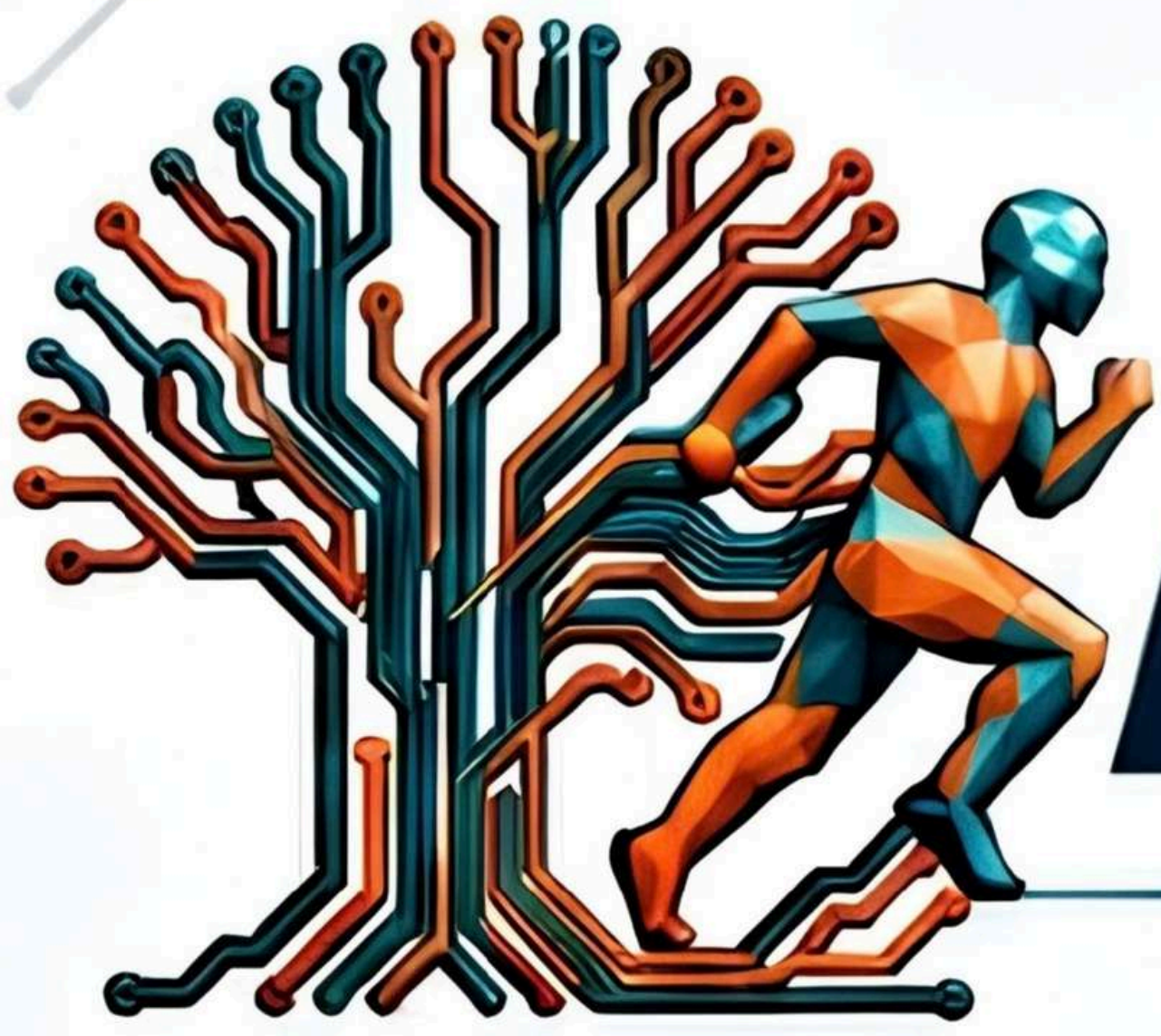




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SELANGOR FRUITS VALLEY

RULES & REGULATIONS

PLEASE READ BEFORE RACE DAY

**Simple rules.
Smooth race.
Enjoy the run!**

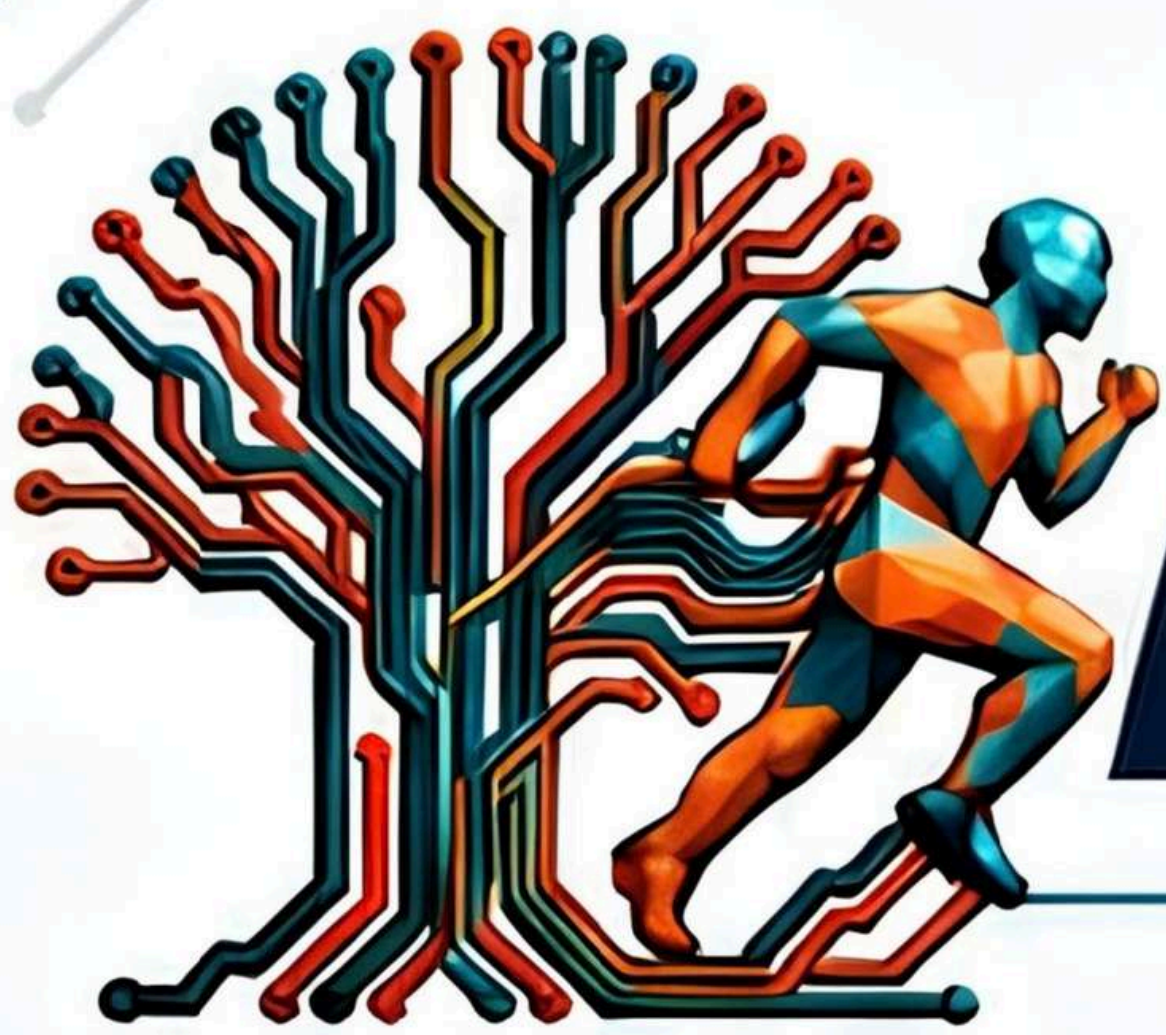


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SELANGOR FRUITS VALLEY

BEFORE & DURING THE RUN

01



**Wear your race bib
at all times**

02



**Start according to
your registered category**

03



**Follow the official
route & signage**

04



**Follow instructions
from marshals and crew**

05



**Give way to faster
participants when necessary**

06



No shortcuts

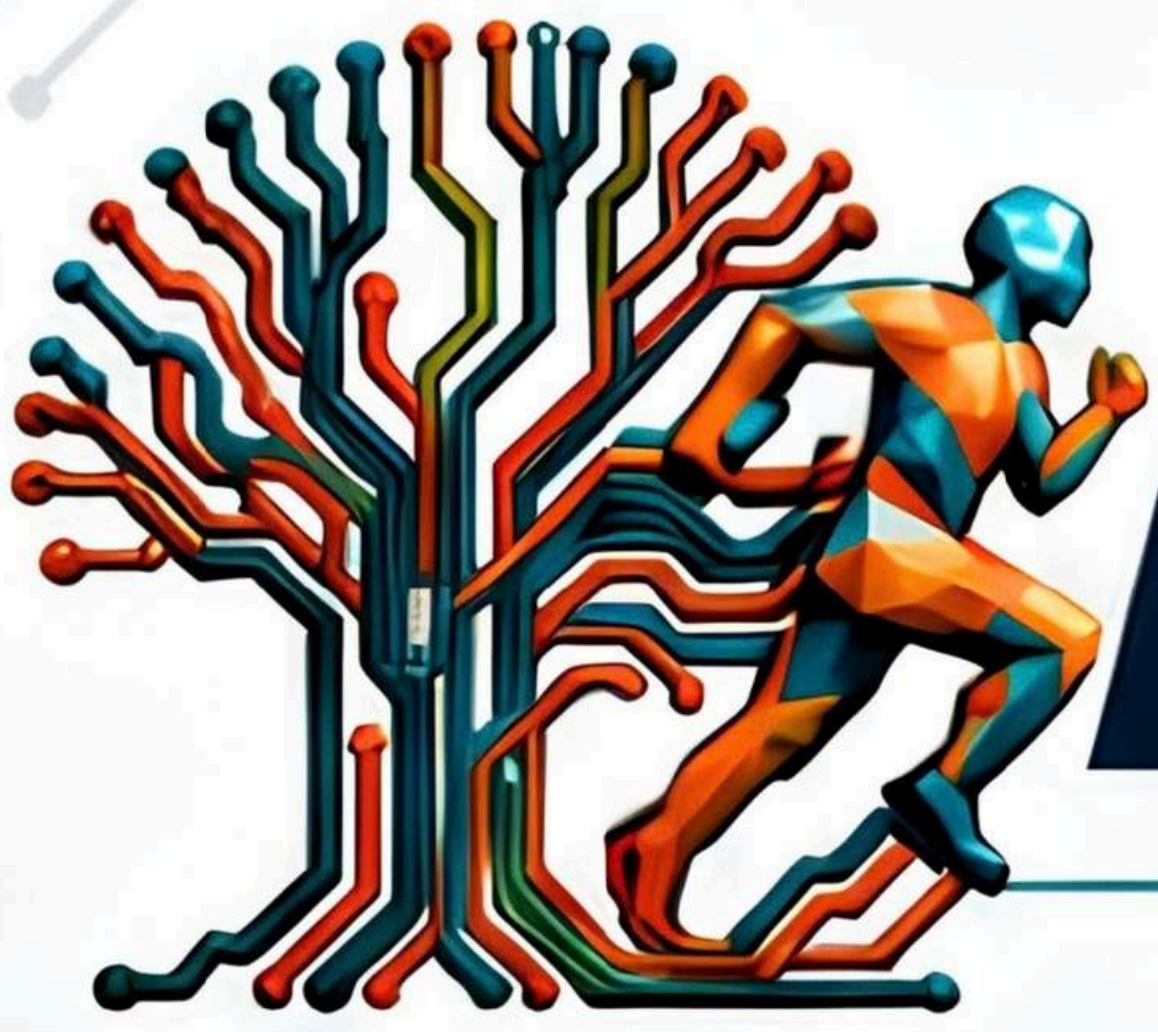


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SELANGOR FRUITS VALLEY

SAFETY FIRST



Stay hydrated



Be aware of runners and vehicles around you



Do not push or block other participants



Stop and inform the nearest crew if you feel unwell



Please keep the route clean

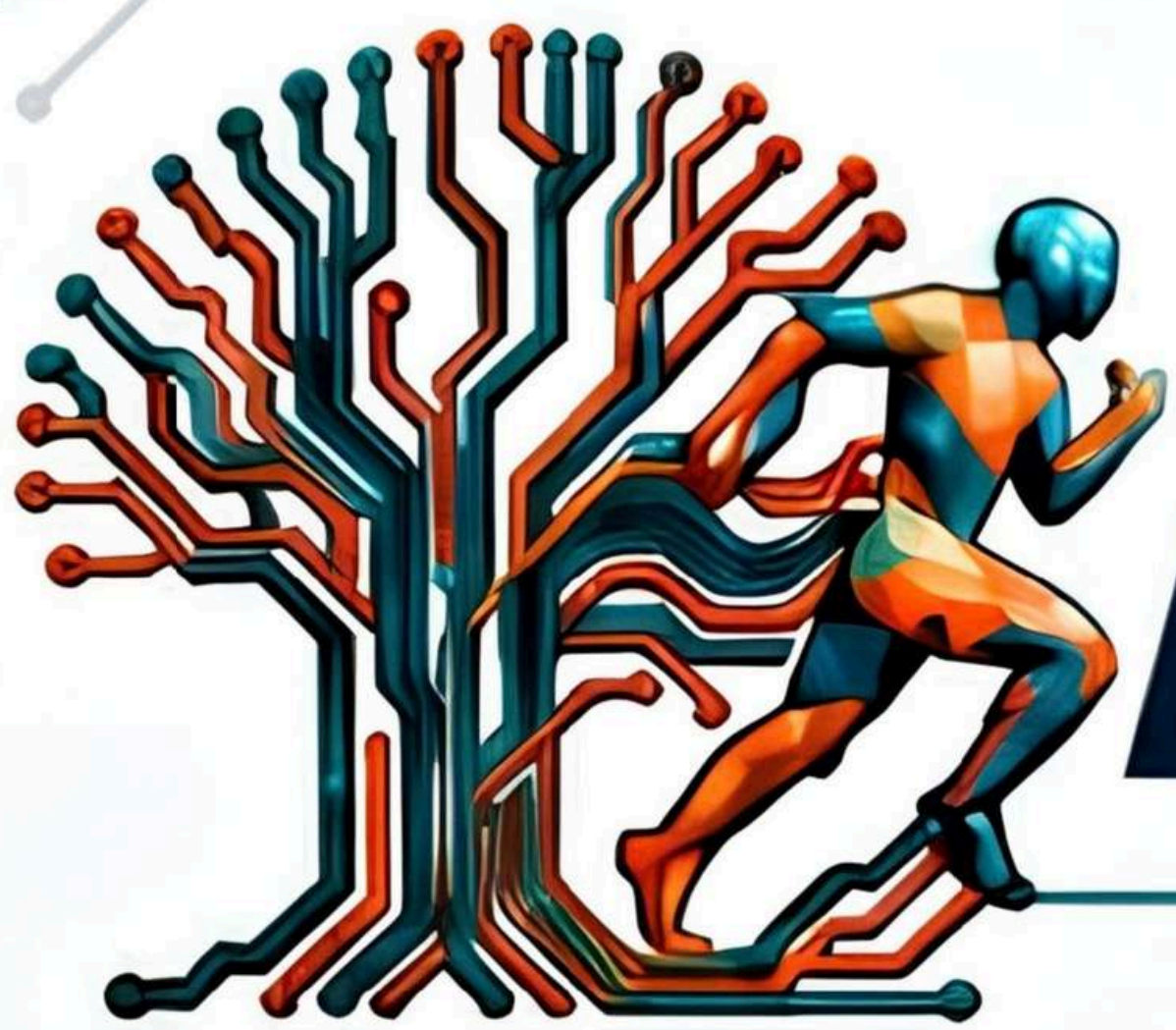


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SELANGOR FRUITS VALLEY

FINISH LINE



Keep moving after crossing the finish line



Do not stop for photos at the finish line



Follow the crew to your category's goodies area



Your bib will be marked before goodies collection



One bib = one goodies collection

See you at the finish line!

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End of carousel

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