

FACE EVERYTHING. AND RISE.

TRIBAL WARRIOR CHALLENGE EVENT GUIDE 2017

- **FILL YOUR HYDRATION PACK** before chanting your way down to TWC 2017! Since hydration packs and bottles cannot be refilled on site, we do have water stations and beverage vendors to keep you energized!
- **ARRIVE 2 HOURS BEFORE** your designated heat time. Check out the "Travel Details" section of this guide for directions to the main venue area.
- **DON'T BE THE LAST WARRIOR IN** - proceed to the Registration area and present your mobile QR Code or printed E-Pass and IC/Passport to our friendly TWC Registration Crew to collect your Warrior Pack. Don't forget to present your valid Student ID to validate your student-price registration. Failure to present the required proof of identification may result in a penalty or disqualification from TWC 2017.
- Your **CHALLENGE PACK** should include a wristband, headband and a timing chip (for Headhunter category only). Lost your wristband? Pick up a replacement at the registration counter.
- Drop your bags and other belongings at the **BAGGAGE COUNTER** for safe-keeping. You will be issued a baggage wristband so do not remove or lose it until you have collected your belongings after the event.
- While waiting for your wave, **WARM UP AND STRETCH** to ensure your body is ready. Why not find other fellow Warriors and warm up together?
- Make your way to the start line and **GIVE YOUR LOUDEST "OOHHHAA"** before taking on TWC 2017. Follow all course markings and directions given by our TWC staff, marshals and volunteers on course.
- **GIVE IT EVERYTHING YOU HAVE AND PUSH YOUR LIMITS** throughout the course. Support your fellow Tribal Warriors and remember to mind your physical condition throughout; there will be medical staff on site and within the course to assist.

TRIBAL WARRIOR CHALLENGE EVENT GUIDE 2017 CONTENT

Travel Details.....	3
Venue.....	3
Parking.....	3
Time Management.....	3
Important Pre-Event Details And Rules.....	3
Event Schedule.....	4
Check-In And Registration Process.....	5
Registration Transfer And Cancellation.....	5
Race Timing.....	5
Prize Giving Ceremony.....	6
Race Photo & Video.....	6
Tribal Warrior Challenge (TWC) Preparation.....	7
Physical Preparation.....	7
What To Bring.....	7
Recommended Sportswear For TWC.....	8
Event Route Map.....	9
Services And Facilities.....	10

TRAVEL DETAILS

Venue

Sarawak State Stadium, Petra Jaya, Kuching
To Waze/Google Map the location, insert “Sarawak Stadium”

Parking

Parking is free for all and there are designated parking areas. Follow the signs to the parking areas and attendants will be there to direct you to a parking spot. Please be aware that parking is at your own risk and you assume all associated risks.

Do respect fellow pedestrians, drivers and our attendants.

Time Management

Please arrive at least 2 hours before your designated wave start time. The venue will be busy so do plan your time properly when travelling to TWC 2017.

IMPORTANT PRE-EVENT DETAILS AND RULES

1. Go Green and ready your mobile phone QR Code for scanning! But if you're worried about battery life, just make sure you print your E-Pass.
2. Bring all necessary proof of identification that applies to you as it will be verification of your registration: IC/Passport/Student ID Card/Enrolment Letter. You may be penalised or disqualified from TWC 2017 should you forget your proof of identification.
3. Make sure you are physically prepared for the event – check out the “Physical Preparation” section for details on how to become the greatest Warrior!
4. There will be food trucks around to feed the inner beast so do bring some cash.
5. There will be a baggage counter to drop off your belongings.
6. Tribal Warrior Challenge does not condone the use of performance enhancing drugs. Any participant or spectator caught injecting WILL BE automatically disqualified and removed from the event entirely.
7. You are not allowed to carry and/or bring any items and substances prohibited by the Malaysian Law into the venue and onto the obstacle course. Tribal Warrior Challenge reserves the right to perform body checks and visual inspections on bags with the presence of the owner and also disqualify and remove the offender from the event.

EVENT SCHEDULE

TIME	EVENT	VENUE
1:00 PM	Registration/Festival/Baggage Counter open	Celebration Square
4:00 PM	Warrior Festival	Celebration Square
4:30 PM	Men's HEADHUNTER	Start Line
4:40 PM	Women's HEADHUNTER	Start Line
5:10 PM	First Wave: RITE OF PASSAGE	Start Line
5:20 PM	Second Wave: RITE OF PASSAGE	Start Line
5:30 PM	Third Wave: RITE OF PASSAGE	Start Line
	Registration Closes	
5:40 PM	Fourth Wave: RITE OF PASSAGE	Start Line
5:50 PM	Fifth Wave: RITE OF PASSAGE	Start Line
6.15 PM	BIZST MODE	Start Line
6.30 PM	Headhunter Prize Giving Ceremony	Main Stage
8:00 PM	Tribal Warrior Challenge Ends	

CHECK-IN AND REGISTRATION PROCESS

Registration opens at 1:00PM and closes at 5:30PM

Arrive at least 2 hours prior to your wave start time.

STEP 1: Have your printed E-Pass or mobile phone QR Code ready for scanning. No participant will be allowed to enter the track without registering.

STEP 2: Enter the designated registration lane according to the category.

STEP 3: Present your IC/Passport/Government issued ID for verification purposes. Students must present a valid Student ID card or enrolment letter together with the ID document. Participants may be penalised or disqualified without proper identification documents.

STEP 4: Once you have registered, you will be issued with your Challenge Pack, consisting of a headband, wristband and timing chip (for Headhunter participants only). To avoid congesting the registration lane, we suggest that you wear your items away from the lanes. Wristband and timing chip must be worn throughout the duration of the event.

There will be crew to assist you with fixing the timing chip on your ankle.

STEP 5: For baggage drop, proceed to the baggage counter where our friendly baggage crew will issue a luggage wristband and store your belongings inside the centre. Do not lose your baggage wristband.

Wave start times are determined by check-in (registration) times. The earlier you check-in, the earlier your wave start time will be.

Every wave is capped at 100 participants maximum. Participants who do not make it into the desired wave will be slotted into the next wave (10-minute difference between each wave).

For any issues regarding the above, do speak to our registration crew!

REGISTRATION TRANSFER AND CANCELLATION

To transfer category, send an email to support@eventfeet.com stating your name, IC/Passport number, contact number and what category you wish to transfer to.

To transfer name, send an email to support@eventfeet.com stating your personal details plus category details and the personal details of the person you wish to transfer with.

RACE TIMING

You will receive a timing chip in your Challenge Pack during registration to record your time and results. The timing chip must be fastened around your ankle in order to record your finish time accurately. A volunteer will help to fasten your timing chip and make sure it is secure.

Finisher Times will be posted at the Results Tent.

PRIZE GIVING CEREMONY

The prize-giving ceremony will be at 6:30PM for Headhunter participants only.

The top 3 male and top 3 female winners will receive a plaque (for first prize only), cash prizes and exclusive cash vouchers from our Swiss official apparel, Compressport – high end compression clothing!

Prizes are worth up to:

First Prize: RM2000

Second Prize: RM1000

Third Prize: RM500

For other categories, participants will receive a finisher medal and t-shirt at the finishing line.

RACE PHOTO & VIDEO

Gear up with your headband and OOOHHAAA for the camera! Our production team will be in and around the track and Celebration Square to capture your moments perfectly.

All photography and videography will be made available on the website at www.tribalwarrior.my

TRIBAL WARRIOR CHALLENGE (TWC) PREPARATION

PHYSICAL PREPARATION

Your body needs the best preparation possible for TWC!

1. Hydrate your body well. Avoid alcohol as this will dehydrate your body which may reduce your performance during TWC.
2. To be a Warrior, you should eat like a Warrior! Get your intake of good carbohydrates (such as rice, pasta, potatoes and whole grains) and good proteins (chicken, milk, fish etc) a couple of days before the event. Carb-loading is highly suitable for TWC – why? During digestion, carbs are broken down into sugars that the body absorbs, stores and uses as energy – something you're going to need a whole lot of on event day. Low-GI (Glycemic Index) carbohydrates such as oatmeal, sweet potato and lentils are great for diabetics and releases energy slowly to the muscles.
3. It is recommended that you have your final meal 1-2 hours before your wave start time. Nobody wants to be sick on the track.
4. Make sure to get a good night's sleep before the event.
5. Snack up on the day itself – bananas, apples and protein bars provide you the much needed burst of energy before the flag off.
6. Get a warm-up routine in and stretch your muscles – warming up and stretching helps to activate the muscles that you will be using during TWC.
7. There are water stations on the track so make sure you re-hydrate whenever possible.
8. We have food trucks available at Celebration Square so fuel up on some food and drinks after the event.

WHAT TO BRING

Essentials:

- IC/Passport/Government issued ID/Student ID/Enrolment Letter (for students only). Your documents must be valid.
- Printed E-Pass or mobile phone QR Code
- Cash for food & drinks
- Bag to store your belongings and deposit at the Baggage Counter
- Face Towel
- Race clothes and shoes
- Plastic bag for your dirty clothes and shoes

Recommended:

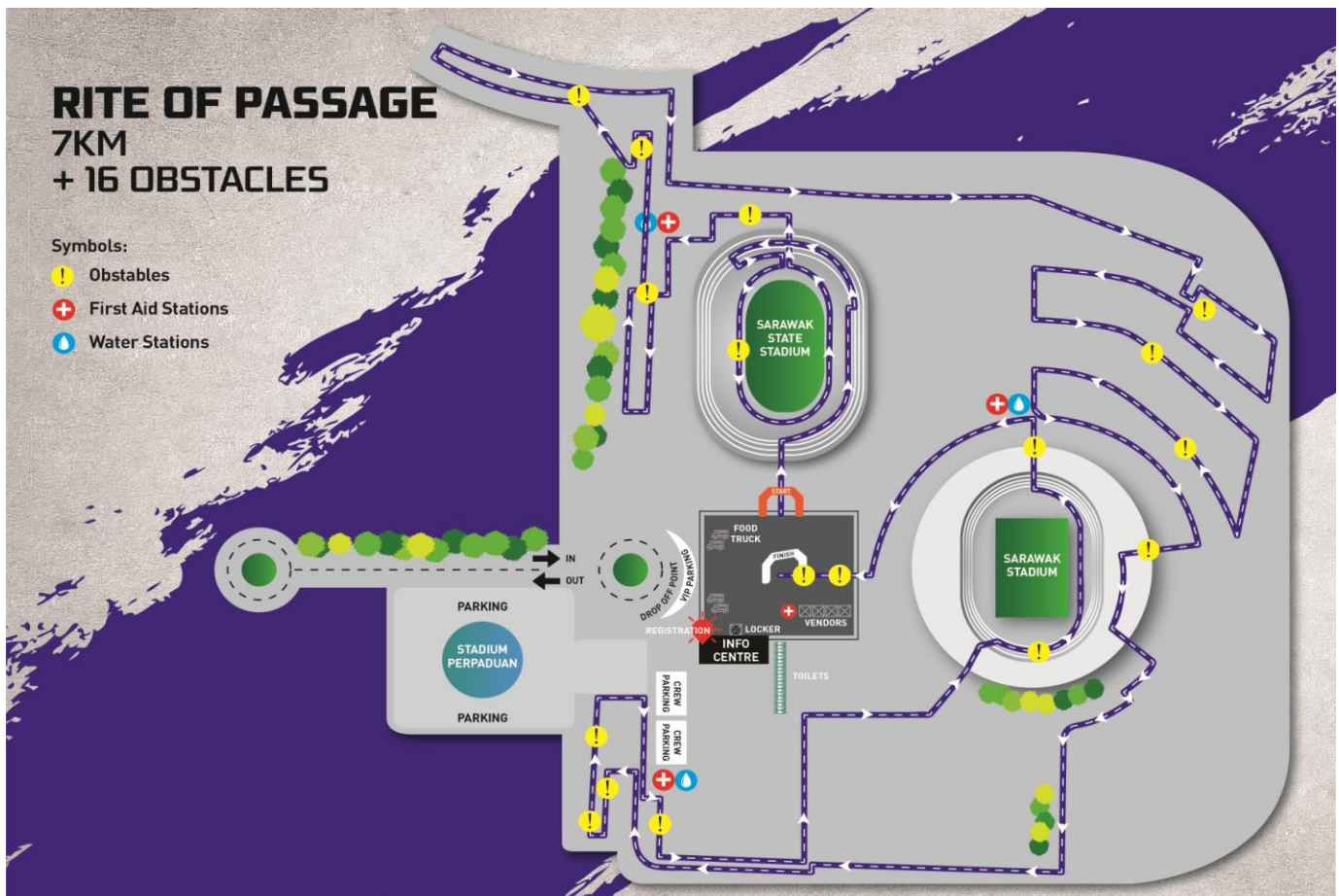
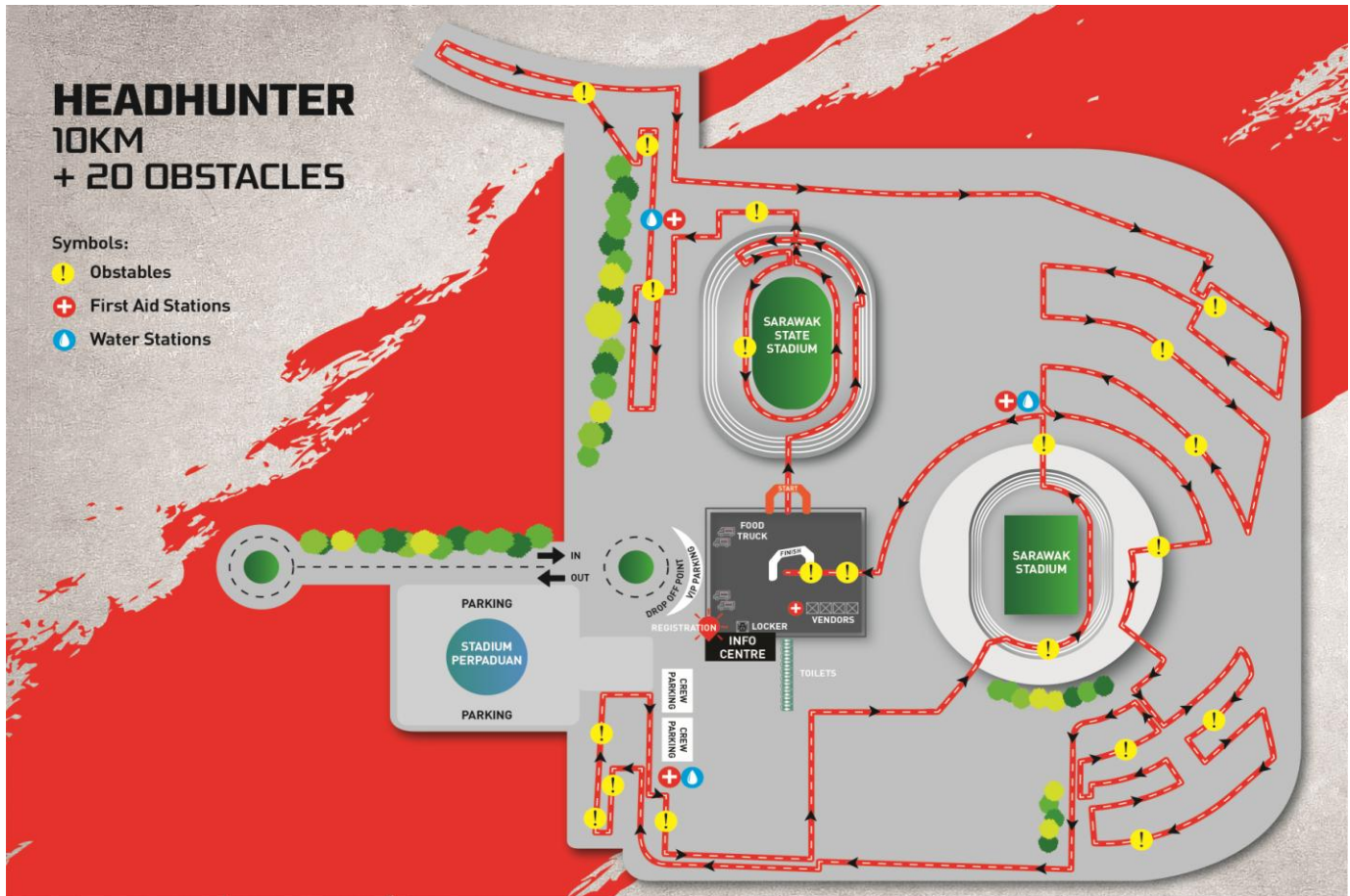
- Sunblock
- Change of clothes and shoes
- Hydration Pack/Water bottle (fill this before going to the venue)

RECOMMENDED SPORTSWEAR FOR TWC

- Sports shirt - avoid cotton as it will absorb water and may cause skin chafing
- Sports leggings/shorts. Compression pants with moisture wicking will help to reduce the likelihood of chafing.
- Elbow/knee covers (if you are not wearing long-sleeved or leggings) – to help prevent any grazing and scratches on joints from the obstacles
- Sports gloves
- Thin socks made out of synthetic material
- Avoid anything that can potentially get caught onto obstacles

It is highly urged that all jewellery, accessories and any other objects attached to the body is removed prior to the event. Those wearing video recording devices are to do so entirely at their own risk.

Event Route Map






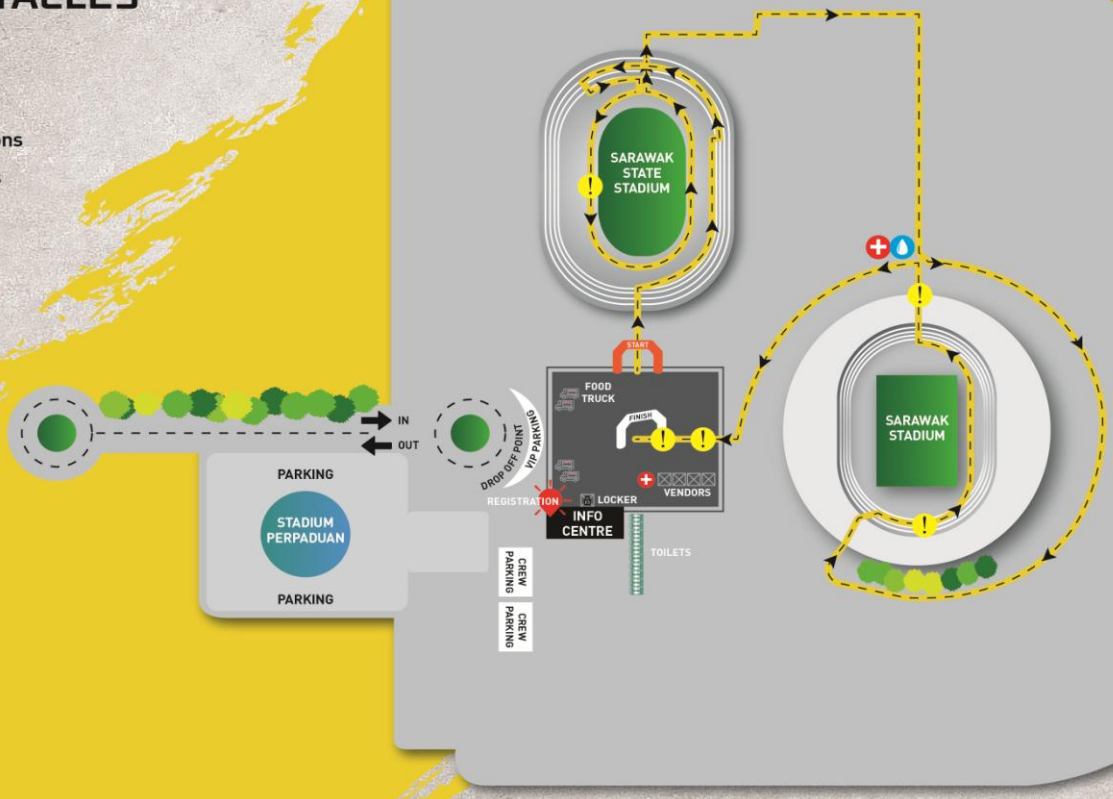
BIZST MODE

3KM

+ 5 OBSTACLES

Symbols:

-  Obstacles
-  First Aid Stations
-  Water Stations



SERVICES AND FACILITIES

TWC Course and Celebration Square

If you need any assistance, our marshals will be wearing red “MARSHAL” shirts and our crew will be wearing yellow “CREW” shirts.

Baggage Counter

The baggage counter is situated after the registration counter. Your bag will be securely placed inside the Information Centre. You will be issued a wristband with a corresponding number to make it easier for us to track and retrieve your belongings so do not remove or lose this wristband.

Toilets

Temporary toilet facilities are available within Celebration Square. Please help us maintain these facilities in proper working order by cleaning up after you are done. Do follow any instructions displayed within and around these facilities.

Medical

Trained medical staffs are present on the course track and at Celebration Square. If you need medical assistance while on course, please notify our crew member or medical staff for immediate assistance. If you need medical assistance at Celebration Square, locate the medical booth nearby the finishing line.

Food and Beverage

Food trucks are available to serve food and beverages. Please bring cash for payment.

Inclement Weather

In the event of inclement weather such as lightning, poor air quality and other hazardous conditions, Tribal Warrior Challenge reserves the right to eliminate obstacles, re-route portions of the course, cancel or even postpone the event to ensure the safety of everyone. No refunds will be given.

Warriors, We Unite

Feel free to contact us to make enquiries on info.tribalwarrior@gmail.com or inbox us on our Facebook page at *Tribal Warrior Challenge*. For more information, log onto www.tribalwarrior.my