



ORTHO RUN

“SAVE THE LIMBS”

3RD SEPTEMBER 2016
HCTM, PPUKM | SATURDAY

Hospital Canselor Tuanku Muhriz, PPUKM

Flag-off : **7.15AM**

10KM

5KM

Register at

<http://event.howei.com>

Closing date: **1st August 2016** or
upon reaching **3000** participants

Registration fees include:

- T-SHIRT MEDAL • GOODIE BAG
- E-CERTIFICATE • LUCKY DRAW
- CASH PRIZE (for 10km participants)



In conjunction with the 40th anniversary celebration of Department of Orthopaedics & Traumatology, Faculty of Medicine, UKM

For enquiries, please contact us at:

helpdesk@howei.com



Attachment 1:

Event Programme

7.00 am	How to Manage Foot and Ankle Injury – Assoc. Prof. Dr. Mohd. Yazid Bajuri
7.15 am	10km Run Flag off
7.30 am	5km Run Flag off
9.00 am	Award presentation to winners
10.00 am	Booth Visits & Foot and Ankle Injuries in Running - Assoc. Prof. Dr. Mohd. Yazid Bajuri
12.00 am	End of Event





Attachment 2:

DETAILS & ONLINE REGISTRATION

<https://event.howei.com/event/ortho-run>

#ORTHORUN2016

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FACEBOOK PAGE:

<https://www.facebook.com/events/1832758336952002/>

Attachment 3: OFFICIAL T-SHIRT

T-SHIRT (5KM FUN RUN)



T-SHIRT (10KM - ALL)



Attachment 3: OFFICIAL MEDAL



Finisher Medal for all categories



UKM

MS ISO 9001:2008 Cert. No. : AR 5779

JABATAN ORTOPEDIK & TRAUMATOLOGI

Hospital Canselor Tuanku Muhriz, Pusat Perubatan UKM, Tingkat 9,

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