



INTRODUCTION

The Eco X-Capade & X-sprint is a multi-disciplinary adventure race organized by Nomad Adventure Sdn Bhd and supported by the Selangor Tourism Action Council. Taking place in the wilderness of Hulu Langat, Selangor on 18th May (2008), the race is designed to showcase the spectacular natural features of Selangor which include jungle tracks, rivers, waterfalls and mountains. The race disciplines include trail running, bamboo rafting, inline skating and rope work. This non-stop event is the ultimate test of team-work. If one member of the team gives up, the whole team is disqualified. Physical ability will not be enough to succeed in this race. Tactics, teamwork and courage will be the determining factor.

PRIZES

Eco X-Capade Team Category

- RM 2000 + trophies for the CHAMPION team in each category
- RM 1000 + medals for the FIRST RUNNER-UP team in each category
- RM 500 + medals for the SECOND RUNNER-UP team in each category
- + Sponsors' prizes for the top teams in each category.

ALL COMPETITORS WHO SUCCESSFULLY COMPLETE THE RACE WILL RECEIVE A MEDAL OF PARTICIPATION

Entry fee for all competitors includes Prize Giving Dinner, Event t-shirt, Sponsorship goodies and Medal of Completion.

Details on Race Disciplines, Race Rules and Regulations, Eligibility and other race information, see: www.nomadadventure.com

RACE EQUIPMENT. Participants are responsible for providing the equipment listed below. If a participant has any of the items missing, race management reserves the right to disqualify the team, or remove the participant from the event.

Eco X-Capade Team Category

COMPULSORY Equipment per Participant:

- An ability to carry a minimum of 2 liters of water at the start of the race.
- Climbing or Bicycle helmet
- Climbing harness with CE or UIAA certification (certified for rock climbing purposes).
- Two locking carabiners
- Two slings (minimum 60cm long)
- One abseil device: figure eight or Omega Pacific SBG II. No ATC or Petzl Huit allowed.
- One prussick cord (minimum 60cm long)
- A pair of full-fingered gloves (suitable for abseiling)
- Footwear – running shoes/ cross trainer/ trail shoes (toe revealing shoes are not permitted)

COMPULSORY Equipment per Team

1. One first aid kit containing at minimum the following items :
 - One triangular bandage 90cm x 130cm
 - One Crepe bandage 8cm x 1.5m
 - Gauze pad 3in x 3in: three pieces
 - Antiseptic ointment (15g minimum) OR liquid (20ml minimum) OR swabs (5 pieces)
 - 1 inch wide medical adhesive tape : 1 roll
 - Oral rehydration salts : 3 packets minimum

Compulsory Equipment for Eco X-Sprint individuals

- An ability to carry a minimum of 2 liters of water at the start of the race.
- Climbing or Bicycle helmet
- One first aid kit containing all items listed above for team.
- A pair of Biking Gloves, preferably full-fingered gloves (for ropes section)

It is highly recommended to bring your own skates.

We will have a pool of inline skates available on a first come first served basis. If you arrive at the inline skating check point and there are no skates to fit your size, you may have to wait for the right size to be available. For Eco X-Capade teams, any waiting time will be taken out of your final race time. The available sizes are UK 4 to UK12 only.

EVENT SCHEDULE

2nd May 2008 – Closing date for Registration

13th & 15th May 2008 – Race Testing Date for Klang Valley participants

17th May 2008 – Race Testing Date for Outstation / Overseas participants. AND Compulsory Race Briefing for all participants

7 th Apr (Sat)	6.30 am	Final Check-in. Light breakfast is served
	7.00 am	Arrival of Invited Guests
	7.15 am	Final Race Briefing
	7.30 am	Race Flag Off!
	5.00 pm	Estimated time for last teams
	5.00 pm	Prize Giving Ceremony

PAYMENT

Please make cheque payable to “Nomad Adventure Sdn Bhd” and attach it with the entry form and send it to the address stated at the side.

Direct Bank-in to

CIMB Bank Berhad
SEA Park Branch
Nomad Adventure Sdn. Bhd.
Acc # 1209-0009817-05-7

For registration enquiry, please contact

Wan Ling or Pei Ting, Competitor Relations,
Nomad Adventure Sdn Bhd
@ The Summit Climbing Gym, 4.06B, 4th Floor The Summit Subang USJ
Persiaran Kewajipan USJ 1, Subang Jaya, Selangor
Tel : 03-8024 5152
Fax : 03-80241710
Email : eco-x@nomadadventure.com



Fax to: (603) 8024 1710		Registration #:	
Eco X-Capade & Eco X-Sprint		Closing Date : 2 nd May, 2008	
Hulu Langat 18th May 2008		10% Early Bird Discount: 18 th April 2008	
TEAM CATEGORY	X-CAPADE Men () Women () Mixed () X-SPRINT ()		
TEAM NAME:			
TEAM CAPTAIN			
1. Name (as per IC)			
Date of Birth:		IC / Passport Number:	
Sex:	() Female () Male		
Telephone Number:	(H)	(O)	(H/P)
E-mail Address:		Fax No:	
Profession:			
Nationality:			
Do you need skates?	Yes please / No, getting my own	Shoe size:	
Emergency Contact:		Tel:	Relationship:

MY TEAM-MATES			
2. Name:			
Date of Birth:		IC / Passport Number:	
Sex:	() Female () Male		
Telephone Number:	(H)	(O)	(H/P)
E-mail Address:		Fax No:	
Profession:			
Nationality:			
Do you need skates?	Yes please / No, getting my own	Shoe size:	
Emergency Contact:		Tel:	Relationship:

3. Name:			
Date of Birth:		IC / Passport Number:	
Sex:	() Female () Male		
Telephone Number:	(H)	(O)	(H/P)
E-mail Address:		Fax No:	
Profession:			
Nationality:			
Do you need skates?	Yes please / No, getting my own	Shoe size:	
Emergency Contact:		Tel:	Relationship:

Team Mailing Address:	
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PARTICIPANTS' MEDICAL INFORMATION AND RELEASE OF LIABILITY

Please answer all of the following questions (please indicate details for both team members) :

1. Have you been told by a physician / doctor or are you aware of any medical conditions (such as heart disease, high blood pressure, diabetes, asthma, pregnancy or others) that could be aggravated by physical activity etc?
Yes ___ No ___ If yes, please indicate _____
2. Have you been told by a physician / doctor or are you aware of any neck, back, shoulder, wrist, hip, ankle, knee or any other muscular or skeletal problem that may be aggravated by physical activity? If yes, are you using any orthopaedic device for this illness?
Yes ___ No ___ If yes, please indicate _____
3. Have you been told by a physician / doctor or are you aware of other medical or physical problems which you think we should be told about before the activities begin?
Yes ___ No ___ If yes, please indicate _____
4. Do you have sensory difficulties, such as poor eyesight or impaired hearing of any sort?
Yes ___ No ___ If yes, please indicate _____
5. Do you have any allergies?
Yes ___ No ___ If yes, please indicate _____
6. Are you under medication at present?
Yes ___ No ___ If yes, please indicate _____

IN CONSIDERATION OF, and as part of the agreement for the opportunity to participate in the Eco X-Capade & X-Sprint on May 18th, 2008 at Hulu Langat, Selangor.

1. I acknowledge I have read, understood and approved the following terms and conditions. I confirm that I am over the age of twenty one (21) and have authority to sign this release and that I have read and understood this agreement prior to signing it.
2. I am aware that adventure sports involve inherent risks of illness, injury, death and/or loss or damage of property, which may be caused by negligence, forces of nature and other causes known or unknown. I recognize that such risks are present always, before, during and after the race. I am also aware that medical facilities may not be readily available during the race.
3. I hereby indemnify and irrevocably and forever release and waive all rights and recourse against Nomad Adventure Sdn Bhd and their respective subsidiaries, licensees, successors, related and affiliated companies and their officers, directors, employees, contractors, licensees, agents, representatives and assigns, from and against any and all claims, demands, payments, proceedings, judgments, settlements, awards, expenses (including without limitation, legal fees and costs) damages, losses, costs, injury (however caused), death, illness, delay or other liabilities, which I or my heirs, executors, administrators or personal representatives now have or hereafter can, shall or may have against any of the above-named entities arising in connection with the program, or any breach of the terms of this agreement. I voluntarily accept the legal risk, thereby expressly giving up any right of action and accept the physical risk arising from all liability whether such liability arises in contract, by reason of negligence, or by reason of breach of duty raised by statute, or in any other manner whatsoever.
4. That this agreement shall be governed in by and interpreted in accordance with the laws of Malaysia.

Name of Participant:

IC / Passport No:

Signature of Participant:

Date:

****Please make photocopies of this page for all team members and submit them together with this form. Teams which do not have completed release of liability page for all team members will not be allowed to participant in the race.**

** Participants who are under 21 years of age must have their parents or legal guardian sign this indemnity form.