



OFFICIAL *Run Guide*

KUALA LUMPUR

2019

GATES OPEN AT 3PM

23 NOVEMBER

NATIONAL STADIUM @ KL SPORTS CITY

www.themusicrun.com.my

WELCOME MUSIC RUNNERS



SYED SADDIQ SYED ABDUL RAHMAN MINISTER OF YOUTH AND SPORTS, MALAYSIA

It gives me great pleasure to welcome all runners, artists, partners and volunteers to the sixth edition of The Music Run by CIMB. The Ministry applauds The Music Run by CIMB for being a successful homegrown Malaysian branded running event which has expanded across the globe to 35 events in 13 countries.

Music makes running fun and enjoyable, and the unique offering at The Music Run by CIMB provides a healthy, entertaining and enjoyable experience for all participants. With a capacity crowd again this year, I'm delighted that the event continues to attract thousands of Malaysians, encouraging them to lead a fit, healthy and active lifestyle.

Whether you're running 5k or 10k, I am confident that everyone will have a great experience and enjoy celebrating with fellow Malaysians at the finish line party. Majulah Sukan Untuk Negara!

#FitMalaysia



TENGGU DATO' SRI ZAFRUL AZIZ GROUP CEO, CIMB GROUP

CIMB is thrilled to be the new Presenting Partner of 'Asia's fittest party', The Music Run. We look forward to welcoming you and delivering a fun, healthy and wholesome experience to all participants, especially our invaluable CIMB customers.

There's a lot to look forward to this year as we introduce more exciting elements to make this unique event bigger and better than ever. In addition to the heart-pumping 'Sound Track' run course and high-octane finish line party, we're excited by the many sustainability initiatives being introduced to help reduce our environmental impact as well as ensure the well-being of future generations.

Our motto is 'more fun, less waste' and we encourage everyone to play their part in helping to reduce, reuse and recycle wherever possible. Thank you for your support and we hope you'll have an awesome time running, dancing and partying on 23rd November 2019!

See you there!

#ForwardYourBeat



Go cashless with CIMB QR Pay at The Music Run by CIMB.

Just download CIMB Clicks app now to set up your mobile wallet!
Not yet a CIMB customer? Sign up for a CIMB account at your nearest branch today!



Terms & Conditions apply.
CIMB Bank Berhad (13491-P)

RUN PACK COLLECTION



DATE

**15 - 17 November 2019
(Friday - Sunday)**

TIME

10am - 10pm

LOCATION

**Concourse, Level G
Lot 10, Bukit Bintang,
50250 Kuala Lumpur**

 [View on Google Maps](#)

WHAT TO BRING?

- Original ID / Passport
- Digital version (email / screenshot) of your Confirmation Slip

CAN'T PICK UP YOURSELF?

You may nominate a friend to pick up your pack. Please provide them:

- Copy of your Original ID / Passport
- Digital version (email / screenshot) of your Confirmation Slip

★ *RockStar* ★ UPGRADE?

If you upgraded your Run Pack to Rock Star and purchased additional Live The Beat x Ultron merchandise items, please ensure you **collect all items during Run Pack Collection.**

Bring along your Merchandise Slip which shows exactly what items you have purchased.

CIMB ECO-WARRIORS + EXPRESS LANE

Great benefits await the CIMB Eco-Warriors:



Express lane access to collect your Run Pack.



Stand a chance to win Adidas Parley shoes and access to the CIMB VIP Viewing Deck.

[*Terms and Conditions Apply](#)

STEP 1 RUN PACK COLLECTION DAY

- **Deposit your eWaste** (old phones / laptops / electronics) or **old clothes** during Run Pack Collection.
- **Scan your confirmation slip** to record your deposit entry and be in with a chance to win great prizes.
- **Three (3) Contest Finalists** will be announced on [The Music Run Facebook](#) on 22 November 2019.

STEP 2 EVENT DAY

- The three (3) Contest Finalists must **present their ID at the CIMB Zone** located in the Music Village by 7pm.
- Each Contest Finalist will be required to **participate in The Great Sprint challenge** to be in with a chance to win great prizes.
 - One (1) pair of Adidas Alphaboost Parley Shoes
 - Three (3) CIMB VIP Viewing Deck passes

WE'RE GOING CASHLESS

The Music Run by CIMB is a **cashless event**. Just download and register an account with either the **CIMB Clicks** Mobile App or **Touch 'N Go eWallet**, top-up and scan to purchase any food and beverage or merchandise items at the Event.

Please note, no cash or credit cards will be accepted at the event.



CIMB Customer but don't have CIMB Clicks?

Step **1** Download the CIMB Clicks app



Step **2** Register a CIMB Clicks account.

Step **3** Link any of your CIMB cards (Credit, Debit or Prepaid) with CIMB QR Pay.

Not a CIMB Customer?

You can sign-up for an account with CIMB in person at the following locations:

- Your nearest **CIMB Branch**
- The CIMB Zone at Run Pack Collection* at Lot 10 from 15 - 17 November 2019.
- The CIMB Zone in the Music Village on at National Stadium @ KL Sports City on 23 November 2019*.

Please make sure you bring your Identification Card with you to register.

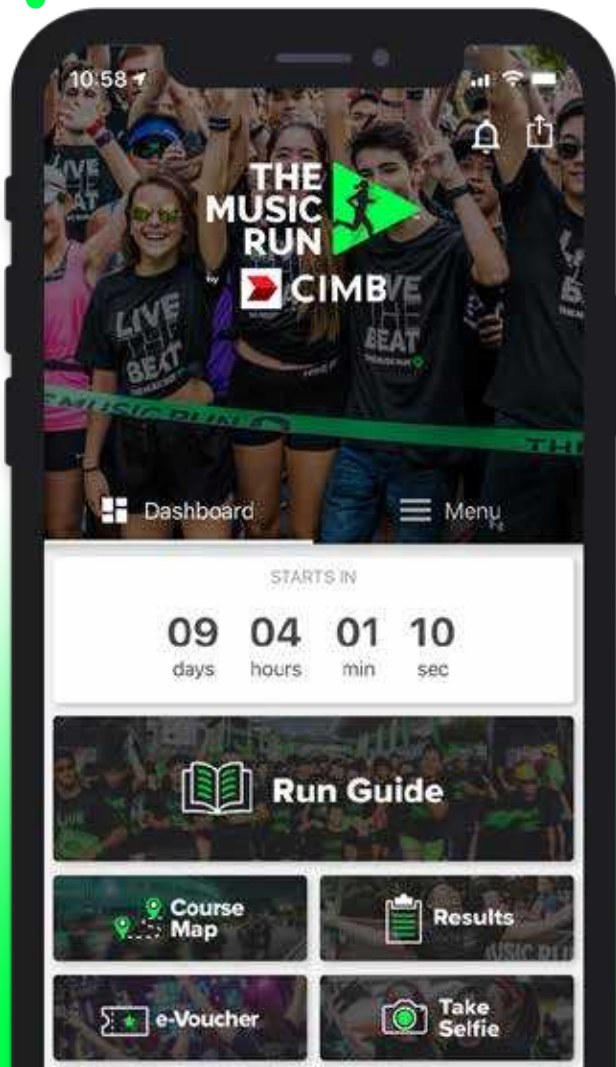
*No deposit required.



DOWNLOAD THE EVENT APP



Make sure you download The Music Run by CIMB Event App to get the most out of Event Day, getting access to the following cool features:



- Run Guide and Schedule
- CIMB Runner Photos
- Live Tracking of all Timed runners
- Race Results for Timed runners
- Run Course Maps
- Selfie Filters
- Partner Promotions



Street Food Weekender

#LOT10 NOMNOM

FIRST WEEKEND. MONTHLY

Street grub
and drinks.
MAKAN for
the gram.

FRI - SUN
12PM - 10PM

Premier Terrace &
Lottie Entrance



ARRIVAL

BY LRT

Please help us reduce the Event Carbon Footprint by catching the LRT. Please ensure that you are on the **LRT Sri Petaling Line**. Exit the train at the **Bukit Jalil LRT Station** and once you get off, follow the signs directing you to the National Stadium and The Music Run by CIMB.

BY RIDE SHARE

If you must drive or ride-share to The Music Run by CIMB, please help us reduce the Event Carbon Footprint by carpooling with your friends.

PUBLIC PARKING

Check out the Parking Guide Map below which shows the available parking lots. A fee of **RM2 per car** will be charged for public car parking. Please note that the parking spots are limited and on a first-come, first-served basis.

VIP PARKING

If you are attending as a VIP guest, allocated parking is available. Please follow the signs for Kompleks Sukan Negara (National Sports Complex). Enter the main gate to the Medan Kereta (Carpark) B, Bandar Sukan Kuala Lumpur (Kuala Lumpur Sports City) and follow the signs to the VIP Parking.



BAG CHECK IN

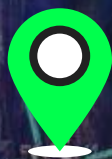


Secure bag storage is available at the entrance to the Music Village. Bag storage is free but is limited to the **first 1000 bags** on a first-come, first-served basis.

EVENT DAY



23 Nov 2019
Saturday



**National Stadium,
KL Sports City**

 [View on Google Maps](#)



Gates Open: 3pm
Event Ends : 10pm

EVENT ENTRY



Your **Bib Number** is your entry into the event. Please ensure you attach this to the front of your t-shirt prior to arrival. Without it, you will not be allowed entry into the venue.

Children under 5 must also wear their specially designed Bib Number and must be accompanied by a parent or guardian.

EVENT SCHEDULE

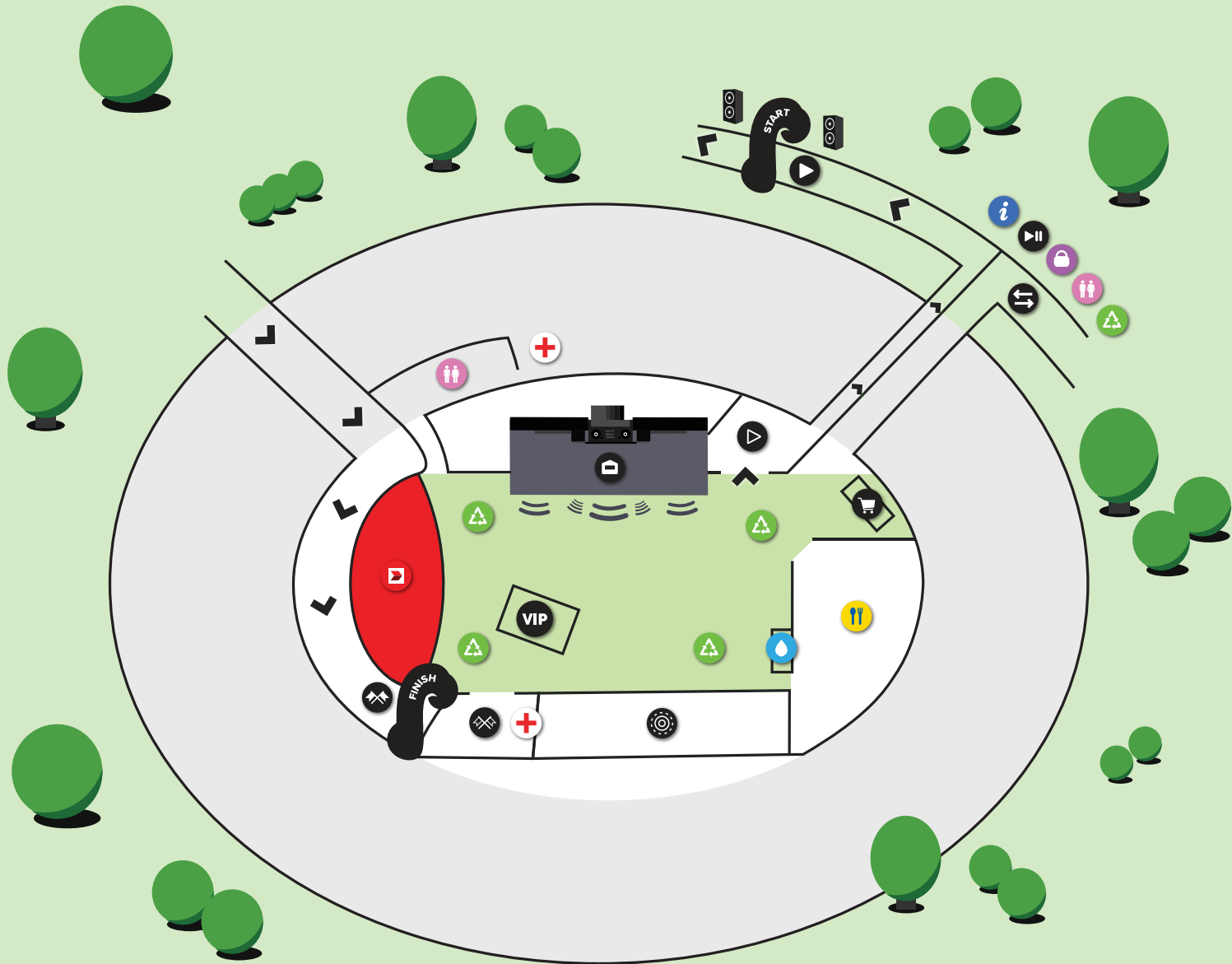
3:00 PM	GATES OPEN
3:25 PM	Venopian Solitude Performance 1
3:45 PM	10k Speed + 5k Speed Start Zone Opens
4:00 PM	10k Speed + 5k Speed Flag Off
4:10 PM	Ryot Jones Performance
4:30 PM	10k Leisure + 5k Leisure Start Zone Opens
4:45 PM	10k Leisure + 5k Leisure Flag Off
5:00 PM	The Venopian Solitude Performance 2
5:30 PM	5k Fun Run Start Zone Opens - Wave A
5:45 PM	5k Fun Run Flag Off - Wave A
6:00 PM	Prize Presentation for 10k + 5k Speed
6:00 PM	5k Fun Run Start Zone Opens - Wave B
6:15 PM	5k Fun Run Flag Off - Wave B
6:30 PM	5k Fun Run Start Zone Opens - Wave C
6:45 PM	5k Fun Run Flag Off - Wave C
7:30 PM	Finish Line Festival Starts
10:00 PM	EVENT ENDS

! REMINDER

Be early in case of possible transport delays. Take note of your Race Category and Start Wave as written on your Race Bib. Runners arriving after your allocated Start Wave time will **not** be allowed to participate in the run.



THE Music Village



BAG CHECK-IN



MEDIA WELCOME



INFO COUNTER



**MUSIC VILLAGE
ENTRANCE & EXIT**



TOILETS



MEDIC



WATER REFILL STATION



CIMB ZONE



VIP LOUNGE



**TOUCH 'N GO eWALLET
FOOD VILLAGE**



**LIVE THE BEAT X ULTRON
MERCHANDISE STORE**



GREEN RECYCLE ZONE



PARTNER INTERACTIVE ZONE

HOTLINK, 100PLUS, LOT 10,
SILENT DISCO STRETCH ZONE
& HOLOGRAM SELFIE ZONE



STAGE



START PEN ENTRANCE



START LINE



FINISH LINE



FINISH ZONE

RACE CATEGORIES & START TIMES



10K SPEED



5K SPEED

3:45pm

Start Zone Opens

4:00pm

Race Flag Off



10K LEISURE



5K LEISURE

4.30pm

Start Zone Opens

4:45pm

Race Flag Off



5K FUN RUN - WAVE A

5.30pm

Start Zone Opens

5:45pm

Race Flag Off



5K FUN RUN - WAVE B

6.00pm

Start Zone Opens

6:15pm

Race Flag Off



5K FUN RUN - WAVE C

6.30pm

Start Zone Opens

6:45pm

Race Flag Off



CHILDREN UNDER 5

BIB CLIPS

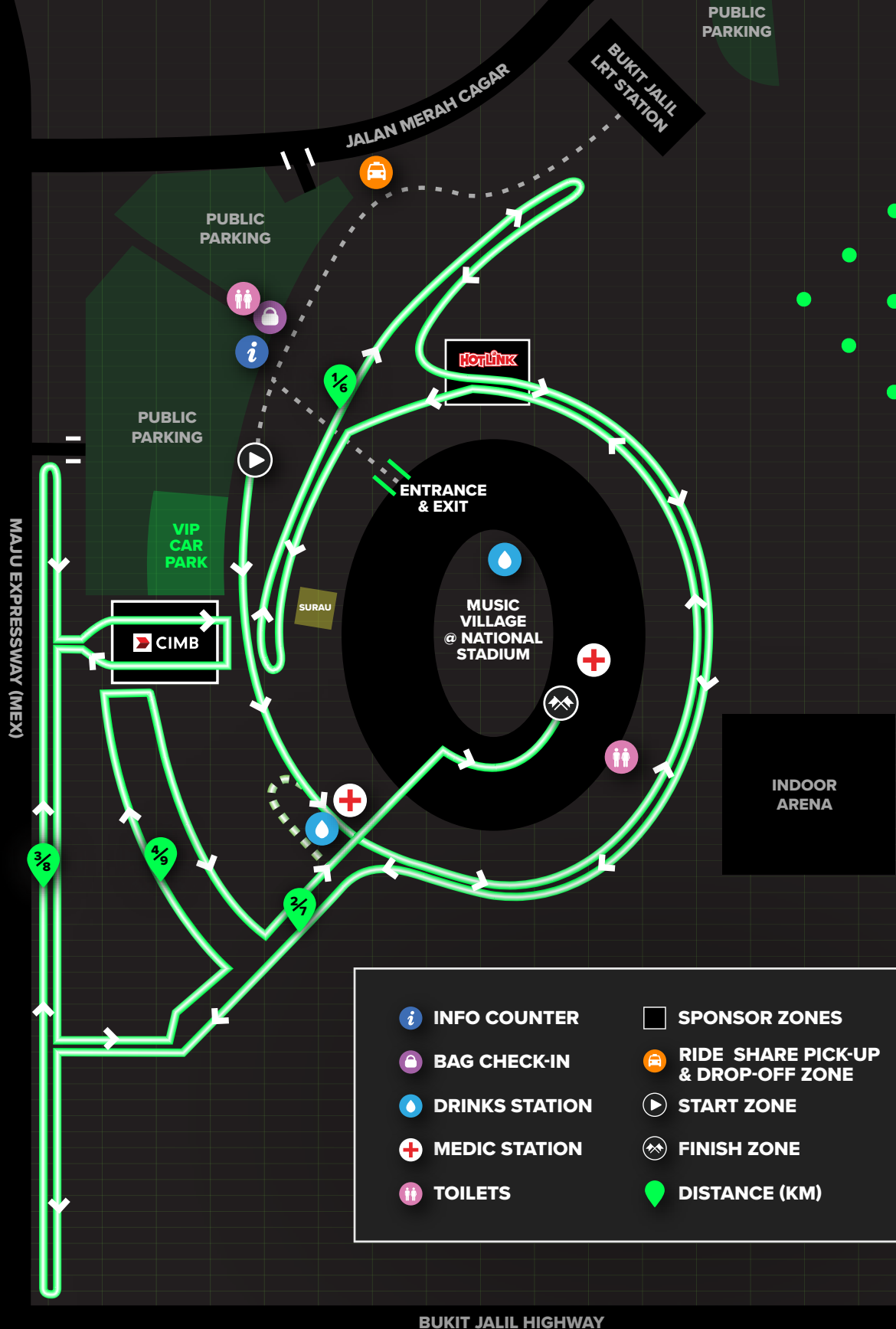
RM 15



Pick up a pack of 4 Live The Beat Bib Clips at Run Pack Collection or the Merchandise Store in the Music Village.



>>>> THE SoundTrack <<<<



PRIZES & AWARDS

LIMITED EDITION FINISHER MEDAL

All finishers will receive the Limited Edition Finisher Medal designed by street artist, Cloakwork. With a unique snap-together feature that allows you and your friends to connect up your medals like a jig-saw puzzle, this is a medal worth running for. Check out Cloakwork's original artwork in the Music Village and see how many medals you can connect?



TIMED RACE AWARDS

This year we have upped the stakes for participants in the **10k and 5k SPEED** categories with cash and sponsor prizes for the top 5 race winners in each category and Malaysia's **first-ever E-Waste Trophies!**

What's more, in support of our Malaysian heritage, we're offering a **Bonus Top Up** to the Malaysian national with the best finish time in each category. Malaysia Boleh!

10K SPEED: MEN'S & WOMEN'S



WINNER
RM 750
+ Trophy



RUNNER UP
RM 600
+ Trophy



3RD PLACE
RM 450
+ Trophy



4TH PLACE
RM 300
+ Trophy



5TH PLACE
RM 150
+ Trophy



TOP MALAYSIAN BONUS
RM 1000

5K SPEED: MEN'S & WOMEN'S



WINNER
RM 500
+ Trophy



RUNNER UP
RM 400
+ Trophy



3RD PLACE
RM 300
+ Trophy



4TH PLACE
RM 200
+ Trophy



5TH PLACE
RM 100
+ Trophy



TOP MALAYSIAN BONUS
RM 750

EVENT DAY HIGHLIGHTS

CIMB ACTIVATION ZONE AND MOMENTS

- Challenge your friends and the avatar in the The Great Sprint challenge.
- Go green in the Sustainability Zone.
- Complete all challenges and be in with a chance to win VIP passes to the CIMB Viewing Deck.
- Dance the night away and be in with a chance to qualify for the CIMB Dance Off on the Main Stage.

TOUCH 'N GO EWALLET FOOD VILLAGE

- Refuel on the delicious offerings from some of KL's best food and beverage operators.
- Eco-Eat from compostable plates and bowls, then discard in the Compost Bin and be proud that you're creating compost that will soon be used to grow trees at schools across KL.
- Relax on the bean bags and try your hand at the Giant Pong game.

CIMB RUNNER PHOTOS

- Give your best smile for the cameramen located at the CIMB Zone in the Soundtrack Run Course and other key points across the venue. Your photos will be uploaded on event day, ready for you to search on the Event App and Website by Selfie or Bib Number.

SILENT DISCO STRETCH ZONE

- Take time out and recharge the batteries at our unique stretch zone.
- Enjoy soothing music through the headphones provided to feel calm and collected before hitting the D-Floor.

LOT 10 PHONE CHARGING STATION

- Add some juice to your phone battery whilst recharging yourself in LOT 10's chill out area.

HOTLINK PERSONALISED VIDEO

- Enjoy a personalised video of your event experience.
- Just smile at the Hotlink Zones and let them deliver you non-stop entertainment your way.

AND THERE'S MORE!

- Grab your friends, do a little dance and star in your very own hologram.
- Keep your eyes peeled for amazing 3D hologram moments throughout the event.
- Boost your way to the finish line with live performances from our Drummer and Cheerleader teams.
- Snap a selfie in front of our brand new eco-themed Main Stage.

**THE
MUSIC
RUN**



by



CIMB

**GET A PERSONALISED VIDEO OF
YOUR MUSIC RUN EXPERIENCE**

**JUST SMILE AT OUR HOTLINK ZONES
AND WE'LL DO THE REST**

**NON-STOP ENTERTAINMENT
YOUR WAY**

POWERED BY

HOTLINK

IMPORTANT NOTICES

TIMING CHIP FOR 10K & 5K TIMED RACES

Your timing chip is on the reverse side of your Bib Number, which will be provided at Run Pack Collection. Remember:

- **Attach your Bib to the front** of your run shirt with the 4 pins provided - you will not receive an Official Finisher Time without it.
- **Do not fold or crumple the Bib** and **do not cover** it with your apparel, bag, hand or other items while crossing the detection points.
- **Do not remove** the foam spacer on the timing chip.

For more information on our timing system, visit [Mylaps](#) and [Checkpoint Spot](#).

START ZONE ENTRY

Your Bib Number grants you access to the Start Zone. All Bibs and Race Categories are colour coded so please take note of your Race Start Time and Start Wave. **Any runner arriving after your allocated Start Wave Time will not be permitted to run.**

10K RUNNERS

10k runners complete **2 loops** of the Run Course. Please follow signs and instructions from Marshals and Volunteers to direct you from loop 1 to loop 2.

RESULTS

Provisional Race Results for Timed Races will be available instantly via the Event App and Official Results will be available on the The Music Run by CIMB [website](#) following the event. All participants will be emailed as soon as Official Results are posted. Stay tuned to your inbox and Facebook for announcements.

E-CERTIFICATE

Runners who have successfully completed either the 10k or 5k Timed Races and recorded an Official Finisher Time will also be eligible to download an E-Certificate. All participants will be emailed as soon as Official Results are posted with a link to download the e-Certificate.

DISPUTES

Should any dispute arise over Official Timings or Race Results, the Race Director shall be the sole judge and shall work towards a resolution.

WEATHER

The Music Run by CIMB is a rain or shine event but if extreme weather does occur, the event will be postponed until it is safe to continue. Please follow inclement weather instructions provided by Event Officials.

SAFETY

Walkers, participants with strollers or in wheelchairs, please **keep to the left** of the Run Course and be aware of runners passing you. Please follow any directions provided by Event Officials, Marshals, Volunteers, and Law Enforcement.

DRINK STATIONS

Safe, clean, 100% purified drinking water is provided at drink stations located at the 2.5k mark on the Run Course and in the Music Village. Runners will also be provided with a can of 100PLUS Reduced Sugar at the Finish Line, which you can recycle at the Reverse Vending Machines at the 100PLUS Zone in the Music Village. Please make sure you fill up and bring along your CIMB reusable water bottle to the event and look out for the refill stations to stay hydrated.

TOILETS

Toilets are located at the Arrivals Area, on the Run Course and in the Music Village.

MEDICS

A Medic Station is located at the 2.5k mark on the Run Course and in the Music Village. An ambulance will be on standby at the Medic Station in the Music Village and also roaming on the Run Course.

LOST & FOUND

If you lose something, head to the Lost & Found, located at the Information Counter at the entrance to the Music Village. Hopefully, you'll find it there.

PHOTOS & VIDEO

In addition to the CIMB Runner Photos, photographers and videographers will be present to enable the Official Event Photos, the Official Event Video and Hotlink Personalised Videos to be released shortly after the event. Stay tuned to your inbox and Facebook for announcements.

PLAYLIST

If you enjoyed the tunes on your run, the Official 'Sound Track' Run Playlist will be available right after the event. Stay tuned to your inbox and Facebook for announcements.

NEED MORE INFORMATION?

FAQ





ULTRON[®]

CHANGE THE GAME

Lightest Running Tee In Malaysia



www.ultron.co



[ultron.co](https://www.facebook.com/ultron.co)



[ultron.co](https://www.twitter.com/ultron.co)

NU SENTRAL SHOPPING CENTRE [KUALA LUMPUR] BULATAN JUBLI EMAS [KANGAR, PERLIS]
CITYONE MEGAMALL [KUCHING, SARAWAK] OCEANUS WATERFRONT MALL [KOTA KINABALU, SABAH] INDERA MAHKOTA [KUANTAN, PAHANG]
UEP INDUSTRIAL PARK | E@CURVE MUTIARA DAMANSARA [SHAH ALAM, SELANGOR]

LIVE *the* BEAT × ULTRON®

New for 2019, check out the latest kit that will keep you living the beat and always looking your best. Available for purchase at Run Pack Collection and at the Merchandise Store in the Music Village.



RM 39

WOMEN'S SINGLET



RM 39

UNISEX T-SHIRT



RM 39

SPORTS HIJAB



RM 29

CHILDREN'S T-SHIRT



RM 25

LIVE THE BEAT CAP



RM 15

SUNGLASSES



RM 15

BIB CLIPS



RM 25

PHONE WAISTBAND

**ALREADY
PURCHASED
ONLINE?**

Please ensure you **collect all items during Run Pack Collection**. Please also bring along your Merchandise Slip which shows exactly what items you have purchased.

Syok™

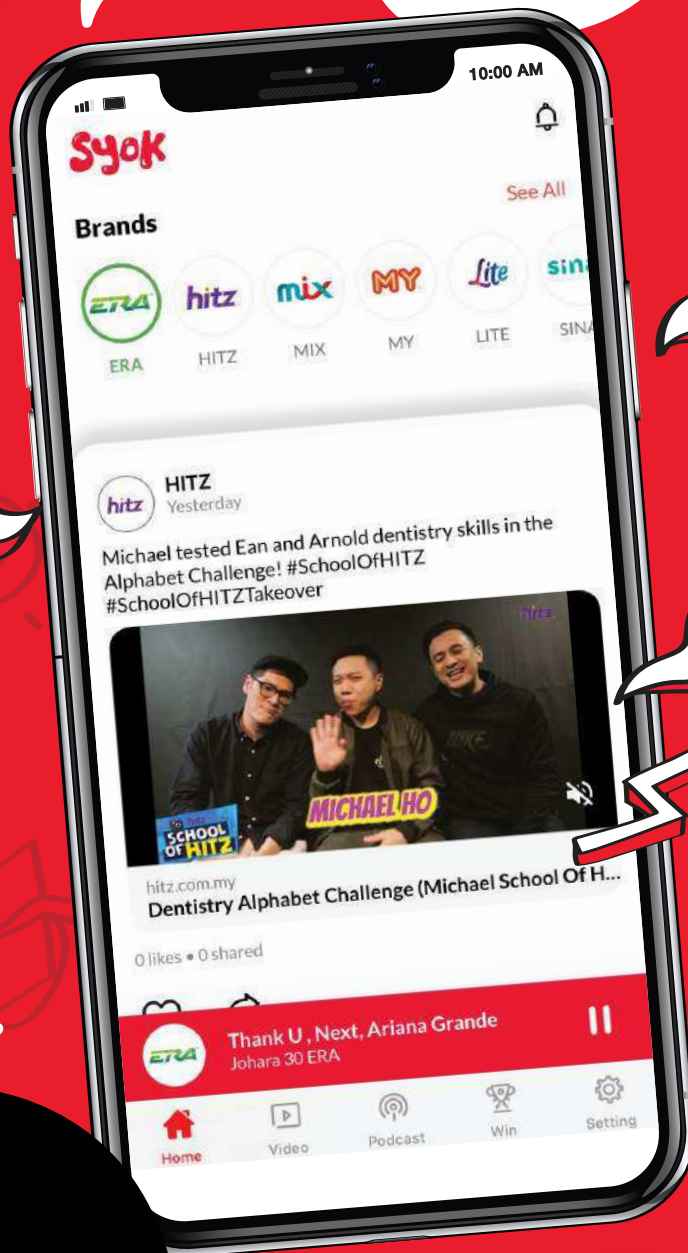
EVERYTHING
GOT!

RADIO

CONTESTS

SYOKcast

VIDEOS



EXPLORE NOW

Download on the
App Store

GET IT ON
Google Play



MORE FUN LESS WASTE

Run your way to carbon neutral living



As Malaysia's largest 5k and 10k running event, we feel it is our responsibility to lead the industry in event sustainability practices.

CIMB shares our vision, and together we aim to create a more sustainable future whilst inspiring young Malaysians to #LIVETHEBEAT and lead more active lifestyles. Outlined below are some of the initiatives we're putting in place to minimise the impact we have on our environment. We can't do it alone and need your help, so please take a moment to see what you can expect at the event and how you can play your part.

MALAYSIA'S FIRST CARBON NEUTRAL MASS PARTICIPATION EVENT



We've teamed up with the folks at **YTL Sustainability** to independently track all the Greenhouse Gas (GHG) emissions produced by the event. With the help of CIMB, the event's emissions will be offset through an investment in the registered Gold Standard "Nazava Water Filter project" which brings an easy-to-use ceramic water filtration system to families with little or no access to clean drinking water in Indonesia. At the same time, the project reduces the use of fossil fuels and non-renewable biomass used for boiling water thereby decreasing indoor air pollution and emissions, thus improving the health of people. One of the ways we're leading the industry and reducing the event's carbon footprint.

HOW CAN YOU HELP?



Catch the LRT to Run Pack Collection and the Event or carpool with friends.

REVOLUTIONARY WATER DISTRIBUTION SOLUTION ERADICATING THE NEED FOR SINGLE-USE PLASTIC WATER BOTTLES



We're working with **Visionary Solutions** using proprietary technology by **Bluewater** of Sweden, one of the world's most innovative clean water technology companies, to provide runners access to safe, clean, 100% purified drinking water at refill stations throughout the event. With CIMB providing all participants with a reusable water



bottle in their Run Pack to be used at the event, we'll be stopping 80,000 plastic bottles from potentially entering landfills or our oceans. We haven't stopped there and are also eliminating an additional 40,000 pieces of single-use plastic wrapping from event items such as t-shirts and medals.

HOW CAN YOU HELP?



Fill up and bring along your CIMB reusable water bottle to the event. Refill at the Bluewater refill stations and stay hydrated.

MALAYSIA'S FIRST E-WASTE WINNERS' TROPHIES

Ever wondered what happened to your old mobile phone or computer? That's where the team at **ERTH** come to the party. Instead of this E-Waste ending up in landfills and leaching harmful chemicals and plastics into the environment, they break it down and recycle it. This year, we're pumped to announce that in addition to cash and other goodies, the race winners in the 5k and 10k SPEED race categories will receive something totally unique - Malaysia's First Winners' Trophies made from 3 tonnes of E-Waste donated by CIMB.



WANT TO WIN ONE?



You have to be in the 5k or 10k SPEED race category and place in the top 5 men or women to win!

REDUCE, REUSE, RECYCLE



We're serious about making The Music Run by CIMB the most fun and sustainable event possible. Our vision is to reduce, reuse and recycle waste wherever we can and we've partnered with some of Malaysia's most innovative Eco-Warriors to help us. All recycling at the event will be handled by industry experts, **iCYCLE**, with dedicated recycling bins dotted across the venue. The folks at **KLEAN** will be showcasing new ways to reward you for recycling with their 'reverse-vending machines'. For the first time, all compostable food waste will be collected in the Food Village and taken to **Ground Control**'s composting facility. This nutrient-rich compost will then be used by our friends at the **Free Tree Society** to plant trees that will be donated and replanted at local schools. How about leftover 'clean' food that is not sold or used? **The Lost Food Project** will redistribute this surplus nutritious food to those who need it most. Even our famous 'rock hand' giveaways will get a makeover courtesy of **Paperway** with unique recycled cardboard replacing the traditional foam, plus our confetti machines at the Start and Stage will be using recycled paper. As if that wasn't enough, the tables and chairs in the Touch 'n Go eWallet Food Village are all made from recycled cardboard.

HOW CAN YOU HELP?



Buy and consume only what you need and ensure you dispose of all items in the specially marked bins located throughout the event.

SUSTAINABILITY PARTNERS

YTL Corporation Berhad



YTL Sustainability
Making A Good Future Happen

VISIONARY
SOLUTIONS



klean
the world

FREE TREE
SOCIETY

iCYCLE

paperway

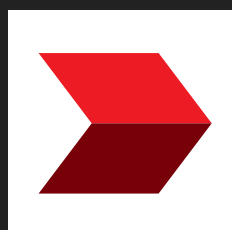
Thank You!

A huge thank you for joining us at The Music Run by CIMB.
We know you're going to have an awesome time living the beat
with us. A special shout out to our amazing host of partners,
especially our Presenting Partner, CIMB.

Without you, this event would not be possible.

See you on 23 November Music Runners!

Presenting Partner



CIMB

Telco Partner



Apparel Partner



Isotonic
Drink Partner



Water Partner



Mall Partner



Radio Partner



Radio Partner



Venue Partner



TANPA KARBONAT

DITAMBAH
VITAMIN



BAHARU!



HCL membantu pengguna mengenal pasti produk yang lebih sihat dalam kategori yang sama.

*"100 PLUS" dan logo "100 PLUS" dan logo "100 PLUS" adalah hak milik F&N AND NEAVE LIMITED.

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