

Hi Everyone,

WSFFM would like to wish all our Muslim friends, “Selamat Berpuasa”.

July is a more laid back month due to the “puasa” month. Nonetheless we are still working hard to prepare for the events to come.

Our next great big event will be on 31st October 2015 - “Merapoh Forest Run”. It will be held at Sungai Relau, Merapoh, Taman Negara. The flyers and event summary are published with this newsletter.

There will be 3 Fit Malaysia road shows in August. We will keep you posted on the 3 events.

Kee Poh Siew
Editor

TAMAN NEGARA SUNGAI RELAU, MERAPOH, PAHANG, MALAYSIA
Saturday • 31 October 2015 • 7.30am

MERAPOH FOREST RUN 2015
run in rain forest's cool

4 CATEGORIES
1,000 Participants Only

Online Registration before 10 October 2015 :
Website : www.runningproject.com.my

Any Inquiries :
603 551 33803 • 6035 524 0316 (JH) | 6016 608 4510 (Natie) • 6012 6340888 (Fiza)
6012 3237111 (Betrina) • 6011 12249782 (Arital) | 6019 2422625 (Baz) • 6016 7334100 (Bukhari)
faks: 603 5511 1669 | fb : merapoh forest run 2015 • wsffm | email : merapohforestrun15 • admin.wsffm@gmail.com

30KM (Men & Women Open)
1st Prize - RM1,000.00 Cash
+ Handmade Woods Plaque + Holiday Package
2nd Prize - RM800.00 Cash
+ Handmade Woods Plaque + Holiday Package
3rd Prize - RM600.00 Cash
+ Handmade Woods Plaque + Holiday Package
4th Prize - RM400.00 Cash + Hampers
5th Prize - RM300.00 Cash + Hampers
6th - 15th Prize - Hampers

15KM (Men & Women Open)
1st Prize - RM700.00 Cash
+ Handmade Woods Plaque + Holiday Package
2nd Prize - RM500.00 Cash
+ Handmade Woods Plaque + Holiday Package
3rd Prize - RM300.00 Cash
+ Handmade Woods Plaque + Holiday Package
4th Prize - RM200.00 Cash + Hampers
5th Prize - RM150.00 Cash + Hampers
6th - 15th Prize - Hampers

Registration Fees:
30KM MEN OPEN: RM 80.00
30KM WOMEN OPEN: RM 80.00
15KM MEN OPEN: RM 50.00
15KM WOMEN OPEN: RM 50.00

Organized by: WSFFM
Full supported by: [Logos of supporting organizations]
In collaboration with: [Logos of collaborating organizations]

Bigdays Ev.

Happy Birthday to our dear Sheila whose birthday is in July. May you always be beautiful, happy and may your days be filled with joy. Many happy returns of the day.

Events in June 2015	
7 th June	Women's Bootcamp organized by Kementerian Belia dan Sukan. It was held at Tanah Aina Cafe from 8 am - 4 pm.
9 th June	Meeting with YH Dato' Hj Ahmad, DO of Lipis at Pejabat Daerah & Tanah Lipis at 9.30 am.
10 th June	Puan Sri To' Puan Datuk Shariffa Sabrina's birthday party.
13 th June	Fit Malaysia in Perlis – Dataran Dato' Sheikh Ahmad.
23 rd June	Press Conference on 'Merapoh Forest Run 2015'.
26 th June	Introducing Stick2stix to ladies of Klang. This event was supported by 'Jabatan Belia dan Sukan'. It was held at the Pan Mour Hotel, Klang. 80 ladies took to the floor with our energetic yet fun stick2stix aerobic workout. Our instructors were Betrina Yeo and Foong Leng.

Upcoming Events	
9 th August	Fit Malaysia Pulau Pinang
15 th August	Fit Malaysia in Kedah – Stadium Sultan Abdul Halim
22 nd August	Fit Malaysia in Kelantan – Stadium Sultan Muhammad IV
24 th August	Majlis Makan Malam NCWO sempena sambutan Hari Wanita 2015 9.30am – 2.00pm – Seminar ‘Menbudayakan Amalan Inklusif’ di bilik Perdana 1& 2 8.00pm – 11.00pm – Majlis makan malam di Dewan Perdana Felda
31st July-2nd August	13th Asian Breast Diseases Association (ABDA) Teaching Course Sunway Putra Hotel, KL
8 – 10 th October	Fit Fest – collaboration with JBS Selangor. During the 3 day event, WSFFM will be heading 3 categories: 1. Stick2Stix 2. Hip Hop 3. Mass Aerobics
10 th October	National Sports Day – WSFFM will organize “Power Walk” (target of 5000 participants) at a university campus to be confirmed at a later date.
31 st October	“Merapoh Forest Run” at Taman Negara.
Date to be confirmed	Netball Challenge
12 th - 26 th 2015 5 th – 19 th January 2016	CALL FOR APPLICANTS FOR THE 8th & 9th EGEPE Ewha Global Empowerment Program “Transnational Feminisms and Women’s Activism” Ewha Womans University, Seoul, South Korea Application Submission: March 23 ~ April 12, 2015 For more info please go to link: EGEPE 8 th -9 th CFA ENG.pdf

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*18 years old and above only

** including T-shirt, Finisher Medal, Online Certificate, Goodie Bag etc.

Organized by :



full supported by

Jabatan Kebajikan Masyarakat & Kementerian Pelancongan, Malaysia

In collaboration with :



bigdays Ev.



Womens' Boot Camp organised by Bahagian Pembangunan Sukan, KBS & Jabatan Belia dan Sukan Selangor in collaboration with WSFFM – 7th June 2015. There were 80 woman participants. The objective of this program was to get women to be more active and to take part in physical activities which in turn would lead to a more healthy lifestyle. By being fit and healthy will also help to ward off diseases like heart disease, diabetes and cancer. Mr Jagdiv Singh Bullar gave a talk on “Inflammation! Your Body is On Fire” and Dr Norhaslinda on “Skin, Women & Missing Hormones”. There were 2 fitness workouts by our Exco Adilla with Stick2Stix and Exco Yati Yusof with Zumba. Thank you to all who had assisted to make this event a great success namely JBS (Jabatan belia dan Sukan), WSFFM, Tanah Aina Cafe and Kosmos.



Fit Malaysia took us to Dataran Dato' Sheikh Ahmad in Perlis – 13th June 2015.



Congratulations to Our Madam President Puan Sri To' Puan Datuk Shariffa Sabrina Syed Akil on her birthday. It was a very happy and joyous occasion as she had her whole family, relatives and friends with her. The theme for the occasion was "Disco Night". Also present were most of her staff from the Tanah Aina Resorts. There were lots of fun and games plus lots of lucky draws.



WSFFM held a Press Conference on 23rd June 2015 for " Merapoh Forest Run 2015" at Tanak Aina Cafe, Shah Alam from 5 - 7 pm, followed by 'berbuka puasa'.

The event was attended by sponsors, supporters and friends of the media.

Our Mdm President Puan Sri To' Puan Shariffa Sabrina Syed Akil and our chairman for the event Dato' Hj Mohamed Nasir Meraslam would like to thank everyone especially the media for their presence.



Introducing Stick2stix to ladies of Klang - 26th June 2015. This event was supported by 'Jabatan Belia dan Sukan Selangor'. It was held at the Pan Mour Hotel, Klang . 80 ladies took to the floor with our energetic yet fun stick2stix aerobic workout. Our instructors were Betrina Yeo and Foong Leng.



MERAPOH FOREST RUN 2015

run in rainforest cool

31 OKTOBER 2015, SABTU
TAMAN NEGARA SUNGAI RELAU
MERAPOH, PAHANG
7.30 am - 2.00 pm

ACARA LARIAN YANG PERTAMA
KALI DI TAMAN NEGARA
1st Running Event in
Taman Negara

Maklumat Lanjut :
www.wsffm.com
www.runningproject.com.my
fb : merapohforestrun2015
email : merapohforestrun15@gmail.com
admin.wsffm@gmail.com

7.30 am, Saturday, 31 October 2015

TAMAN NEGARA SUNGAI RELAU,
MERAPOH, PAHANG, MALAYSIA

**JOIN US & REGISTER ONLINE NOW
BEFORE 10 OCT 2015**
www.runningproject.com.my | [wsffm](http://wsffm.com)

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15KM WOMEN OPEN	RM50/pax	USD 60/pax (Int'l)

**CASH PRIZES MORE THAN RM10,000.00
HOLIDAY PACKAGES, HAMPERS AND MANY MORE...**

Organized by **WSFFM** Media Advisor for **gdays Ev.**

Co-organized by **Pemerintah Negeri Pahang** Kementerian Pelancongan & Kebudayaan Malaysia Negeri Pahang

www.runningproject.com.my

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