KLAVA

2nd BACK TO NATURE RELAY - OPEN 2009

Organizer : Kuala Lumpur Association of Veteran Athletes (KLAVA)
Date : 29-11- 2009
Venue : Next to Taman Metropolitan Batu, Taman Mastiara, Off Jalan Ipoh, Kuala Lumpur (refer to Map as attached)

CLOSING DATE: 19-11-2009 (Or upon reaching 100 entries ; whichever is earlier)

Introduction

Dear Friends, welcome back to our second BACK TO NATURE RELAY. We wish to record a word of thanks to all participants for having made the earlier run a success. Dear friends and well wishers, we have to place on record that we have had 76 teams participating. We are committed to make this run bigger and better.

Due to the good response, we decided to organize this relay to promote teamwork, team spirit and fellowship as ONE MALAYSIA. Our goal is also to get our fellow Malaysians to exercise regularly.

Thus all participants are winners in their own way and as such all participants will be awarded POSITION medals.

The CHAMPION TROPHY will be awarded to the winning teams like our **1ST BACK TO NATURE RUN***

How do we know what runners want? Because we are runners too.

The venue remains the same as the runners not only enjoyed the run but with minimum traffic.

We believe that there must be 5 categories so as to give every team a fair chance to be the champion as they can compete among their own age group and category.

This venue, sited next to Taman Metropolitan Batu (outside the fencing) is one of the best as we feel it not only provides the running track but also the route surrounds a huge scenic lake. Here you will find fishing enthusiastic, equip with rods and baits fishing. For the nature lovers, they can explore the area for wildlife such as birds, jungle fowls, monitor lizards etc. As for those who come with family, they can chose a place either within the fenced park or outside for a relaxed B.Y.O.F. (Bring Your Own Food) picnic. Even couples can watch the sunset or sunrise and the brilliant reflection at the waterfront. How romantic! There is something for everyone! This is 'der' place of discovery!

This is our second KLAVA event for year 2009. The feedback/respond, we have had has prompted us to organize this second run. We will endure to make road relay running events popular and with more clubs/associations/local municipalities participating.

Having enjoyed the run, kindly welcome friends and dear ones to participate, be a winner and enjoy nature.In the service of KLAVA

Location

Entry to starting point is by gap through a chained gate inside of the Taman Metropolitan Batu about 400m to the left hand side.

Reporting Time
6.30 – 7.00am

Flag Off Time
7.30am

Age Qualification
Taken as of 29th Nov 2009

Entry Fees
KLAVA member: RM10 per participant/RM30 per team
Non-member: RM15 per participant/RM45 per team

Distance
Approximately 11.7km
(or 3.9km per runner)

Terrain
Approximately 3/4 of the route
on tarmac and 1/4 on gravel/sand road

No of Participants per Team
3 (three) runners per team

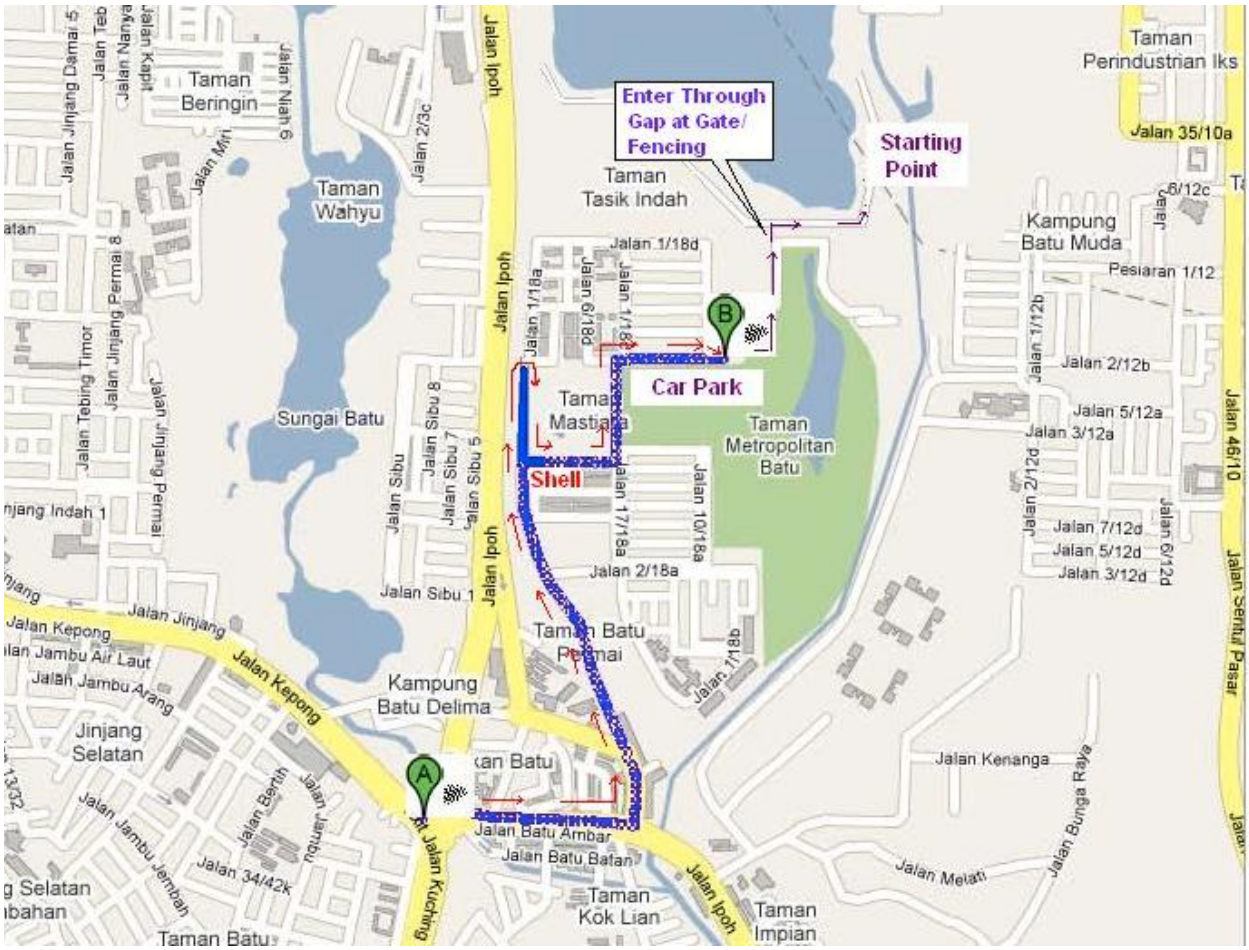
Category
Men Open (12yrs above), Men Jnr Vet (40yrs above)
Men Snr Vet (50yrs above), Women Open, Mixed (at least 1 lady of 12 yrs and above)

Award
POSITION medals will be awarded to all participants who completed the relay as a team. In addition to that, 1 (one) CHAMPION TROPHY will be awarded to the winning team of each category *__provided__ that category have at least 5 (five) participating teams.

Payment
Confirmation of participation is upon receiving of payment of fees (in order to make the medals). Please deposits payment to KL Association Of Veteran Athletes (PAVKL) Standard Chartered Bank Current Account No. 312-1-4356985-4 and scan the bank-in slip, together with the completed and signed Entry Form & email to kimcwon@hotmail.com or fax a clear copy of the bank in slip together with the completed & signed Entry Form to Mr Won Khim Ching 03-92009110.

Dispute
All protest must be officially lodged with the organizer within 15 minutes of the official announcement on the conclusion of the race. The decision of the organizer is final and conclusive.

For more info or registration, please call Adanan Mohammad @ 012-3110640, Eddy Choo @ 013–366 8932, and Tan Choon Siang @ 012–224 0757.



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ENTRY FORM

Categories	Age Group	Distance	Tick Here
Men Open Team	12 year & above	3 x 3.9km	
Men Junior Vet Team	40 years & above	3 x 3.9km	
Men Senior Vet Team	50 years & above	3 x 3.9km	
Women Open Team	12 years & above	3 x 3.9km	
Mixed Team	At least 1 female runner of 12 years old & above	3 x 3.9km	

Category Participation ***– Please tick in appropriate box***

Details of Team members

Name	**NRIC / Passport No**	**Contact No /**		**Email address**
	Date of Birth	**Sex**	**Age**	
Name	**NRIC / Passport No**	**Contact No**		**Email address**
	Date of Birth	**Sex**	**Age**	
Name	**NRIC / Passport No**	**Contact No**		**Email address**
	Date of Birth	**Sex**	**Age**	

Name of Team Captain : ----------

Name of Team : ----------

Waiver Clause: In consideration of the acceptance of our entry, we for our heirs, executors & administrators, release and forever discharge the organizers, their partners and officials of all liabilities, claims, actions, damage, costs or expenses which I may have against them arising out of any way connected with our participation in this event and including all injuries that may be suffered by us before, during and after the event.

Participants signature is compulsory

	Name of Participants	Participants signature	Parents signature for under 18 years old participants
1			
2			
3			