

Hi Everyone,

WSFFM would like to wish all our friends especially Malaysians, “Selamat Kemerdekaan Malaysia” on 31<sup>st</sup> August 2015.

We have been busy with preparations towards our big event next month. Another 49 days to go before the “Merapoh Forest Run 2015”. There are lots of attractive prizes to be won. Participants are limited to 1000 only. Be an early bird.

Kee Poh Siew  
Editor

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

**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 + Hamper  
5th Prize: RM300.00 Cash + Hamper  
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 + Hamper  
5th Prize: RM150.00 Cash + Hamper  
6th-15th Prize: Hampers

**4 CATEGORIES**  
**1,000 Participants Only**

Online Registration before 10 October 2015 :  
**Website : [www.runningproject.com.my](http://www.runningproject.com.my)**  
Any Inquiries :  
603 551 33803 • 6035 524 0316 (Off.) | 6016 608 4510 (Yatie) • 6012 6340888 (Fiza)  
6012 3237111 (Betrina) • 6011 12249782 (Arizal) | 6019 2422625 (Baz) • 6016 7334100 (Bukhari)  
faks: 603 5511 1669 | fb : merapoh forest run 2015 • wsffm | email : merapohforestrun15 • admin.wsffm@gmail.com

**Merapoh Forest Run 2015**  
**runinrainforestiscool**

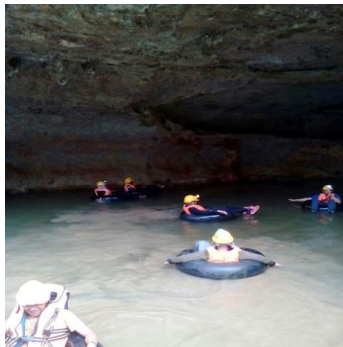


Organized by :  
**WSFFM**  
WOMEN'S SPORTS AND FITNESS FOUNDATION MALAYSIA  
full supported by:  
Pahang Forest Department & Pahang Tourism Council  
In collaboration with:  
Pahang Forest Department, Pahang Tourism Council, bigdays Ev., Pahang

RM 80.00 30KM MEN OPEN  
RM 80.00 30KM WOMEN OPEN  
RM 50.00 15KM MEN OPEN  
RM 50.00 15KM WOMEN OPEN

\*18 years old and above only  
\*\* including T-shirt, Finisher Medal, Online Certificate, Goodie Bag etc.

Events in August 2015	
3-5th August	Media familiarization of Merapoh Forest Run trail.
7 <sup>th</sup> August	Tanah Aina Resort open house at Tanah Aina Azareena.
15th August	Fit Malaysia in Kedah – Stadium Sultan Abdul Halim.
17 <sup>th</sup> August	CCM Sustainability program.
19 <sup>th</sup> August	Monthly exco meeting at 8 pm at Tanah Aina Café, Shah Alam.
22 <sup>nd</sup> August	Fit Malaysia in Kelantan – Stadium Sultan Muhammad IV.
29 <sup>th</sup> August	Invitation by PEKA for tree replanting in Kuantan.

Upcoming Events	
5 <sup>th</sup> September	Fit Malaysia Terengganu - Dataran Pantai Batu Buruk.
11 <sup>th</sup> September	Dinner at APAM.
13 <sup>th</sup> September	Fit Malaysia in Perak - Dataran Majlis Bandaraya Ipoh.
20 <sup>th</sup> September	Fit Malaysia in Penang – Vision Park, Kepala Batas.
27 <sup>th</sup> September	Fit Malaysia at Selangor – Dataran MPPJ.
10 <sup>th</sup> October	National Sports Day at Stadium Shah Alam.
31 <sup>st</sup> October	“Merapoh Forest Run” at Sungai Relau, Taman Negara.
Date to be confirmed	Netball Challenge.
12 <sup>th</sup> - 26 <sup>th</sup> 2015 5 <sup>th</sup> – 19 <sup>th</sup> January 2016	CALL FOR APPLICANTS FOR THE 8th & 9th EGEP 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: EGEP 8 <sup>th</sup> -9 <sup>th</sup> CFA ENG.pdf

<p>Program Media Familiarization on Merapoh Forest Run Trail. 2015 anjuran WSFFM pada 3-5 Ogos 2015. Pihak media yang turut serta memberi sokongan sepenuhnya untuk mempromosi MFR20145 dan berpuas hati dengan aturcara disediakan antaranya Safari Night, eksplorasi 3 gua, menjejaki laluan larian MFR2015 dan santai di Kuala Juram, Taman Negara Pahang. Laporan disediakan oleh Encik Arizal Rahman.</p>	 	 
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Fit Malaysia carnival was held at the Stadium Sultan Abdul Halim, Alor Setar on Saturday 15th August. Stick2stix was led by Nana Halim from 11am -12 noon. The crowd enjoyed themselves and they had so much fun with stick2stix.



Performance of Stick2stix by "Next Generation" from MINDEF at the launch of CCM's Sustainability event at Double Tree Hotel, 17th August 2015. The "Next Generation" is our Stick2stix champion for last year.



Stick2stix drew a huge crowd at Panji, Kota Bharu. The Minister of Youth and Sports Encik Khairy Jamaluddin launched the Fit Malaysia Kelantan 2015 at the "Kompleks Belia dan Sukan" Kota Bharu, Kelantan. Although the sun was scorching on that lovely Saturday, it did not stop the people of Kelantan from coming out to take part in the various sporting activities.



WSFFM was invited for the launching of "Tree For A Tree" program by TNB in collaboration with PEKA (Pertubuhan Pelindung Khazanah Alam) and MPK (Majlis Perbandaran Kuantan). The CSR program was launched by Tan Sri Leo Moggie at Taman Pasif, Kuantan on 29th August 2015.

