



HIM AND HER HEALTH RUN 2026

TERMS & CONDITIONS

Event Overview

The **Him And Her, Health Run 2026** is a **5KM fun run** organised by Yayasan MR DIY (hereinafter referred to as the 'Organiser').

The Event will be held in:

- Pulau Pinang – 17 May 2026 (Sunday)
- Sarawak – 19 July 2026 (Sunday)
- Kuala Lumpur – 17 October 2026 (Saturday)

The Event aims to promote awareness on **heart health and cancer prevention**.

The Organiser reserves the right to **postpone, reschedule, change the venue or route, or cancel the Event**, if necessary, due to **safety, weather conditions, government regulations, or other unforeseen circumstances**.

Eligibility

- The Event is open to participants of **all nationalities aged 1 year and above**.
- Participants **aged 1-17 years must be accompanied by an adult aged 18 years and above** and must **obtain consent from a parent or legal guardian** prior to registration.
- Parents or legal guardians are fully responsible for the safety and supervision of minors throughout the Event.
- Insurance coverage: Group Personal Accident (PA) insurance coverage is provided for participants **aged 1 to 70 years old** during the Event, subject to the insurer's terms and conditions.

Registration

- Registration must be completed through the **official platform before the closing date**.
- Registration is confirmed only upon **full payment and receipt of confirmation email**.
- All registration fees are **non-refundable and non-transferable**.
- In the event of any **revision to the registration fee structure** by the Organiser, **reimbursement or refund arrangements** will be made for the affected participants.
- In the event of postponement, registrations will automatically be transferred to the new event date.

Participants may register under:

- Individual Category
- Family / Group of 4 Category (4 participants)

Liability

- Participation is at the participant's own risk.
- By registering, participants agree not to hold the Organiser, sponsors, or partners liable for any injury, loss, or damage arising from participation.
- The Organiser is **not responsible** for any loss or damage to personal belongings.

ORGANIZED BY:



TECHNICAL SUPPORT:



OFFICIAL MEDIA PARTNER:



IN SUPPORT OF:





HIM AND HER HEALTH RUN 2026



Race Kit

- Each registered participant is entitled to an official race kit (unless otherwise stated).
- T-shirt sizes **cannot be changed** after registration submission.
- Race kits must be collected during the designated collection period. Uncollected kits will be **forfeited**.
- Participants must wear the **official race bib** during the Event for identification and safety purposes.
- Finisher medals will only be given to participants who **complete the 5KM route**.
- Any defects to the race medal could be changed, depending on extras available, only at the **race village post-run**.

Health & Safety

- Participants must ensure they are **medically fit to participate**.
- Those with existing medical conditions, including heart-related conditions, are advised to **consult a doctor** before joining.
- Medical personnel and marshals will be stationed along the route.
- The Organiser reserves **the right to remove any participant** if continuing poses a safety risk.

Event Conduct

- Participants must always follow instructions from event officials and volunteers.
- The Organiser **may remove any participant** behaving in an unsafe or inappropriate manner.
- Strollers and wheelchairs are permitted but must be used with caution.
- Pets are not permitted on the race route unless approved by the Organiser, for their safety and well-being.

Personal Data

- By registering, participants consent to the **collection and use of their personal data** for event management, communication, and promotional purposes.
- All data will be handled in accordance with the **Personal Data Protection Act 2010 (PDPA)** of Malaysia.

Media

- The Organiser reserves **the right to use event photographs and videos for promotional purposes without compensation**.

Governing Law

- These Terms & Conditions are governed by the laws of Malaysia.

ORGANIZED BY:



TECHNICAL SUPPORT:



OFFICIAL MEDIA PARTNER:



IN SUPPORT OF:

