



Published on *theSundaily* (<http://www.thesundaily.my>)

Getting healthier together at MPI Generali Run 2017

Posted on 22 January 2017 - 09:54pm

Last updated on 22 January 2017 - 10:15pm

[Print](#) [1]



[2]



[3]



[4]



[5]

KUALA LUMPUR: Princes and princesses were sighted at Padang Merbok on Jan 8, 2017 but instead of running late for a ball, they were running to get healthier together at MPI Generali Run 2017.

The sixth annual community run of MPI Generali Insurans Berhad features a 5km fun category in which participants got to dress up as Prince and Princess to race while keeping fit at the same time. Family members and friends who prefer a more relaxing exercise opted for the 3km Fun Walk.

The run's 10km category catered to the more competitive runners. In total, the run attracted over 4,300 runners.

With participants from all walks of life, the run treated them to a carnival at Padang Merbok Car Park where they were entertained by balloon sculptors, bubble performances and cosplayers ready for wefie opportunities.

Booths of sponsors and partners were also set up offering great deals like special discounts and post-run massage. Snack stalls offering tidbits like popcorn and cotton candy completed the family day atmosphere.

Before the prize-giving ceremony, participants took up the emcee's cue to remain motionless for a Mannequin Challenge video.

Participants also got the chance to be eco-friendly and do a kind deed by donating their pre-loved sports shoes and tees to Project Good Deeds. Seeking to reduce the impact of solid waste on the environment, the CSR initiative successfully collected 177 pairs of sports shoes and 950 tees for the Orang Asli community.

The run returned to its mainstay Padang Merbok as the routes remain a popular favourite among both amateur and seasoned runners. Project leader Jayne Liew remarked: "All these years, MPI Generali Run has been associated with the hilly challenge and scenic city view of Padang Merbok. We have not settled on the location for our next MPI Generali Run. All I can assure you is we will strive to live up to our established reputation as a well-organised and fun-filled run."

The next MPI Generali Run is slated to happen on Jan 13 2018. MPI Generali will continue introducing new concepts to the run so that community members can better enjoy starting the year on a healthy footing.

The champions of the four categories in the run are: James Karanja (10km Men's Open), Vadiveelu Arumugam (10km Men's Veteran), Manissha Arokiasamy (10km Women's Open) and Yuan Yu Fang (10km Women's Veteran).



Source URL: <http://www.thesundaily.my/news/2136886>

Links:

[1] <http://www.thesundaily.my/print/422932>

[2] <http://www.thesundaily.my/sites/default/files/thesun/Catalogue/mpi1.jpg>

[3] <http://www.thesundaily.my/sites/default/files/thesun/Catalogue/mpi2.jpg>

[4] <http://www.thesundaily.my/sites/default/files/thesun/Catalogue/mpi3.jpg>

[5] <http://www.thesundaily.my/sites/default/files/thesun/Catalogue/mpi4.jpg>