

 AmMetLife

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2 NOV 2025 (SUN)

PADANG MERBOK, KL

6:00AM

UNITY IN
DIVERSITY

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#AmMetLifeCultural Run

#MalaysianRunners



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EVENT DAY PROGRAMME

TIME	ACTIVITY
6.00 am	Venue is open to receive runners.
7.00 am	One Malaysia Drum Symphony Performance
7.10 am	Zumba / Warm Up
7.20 am	AmMetLife CEO to address the crowd
7.25 am	5km Runners & VIP ushered to start line
7.30 am	Flag Off - 5km Run
8.00 am	1st participant to reach the finish line
8.30 am	1st Round of Lucky Draw (11th - 23rd) : The pre-drawn numbers to be announced and the winners to collect their prize
8.30 am	Kid's Clown show to start
8.40 am	Malaysian Drum Symphony performance
8.45 am	Last runner to reach the finish line
8.50 am	Warm Down Exercise - hype it up
9.10 am	2nd Round of Lucky Draw 6th - 10th
9.30 am	The Best Dress Competition Prize Giving : Need to get all the selected participant to parade themselves on the stage.
9.50 am	The top 5 lucky draw prizes.
11.00 am	The End



 AmMetLife

**CULTURAL
RUN 2025**

5KM FUN RUN

UNITY IN DIVERSITY

LUCKY DRAW

2ND PRIZE

1ST PRIZE

3RD PRIZE

AND MANY MORE

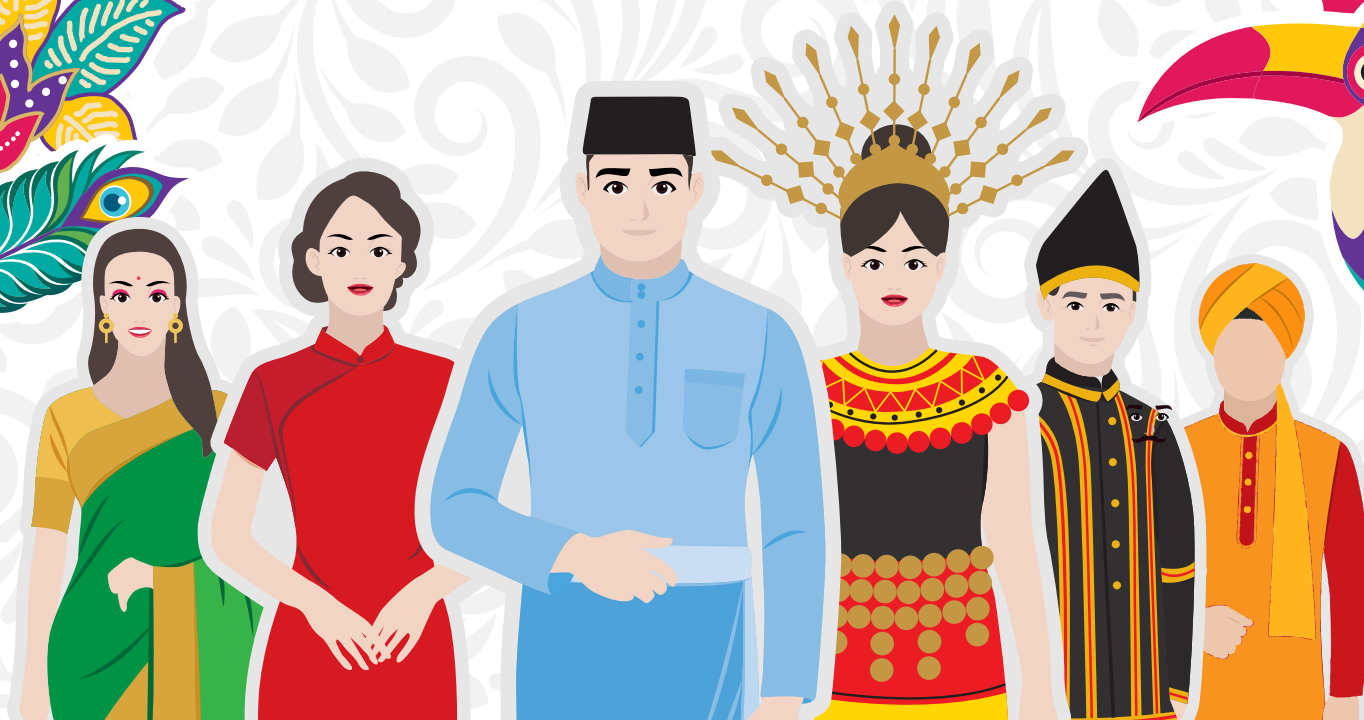


 AmMetLife

CULTURAL RUN 2025

5KM FUN RUN

UNITY IN DIVERSITY



BEST DRESSED COMPETITION

For Male & Female

Terms and Conditions apply, please refer to the website for T&C

PARTICIPANT'S GUIDE

Parking.

1. Please plan to reach Padang Merbok from 6.00am onwards and latest by 6.40am.
2. Please ensure to park at the designated parking areas as indicated within the parking map at your own risk.
3. Upon parking, participants are required to walk over to AmMetLife Cultural Run 2025 event site located at Padang Merbok carpark.
4. Do not park by the main road as the local council's enforcement officer might tow away your car.
5. Please travel light and ensure to NOT bring along and leave any valuable/important items in your car.

Number Bib and Event Tee.

Participants are required to use the AmMetLife Cultural Run 2025's t-shirt and the number bib. Please ensure to place the number bib in the front.

Lucky Draw.

Do approach the information counter to place the lucky draw stub into the lucky draw bowl immediately upon arriving at Padang Merbok. Lucky Draw item no.11 to item no.23 will be pre-drawn while participants are running. The top 10 prizes will be drawn live on stage.

Flag off Time.

Flag off will be at 7.30am sharp.

Please note that latecomers will NOT be allowed to start for safety reasons.

Baggage Counter (Operation hours: 6.00am - 10.00am).

We do have a counter to hold your baggage nevertheless we also advise you to travel light.

Please note that you are depositing at your own risk, therefore please do not bring along any valuables from home. The Baggage counter will be CLOSED at 10.00am, therefore please remember to collect your baggage upon completing your run. Please refer to the venue layout for the location of the counter.

Finisher Medal, Water & Light Refreshment.

Finisher Medal will ONLY be given to runners who had completed their running distance.

Finisher items such as the finisher medal, 1 bottle of water & the light refreshment will be distributed to the participants upon completing the run. No claims will be entertained thereafter.

Drink Station on Running Route.

There will be 1 water station for the runners at approximately 3km mark. Water will be served in paper cups.

Medical.

1st aiders, will be standing by at the drink station, finish line and medical booth.

There will be a Doctor leading the medical team.

If you are feeling unwell before running, please get yourself to the medical booth at the event site.

If you are already on the running route, please stop and flag down any marshal who is on patrol or you can approach the 1st aiders at the drink station.

Safety.

Please abide by the traffic police and marshal advise at all times while running.

For parents who are running with their children, the most important thing, will be the safety of your children, therefore, please ensure that your child is with your good self at all times.

Participants who are walking, please keep to the left to allow faster runners to overtake and do not walk together side by side as NOT to block the faster runners, please walk one after another.

Families walking and running with children, please keep to the left to allow faster runners to overtake on the right.

Lost & Found

If there is any lost & found items, please handover to the person in-charge at Information Counter.

Event Disruption due to the weather.

In case of rain:

a.the run will continue as scheduled if it drizzles.

b.the run will be delayed for a maximum of 30 mins if it is heavy downpour. If heavy downpour persists then the run will be cancelled.

c.the run will also be cancelled if there is a thunderstorm that persist more than 30 minutes.

d.The run will also be cancelled in the case of any extreme weather condition / natural disaster / severe deterioration of air quality due to haze (as recommended by government agency).



RACE VILLAGE

LEGENDS

- | | | | |
|--------------------------------------|----------------------|--|-----------------|
| 1 INFO COUNTER /
LUGGAGE DROP OFF | 7 VIP TOILET | 13 GAMES 3 | 19 100 PLUS |
| 2 CHANGING ROOM | 8 MOBILE TOILET | 14 GAMES 2 | 20 SNACK PACK |
| 3 SOUND SYSTEM & PRIZES | 9 SURAU | 15 GAMES 1 | 21 WATER |
| 4 STAGE | 10 CLOWN PERFORMANCE | 16 tone wow | 22 MEDIC |
| 5 VIP | 11 EO | 17 COLUMBIA ASIA
HOSPITAL BUNUT JALIL | 23 START/FINISH |
| 6 VIP FOOD PREPARATION | 12 FACE PAINTING | 18 BROOKS | |

5KM ROUTE

 AmMetLife
**CULTURAL
RUN 2025**
5KM FUN RUN



Music Station



Water Station



Medic

Gathering Time
: 6.00am onwards
Flag Off Time
: 7.30am



The run route is subject to change if deemed necessary by the authorities such as the local council, traffic police and etc

SUGGESTED PARKING



Note : parking at the suggested parking area is at your own risk even though it is suggested by the organizer.

POWERED BY



OFFICIAL ORGANIZER



OFFICIAL REPC VENUE SPONSOR



PELABURAN HARTANAH BERHAD

SPONSORS & PARTNERS :

tone w



COLUMBIAASIA
HOSPITAL BUKIT JALIL

**THANK YOU
TO ALL PARTICIPATING
SPONSORS**