	-
	sustain during, or as a consequence of the activity.
(Name and Signature of Race Organizer)	nc., their service providers, sponsors and contributors for any illness, injury, death, damage or loss I may
	all rights or daims for damages I may have against the organizer, Publicis-Manila, Inc., Nestlé Philippines,
	enter at their own risk. Accordingly, on behalf of myself, my heirs, and executors, I hereby waive and release
	egulations and that all the above details are true and correct. I am aware and accept that all participants
	I declare that I understand the conditions of the activity I have entered into, will abide by its rules and

2	Bonus Prizes fo
<u> </u>	P100,000 bonus
A CIT	P50,000 bonus fo
	P50,000 bonus fo
	Finishers in all ca
DECLADATION OF FITNIESS AND MAINTED	Winners must be prizes will be do organizer.
N T	Results will be u
	SIDE EVENTS
	1. Biggest Club / Comp
	2. Inter-club / Compan

	am	m and de	
	am participating in the	rm and declare that:	
	⊒.		
	the		
	39th		
	NATIONAL		
_of my o	MILO		
of my own free will, desire and volition_	39th NATIONAL MILO MARATHON to be held		
esire a	to		
ov put	be		
lition.	held		her

N WITNESS WHEREOF, I have here

or Local Runners:

for the first runner who breaks the 2:15:00 invisible time barrier

for the first runner who breaks the 2:18:53 men's course record of Eduardo Buenavista

for the first female runner who breaks the 2:48:00 women's course record of Mary Joy Tabal

ategories within the cut-off time will receive a certificate of finish.

oe physically present to receive their awards during the awarding ceremony. Uncollected onated to the "HELP GIVE SHOES ADVOCACY" or disposed at the discretion of the race

uploaded two (2) days after each race. Visit www.milo.com.ph for more details.

- pany Delegation
- ny Running Competition
- 3. Biggest School Delegation Competition
- 4. Inter-school Running Competition
- 5. Cheerleading Competition

Note: For side events mechanics, visit www.milo.com.ph

EVENT TAKES PLACE RAIN OR SHINE START OF RACES

JIMIN OF TIMELS	
42-K (Manila)	3:00 AM
21-K	4:30 AM
10-K	5:00 AM
3-K	5:30 AM
5-K	5:35 AM

Endorsed by:







RACE ORGANIZERS:

AREA	DATE	CONTACT PERSON
Dagupan City	17-Jul	Ms. Tes Bernardino (0922) 879-8438 / (0922) 557-9488 (0917) 565-5214
Tarlac City	24-Jul	Dir. Vlad Rodriguez (0915) 936-2000 / (0947) 669-5474
Metro Manila	31-Jul	Mr. Rio dela Cruz (02) 703-1736 / (0908) 737-6927
Batangas	7-Aug	Ms. Glecy Clet (0939) 873 5868
Lucena	14-Aug	Mr. Osmund Ng (0915) 716-8310
Naga	28-Aug	Mr. Francis Barja (054) 4735988 / (0919) 390-9199
Tagbilaran	18-Sep	Mr. Dionesio Balite (0943) 266-1639
Cebu	25-Sep	Mr. Ricky Ballesteros (0920) 908-9742
Dumaguete	2-0ct	Mr. Paultom Paras (035) 2257817 / (0927) 950-8931
Davao	9-0ct	Mr. Kenneth Sai 296 1300 / (0921) 594-9303
Gen. Santos	16-0ct	Mr. Christian Gonzales (0917) 9021773 / (0923) 7247739
Cagayan De Oro	23-0ct	Mr. Francis Velasquez (0917) 706-0248
Butuan	30-0ct	Mr. Benjamin Dacera (0917) 632-7784 / (0917) 307-8280
lloilo	4-Dec	Mr. Rommel "Jojo" Castro

Organized by:

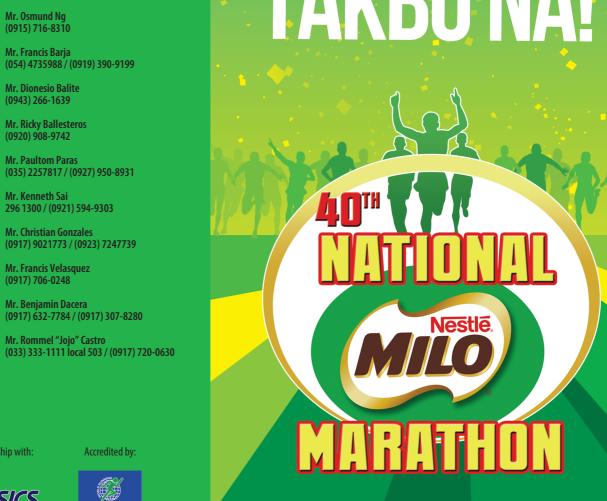
In partnership with:

Accredited by:









NATIONAL MILO MARATHON RULES & REGULATIONS

- 1. The 40th National MILO® Marathon is organized by RUNRIO, INC. with local partners in all regional qualifying races nationwide.
- 2. Interested participants are required to pay a non-refundable entry fee plus one (1) MILO® 300g empty pack alongside the accomplished and signed official registration form.

Entry fees for: Provincial Races 21-K Half Marathon Qualifying Run - P750.00 P650.00 10-K Run 3-K/5-K Fun Run (Adults) - P150.00 3-K/5-K Fun Run (Students) - P100.00

Metro Manila Race

42.195-K Full Marathon - P850.00 21-K Half Marathon - P750.00 10-K Run - P650.00 3-K/5-K Fun Run (Adults) - P150.00 3-K/5-K Fun Run (Students) - P100.00

*P10 from the registration fee will be donated to the "HELP GIVE SHOES" advocacy.

- NOTE: REGISTRATION IS ON A FIRST-COME FIRST-SERVED BASIS. PARTICIPANTS SHOULD WEAR THEIR MILD® MARATHON SINGLETS & RACE NUMBERS DURING THE RACE OR THEY WILL NOT BE ALLOWED TO RUN.
- 3. Participants must be 18 years old and above, born in the year 1998, to participate in the Full Marathon (42.195-K) and Half Marathon (21-K). Each will have to secure an official 'Fit-To-Run' medical certificate signed by a licensed physician within 2
- 4. Participants must be 16 years and above, born in the year 2000, to participate in the 10-K race.
- 5. Participants must be 7 years and above on the race day to participate in the 3-K & 5-K Fun Run.

For the 3-K category, there will be a kiddie run competition exclusive for participants aged 7 to 12 years old, born within the years 2004 to 2009. They are required to submit a photocopy of their NSO birth certificate or

For the 5-K category, the competition is open to everyone aged 7 years old and above.

- 6. 10-K, 5-K, & 3-K participants below the age of 18 must seek their parental/quardian consent and fill up the entry form where the parent/quardian is required to sign.
- Schedule of races is as follows:

Race	City	Date
1	Dagupan	17-July
2	Tarlac	24-July
3	Metro Manila	31-July
4	Batangas	7-August
5	Lucena	14-August
6	Naga	28-August
7	Tagbilaran	18-September
8	Cebu	25-September
9	Dumaguete	2-October
10	Davao	9-October
11	General Santos	16-October
12	Cagayan De Oro	23-October
13	Butuan	30-October
14	lloilo	4-December

- 8. Only local participants (Filipinos and foreigners with working visa) can join and win in the 42.195-K and 21-K qualifying races. Overseas participants may join and compete in the 42.195-K and 21-K National Finals for as long as they fulfill the requirements (see item # 24).
- 9. Start time per category is as follows:

42K (Manila & Nat'l Finals only)	3:00 AM
21K	4:30 AM
10K	5:00 AM
3K	5:30 AM
5K	5:35 AM

- 10. Participants may claim their official race packets (containing the race number with timing chip attached, safety pins, and route map) upon complete registration. Race numbers are non-transferable. Anyone who will give his/her race number to another person, provided this person will run the race, will be held liable in the event of an accident during the conduct of the race.
- 11. The reverse side of the race number must be duly filled up. Participants must wear the assigned race number on his/her chest. Participants not wearing a race number will be taken off the course by the race marshals.
- 12. Pets, bicycles, motorcycles, vehicles and any other wheel-run objects are not allowed on the course other than the official race and medical vehicles
- 13. Participants being paced during the race by a person who is not officially registered in the National MILO® Marathon and accepting assistance from non-race participants will be disqualified.
- 14. Participants who begin before the actual start time of his/her race category will be disqualified. Likewise, participants who do not start within 10 minutes from respective flag off will be disqualified and may not be allowed to start. No result will be given to disqualified participants.
- 15. "Gun Time" will be considered to determine the winners. Elite runners are advised to stay in front.
- 16. Participants must retire from the race immediately if asked or requested to do so by any member of the organizing committee. Race officials, marshals, medical staff, and security officers have the right to pull-out any participant found not physically fit to continue the race.
- 17. Participants in the 21-K provincial qualifying races will have two ways to qualify and compete in the 42.195-K National Finals:
- a. Male finishing the race within 1:15:00 and female finishing the race within 1:35:00 will qualify and get an all-expense paid trip to lloilo. It is their responsibility to contact the national race organizer on or before November 18, 2016 to coordinate their travel arrangements to Iloilo. Those who will not compete in the National Finals forfeit all their privileges.
- b. Participants finishing the race within the specified age-bracket and time below will qualify. All expenses related to their participation will be shouldered by the qualifier

Age Group	Men	Women
18-34	1hr 40min	1hr 50min
35-39	1hr 45min	1hrs 55min
40-44	1hr 50min	2hrs 00min
45-49	1hr 55min	2hrs 05min
50-54	2hrs 00min	2hrs 10min
55-59	2hrs 05min	2hrs 15min
60-64	2hrs 10min	2hrs 20min
65-69	2hrs 15min	2hrs 25min
70 & up	2hrs 20min	2hrs 30min

18. Participants in the 42.195-K Manila qualifying race will have to finish the race within the specified age-bracket and time below to qualify and compete in the 42.195-K National Finals. All expenses related to their participation will be shouldered by the qualifier.

Age Group	Men	Women
18-34	3hrs 55min	4hrs 30min
35-39	4hrs 00min	4hrs 35min
40-44	4hrs 05min	4hrs 40min
45-49	4hrs 10min	4hrs 45min
50-54	4hrs 15min	4hrs 50min
55-59	4hrs 20min	4hrs 55min
60-64	4hrs 25min	5hrs 00min
65-69	4hrs 30min	5hrs 05min
70 & up	4hrs 40min	5hrs 50min

- 19. Members of the Philippine National Team particularly the middle and long distance runners duly endorsed by the Philippine Amateur Track and Field Association (PATAFA) are automatically qualified to compete in the national finals. However, all expenses related to their participation will be shouldered by the qualifier.
- 20. National Finals qualifiers are entitled to the following:
 - a. free registration fee
- b. free running singlets
- c. free ticket to the carbo loading party
- 21. Metro Manila (all expense) confirmed qualifiers from the 42.195-K race and provincial (all expense) qualifiers from the 21-K race CAN NO LONGER compete in any of the qualifying races. They will not be accepted even in shorter distance races. They may only compete in the full marathon of the National Finals.
- 22. All winners in the 21-K, 10-K, 5-K, and 3-K races (top 10 male and female) CAN NO LONGER compete in any of the succeeding qualifying races. However, they (excluding the qualifiers) can compete in the 21-K, 10-K, 5-K, and 3-K races of the National Finals.

- 23. The 42.195-K and 21-K races of the National Finals will have two categories, Open and Local. Both overseas and local runners can compete and win in the Open category (only the top 3 winners will be recognized). If in case a local participant finishes in the top 3 of the Open category he/she will win both prizes of the Open and Local categories in relation to their respective ranks.
- 24. To qualify, overseas runners must provide proof of finish in any AIMS/IAAF accredited races dating back at least one (1) year before race day or they may qualify in the Manila qualifying race. They must have a finish time within the specified age-bracket and time identified in items 18 (for 21-K) & 19 (for 42.195-K).
- 25. The race organizer reserves the right to reject any entrant or disqualify any participant who is suspected to be under the influence of alcohol or having taken banned substances and any participant who is found to have misrepresented himself/herself. If his/her identity of eligibility is challenged, it is the responsibility of the participant to prove who he/she really is. Participants found to have been dishonest are immediately disqualified and subjected to disciplinary sanctions by the race organizer.
- 26. All expense confirmed qualifiers in the 42.195-K who decide not to join the race is prohibited from competing in the other race categories of the National Finals (i.e., 21-K, 10-K and 5-K races).
- 27. Provincial (all expense) qualifiers in the 42.195-K who were able to collect their travel allowances and at the last minute decided not to join and compete in the National Finals without prior advice to the race organizer will be banned from joining the MILO® marathon races for one year.
- 28. Each race category has an official cut-off time that will commence right after the last runner has crossed the starting line:

42.195-K Race 6 hours after official start of the race 21-K Race 2 ½ hours after official start of the race 10-K Race 1 ½ hours after official start of the race 5-K Race 1 hour after official start of the race 3-K Race 1 hour after official start of the race

29. In order to ensure timely re-opening of roads to normal traffic, the race organizer will designate time limits at specified distances. Participants who fail to reach these specific distances within the times specified must stop running and board the official vehicle. They are automatically disqualified and will be taken directly to the finish venue.

	Distance	Time Limit
21K Race	at 10K	1 ½ hours
42K Race	at 21K	3 ½ hours
	at 32K	5 hours

- 30. Participants in the 3K and 5K race categories are strongly encouraged not to bring any type of bag(s) on race day. The baggage area provided is solely for longer distance categories such as 10K, 21K, & 42K. The race organizer will not be responsible for any lost item.
- 31. All protests related to results must be made in writing and submitted within one (1) hour after the end of the race to the race organizer. A non-refundable protest fee amounting to P5,000 is required. Verbal protests will not be entertained.
- 32. The race organizer may change, without prior notice, any of the rules and regulations that they may deem necessary to ensure the success of the race. The race organizer's decision is final.
- 33. Trophies, medals, and cash prizes will be given to the top finishers of the seventeen qualifying races and the National Finals. Prizes are as follows:

3-K Kiddie Run Boy's and Girl's Divisions:

Champion: P1.500 + Trophy Runner-up: P1.000 + Troph 3rd Place: P500 + Trophy 4th Place: P250 + Medal 5th-10th Place: P150 + Medal

5-K Fun Run

Men's & Women's Divisions Champion: P2,500 + Trophy Runner-up: P1,500 + Trophy 3rd Place: P1,000 + Trophy 4th Place: P500 + Medal 5th-10th Place: P250 + Medal

10-K Run

Men's & Women's Divisions: Champion: P5,000 + Trophy Runner-up: P3.000 + Trophy 3rd Place: P2,000 + Trophy 4th Place: P1 000 + Medal 5th-10th Place: P500 + Medal

Note: All 10-K finishers within the cut-off time will receive a finisher's medal.

21-K Run (Qualifying Races) Men's & Women's Divisions:

Champion: P10,000 + Trophy Runner-up: P6.000 + Trophy 3rd Place: P4,000 + Trophy 4th Place: P2,000 + Medal 5th-10th Place: 1,000 + Medal

21-K Run (National Finals) Open Category

Men's & Women's Divisions: Champion: P15,000 + Trophy Runner-up: P12,000 + Trophy 3rd Place: P10.000 + Trophy

Local Category Men's & Women's Divisions: Champion: P8.000 + Trophy

Runner-up: P6,000 + Trophy 3rd Place: P4.000 + Trophy 4th Place: P2 000 + Medal 5th-10th Place: 1,000 + Medal

Note: All 21-K finishers within the cut-off time will receive a medal, loot bag, and finisher's shirt.

42.195-K Metro Manila (Qualifying Race)

Men's & Women's Divisions Champion: P50,000 + Trophy Runner-up: P30,000 + Trophy 3rd Place: P20.000 + Trophy 4th Place: P10,000 + Medal 5th-10th Place: 5.000 + Medal

42.195-K (National Finals) Open Category

Men's & Women's Divisions: Champion: P300,000 + Trophy Runner-up: P250.000 + Trophy 3rd Place: P200,000 + Trophy

Local Category

Men's & Women's Divisions: Champion: P150,000 + Trophy Runner-up: P100.000 + Trophy 3rd Place: P75,000 + Trophy 4th Place: P30 000 + Medal 5th-10th Place: 10,000 + Medal

All 42 195K finishers within the cut-off time will receive a medal, loot bag. finisher's shirt and exclusive towel.

######################################	FIRST NAME VINCE)	TELEPHONE NO. (OFFICE) CELLPHONE NO. NATIONALITY OCCUPATION	IN CASE OF EMERGENCY, CONTACT: NUMBER
FOR OFFICIAL USE PROVINCIAL RACES 21-K QUALIFYING RUN - P 750 [] 10-K RUN - P 650 [] 3-K/5-K FUN RUN (Adults) - P 150 [] 3-K/5-K FUN RUN (Students)- P 100 []	LAST NAME MAILING ADDRESS (INCLUDE HOUSE NO./STREET/CITY/TOWN/PROVINCE)	SCHOOL/TEAM/COMPANY EMAIL ADDRESS	MUST BE FILLED OUT TO QUALIFY FOR THE AGE GROUP AWARD AGE ON RACE DAY BIRTH DATE MO DAY Note: Each 3-K Kiddie Run participant must submit a photocopy of his/her NSO birth certificate.