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Clinics for RUNNING enthusiasts



Participants getting a feel of the 4.6km route ahead of the MIPB Run next year

MULTI-PURPOSE Insurans Bhd (MPIB) organised the My First Run Clinic at Padang Merbuk, Kuala Lumpur, last Saturday in a bid to prepare participants for the MPIB Run on Jan 4 next year.

The response was overwhelming as beginners as well as seasoned runners were taken through the actual route.

Many were there to familiarise themselves with the 4.6km route and to learn tips on basic fitness.

The concept of the My First Run Clinic is to encourage individuals who are not into running to take it up as a sustainable and healthy recreational activity. The programme will end with a fellowship and trial run on Dec 21.

All the clinics will be held on Saturday at 7.30am. Several invited speakers, including Standard Chartered KL Marathon head coach Mark Williams, will share running tips with the participants.

Some 5,000 runners are expected to participate in the MPIB Run 2014 – a 33 per cent growth from the 3,750 participants in the inaugural run last year.

The theme, 'Healthy Lifestyle – Work Life Balance', has been maintained to encourage first-timers and seasoned runners to kick-start the new year with living a healthy lifestyle as their new year resolution.

Next year's run will feature eight competitive categories – four categories each for the 12km and 8km and two Fun Run categories (5km). A 3km walk is also being planned.