





EVENT ITINERARY

Date	Time	Programme
1st December 2024	4:45 AM	Warm up session (21KM Runners)
	4:55 AM	Safety precautions briefing (21KM Runners)
	5:00 AM	Flag-off for 21KM Runners
	6:45 AM	Warm up session (10KM & 3KM Runners)
	6:55 AM	Safety precautions briefing (10KM & 3KM Runners)
	7:00 AM	Flag-off for 10KM Runners
	7:30 AM	Flag-off for 3KM Runners
	8:30 AM	Fun aerobic zumba
	9:00 AM	Mock cheque presentation to Action4Diabetes (CSR)
	9:15 AM	Prize giving ceremony & lucky draws
	10:00 AM	Event adjourns

CEO's Message

Dear SJMC Runners,

It is my great pleasure to welcome you to our SJMC Run 2024: Diabetes Dash - Empowering Steps to Wellness, happening this 1st December. As we celebrate our 39th anniversary, we are thrilled to bring back this community event for the fifth time and look forward to welcoming both new and familiar faces. Thank you for your unwavering support over the past 39 years.

We are excited to see this event return after the COVID-19 pandemic, which has emphasised the importance of taking care of ourselves and those around us, including our family, neighbours, and the broader community. By prioritising our health and wellness, we can prevent diseases and improve our quality of life.

With the theme, "Diabetes Dash: Empowering Steps to Wellness", we aim to raise awareness about diabetes, a pressing health concern in Malaysia. But with the right expertise, tools and support in place, we can prevent and manage it through early detection, education, and healthy lifestyle changes.

Every step you take today is a step toward a healthier future. Whether you are running, walking, or cheering from the sidelines, you are playing a part in building awareness and inspiring others to prioritise their health.

Our SJMC Run is a powerful demonstration of community unity. You have shown us that people from all walks of life can come together as a community to support one another and make a positive impact. I believe the bonds formed during this event will continue to strengthen our community for years to come.

We have designed this event to showcase the beauty of Subang Jaya. As you explore the scenic routes, you'll discover hidden gems, lush greenery, and vibrant communities. I hope this will help us to truly appreciate the thriving community that surrounds us.

Let this event motivate us all to take control of our health, not just for today but for years ahead of us. Thank you for joining us in this important cause, and I wish each of you a fun, safe, and meaningful run!

Together, we can make a difference.

Bryan Lin

Chief Executive Officer (CEO)
Subang Jaya Medical Centre



What's The Best Method for Pre-Diabetes & Type 2 Diabetes Management?

by Dr Hew Fen Lee, Consultant Endocrinologist, Subang Jaya Medical Centre (SJMC)

Diabetes can lead to many serious complications like heart-disease, stroke, kidney disease and blindness. For those diagnosed as pre-diabetic or with Type 2 (T2) diabetes, navigating this disease can be challenging and can leave individuals feeling overwhelmed. To help you navigate better, here are some simple overarching guidelines to help you or your loved ones through this journey

What kind of medication is suitable for me?

Firstly, if you are a pre-diabetic, medication is not often necessary. Medication is usually prescribed to those with T2 diabetes.

For doctors to prescribe the right type of medication, they will look at an individual's:

- Age
- Health condition
- Co-morbidities
- Pre-dispositions to T2 diabetes

The goal of providing medication is to help patients reduce their glucose levels, which should be individualised accordingly to treat diabetes to target and at the same time minimise risk of hypoglycaemia.

While one type of medication may be suitable certain T2 diabetes patients, it might not work for another. So, working closely with your doctor is important in ensuring you get the most suitable medication that would suit you best while minimising side effects

The good news is, there are also medications that help to reduce complications for your heart and kidney due to diabetes.

Is weight loss necessary?

For pre-diabetics, lifestyle modification is the best way to prevent progression to diabetes. This means if you are overweight or obese, you should aim for a 7% to 10% weight loss. This can be done through a reduction in daily calorie intake and regular exercise of more than 150 minutes a week.

For diabetics, if you can maintain this similar lifestyle of good dietary control and regular exercise, there is a possibility of minimising medication as well without compromising on control and complications reduction. The key is determination and perseverance.

Here are some light & easy exercises you can do:







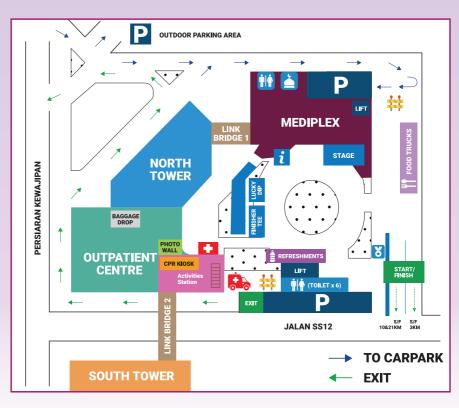


Key takeaway

A combination of having the right medication, maintaining the right lifestyle changes and getting the right support from medical devices can help you improve your quality of life, reduce complications and prevent further health complications due to diabetes.

If you are pre-diabetic, consult your doctor on ways to reverse the condition so you don't have to progress into the diabetic stage.

RACE VILLAGE LAYOUT





INFO DESK

†|† TOILET

SURAU



FOOD TRUCKS



🚹 FIRST AID



AMBULANCE

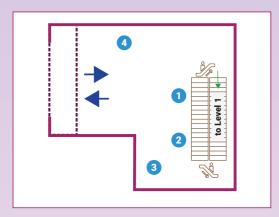


ESCALATOR



CLEARANCE

ACTIVITIES STATION



BOOTHS:

- 1 Hong Leong Assurance Berhad
- 2 Lifepin Sdn Bhd
- 3 Ethos Healthcare Sdn Bhd
- 4 CPR Kiosk

Terms & Conditions

- For the detailed terms & conditions, please refer to www.ticket2u.com.mv/event/37416/simc-run-2024.
- 2. Participants are advised to read the terms & conditions before participating in the run.
- 3. No replacement of torn or damaged T-shirts on the event day or any day.
- 4. Should the event be canceled due to circumstances beyond the control of the Organiser (including heavy rain, thunderstorm or disaster, public rally), no refund of the registration fee will be made and the Organiser shall have no further responsibility and/or liability thereafter.
- 5. Running is not a risk-free sport and therefore each runner must ensure his/her health condition is fit before participating and during the race. Each runner shall be responsible for his/her own health/condition. The Organiser shall not be responsible for personal injury or death during or after the race due to the gross negligence of the participant.
- 6. Any participant who refuses to obey the directions or instructions from the Organiser, officials, or marshals (collectively called "Officials"), conducts himself/herself in an unsportsmanlike manner or is offensive by action or language to the Officials, volunteers, participants or spectators may be disqualified from the event by the Officials.

Contents of Your Race Kit

Please make sure that your race kit contains the following:

- 1. T-shirt of your ordered size
- 2. Bib number
- 3. Timing chip (For 10KM & 21KM runners only)

T-shirts & Bibs

Please wear the T-shirt and bib provided during the race for the purposes of FREE parking, collecting your medal, and lucky draw prize. Kindly remove the plastic wrapper when pinning the bib to your t-shirt.

Parking

FREE parking for participants are available at SJMC Basement Parking Area and at SJMC Lakeside Parking from 4.00am to 12.00pm. However, cars entering at SJMC Basement Parking Area after 7.30am will be charged accordingly.

* Kindly allow the security guard to see your bib or SJMC Run T-shirt to be entitled for the FREE parking.

Baggage Drop Off

Located at SJMC Outpatient Centre Lobby. Do not keep valuables in the bag. Drop bags at your own risk.



First Aid / Emergency Services

For any emergency case, please approach any of the uniformed Marshals / Medical Aid team for immediate attention. Participants are advised to solicit medical advice from a doctor if they are in doubt of their health condition prior to taking part in the run.

Amendments / Reservations / Acknowledgement

The Organiser reserves the right to modify, supplement or waive all or any part of the event rules.

Participants shall be bound by any such modification or supplemental event rules as maybe published by the Organiser from time to time.

Failure to follow these event rules, as may be amended, will result in immediate disqualification and removal from official results.

21 KM

FLAG OFF: 5.00 AM

GUIDE



WATER STATION



DIRECTION



KM MARKER



START & FINISH



FLAG OFF: 7.00 AM

GUIDE



WATER STATION



DIRECTION



KM MARKER



START & FINISH

3 KM

FLAG OFF: 7.30 AM

GUIDE



WATER STATION



DIRECTION



KM MARKER



START & FINISH

START & FINISH



Jalan SS 15/2D

lan SS HM KM2 / KM10/ KM18.5

Jalan SS 15/5d

FINISH

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Partners:









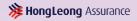


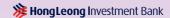
































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