

10 - 11 AUGUST 2018 | MERAPOH, PAHANG

VOL. 4

MARATHON

THE MAGNIFICENT MERAPOH TRAIL 2018



RUNNING PROJECT

POWERED BY TEN SENSES (M) SDN BHD

RACEGUIDE EDITION

I PROGRAM RUNDOWN

DATE	TIME	ACTIVITY	VENUE	NOTES
FRI, 10th AUG	8.30 am - 9.00 am	Shuttle bus/chartered bus will be depart from Putrajaya Sentral	Putrajaya Sentral, Putrajaya	
	8.00 am - 10.00 am	Expected arrival of runners on their own vehicle	SMK Merapoh, Pahang	
	11.00 am	Race Pack Collection and Special Needs Bag counter opens (Participants are required to present their Identification Card / Passport) and mandatory items check	SMK Merapoh / Merapoh Primary School Hall (Outdoor)	Compulsory for all runners
	6.00 pm	Race Pack Collection and Special Need Bags counter close		Only for 100KM & 70KM runners
	4.00 am - 5.30 pm	ALL RUNNERS : BRIEFING SESSION	SMK Merapoh / Merapoh Primary School Hall (Indoor)	Compulsory for all runners
	6.00 pm - 7.30 pm	Dinner	SMK Merapoh / Merapoh Primary School Hall (Indoor)	
	7.30 pm - 9.00 pm	Free & Easy		
	8.00 pm	Baggage Drop counter opens	Merapoh Marketplace / Tapak Pasar Malam	Only for 100KM runners
	9.00 pm	100KM FLAG OFF	Merapoh Marketplace / Tapak Pasar Malam	Cut off time 20 Hour
SAT, 11th AUG	3:00 am	Baggage Drop counter opens	Merapoh Marketplace / Tapak Pasar Malam	Only for 70KM runners
	4.00 am	70KM FLAG OFF	Merapoh Marketplace / Tapak Pasar Malam	Cut off time 13 Hour
	5.00 am	Baggage Drop counter opens	Merapoh Marketplace / Tapak Pasar Malam	Only for 35KM runners
	7.00 am	35KM FLAG OFF	Merapoh Marketplace / Tapak Pasar Malam	Cut off time 10 Hour
	12.00 pm - 5.00 pm	Lunch	Merapoh Marketplace / Tapak Pasar Malam	
	5.00 pm	CUT OFF TIME ALL CATEGORIES		
	6.00 pm	Special Needs Bag recollection will be at finish line 1 hours after the respective categories cut off time	Merapoh Marketplace / Tapak Pasar Malam	PLEASE COLLECT BEFORE 6:00PM
	7.45 pm - 10.30 pm	Dinner & Prize Giving Ceremony	SMK Merapoh / Merapoh Primary School Hall (Indoor)	
	10.30 pm	Free & Easy		
SUN, 12th AUG	9.30 am	Shuttle bus/chartered bus will depart from SMK Merapoh	Merapoh Primary School Hall	Shuttle bus/chartered bus will be available from SMK Merapoh
	1.00 pm	Expected arrival in Putrajaya Sentral, Putrajaya	Putrajaya Sentral, Putrajaya	

I TRANSPORTATION SCHEDULE



PUTRAJAYA TO MERAPOH

Venue : Putrajaya Sentral, Putrajaya
Date : 10th August 2018, Friday
Bus Platform : **18 / 19**

7:45 am **Registration and Name Verification**
9:00 am **Depart to Kg.Merapoh**



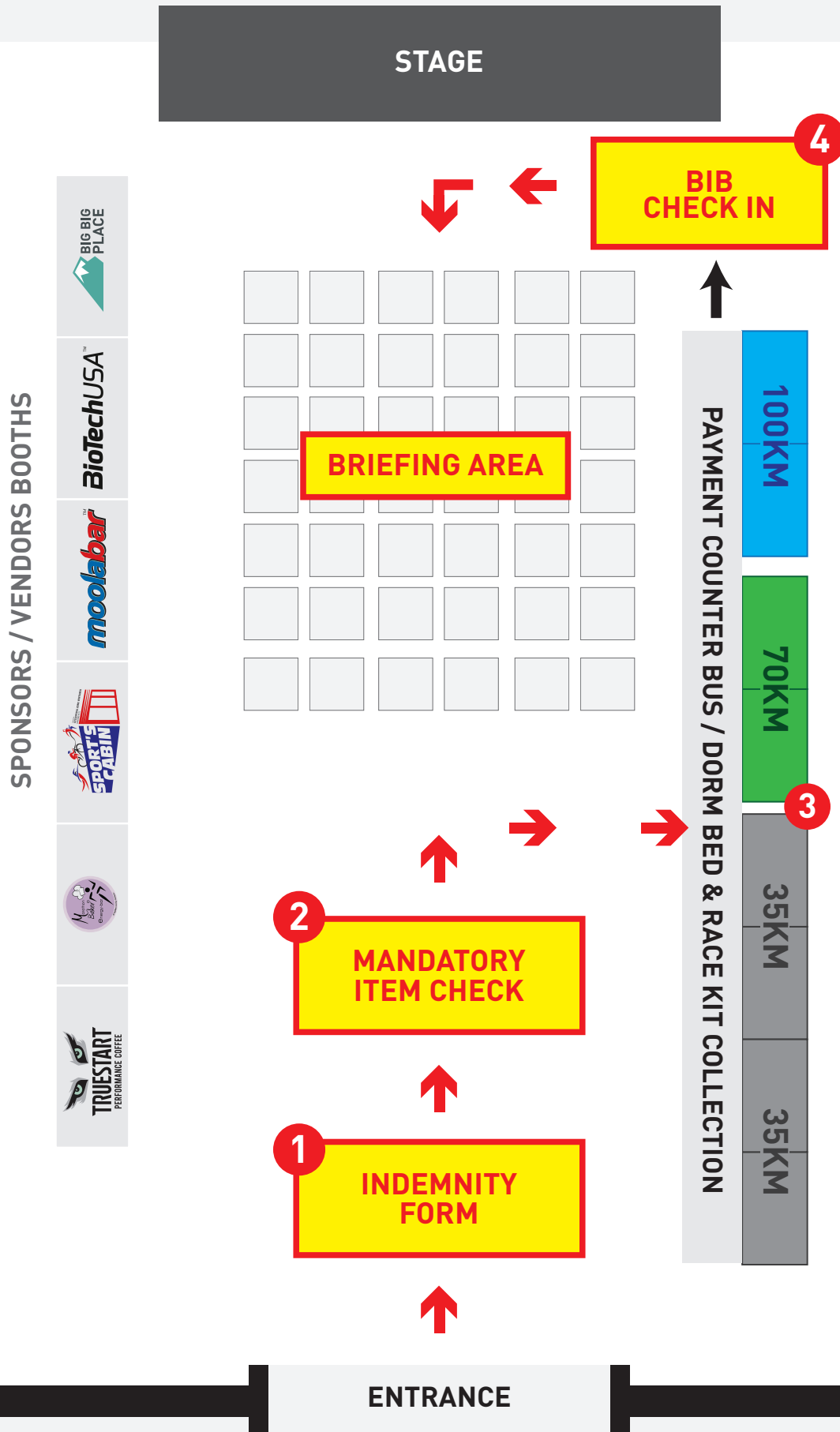
MERAPOH TO PUTRAJAYA

Venue : SMK Merapoh
Date : 12th August 2018, Sunday
Bus Platform : **SMK Merapoh**

7:45 am **Registration and Name Verification**
9:30 am **Depart to Putrajaya**

RACE PACK COLLECTION

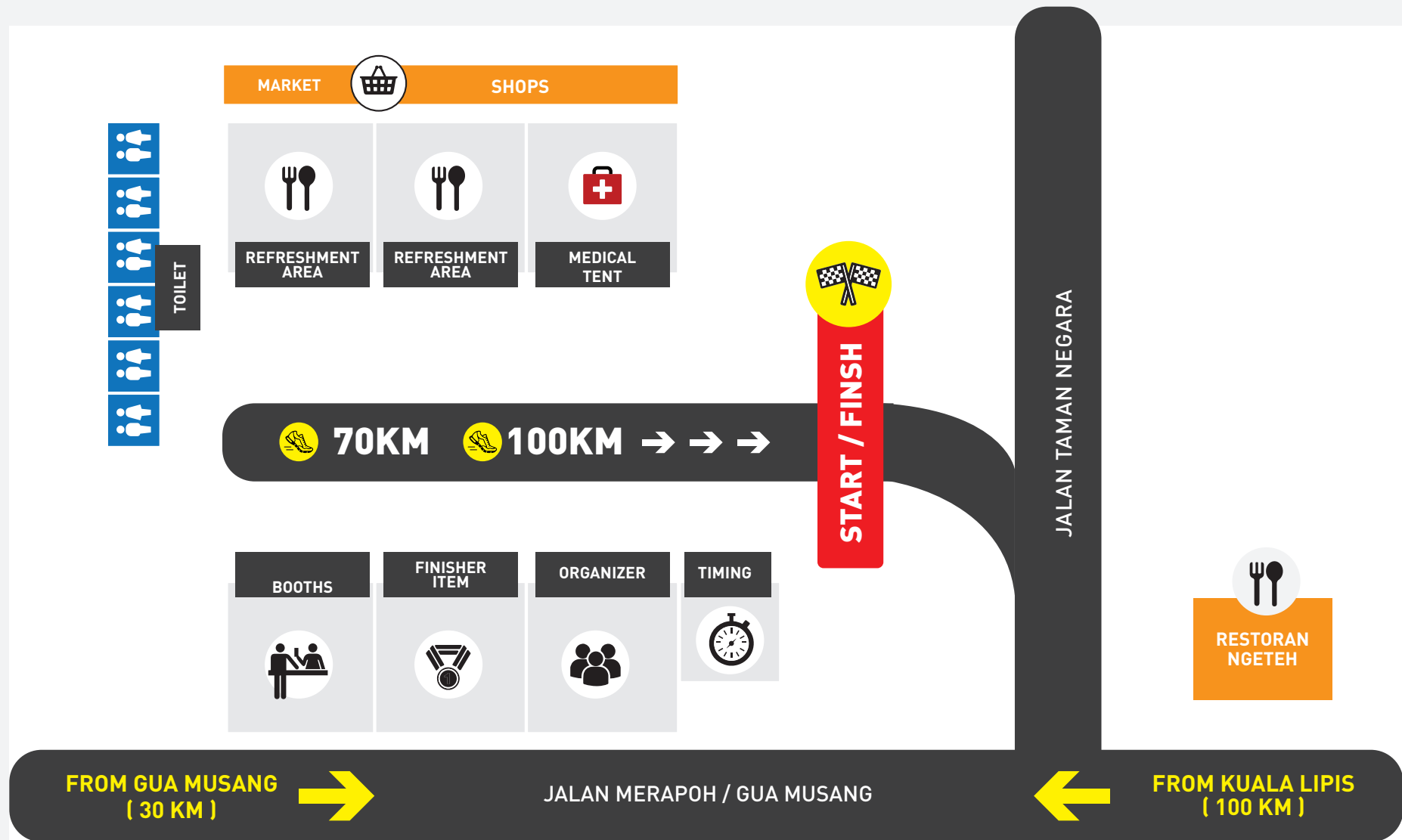
Dewan Sek. Men. Keb Merapoh | 11:00am - 6:00pm



I MANDATORY ITEMS

NO.	ITEM	DESCRIPTION
1.	Headlamp	Test your headlamp at night prior to the event to make sure it provides enough light to see the track and the course markings. Make sure batteries are new or fully charged and you have enough battery capacity / spare batteries.
2.	Blinkers	Preferably red/blue/yellow color. To be attached at the backpack and make sure visible to traffic.
3.	Hydration Bag (Min 1.5L)	Water bladders or bottles with capacity to carry 1.5 Litres of water
4.	Mobile Phone	Mobile phone coverage over the course varies from excellent to non-existent when in deep valleys. Maxis and Celcom works on approximately 50% of the course.
5.	Whistle	-
6.	Basic First Aid Kit (for 70KM & 100KM only)	Sterile dressings, Band-aid, Antiseptic wipes, Oral Rehydration Salt, Painkillers, Allergies medication (if any)
7.	Cup	Foldable cup for drinking at water station. (No paper Cups will be provided
8.	Energy Gel & Sufficient Food	Energy bars/gels.
9.	Emergency Blanket	-

RACE SITE MAP





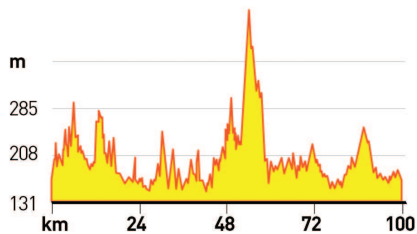
Distance :

100KM

COT
20 HOUR

Ascent
2300+- M

Descent
2300+- M



ELEVATION CHART



CHECKPOINT

CP 1 : KM15 - Chalet Pak Teh



CP 2 : KM24 - Sg Kalong



CP 3 : KM33 - Tepi Highway



CP 4 : KM42 - Sg Yu



CP 5 : KM60 - Sawmill



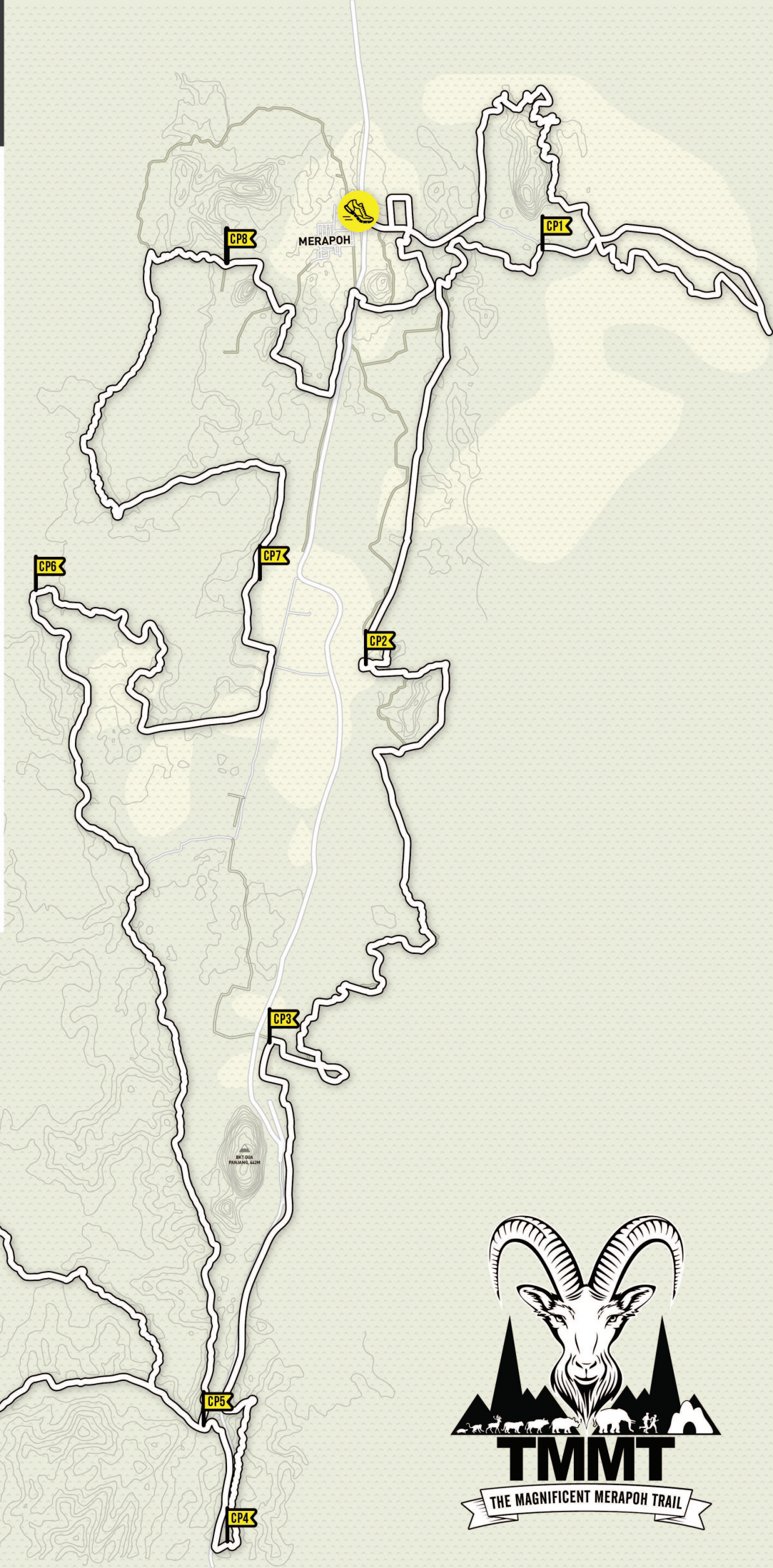
CP 6 : KM72 - Org Asli Village



CP 7 : KM80 - Masjid Teluk Gunung



CP 8 : KM90 - Kolam Sera





100KM

CHECKPOINT INFO

CHECKPOINT	DISTANCE	LOCATION	DETAILS	CUT OFF TIME
START	-	Kg. Merapoh	Flag Off: 10 August 2018, 09:00pm	-
CP1	15KM	Chalet Pak Teh	Mineral Water, Fruits	-
CP2	24KM	Sg. Kalong	Mineral Water, Isotonik Drink, Fruits, Kaya Bread	-
CP3	33KM	Tepi Highway	Mineral Water, Isotonik Drink, Coke, Fruits, Bun, Marathon Baker	-
CP4	42KM	Sg Yu	Mineral Water, Isotonik Drink, Hot Water, Fruits + Salt, Noodles, Lolipop	Special Needs Bag
CP5	60KM	Sawmill	Mineral Water, Coke, Fruits, Porridge, Kaya Bread	-
CP6	72KM	Orang Asli Village	Mineral Water, Isotonik Drink, Coke, Fruits, Appolo Snack, BioTech,	-
CP7	80KM	Masjid Teluk Gunung	Mineral Water , Isotonik Drink, Hot Water, Fruits, Moola bars, Chicken Rice	2:00PM (11 August 2018) Special Needs Bag
CP8	90KM	Gua Persik	Mineral Water, Isotonik Drink, Coke, Fruits	-
FINISH		Kg. Merapoh		05:00PM (11 August 2018)

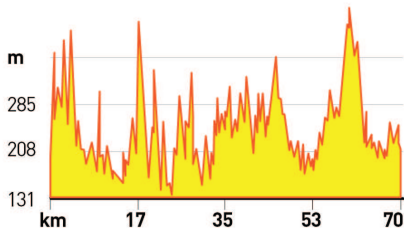


Distance :
70KM

COT
13 HOUR

Ascent
2026+- M

Descent
2025+- M



ELEVATION CHART



CHECKPOINT

CP 1 : KM4 - Chalet Pak Teh



CP 2 : KM13 - Sg Kalong



CP 3 : KM 22 - Tepi Highway



CP 4 : KM31 - Sg Yu



CP 5 : KM33 - Sawmill



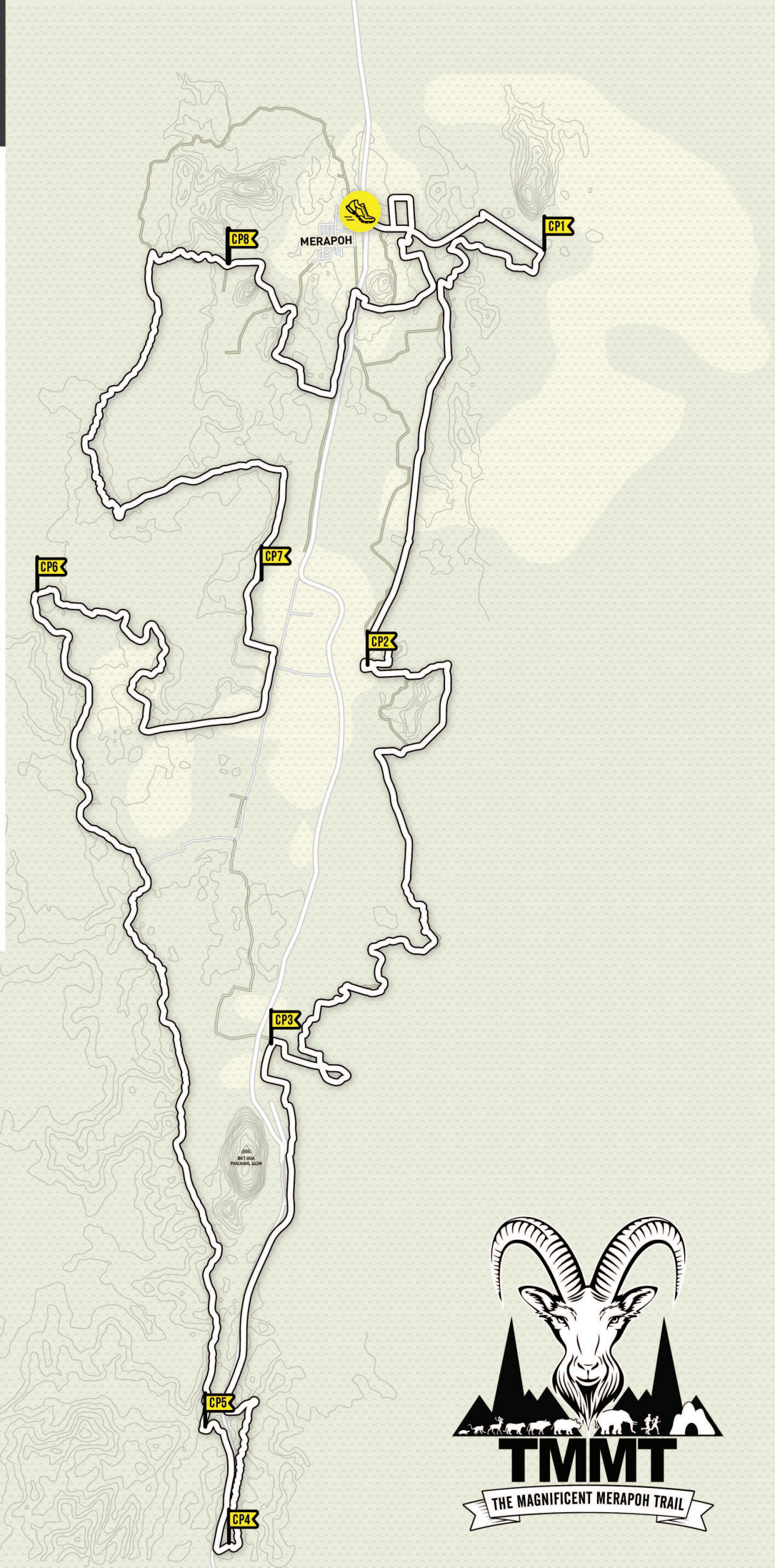
CP 6 : KM45 - Org Asli Village



CP 7 : KM53 - Masjid Teluk Gunung



CP 8 : KM63 - Kolam Sera





70KM

CHECKPOINT INFO

CHECKPOINT	DISTANCE	LOCATION	DETAILS	CUT OFF TIME
START	-	Kg. Merapoh	Flag Off: 11 August 2018, 04:00am	-
CP1	4KM	Chalet Pak Teh	Mineral Water, Fruits	-
CP2	13KM	Sg. Kalong	Mineral Water, Isotonik Drink, Fruits, Kaya Bread	-
CP3	22KM	Tepi Highway	Mineral Water, Isotonik Drink, Coke, Fruits, Bun, Marathon Baker	-
CP4	31KM	Sg Yu	Mineral Water, Isotonik Drink, Hot Water, Fruits + Salt, Noodles, Lolipop	Special Needs Bag
CP5	33KM	Sawmill	Mineral Water, Coke, Fruits, Porridge, Kaya Bread	-
CP6	45KM	Orang Asli Village	Mineral Water, Isotonik Drink, Coke, Fruits, Appolo Snack, BioTech,	-
CP7	53KM	Masjid Teluk Gunung	Mineral Water , Isotonik Drink, Hot Water, Fruits, Moola bars, Chicken Rice	2:00PM (11 August 2018) Special Needs Bag
CP8	63KM	Gua Persik	Mineral Water, Isotonik Drink, Coke, Fruits	-
FINISH		Kg. Merapoh		05:00PM (11 August 2018)



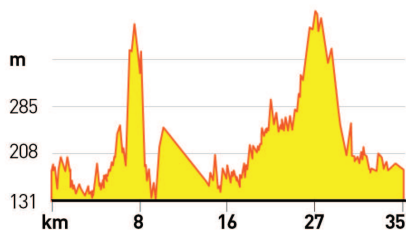
Distance :

35KM

COT
10 HOUR

Ascent
760+- M

Descent
747+- M



CHECKPOINT

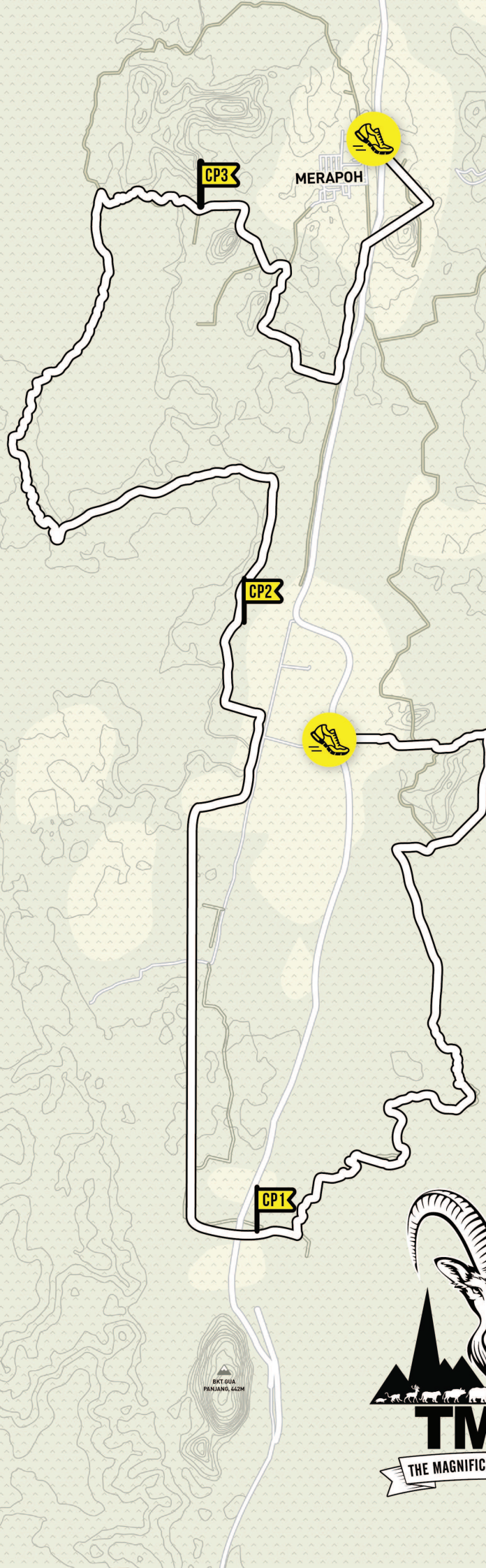
CP 1 : KM 5 - Tepi Highway



CP 2 : KM15 - Masjid Teluk Gunung



CP 3 : KM25 - Kolam Sera





35KM

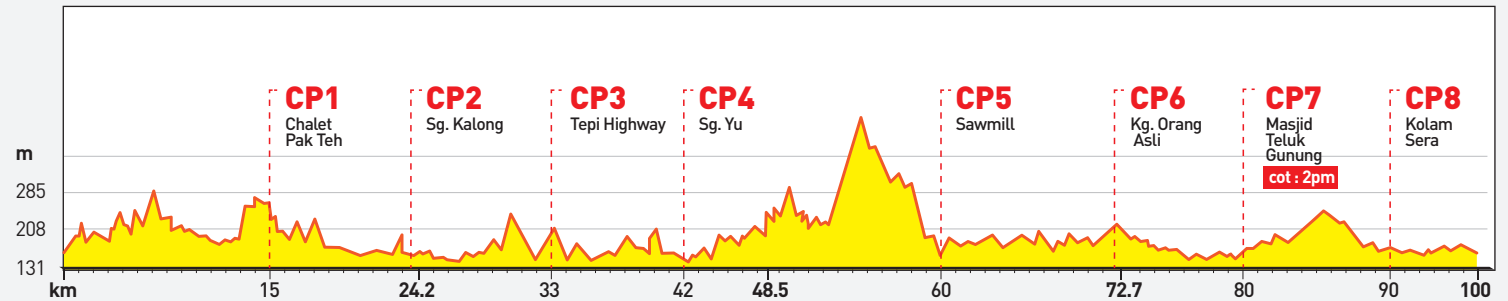
CHECKPOINT INFO

CHECKPOINT	DISTANCE	LOCATION	DETAILS	CUT OFF TIME
START	-	Kg. Merapoh	Flag Off: 11 August 2018, 7:00am	
CP1	5KM	Tepi Highway	Mineral Water, Isotonik Drink, Coke, Fruits, Bun, Marathon Baker	
CP2	15KM	Masjid Teluk Gunung	Mineral Water, Isotonik Drink, Hot Water, Fruits, Moolabars, Chicken Rice	2:00PM (11 August 2018)
CP3	25KM	Gua Persik	Mineral Water, Isotonik Drink, Coke, Fruits	
FINISH		Kg. Merapoh		05:00PM (11 August 2018)

ELEVATION CHART

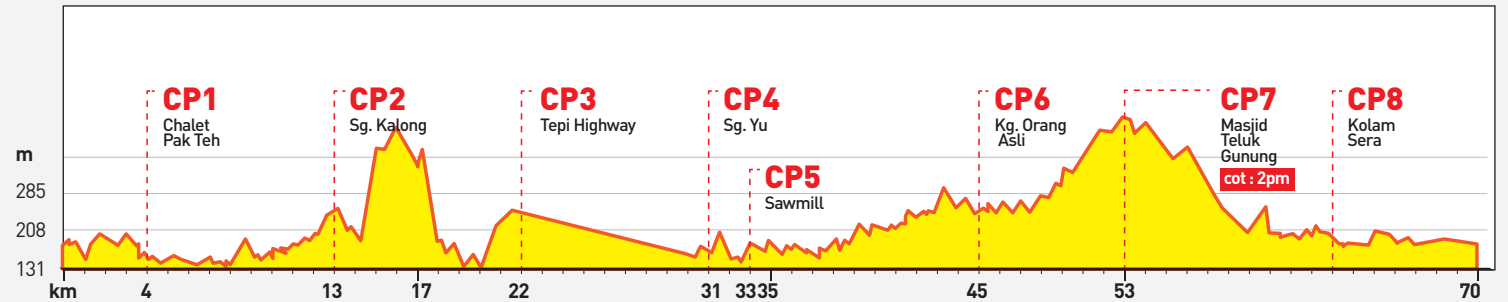
ELEVATION CHART 100KM

COT
20 Hour
Ascent
2300+- m
Descent
2300+- m



ELEVATION CHART 70KM

COT
13 Hour
Ascent
2026+- m
Descent
2025+- m



ELEVATION CHART 35KM

COT
10 Hour
Ascent
760+- m
Descent
747+- m

