

GET YOUR RUNNING GEAR READY

That's right, the much anticipated Men's Health Night Run 2011 is back – in scenic Putrajaya. Prepare to challenge your fitness levels and celebrate your personal victory at the end of the race. Expect a fun-filled night with hot performances, freebies and great promotions all night long.

All runners will receive a fabulous goodie bag worth RM300 inclusive of a cool Reebok runner's t-shirt and a certificate. So why wait? Don't miss out on the opportunity to compete as great cash prizes and products await top runners.

• Visit www.mens-health.com.my for more information or to download an entry form • Entry forms are also available from the Reebok Concept Store at 1Utama, Stadium KLCC and Pavilion; major Studio R and Royal Sporting House stores; and True Fitness centres • Terms & Conditions apply

**REGISTRATION
STARTS
3RD MAY 2011**
Sign up and receive
your goodie bag
worth more than
RM300!

Men'sHealth Night MALAYSIA Run'11

presented by

GNC LiveWell®

Date : 30 July 2011
Time : 6pm – Midnight
Free carnival for public: 6pm
Flag Off : 8pm
Start/Finish: In front of Kompleks Perbadanan Putrajaya, Precinct 3

REGISTRATION FEE:

RM40** for Non-Competitive Category;
max 2850 places

- **Fun Run 5km**
(18 years & above)

RM50** for Competitive Categories;
max 3150 places (with chip-timing system)

- **Men's Open 12.3km**
(18 years & above)
- **Men's Junior Veteran 12.3km**
(40 to 49 years)
- **Men's Senior Veteran 12.3km**
(50 years & above)

Payment venue & registration times:
FTAAA Office, 2nd Floor, Wisma OCM,
Jalan Hang Jebat, 50150 Kuala Lumpur.

Monday to Friday (10am – 5pm)
Saturday (10am – 2pm)

Online registration & payment:
www.hooaha.asia (A RM5 transaction fee
will be incurred upon each registration)

**The Men's Health Night Run is open to all male Malaysians, foreigners with Malaysian PR status, Singaporeans and expatriates with a Malaysian work permit, aged 18 and above

Title Presenter:

GNC LiveWell®

Venue Host:



Main Sponsors:

Reebok

activePure

**ASIaweB
DIRECT**

PERSKINDOL

TRUE FITNESS



**SPRITZER®
FIBRE**

Co-organizer:

**TWENTYFIRST
CENTURY SPORTS**

Sanctioned by:



Official Partners:

**MENS
Bioré**

**EBENE
Bio-Ray Healthcare**

Fudgeez

JUICEworks®
Your favourite juice factory

Kenko
Reflexology & Fish Spa

Mazola

**That's So
mentos**

Rexona



SKINS

Shokubutsu

Systema

yoplair

Men's Health Night Run'11

presented by

GNC Live Well.



SIGN UP AND RECEIVE YOUR GOODIE BAG* WORTH MORE THAN RM300!

Every participant receives a goodie bag* containing:

- A Men's Health non-woven bag**
- Runner's tee from Reebok*** worth RM79
- GNC Live Well Mega Men Dietary Supplement worth RM42.90
- A bottle of Spritzer + Fibre
- A box of Active Pure tea
- A roll of Mentos Air Action Cool
- Perskindol sachets
- True Fitness 14-Day Membership
- Kenko 30min Fish Spa voucher worth RM38
- Oven fresh Fudgeez Chocolate Roll
- RM100 Watch Zone gift voucher
- A bottle of Rexona Deodorant 25ml
- A can of Gatorade
- Systema Toothbrush
- Skinz car sticker
- Juice Works Free Drink Voucher worth RM10
- Yoplait Lite
- A copy of Men's Health & Shape magazine (August issue)

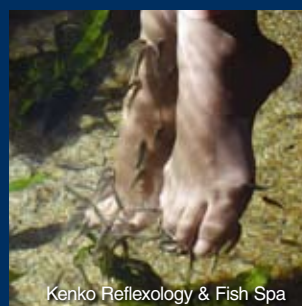
Not pictured above, new launch in June:

- Shokubutsu Shower Cream 180ml
- Men's Biore Double Scrub Facial Foam 100gm

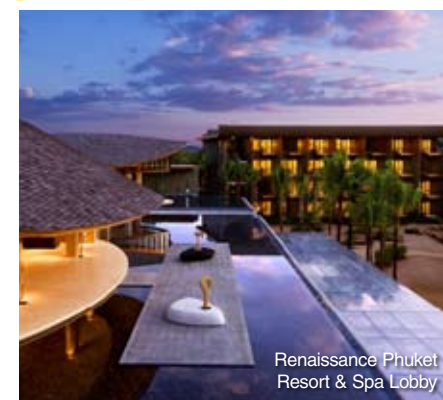
*Items in the goodie bag and runner's tee design may vary from those featured here. Goodie Bags will be given out after the run. Yoplait Lite & Fudgeez Chocolate Roll will be given before/after the run.

**Non- woven bag design and size may vary

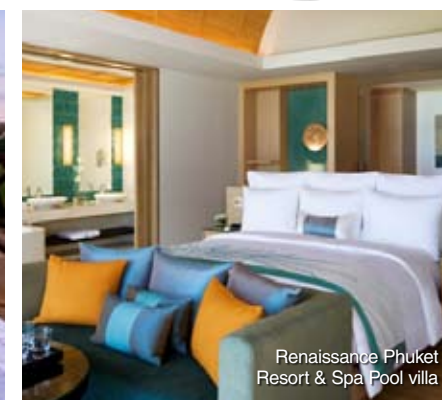
*** The Runner's Tee will be given to participants before the run begins (sizes are subject to availability on a first-come-first-served basis)



PRIZES GALORE AWAIT THE TOP RUNNERS!



Renaissance Phuket Resort & Spa Lobby



Renaissance Phuket Resort & Spa Pool villa



GX Studio, True Fitness

MEN'S OPEN 12.3km

1ST PRIZE RM700 Cash, Medal and products worth more than RM10,146!

- RM700 cash + Medal
- 3D/2N in your own private pool villa at the Renaissance Phuket Resort & Spa inclusive of buffet breakfast worth RM4,009
- True Fitness 1-year membership worth RM2,648
- Active Pure Hamper worth RM1,007
- Skinz by Transview Golf worth RM799
- Ebene hamper worth RM500
- Reebok shoes worth RM300
- GNC Live Well products worth RM300
- Men's Biore products worth RM152
- Juiceworks vouchers worth RM100
- Berri's Fruit & Veggie 1L packs
- Mazola Oil products
- Rexona products
- Shokubutsu products
- Silverbird products
- Perskindol products

2ND: RM500 Cash + Medal and products worth more than RM4764!
4TH & 10TH: MEDAL + PRODUCTS WORTH RM3025

3RD: RM200 Cash + Medal and products worth more than RM4714!
11TH – 75TH: Medal

MEN'S JUNIOR VETERAN 12.3km

1ST PRIZE RM700 Cash, Medal and products worth more than RM10,146!

- RM700 cash + Medal
- 3D/2N in your own private pool villa at the Renaissance Phuket Resort & Spa inclusive of buffet breakfast worth RM4,009
- True Fitness 1-year membership worth RM2,648
- Active Pure Hamper worth RM1,007
- Skinz by Transview Golf worth RM799
- Ebene hamper worth RM500
- Reebok shoes worth RM300
- GNC Live Well products worth RM300
- Men's Biore products worth RM152
- Juiceworks vouchers worth RM100
- Berri's Fruit & Veggie 1L packs
- Mazola Oil products
- Rexona products
- Shokubutsu products
- Silverbird products
- Perskindol products

2ND: RM500 Cash + Medal and products worth more than RM4764!
3RD: RM200 Cash + Medal and products worth more than RM4714!
4TH & 10TH: MEDAL + PRODUCTS WORTH RM3025
11TH – 75TH: Medal

MEN'S SENIOR VETERAN 12.3km

1ST PRIZE RM500 Cash, Medal and products worth more than RM10,146!

- RM500 cash + Medal
- 3D/2N in your own private pool villa at the Renaissance Phuket Resort & Spa inclusive of buffet breakfast worth RM4,009
- True Fitness 1-year membership worth RM2,648
- Active Pure Hamper worth RM1,007
- Skinz by Transview Golf worth RM799
- Ebene hamper worth RM500
- Reebok shoes worth RM300
- GNC Live Well products worth RM300
- Men's Biore products worth RM152
- Juiceworks vouchers worth RM100
- Berri's Fruit & Veggie 1L packs
- Mazola Oil products
- Rexona products
- Shokubutsu products
- Silverbird products
- Perskindol products

2ND: RM300 Cash + Medal and products worth more than RM4764!
3RD: RM100 Cash + Medal and products worth more than RM4714!
4TH & 10TH: MEDAL + PRODUCTS WORTH RM3025
11TH – 75TH: Medal