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PRESS RELEASE

My First Run Clinic is back

- Early training for MPI Generali Run 2016, a community run for new and seasoned runners
- Every Saturday 7:30am from 24 October 2015 to 12 December 2015 gathering at Padang Merbuk Car Park

Kuala Lumpur – To help runners new or seasoned to get into running, MPI General Run has lined up eight sessions of run clinic. For some sessions, the run will be followed by a talk given by a running or fitness expert.

My First Run Clinic debuted in 2011 for the benefit of the participants of the first MPI Generali Run, previously known as Multi-Purpose Insurans Run. The idea is to help individuals who are not runners pick up the recreational activity and along the way improve their health, cardiovascular fitness and BMI measurements.

Project Leader Jayne Liew enthused: *“We are excited to be able to hold My First Run Clinic again. We hope at the end of this two-month programme, the participants will have taken their running to the next level.”*

“We are happy that Mr Mark Williams, the ambassador for Adidas Malaysia, has again graciously accepted our invitation to be one of the speakers to share some running tips.”

A piece of good news to participants of the My First Run Clinic #1 session is that they will receive limited-edition running vests on a first come, first served basis and while stock lasts.

The final session will feature a fellowship run as well as pot luck breakfast to celebrate the programme’s conclusion.

Each My First Run Clinic session starts at 7:30am with a run around Padang Merbuk area, also the location for the MPI Generali Run 2016. Loosely based on a Beginner’s Running Program by the New York Road Runners, the exercise warms the participants up and familiarises them with the terrain of the race.

More information can be found at www.mpigeneralirun.com/firstrun.htm. Kindly note that session date, venue and time are subject to change with notice. With due regard to the haze, this session will be cancelled if the Air Pollution Index on Friday 23 October 2015 is above 100 at 6:00pm.

MPI GENERALI INSURANS BERHAD

MPI Generali Insurans Berhad (“MPI Generali”), formerly known as Multi-Purpose Insurans Bhd, is a strategic partnership between Multi-Purpose Capital Holdings Berhad, which is a wholly owned subsidiary of MPHB Capital Berhad, a public listed company, and Assicurazioni Generali S.p.A., one of the largest global insurance providers with a rich heritage going back to 1831. MPI Generali Insurans Berhad’s core business is underwriting of general insurance.

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MPI GENERALI RUN 2016

Back for the fifth year, the MPI Generali Run 2016 (formerly known as Multi-Purpose Insurans Run) kickstarts the Malaysian running calendar on 10 January 2016. This annual community run will once again take place at Padang Merbuk, Jalan Parlimen, KL.

MPI Generali is proud to position itself as the pioneer general insurer in organising a community-based run in Malaysia in 2012. The inaugural event successfully gathered 3,750 runners, and for the second and third years in 2013 and 2014 respectively, 5,000 runners participated – an increase of 33% from 2012 inaugural run.

