



5 KM Virtual Marathon for International Women’s Day Celebration
 (Organised by Women Engineers Section, IEM)
 BEM Approved CPD/PDP Hours : Non Applicable

Date : 08th MAR 2017 - 30th APR 2017
Time : Anytime (Qualification time is 1 hour)
Venue : Anywhere

BACKGROUND

IEM Women Engineers Section would like to celebrate the International Women’s Day Celebration on 08th MAR 2017 via 5KM virtual Marathon from 08th MAR 2017 – 30th APR 2017. A virtual Marathon is a race that can be ran at any location. You can walk, use the treadmill, run outside or participate in another race. You can run your race at your pace anywhere in the world. Virtual Marathon is a great way to stay fit and active all year round, run for a good cause and get awesome medals for your participation! Open to all.

STEP 1

SIGN UP FOR A MARATHON

Sign up to the Marathon and start your journey towards earning yourself a piece of e-certificate! By entering, you also help raise the awareness and contribution of women to the world.

STEP 2

RACE IN YOUR OWN TIME

You can complete your virtual Marathon on your own around your housing estate, at the gym on a treadmill or even with a group of running buddies – essentially you can compete anywhere in the world! Our Marathon come with no time pressure – your pace is individual to you and you will earn your e-certificate for completing whatever your speed. You can even walk our races without the fear of crowds at the beginning or at the point in your race when you really could do with that 2 second pause.

STEP 3

SUBMIT YOUR TIME

Upload photos in (a) Women Engineers facebook: IEM Women Engineers Section (IEM WE), or (b)instagram and tag it to #wevirtualmarathon2017.

STEP 4

GET YOUR E-CERTIFICATE

We will then upload your results to our league table so you can compete with like-minded runners. You will receive your e-certificate at the end of the event.

The WE Section would like to invite members who are keen on Marathon to join us in this event to bring some cheer to the achievement of women.

Ir. Assoc Prof Dr. Leong Wai Yie
Chairman
Women Engineers Section, IEM

PERSONAL DATA ROTECTION ACT
 I have read and understood the IEM’s Personal Data Protection Notice published on IEM’s website at <http://www.myiem.org.my> and I agree to IEM’s use and processing of my personal data as set out in the said notice.

REPLY SLIP - Fax: 03-7957 7678 Email: roselein@iem.org.my

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I wish to participate in the above Marathon on **Date:** _____.

Name :..... Membership :.....Grade:.....
 Company:..... Designation :.....
 Contact Number :..... IC Number :.....
 Address:.....

I will be participating in the Marathon at my own risk and hereby indemnify fully the IEM from all claims arising from any injury, damage or loss that may be sustained by me.

.....
 Date

.....
 Signature