

6. General Rules & Regulations of the K4MC 2008

- a. Participants must register and pay the registration fee, raft, tampatau and rampanau; must be able to swim, physically and mentally fit; must wear life jackets; and must follow strictly all rules and regulations specified by the organiser.
- b. Age of participants is based on the day of the event.
- c. Participants of the Xtreme 5M Men Open, 5M Open and Corporate & Gov't categories are required to make the bamboo raft using the bamboo logs, wood frames, and ropes provided by the organiser. Participants that are assisted by any other party shall be automatically disqualified from the race.
- d. Participants are allowed to bring/use their own bamboo raft, tampatau, rampanau, and life jackets according to specifications by the organiser.
- e. Participants shall take part in this K4MC event voluntarily at their own risk, and shall provide insurance coverage and other safety measures at their own expense. The organiser shall not be liable and shall be forever exempted from any claim or claims related to death and/or injuries arising from participation in the event.
- f. Every participant is required to sign a Declaration of Indemnity. Participants under 21 years of age must obtain the consent of their parents or guardians who shall sign the Declaration of Indemnity on their behalf. (refer Item 4 & 5 above)
- g. Any appeal must be accompanied by a protest fee of RM 100.00 cash and lodged to the Race Coordinator within 15 minutes after the announcement of the results. The protest fee is not refundable.
- h. The decisions of the judges are final.
- i. A participant will be disqualified if:-
 - i. He/she did not pay the registration fee and other charges specified by the organiser.
 - ii. He/she did not report to the K4MC Event Secretariat 30 minutes before flag-off.
 - iii. Numbers are not displayed prominently.
 - iv. He/she did not report/go through all the check points.
 - v. He/she defaulted any rule and/or regulation of the event.
 - vi. He/she caused any disruption or interruption to the event.
- j. The organiser shall have the absolute discretion/right to amend the rules & regulations of the event.

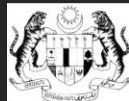
Registration Closing date: 27th Nov 2008



Mitabang Homestay Kg. Tulung-Mantob, Kiulu
 Website: <http://mitabang.tripod.com/>
<http://mitabanghomestay.com>



official tour operator:



an eco-sports tourism event supported by:



event sponsors:



official press:

Daily Express

Banners & Drinks sponsor:



race organisers:



KRT. MANTAP, KIULU

radio & TV coverage:





KIULU 4M BAMBOO RAFTING CHALLENGE

(K4MC) Profile

is an indigenous, adventurous and thrilling eco-sports tourism event of survival skills, teamwork and traditional sports. A noble endeavour to protect, preserve and conserve the beauty of nature, in particular the rivers in Kiulu.

The '4M' are four events, which all begin with the letter 'M'. In the Kadazandusun language the 4M, stands for:

Manangkus

'Manangkus' means running. In this event, participants have to run to the next event, mamangkar.

Mamangkar

Participants are to ride a bangkar (bamboo raft) down the Kiulu River, which is a Grade 2 river.

Manampatau

In this event, participants drift / swim downriver with the help of a tampatau (bamboo pole).

Mamarampanau

The last event of the K4MC requires its participant to walk/run on rampanau (bamboo stilts). Should a participant fall, he or she is not allowed to take a step forward or backwards, as doing so would mean disqualification. The participant may only climb back onto the rampanau without taking an extra step in any direction.



manangkus (running) 5Km
(Xtreme 5M - 16Km)
5M Open/Travel Industry/Media
200M



mamangkar (bamboo rafting) 6Km
(Xtreme 5M/5M Open - 16Km)



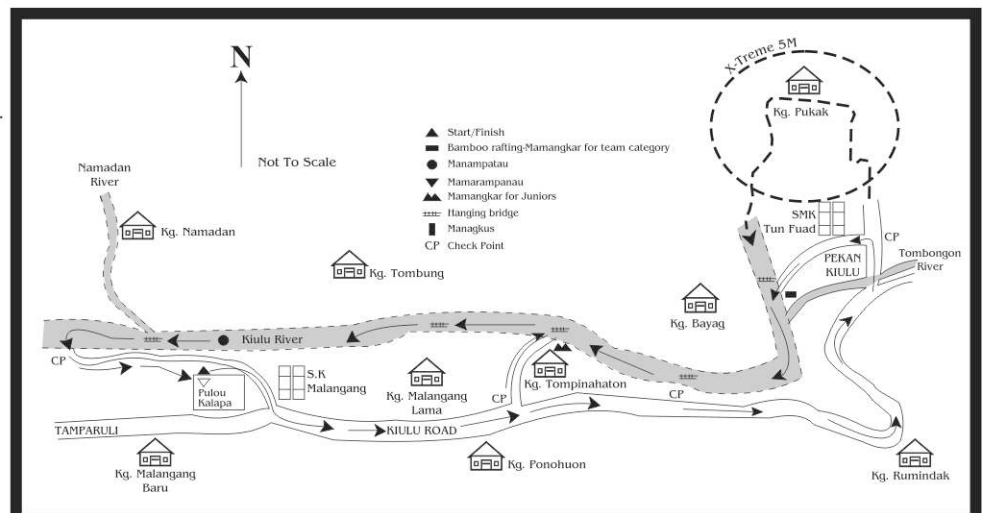
manampatau
(swimming with bamboo log) 1.3Km



mamarampanau
(walking/running on bamboo stilts) 200m

Objectives of K4MC:

- To create a 'Love Nature' culture.
- To enhance indigenous eco-sports tourism in Sabah.
- To popularise Kiulu as a Prime tourist destination in the state.
- To create opportunities for active native/local participation in the tourism industry.



Course map for K4MC



ENTRY FORM

**11th
KIULU 4M BAMBOO RAFTING CHALLENGE**

(K4MC) 2008

1. Personal information of participant(s)

Name : _____

Nationality _____ Malaysian resident: YES / NO

NRIC or Passport No. : _____

Date of birth (DD/MM/YY) : _____ Age _____ years

Address _____

Company Registration No.: _____

Tel : _____ Fax : _____

E-mail / Homepage : _____

2. Category (please tick where appropriate)

a. Single Entry fee#

- Junior Open (Boys & Girls 15 years and below) RM 15.00
- Women Open (16 years and above) RM 30.00
- Xtreme 5M Men Open (21 years and above) RM 70.00

b. Team (2 participants over 16 years of age)

- Mixed Open (1 Man + 1 Woman) RM 60.00
- 5M Open* RM 70.00
- Press / Media** RM 60.00
- Travel Industry (1 Man + 1 Woman)** RM 60.00
- Corporate and Government*** RM 120.00

Note: * Participants can be both men or both women or mixed.
The race consists of 200m running (manangkus), 16km bamboo rafting (mamangkar), 1.5km swimming with bamboo pole as float (manampatau) and 200m walking/running on bamboo stilts (mamarampanau). Start at Padang SK, Pukak, Kiulu.

** Participants must be employees of organisations in the travel industry only and to produce identification card to the Event Secretariat. Start at Kiulu town.

*** A team must consist of 4 employees of any corporate / government entity and is required to make / tie its own bamboo raft. All team members are required to produce identification cards and to wear T-shirts with their respective corporate identity and Shell's logo at their own expense. Cash Prize is sponsored by Sabah Shell Petroleum Co. Ltd. Start at Kiulu town.

Inclusive of personal accident insurance coverage (for death and permanent disablement only) for participants age 50 years and below only.

3. Payment for bamboo raft, tampatau and rampanau (tick where appropriate)

Using own bamboo raft, tampatau and rampanau

Using organiser's bamboo raft, tampatau and rampanau

<u>Single</u>			
Junior Open		RM 20.00	<input type="checkbox"/>
Women Open		RM 30.00	<input type="checkbox"/>
Xtreme 5M Men Open		RM 30.00	<input type="checkbox"/>
<u>Team</u>			
Mixed Open (1 Man + 1 Woman)		RM 35.00	<input type="checkbox"/>
5M Open		RM 35.00	<input type="checkbox"/>
Press / Media		RM 35.00	<input type="checkbox"/>
Travel Industry		RM 35.00	<input type="checkbox"/>
Corporate and Government		RM 40.00	<input type="checkbox"/>
Measurement	Bamboo Raft	Tampatau	
Junior Open	12'L X 24'W (6pcs. Bamboos)	12'L X ≥ 3'r	
Women Open	16'L X 28 - 30'W (7pcs. bamboos)	16'L X ≥ 4'r	
Xtreme 5M Men Open	16'L x 28'W (7pcs. bamboos)	16'L X ≥ 4'r	
5M Open	20'L x 32'W (8pcs. bamboos)	20'L X ≥ 5'r	
Corporate & Govt.	24'L X 40'W (10pcs. bamboos)	30'L X ≥ 5'r	
Mixed Open	20'L x 32'W (8pcs. bamboos)	20'L X ≥ 5'r	
Travel Industry Media	20'L x 32'W (8pcs. bamboos)	20'L X ≥ 5'r	
Rampanau	From Ground to Foot Rest 1 1/2'h From Foot Rest to Above Head 6'h		
Paddle	Round Bamboo	7'L X 1 1/2'r only	

4. Declaration of Indemnity

I hereby declare that I voluntarily take part in this competition and will subscribe to all the terms, rules, regulations and decisions stipulated by the Organiser. I confirm that all my personal particulars as stated above are true, and I am physically and mentally "fit" to participate in the K4MC 2008 event. I shall exempt and forever exempt the Organising Committee and all parties involved in the K4MC 2008 from liabilities, claims, actions, omissions, compensations and expenses incurred related to my participation in this event, inclusive of death and all injuries I experienced or suffered before, while and after this K4MC event.

I understand that this waiver is inclusive of whatsoever claims that are caused or contributed by the negligence, action or non-action by any one of the parties above.

Signature of Participant(s)

Date (DD/MM/YY)

5. Declaration by Parent/Guardian for participant(s) under 21 years of age

I _____ the parent/guardian of the participant(s) named above hereby consent and declare on behalf of the participant(s) that the Indemnity clause will have the same bond effect to the participant(s), so with this I hereby permit him/her/them to participate in the Kiulu 4M Challenge (K4MC) 2008.

(Signature of Parent/Guardian)

Date (DD/MM/YY)

Parent/Guardian's NRIC/Passport Number: _____

Closing date for entry form : 27th Nov 2008

Send the completed form and payment by hand or by post, to any one of the following contacts. Payment shall be in cash or cheque payable to Ariffin Gadait/Gemel Maliki/Josue Gonsur. The organiser shall not be held responsible for lost cash/cheque sent through the post.

ARIFFIN GADAIT
Pejabat Timbalan Setiausaha Kerajaan Negeri (Pembangunan)
Jabatan Ketua Menteri,
Tingkat 9, Block B, Wisma MUIS,
88999 Kota Kinabalu, Sabah, Malaysia.
Tel: 60-88-225752/255972 (O), 019-8624585 (H/P)
Fax: 60-88-257091
Email: Ariffin.Gadait@sabah.gov.my

GEMEL J. MALIKI
Perbadanan Pembangunan Ekonomi Sabah (SEDCO)
Tingkat 8,9&10 Wisma SEDCO
Lorong Plaza Wawasan
Off Coastal Highway Kota Kinabalu
Peti Surat No. 12159, 88823 Kota Kinabalu
Tel: 088-266777 Fax: 088-219179/249545

JOSUE GONSUR
District Office Tuaran,
P. O. Box No. 207, 89208 Tuaran, Sabah, Malaysia.
Tel: 60-88-788511 Fax: 60-88-788363

SABAH TOURISM BOARD
No. 51, Gaya Street, 88000 Kota Kinabalu, Sabah, Malaysia.
Tel: 60-88-219510 / 212121
Fax: 60-88-212075 / 219311

SRI PELANCONGAN SABAH SDN. BHD.
Lot. 4, Ground Floor, 2-3, Block L, Sinsuran Complex,
88000 Kota Kinabalu, Sabah, Malaysia.
Tel: 60-88-232121 Fax: 60-88-265540 / 219401
E-mail: balwant@sabahtourism.com / zachary@sabahtourism.com
Website: www.sabahtourism.com/events/4M/index.html

MALAYSIA TOURISM PROMOTION BOARD
Ground Floor, Lot 1-0-7 Block 1,
Lorong Api-Api 1, Api-Api Centre
88000 Kota Kinabalu, Sabah, Malaysia.
Tel: 60-88-248698, 211732
Fax: 60-88-241764

MDM. WONG HAR CHOW
C/O : W&W Adventure
Lot 5814-36, Taman Bangi, Jln. Reko
43000 Kajang, Selangor Darul Ehsan.
P. O. Box 77, 43657 Bandar Baru Bangi.
Tel/Fax: 603-33419419/87341650
E-mail: wwadv@hotmail.com

RAINFOREST DISCOVERY & TOUR SDN BHD
Lot 8, 1st Floor, Lorong Kelabu,
Mile 4.5, Jalan Tuaran, Likas 88400
Kota Kinabalu, Sabah, Malaysia.
Tel: +6 088-385200, 383500
Fax: +6 088-434000
Email: charlesandoi@rainforestour.com
info@rainforestour.com
Website: www.rainforestour.com
Malcolm Chen
Singapore
Tel: +6597613417
E-mail: maichen@singnet.com.sg

Visit our website at <http://www.geocities.com/k4mc/>

K4MC 2008 CASH PRIZES (in Ringgit Malaysia)

Rank	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
Junior Open	130	100	80	70	60	50	40	35	30	25	20	18	15	12	10
Womens' Open	330	230	150	100	90	85	80	70	60	50	40	35	30	25	20
Luguan Mamangkar	100	80	60	50	45	40	35	30	25	20	15	12	10		
X-treme 5M	1000	800	600	450	400	350	300	250	200	140	110	100	90	80	70
Mixed Open	530	380	280	200	180	160	140	130	120	100	80	70	60	50	40
5M Open	700	550	400	300	240	180	160	140	130	120	100	90	80	70	60
Press/Media	430	330	230	150	140	130	120	100	80	70	60	50	40	35	30
Travel Industry	430	330	230	150	140	130	120	100	80	70	60	50	40	35	30
Corporate and Government	1000	800	600	480	400	360	320	280	240	220	200	100			

Medals will be given to winners No. 1, 2 & 3 only.

Certificate of Participation will be given to all participants.

The amount of cash prizes and medals as above are subject to the availability of fund and shall be reviewed accordingly by the Organising Committee prior to the event.

Organising Committee
Kiulu 4M Challenge 2008

FOR ORGANISER'S USE

Entry Form received on: _____

Entry fee : RM _____ (received/not received)

Payment for bamboo raft,
tampatau & rampantau : _____ (received/not received)

Payment receipt number: _____ (issued/not issued)

Participant's Number : _____

Signature of Payee: _____
()

Date: _____
(DD/MM/YY)