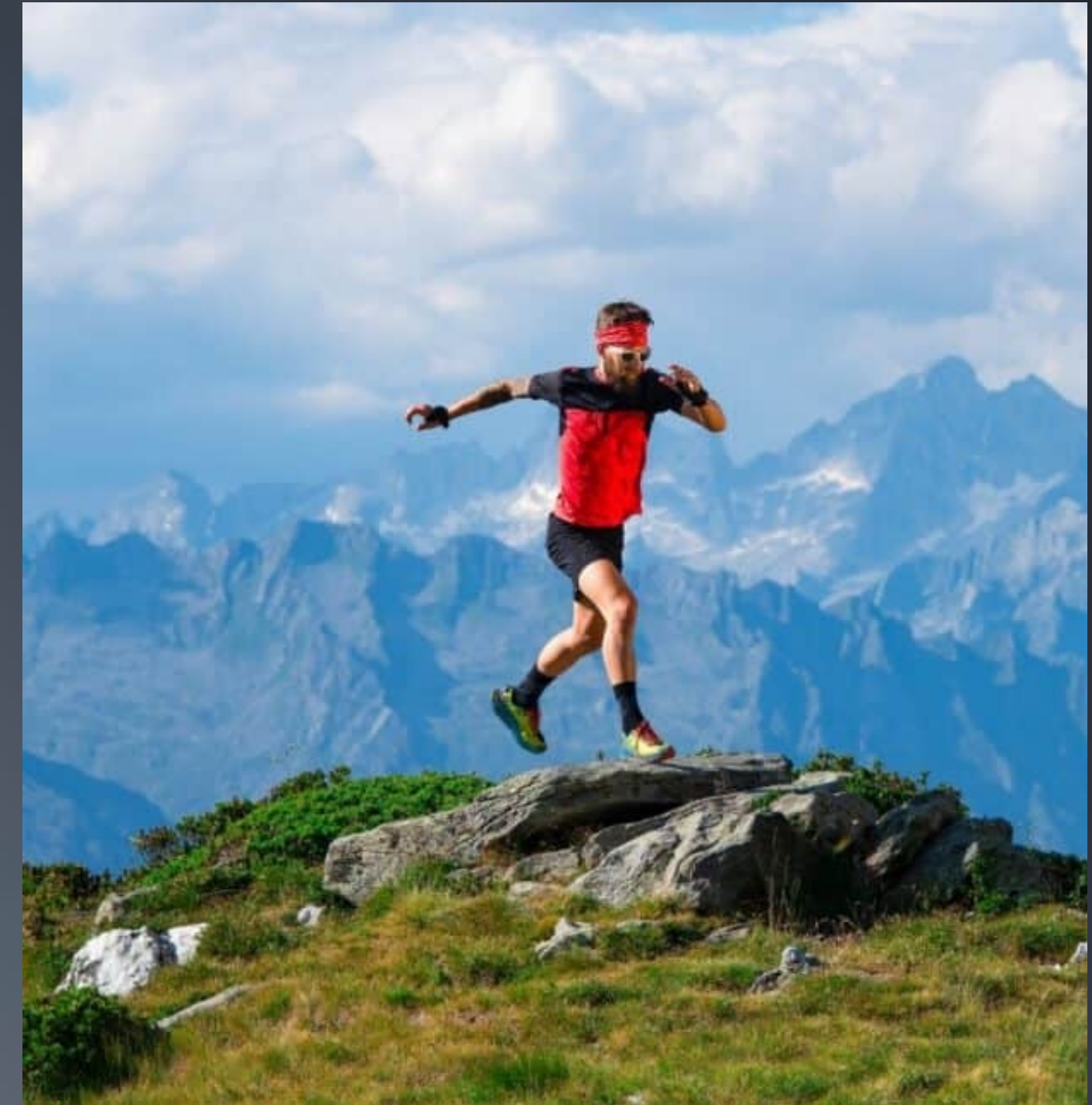
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2026



OBJECTIVES

- To cultivate and promote running as a sport and a way to attain an active and healthy lifestyle.
- To bring together the mountain-running community from around the world.
- To organize an internationally recognized and certified mountain race.
- To introduce and promote Malaysia and Malaysia's mountain running and trails worldwide.
- To give back to the community surrounding us.
- To contribute to the social economy of Georgetown as a city, Penang as a state, and Malaysia as a nation via sports tourism.
- To raise awareness of the conservation of nature & wildlife.
- To help accelerate the nation's economy and economic recovery via sports tourism.



Oriplus

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2026



AN INTERNATIONAL RACE

- Kailas Penang Skyrace 2026 is 1 of the 19 races in the Merrell Skyrunner World Series globally.
- Kailas Penang Skyrace 2026 is 1 of Asia Trail Master 2026 Championship Series point race.
- Kailas Penang Skyrace 2026 is 1 of the 11 U-23 Trofeo Esteban Olivero Championship Series race globally.
- Kailas Penang Skyrace 2026 is certified by International Trail Running Association (ITRA) and International Skyrunning Federation (ISF).
- Kailas Penang Skyrace 2026 is part of ITRA National League 2026.
- Kailas Penang Skyrace 2026 is part of Ultra-Trail Mont Blanc (UTMB) Index Race.





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PENANG SKYRACE
2026

MERRELL
SKYRUNNER
WORLD SERIES

ASIA
TRAILMASTER

GIVING BACK TO COMMUNITY

IN LINE WITH #LOSEYOURMINDDISCOVERYOURSOUL INITIATIVES

- We are not your everyday event and race organizer albeit we don't organize events or races for the sake of organizing them. We have organized events and races to give back to the community since 2018.
- The main objective of the race is to create an internationally recognised and a permanent trail in and around Penang with the purpose that the locals are able to use them to guide tourist outside the race period.
- We hope to share knowhow and lead the local youth from Northern Peninsular Malaysia with objective to enhance the standard of trail running organization in the country.



NITECORE®

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PENANG SKYRACE
2026



CONTRIBUTION TO NATIONS ECONOMY

- Kailas Penang Skyrace promotes domestic and international tourism.
- Kailas Penang Skyrace promotes tourism-related products in Penang; our community; our multi-racial food and the customs and culture of our multi-racial society.
- Kailas Penang Skyrace helps stimulate and contribute to the economic growth of gross domestic product (KDNK) as well as able to generate returns and increase gross national income (GNI) which helps in the advancement of our country.
- Kailas Penang Skyrace does not only contribute to the sporting product manufacturing industry but also to various other components in terms of services, medicine, sports science, athlete-based tourism, community-based tourism and sports tourism activities.
- MMTF Consultant took the lead in 2021 to roll out the 1st biggest sporting event in Malaysia post pandemic and executed the race to perfection with strict Standard Operating Procedure (SOP) with ZERO CLUSTER.



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.
- The Event is open to participants who are 18 years of age and above. Age is calculated based on 25 April 2026.
- 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 penalise 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 organisers 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.
- If you withdraw from the race, you must report to 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 which will be provided to you during the Race Briefing on 25 April 2025 as stipulated in the EVENT GUIDE to be shared prior to race weekend.
- 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 not be able to proceed until they arrange for the missing items to be replaced.
- You must obey the instructions given by the aid station's officials, 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.



EVENT SCHEDULE

| 24 APRIL 2026 (FRIDAY) | | |
|---|---------------------|---|
| DESCRIPTION | TIME | REMARKS |
| Race Entitlement Pack Collection (REPC) – For All Categories Race Expo | 10:00 am – 06:00 pm | Youth Park, Georgetown, Penang |
| Meet & Greet Session with the Elites SWS | 05:00pm | Youth Park, Georgetown, Penang (Main Stage) |
| Elite Introduction ATM | 05:30pm | Youth Park, Georgetown, Penang (Main Stage) |
| Race Briefing | 06:00 pm | Youth Park, Georgetown, Penang (Main Stage) |



EVENT SCHEDULE

| 25 APRIL 2026 (SATURDAY) | | |
|---|-------------------|---------------------------------------|
| DESCRIPTION | TIME | REMARKS |
| Finish Line Drop Bag Counter Opens | 01:00 am | Youth Park, Georgetown, Penang |
| Race Start | 03:00 am | 50KM (Youth Park, Georgetown, Penang) |
| | 06:30 am | 30KM (Youth Park, Georgetown, Penang) |
| Race Entitlement Pack Collection (REPC) – For 10KM and 5KM only | 12:00pm - 06:00pm | Youth Park, Georgetown, Penang |
| Expected Arrival of 1st Runner | 09:00 am | Youth Park, Georgetown, Penang (50KM) |
| | 10:00 am | Youth Park, Georgetown, Penang (30KM) |
| Cut Off Time (COT) | 07:00 pm | Youth Park, Georgetown, Penang (50KM) |
| | 04:30 pm | Youth Park, Georgetown, Penang (30KM) |
| Finish Line Drop Bag Counter Close | 08:00 pm | Youth Park, Georgetown, Penang |



EVENT SCHEDULE

| 26 APRIL 2026 (SUNDAY) | | |
|------------------------------------|--------------------|---|
| DESCRIPTION | TIME | REMARKS |
| Finish Line Drop Bag Counter Opens | 04:00 am | Youth Park, Georgetown, Penang |
| Race Start | 07:00 am | 10KM (Youth Park, Georgetown, Penang) |
| | 08:00 am | 5KM (Youth Park, Georgetown, Penang) |
| Expected Arrival of 1st Runner | 08:00 am | Youth Park, Georgetown, Penang (10KM) |
| | 08:30 am | Youth Park, Georgetown, Penang (5KM) |
| Cut Off Time (COT) | 11:00 am | Youth Park, Georgetown, Penang (5KM/ 10KM) |
| Prize Giving (6th - 10th) | 09:30 am – 10:30am | Youth Park, Georgetown, Penang (next to Main Stage) |
| Prize Giving (1st - 5th) | 11:00am - 12:00pm | Youth Park, Georgetown, Penang (Main Stage) |
| Finish Line Drop Bag Counter Close | 12:00 pm | Youth Park, Georgetown, Penang |

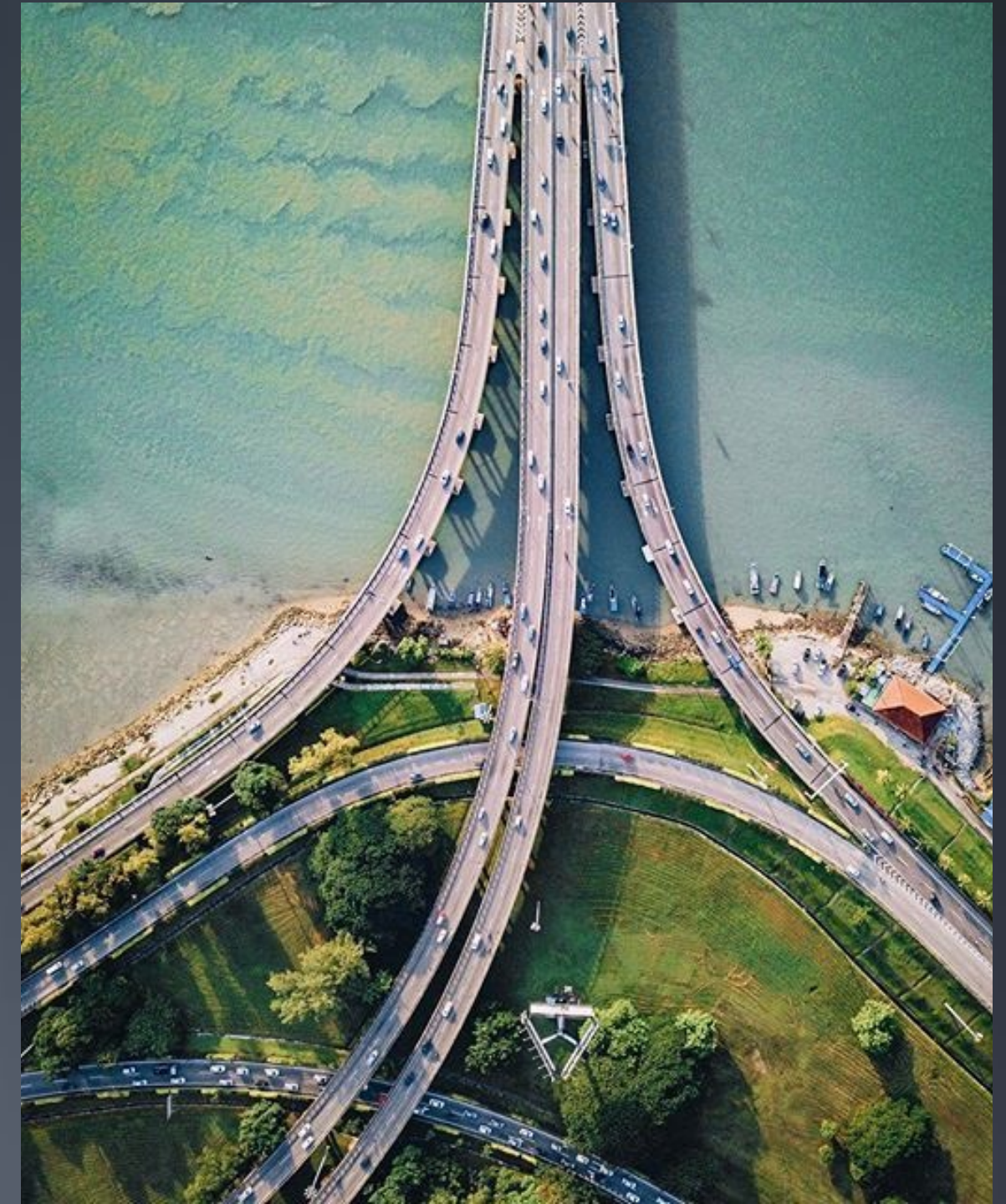


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PENANG SKYRACE
2026



GETTING TO GEORGETOWN, PENANG, MALAYSIA

- The easiest way to get to Georgetown, Penang, Malaysia is to FLY to Penang International Airport.
- If you can't fly direct to Penang International Airport from where you are, you may certainly get a connecting flights from major cities in Malaysia.
- One may also take the more scenic route by land where one can charter a car and drive to Georgetown, Penang. The drive on the north south highway from Kuala Lumpur will take some 4.5 hours.
- One may also take a bus from major cities in Peninsular Malaysia. The scenic ride from Kuala-Lumpur will take between 6-7 hours.



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KAILAS PENANG SKYRACE AT YOUTH PARK, GEORGETOWN

- Penang Municipal Park, also known as Youth Park, is a public park in Georgetown Penang. It was opened in 1972 and is located near Penang Botanic Garden. It is a popular venue for sporting activities and to unwind after a busy day. There is also a skating rink, waterpark plus an outdoor auditorium for open-air festivals and concerts.
- KAILAS PENANG SKYRACE 2026 will START and FINISH at Youth Park, Georgetown, Penang, West Malaysia. (5.4316° N, 100.2973° E)
- The Race Entitlement Pack Collection (REPC) and the Race Expo will also take place at Youth Park, Georgetown, Penang.



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WHERE TO STAY

- All athletes and visitors to Penang, Malaysia will be spoilt with choices on accommodation.
- All athletes are advised to stay on the north-east region of Penang Island for their travelling convenience to the race venue.



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2026



RACE ENTITLEMENT PACK COLLECTION (REPC)

- Race Entitlement Pack Collection (REPC) for Kailas Penang Skyrace 2025 will take place at Youth Park, Georgetown, Penang, West Malaysia. (5.4316° N, 100.2973° E)
- The REPC will be in operation between **10:00 AM - 06:00 PM on 24 April 2026 (for all categories), and 12:00 PM - 06:00 PM (for 10KM and 5KM only) on 25 April 2026.**
- Every runner is required to collect their race entitlement pack. **No collection on behalf is allowed unless a runner is not starting the race** (in which case, he/ she would need to provide a letter, authorizing a friend to collect his/her race entitlement pack). In this case, the bib will not be included in the race entitlement pack to prevent unlawful start.
- All runners will need to first check-in and register at **Counter A** for REPC. Please present your registration confirmation slip, or your ID/ Mykad/ Passport for facial recognition.
- **Signed indemnity form must be produced at Counter A, else you will be required to pay RM2 per form.**
- All runners will be presented with their race entitlement pack at **Counter B.**



MANDATORY ITEMS

| MANDATORY ITEMS RULES AND PENALTIES | | | | | | |
|--|-------|-----------|-----------|-----------|------------|-----------------------------------|
| ITEMS | 5KM | 10KM | 30KM | 50KM | PENALTY | REMARKS |
| Headlamp | | | | Yes | DQ | Automatic |
| Emergency/ Space Blanket | | Yes | Yes | Yes | 30 Minutes | |
| Waterproof/ Windproof Jacket | | | Yes | Yes | 15 Minutes | |
| Mobile Phone | | | Yes | Yes | DQ | Automatic |
| Whistle | | | Yes | Yes | 15 Minutes | |
| Basic First Aid Kit | | | Yes | Yes | 15 Minutes | |
| Personal Drinking Cup | | | Yes | Yes | 15 Minutes | |
| Water Bottle/ Bladder | 500ml | 1.0 Litre | 1.0 Litre | 1.0 Litre | DQ | Automatic |
| Ziplock bag For Personal Trash | Yes | Yes | Yes | Yes | 15 Minutes | |
| Energy Gel/ Bar (Energy Food Source) | | Yes | Yes | Yes | 15 Minutes | |
| Shoes | Yes | Yes | Yes | Yes | DQ | Automatic |
| Recommended Items | | | | | | |
| Anti Chafing Cream/ Vaseline | | | Yes | Yes | | |
| Gloves | | | Yes | Yes | | Highly recommended for 30KM/ 50KM |
| Sunglasses | | | Yes | Yes | | |
| ID and Money | Yes | Yes | Yes | Yes | | |
| Hiking Poles | | | Yes | Yes | | |

NOTES:

- No Mandatory gear check will be carried out during Race Pack Collection and it will be done randomly during the race.
- Any runners who fail to adhere to the mandatory item list will be penalized, where time will be added to their finishing time based on the severity of the omission, and in some cases will give the organizer the right to penalize the said runner. Any decision made is at the organizer's discretion and it will be final.
- The organizer has ZERO tolerance toward runners who fail Mandatory Gear checks.

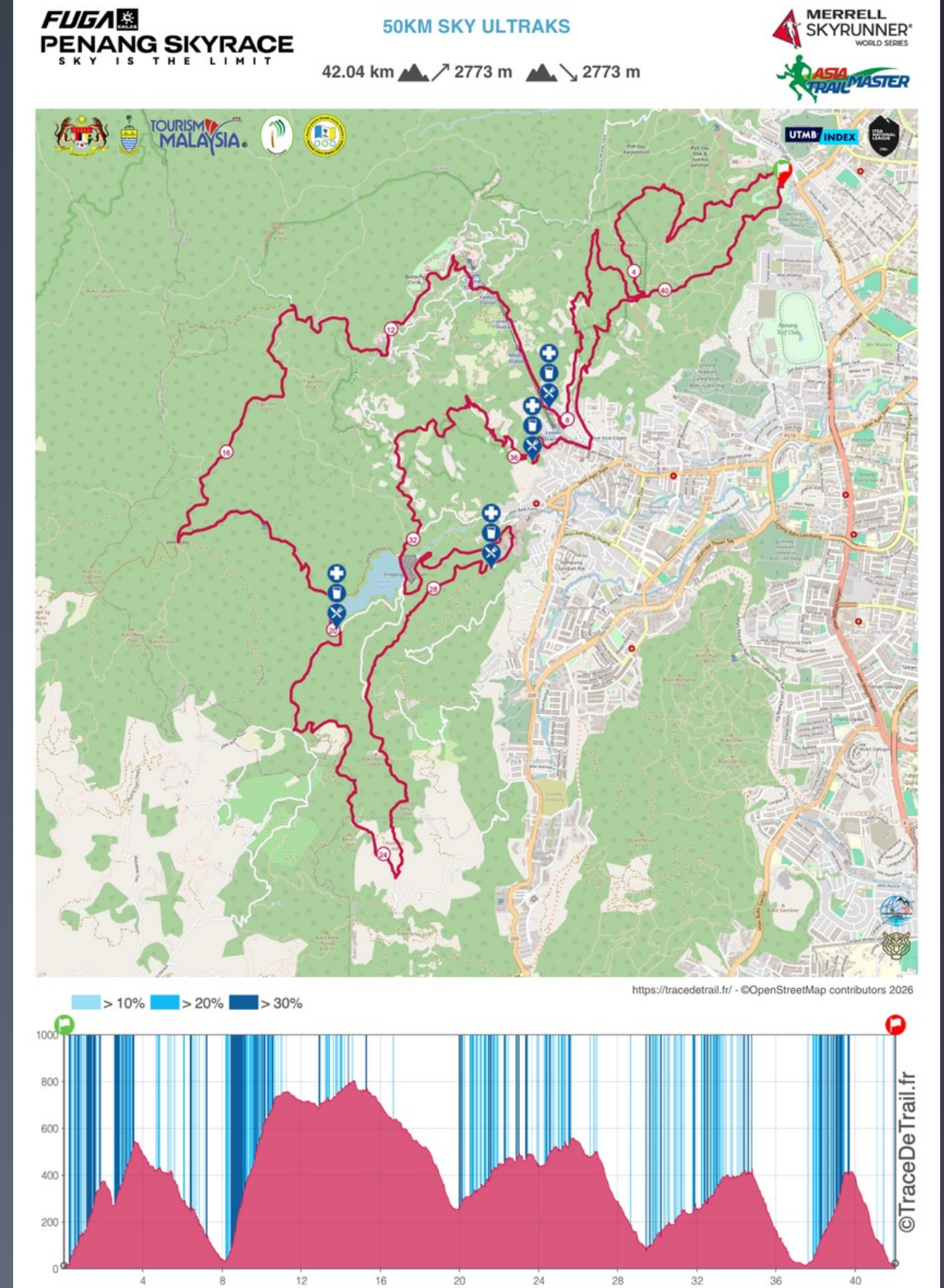


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PENANG SKYRACE
2026



RACE DETAILS - 50KM SKY ULTRAKS

- The 50KM SKY ULTRAKS is the ultimate challenge of the event and will START/ FINISH at Youth Park Georgetown, Penang at 03:00 AM on 25 April 2026
- The Cut Off Time (COT) is 16 hours (07:00 PM 25 April 2026) and runners will be challenged with a combined ascent/ descent of **+2773m/ -2773m**.
- The route will cover 25% of the cemented path and asphalt and 75% of the forested path (secondary wildlife reserves).
- Runners are advised to exercise extra care running through the forested path.



TIMELINE - 50KM SKY ULTRAKS

| KAILAS PENANG SKYRACE 50KM SKY ULTRAKS 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 | | | | | | | | | | | |
| YOUTHPARK GEORGETOWN | 0 | | 0 | | 0 | 0 | | | | 3:00am 25-Apr | Race Base |
| AS1 HERITAGE TRAIL | 3 | 3 | 8.4 | 8.4 | 700 | 700 | 4.00am 25-Apr | 6.00am 25-Apr | | 6.00am 25-Apr | Timing Control/ Medic/ Light Refreshments |
| AS2 SPILT JUNCTION @ HILL TURN | 4 | 7 | 20 | 11.6 | 837 | 1537 | 5.10am 25-Apr | 10.00am 25-Apr | | 10.00am 25-Apr | Timing Control/ Medic/ Light Refreshments |
| AS3 KE LOK SI | 3 | 10 | 28.9 | 8.9 | 440 | 1977 | 6.30am 25-Apr | 1.00pm 25-Apr | | 1.00pm 25-Apr | Timing Control/ Medic/ Light Refreshments |
| AS4 PENHILL PERDANA | 3 | 13 | 36.5 | 7.6 | 390 | 2367 | 7.30am 25-Apr | 4.00pm 25-Apr | | 4.00pm 25-Apr | Timing Control/ Medic/ Light Refreshments STRICT COT |
| FINISH | | | | | | | | | | | |
| YOUTHPARK GEORGETOWN | 3 | 16 | 42 | 5.5 | 406 | 2773 | 9.00am 25-Apr | 7.00pm 25-Apr | | 7.00pm 25-Apr | Race Base/ Light Refreshments - Meals |



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PENANG SKYRACE
2026



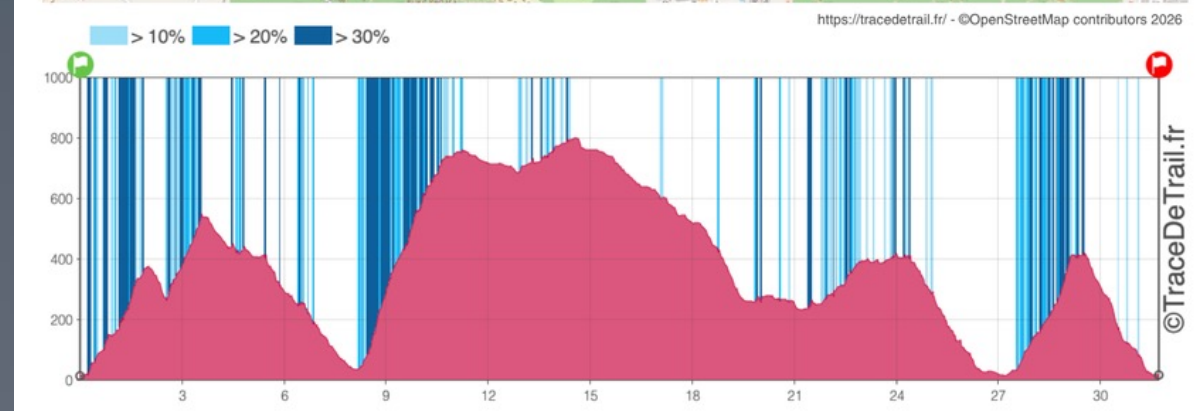
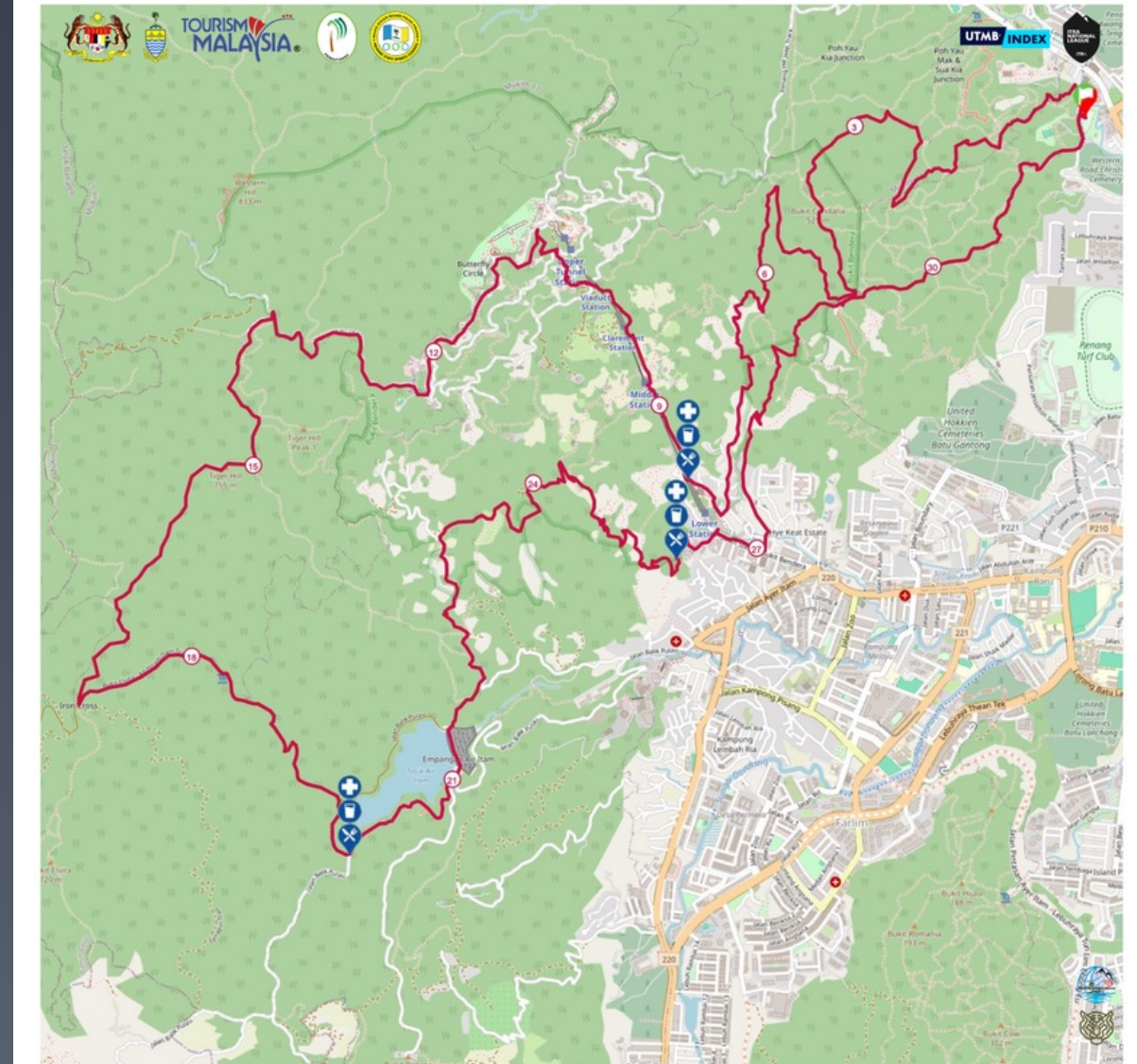
RACE DETAILS - 30KM PRO SKY

- The 30KM PRO SKY will START/ FINISH at Youth Park, Georgetown, Penang at 06:30 AM on 25 April 2026.
- The Cut Off Time (COT) is 10 hours (04:30 PM 25 April 2026) and runners will be challenged with a combined ascent/ descent of **+2157m/-2157m**.
- The route will cover 20% of the cemented path and asphalt and 80% of the forested path (secondary wildlife reserves).
- Runners are advised to exercise extra care running through the forested path.

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PENANG SKYRACE
SKY IS THE LIMIT

30KM PRO SKY

31.72 km 2157 m 2157 m



TIMELINE - 30KM PRO SKY

| KAILAS PENANG SKYRACE 30KM PRO SKY 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 | | | | | | | | | | | |
| YOUTHPARK GEORGETOWN | 0 | | 0 | | 0 | 0 | | | | 6:30am 25-Apr | Race Base |
| AS1 HERITAGE TRAIL | 3 | 3 | 8.4 | 8.4 | 700 | 700 | 7.30am 25-Apr | 9.30am 25-Apr | | 9.30am 25-Apr | Timing Control/ Medic/ Light Refreshments |
| AS2 SPILT JUNCTION @ HILL TURN | 4 | 7 | 20 | 11.6 | 837 | 1537 | 8.40am 25-Apr | 1.30pm 25-Apr | | 1.30pm 25-Apr | Timing Control/ Medic/ Light Refreshments |
| AS3 PENHILL PERDANA | 2 | 9 | 26.1 | 6.1 | 208 | 1745 | 9.20am 25-Apr | 3.30pm 25-Apr | | 3.30pm 25-Apr | Timing Control/ Medic/ Light Refreshments STRICT COT |
| FINISH | 1 | 10 | 31.7 | 5.6 | 412 | 2157 | 10.00am 25-Apr | 4.30pm 25-Apr | | 4.30pm 25-Apr | Race Base/ Refreshments - Meals |
| YOUTHPARK GEORGETOWN | | | | | | | | | | | |

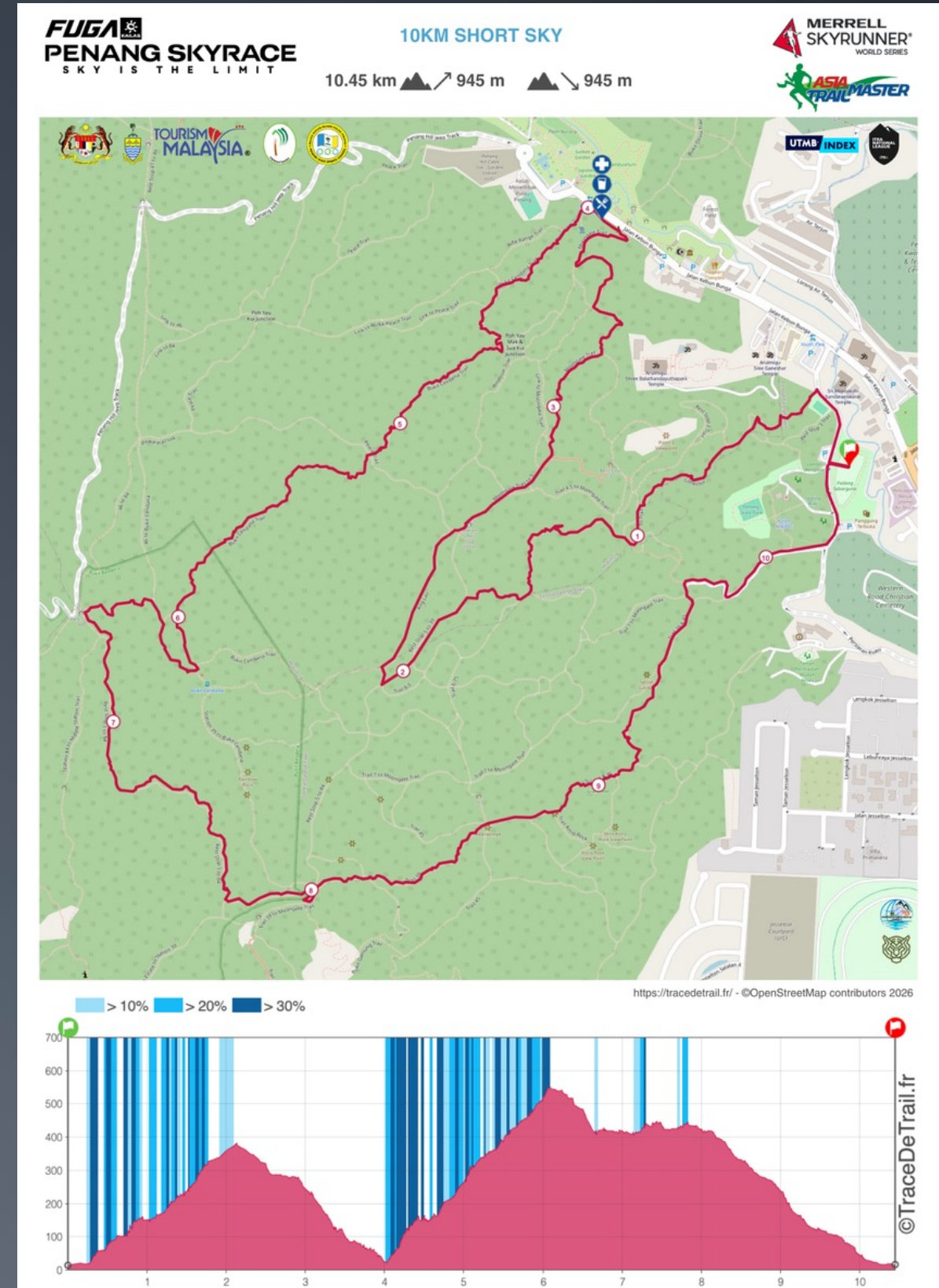


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PENANG SKYRACE
2026



RACE DETAILS - 10KM SHORT SKY

- The 10KM SHORT SKY will START/ FINISH at Youth Park, Georgetown, Penang at 07:00 AM on 26 April 2025.
- The Cut Off Time (COT) is 4 hours (11:00 AM 26 April 2026.) and runners will be challenged with a combined ascent/ descent of **+945m/-945m**.
- The route will cover 10% of cemented path and asphalt and 90% in the forested path (secondary wildlife reserves).
- Runners are advised to exercise extra care running through the forested path.



TIMELINE - 10KM SHORT SKY

| KAILAS PENANG SKYRACE 10KM SHORT SKY 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 YOUTHPARK GEORGETOWN | 0 | | 0 | | 0 | 0 | | | | 7.00am 26-Apr | Race Base |
| AS1 MOON GATE | 1.5 | 1.5 | 3.9 | 3.9 | 361 | 361 | 7.30am 26-Apr | 8.30am 26-Apr | | 8.30am 26-Apr | Timing Control/ Medic/ Light Refreshments |
| FINISH YOUTHPARK GEORGETOWN | 2.5 | 4 | 10.4 | 6.5 | 584 | 945 | 8.20am 26-Apr | 11.00am 26-Apr | | 11.00am 26-Apr | Race Base/ Refreshments - Meals |

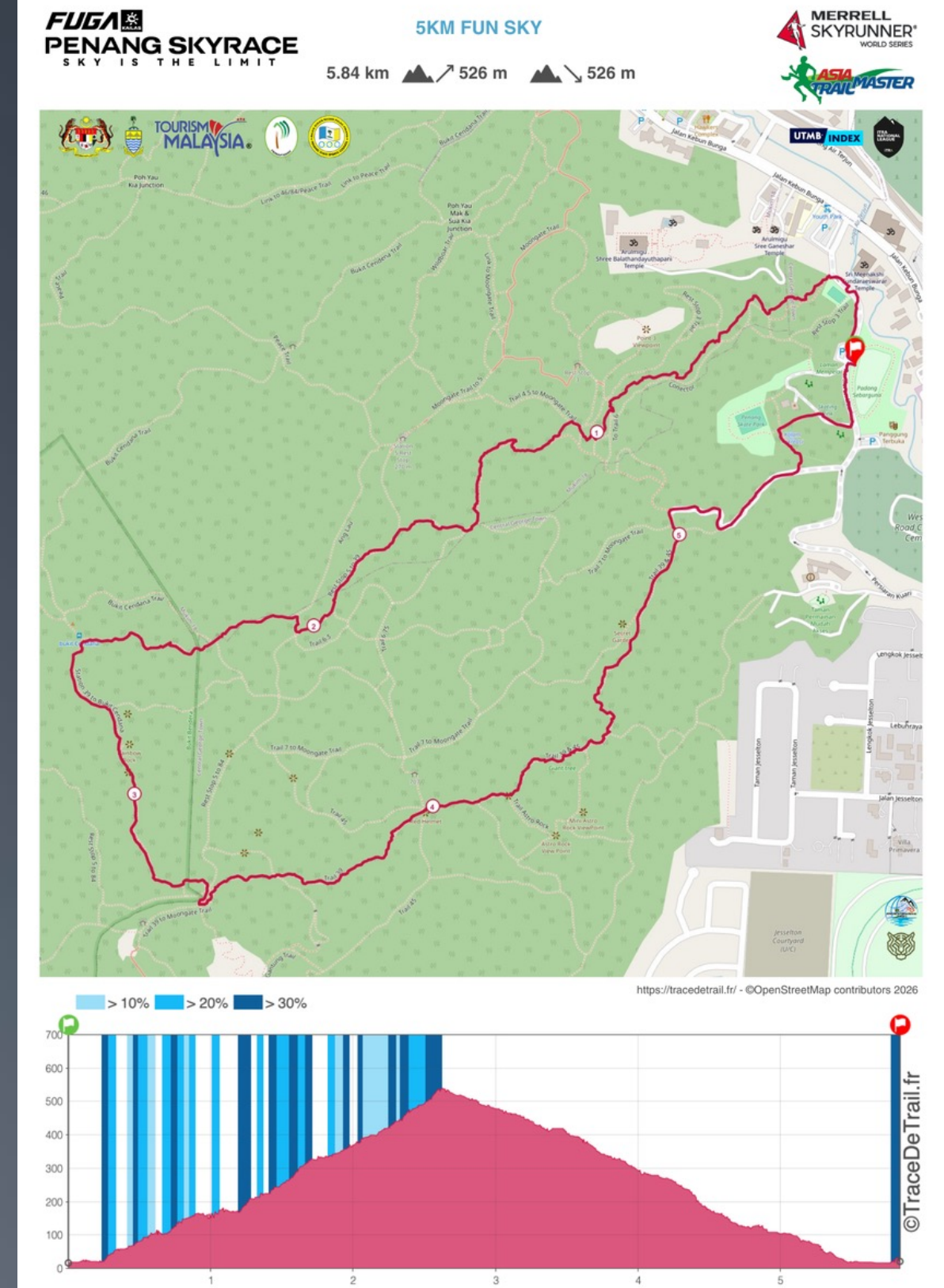


FUGA KAILAS
PENANG SKYRACE
2026



RACE DETAILS - 5KM FUN SKY

- The 5KM FUN SKY will START/ FINISH at Youth Park, Georgetown, Penang at 08:00 AM on 26 April 2025.
- The Cut Off Time (COT) is 3hours (11:00 AM 26 April 2026) and runners will be challenged with a combined ascent/ descent of **+526m/-526m**.
- The route will be on cemented path and asphalt (10%) and forested trail (90%).
- This challenge is suitable for runners of all levels.



TIMELINE - 5KM FUN SKY

KAILAS PENANG SKYRACE
 5KM FUN SKY 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 | | | | | | | | | | | |
| YOUTHPARK GEORGETOWN | 0 | | 0 | | 0 | 0 | | | | 8.00am 26-Apr | Race Base |
| FINISH | 3 | 3 | 5.8 | 5.8 | 526 | 526 | 8.50am | 11.00am | | 11.00am | Timing Control/ Medic/ Light Refreshments |
| YOUTHPARK GEORGETOWN | | | | | | | 26-Apr | 26-Apr | | 26-Apr | |



FUGA KAILAS PENANG SKYRACE 2026



RUNNER'S ENTITLEMENTS

- All runners will be provided with a bib no (with timing device), an event tee, personal insurance, food and refreshment on the course and after the race.
- All runners who complete their race within Cut-Off-Time (COT) will receive an e-cert and a limited edition finisher medal. All 30KM PRO SKY and 50KM SKY ULTRAKS who complete their race within Cut-Off-Time(COT) will receive a limited edition finisher tee.



THINGS TO DO IN PENANG

- George Town walking tour
- Trishaw ride around George Town
- Penang Hill
- The Habitat
- Escape Penang
- Penang National Park
- Clan Jetties in Penang
- Entopia/ Butterfly Farm
- Enjoy the famous Penang food
- The Top Komtar
- Batu Feringhi and night market
- Cheong Fatt Tze, The Blue Mansion
- Fort Cornwallis
- Kek Lok Si Temple
- Tropical Spice Garden
- Penang War Museum
- Floating Mosque
- Leong San Tong Khoo Kongsi
- Penang Botanical garden
- Gurney Plaza
- Upside Down Museum
- Tech Dome Penang
- Ghost Museum Penang
- Glow Planet Penang



DO

- Always be punctual
- Respect the locals
- Discard your waste responsibly
- Be courteous
- Greet everyone that you meet
- Protect the wildlife
- Smile at all times
- Conserve the nature
- Try the local cuisine
- Support local tourism products
- Be tidy and hygienic at all times
- Follow instructions of the event team
- Practice basic trail running etiquette
- Read the event guide as a whole
- Practice extreme care.
- Take only what you need and what you can consume at AS
- Follow the race markers
- Get the right gear
- Wear trail running shoes

DON'T

- Leave your waste in the trails
- Harm any wildlife
- Swear
- Damage others property
- Remove any race markers
- Sleep in the trail
- Waste supplies at AS
- Disrespect the locals/ others
- Remove any plants found on the race course
- Divert away from the race markers unless specifically instructed to do so by marshalls
- Damage the trails
- Run barefoot
- Be late
- Run without bib or bib belonging to others
- Carry other mandatory items



SUPPORTED BY



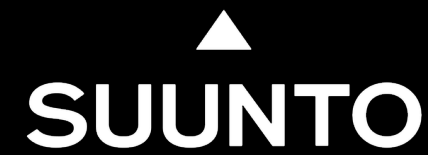
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