KLAVA

OPEN BACK TO NATURE RELAY

Organizer: Kuala Lumpur Association of Veteran Athletes (KLAVA)
Date : 11-1- 2009 (Sun)
Venue : Next to Tmn Metropolitan Batu,Tmn Mastiara, Off Jalan Ipoh, Kuala Lumpur (refer to Map)
Closing Date: 7/1/09 (Sun) or when quota of 50 teams received whichever comes first.

Introduction

This event is organized by the Sub-Committee Members (Road Races/Relay) of Kuala Lumpur Association of Veteran Athletes (KLAVA) to cater for both competitive as well as fun runners. Due to the good response to all KLAVA previous road relay events, we decided to continue organizing more of these in order to promote teamwork, team spirit and fellowship. We also hope to get people who exercise regularly but are non-competitors to be introduced to team road relay and eventually also to participate in individual events. Everybody is a winner in our events because all participants will be awarded POSITION medals. Also, CHAMPION TROPHY will be awarded to the winning teams.* How do we know what runners want? Because we are also regular runners too.

For those who have participated in our previous relay events, you would have noticed a different venue each time previously. This best time however we feel that among all the venues, this venue, sited next to Taman Metropolitan Batu (outside the fencing) is the best. The route circumvigate a huge, scenic lake. Here you will find fishing enthusiastic, equip with rods and baits doing 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 first KLAVA event for year 2009. Depending on the feedback/respond, we may organize more road relay events similar to the Formula One Series whereby Championship points will be awarded and the teams for each category that score the most points shall be awarded the Championship Trophy. So, continue to use your team names for all the road relay events to be organized by KLAVA.

We hope that one day we can make road relay running events popular and with more clubs/associations/local municipalities organizing them!

So, please show your support and introduced more friends to participate.

Thank you!

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
6.45 – 7.15am

Flag Off Time
7.30am

Age Qualification
Taken as of 11 January 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

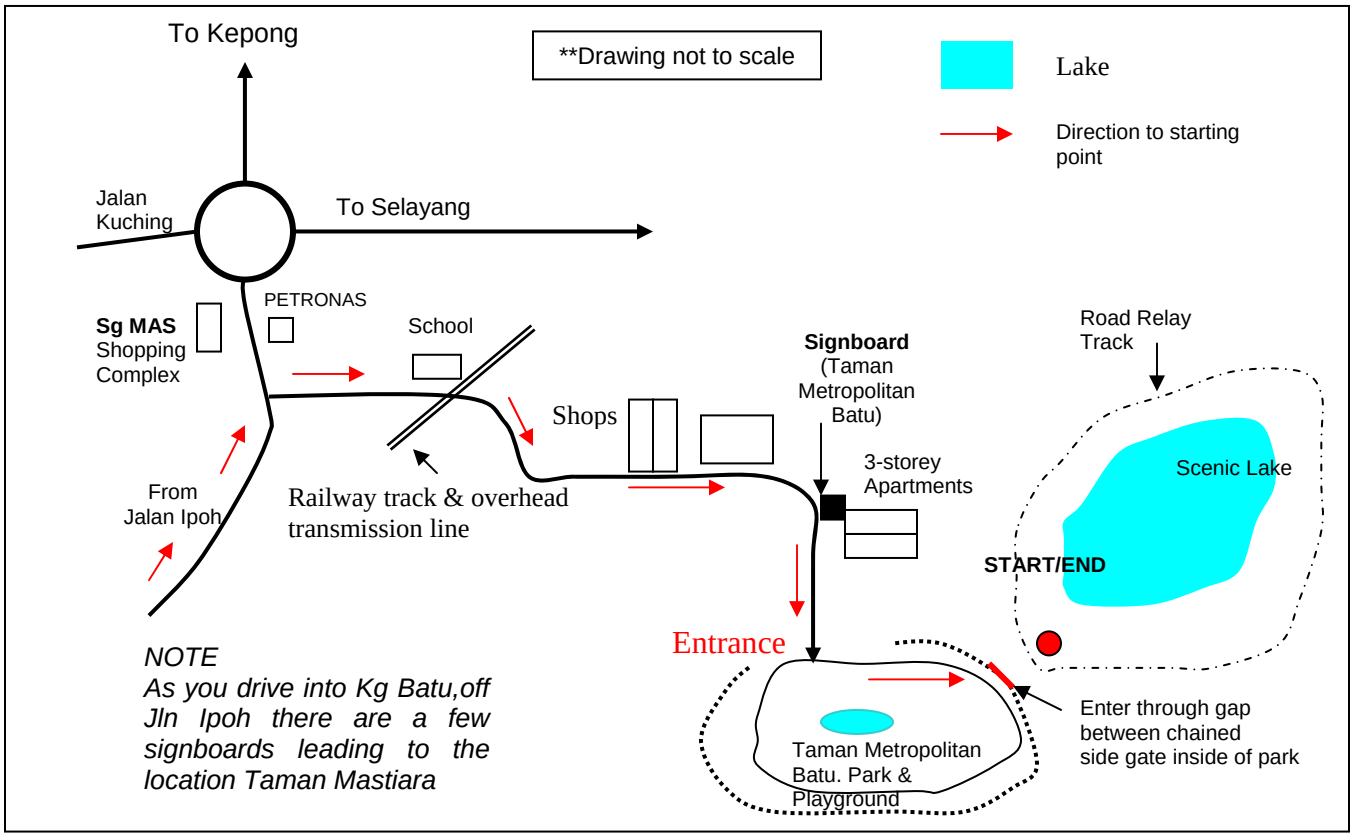
Category
Men Open (12yrs above), Men Jnr Vet (40yrs above) Men Snr Vet (50yrs above), Women Open, Mixed (at least 1 lady of 12 yrs and above)

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 Entry Form, email to adananmohammad@yahoo.com. Or fax a clear copy of the bank-in-slip together with the completed Entry Form to Tan Choon Seang Fax no: 03-56376041.

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 Organisor is final and conclusive.

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



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ENTRY FORM

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

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	

Details of Team members

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

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

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

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.

Date :