

PAA-TIBAYAN

TAKBO 100 - KILOMETERS

Support our early campaign for the first Olympic gold medal coming from our Filipino running community.

For the
Rehabilitation of the
UP TRACK and FIELD OVAL

Date: June 28, 2009

Venue: A.S. Parking Lot,
UP Diliman Campus

Time: ULTRA MARATHON 3:00 AM
10 M/5M 6:00 AM
1 MILE RACE 10:00 AM - 4PM

Venue Partner



Event Partner



SPONSORS:



PATAFA



Quezon City Ladies
Foundation



REGISTRATION

| | |
|---------------------|---------------------|
| ➤ 100 KM INDIVIDUAL | 1,500 PHP |
| 100 KM TEAM OF 4 | 1,500 PHP *per head |
| 50 KM | 1,500 PHP |

| | |
|--------------|---------|
| ➤ 10 M & 5 M | 300 PHP |
| STREET MILE | 250 PHP |

OUR REGISTRATION SITES:

- BOTAK Sports Shop
131 Kamuning Road, Edsa Quezon City
- R.O.X.
Bonifacio High Street
- ROC
UP Diliman Campus, Bahay ng Alumni
- Paul Calvin's Deli at "The Fort"
- PATAFA Rizal Office
- All Terra Bike Shop
Club 650, Libis
- Second Wind Store
Maginhawa St. Teachers Village Q.C.

TAKE A STEP FURTHER

- Make a statement and be heard.
Get a Paatibayan/Run for Change statement
BIB for 70 PHP and help in the rehabilitation of
the UP Track and Field Oval.

PRIZES:

100 KM RACE
(men and women)
1st Place: Php 30,000
2nd Place: Php 20,000
3rd Place: Php 15,000

100 KM TEAM RACE
(men and women)
1st Place: Php 30,000
2nd Place: Php 20,000
3rd Place: Php 10,000

50 KM RACE
(men and women)
1st Place: Php 20,000
2nd Place: Php 10,000
3rd Place: Php 5,000

10 MILE RACE
(men and women)
1st Place: Php 3,000
2nd Place: Php 2,000
3rd Place: Php 1,000

5 MILE RACE
(men and women)
1st Place: Php 3,000
2nd Place: Php 2,000
3rd Place: Php 1,000

STREET MILE RACE
(men and women)
1st Place: Php 3,000
2nd Place: Php 2,000
3rd Place: Php 1,000

*This acts as an official receipt
when stamped with the
PAA-TIBAYAN TAKBO 100KM logo.

PLACE
STAMP/LOGO
HERE

*This also acts as a ticket to
Carbo Loading Party
at: _____
date: _____
time: _____

Event Organizers:

ULTRA MARATHON Race Director
10 M and 5 M Race Director
Street Mile Race Director

Neuille Manaois
Edmund Mangrove
Ben Abacia

OFFICIAL ENTRY FORM

Please write in Print.

**PAATIBAYAN
TAKBO 100KM**

For the
rehabilitation of:
UP Track
and
Field Oval

WAIVER OF LIABILITY**REGISTRANTS COPY**

EVENT: PAATIBAYAN TAKBO 100KM Run Fest
DATE: June 28, 2009
VENUE: AS Parking Lot, Palma Hall, UP Diliman Campus
TIME: ULTRA MARATHON 3:00 AM
 10 MILE / 5 MILE 5:00 AM
 1 MILE RACE 10:00 AM - 4 PM
CONTACT: Ian Alacar 09296496762
 Edmund Mangaser 09072861310
 Neville Manaois 09178286386
 Ben Alacar 09269662863

Call us at: *414 8892 *9215947
 email us at: paatibayan100@botakphilippines.com

RULES AND REGULATIONS

- Participants below 18 years old must have their entry form signed by a parent/guardian.
- Race bib numbers must be worn at all times during the race. It should be pinned in front of your running shirt.
- All protests related to the result must be made in writing and submitted to the Race Organizer within 30 minutes after the official announcement of winners. A PROTEST FEE of Php 500.00 will be collected for every written protest made.
- The organizers's decision is final.
- Screening Committee: Participants of the 100KM individual race must submit athletes profile before the event.
- 100KM Team Relay must have at least one female participant. Teams can be composed of 3 male/1 female, 2 males/2 females, or an all female team
- The Street Mile will have an elimination heat, finalists must run twice: The eliminations and the finals.

WINNER'S AGE VERIFICATION

All top finishers in all age group categories must produce a valid identification card and a photocopy of birth certificate for age verification at the Technical Secretariat Center.

COLLECTION OF RACE KITS

Participants may claim their Race Kits (containing the official race number, safety pins and route map) upon completion of their registration.

REGISTRATION AREAS

- ROX Fort Bonifacio
- ROC Bahay ng Alumni UP Diliman
- BOTAK Sports Shop Kamuning
- Paul Calvin's Deli at "The Fort"
- PATAFA Rizal Office
- All Terra Bike Shop at Club 650, Libis
- Second Wind Store at Maginhawa St. Teachers Village Q.C.

WATER & FIRST AID STATIONS

Drinking water will be provided at the finish line and in every mile. Medical aid will be available at certain points along the way and at the finish line.

TOILET AREA

Toilet cubicles will be available at the site during the race

PARKING AREA

All participants and other spectators are required to park their vehicles at the allocated parking areas. Please refer to the Map provided.

BAGGAGE AREA

Baggage deposit service is available near the stage from 2:00 AM to 5:00 PM

I KNOW THAT:

*Please check box event/events joined.

ULTRA DISTANCE

- 100 KM IND 50 KM
 100 KM TEAM

SIDE EVENTS

- 10 MILE 5 MILE
 KING/QUEEN OF THE STREET MILE

is a potentially hazardous running activity. By signing the Entry Form and the participating in the PAATIBAYAN TAKBO 100KM RUN FEST 2009 in any of its events, I agree to abide by the rules of this event and certify that I am fully and physically fit and adequately trained to finish the race and that I fully accept the Waiver of Liability:

I understand that participating in the event may involve real risk of serious injury or even death from various causes including but not limited to falls, over exertion, dehydration, contact with other participants, spectators, road users, effect of weather and conditions of the road. I voluntarily assume all the risk associated with my participation in the event or any activity associated with it.

I, in consideration of and as a condition of the acceptance of this entry for myself, my executors, administrators heirs, next of kin hereby waive, release and forever discharge the event organizers, sponsors, promoters, agents or servants from all claims, actions or damages that I may have against them how so ever cause, arising out of or in any way connected with my participation in this event.

I authorize the use of my name, voice and picture and any information provided by myself on this entry form to be used without payment in any broadcast, telecast, promotion or advertising. I also agree that the information that I have may be used by the event organizer for the purpose of promoting future and other events for the promotion of face sponsors, products and services.

 Signature over printed name

 Parents Signature for Participants below 18 years old

 Date

BIB NO: **TEAM NAME:**
 *For 100 Team Relay

NAME:
 (FIRST, MI, LAST)

ADDRESS:

BIRTHDAY: **AGE:**

GENDER: M F **POSTAL/ZIP CODE:**

Contact No:

Mobile No:

E-mail Add:

Occupation:

Company/School/Team/Club/Organization:

EVENT INFORMATION: CARBO LOADING PARTY**ULTRA DISTANCE - 1,500 PHP**

- 100 KM IND 50 KM
 100 KM TEAM

SIDE EVENTS

- 10 MILE - 300 PHP 5 MILE - 300 PHP
 KING/QUEEN OF THE STREET MILE (1 MILE RACE)
 - 250 PHP

***KTSM/QTSM CATEGORY**

- Open •Varsity •Corporate/Celebrity •Kids •Masters
 *needs endorsement of
 School/Coach/Sports Director

**KTSM/QTSM is a pioneering race event to be held first time on the streets. Challenge yourself and set your PR for the mile. 10 MILE and 3 MILE participants are encourage to join.*