



Cathay Life

Cathay Happy Run

December 2019



CATHAY HAPPY RUN

LIVE HEALTHILY
LIVE HAPPILY

5KM
FUN RUN

KHU CR4-2 PHÚ MỸ HƯNG
P. TÂN PHÚ, QUẬN 7, TP.HCM

22.12
06AM



THE CONCEPT





RACE DATE

22 December 2019

TARGET NUMBER

1,000 participants

Include Cathay staffs, family & relatives

RACE CATEGORIES



5KM

FLAG-OFF TIME

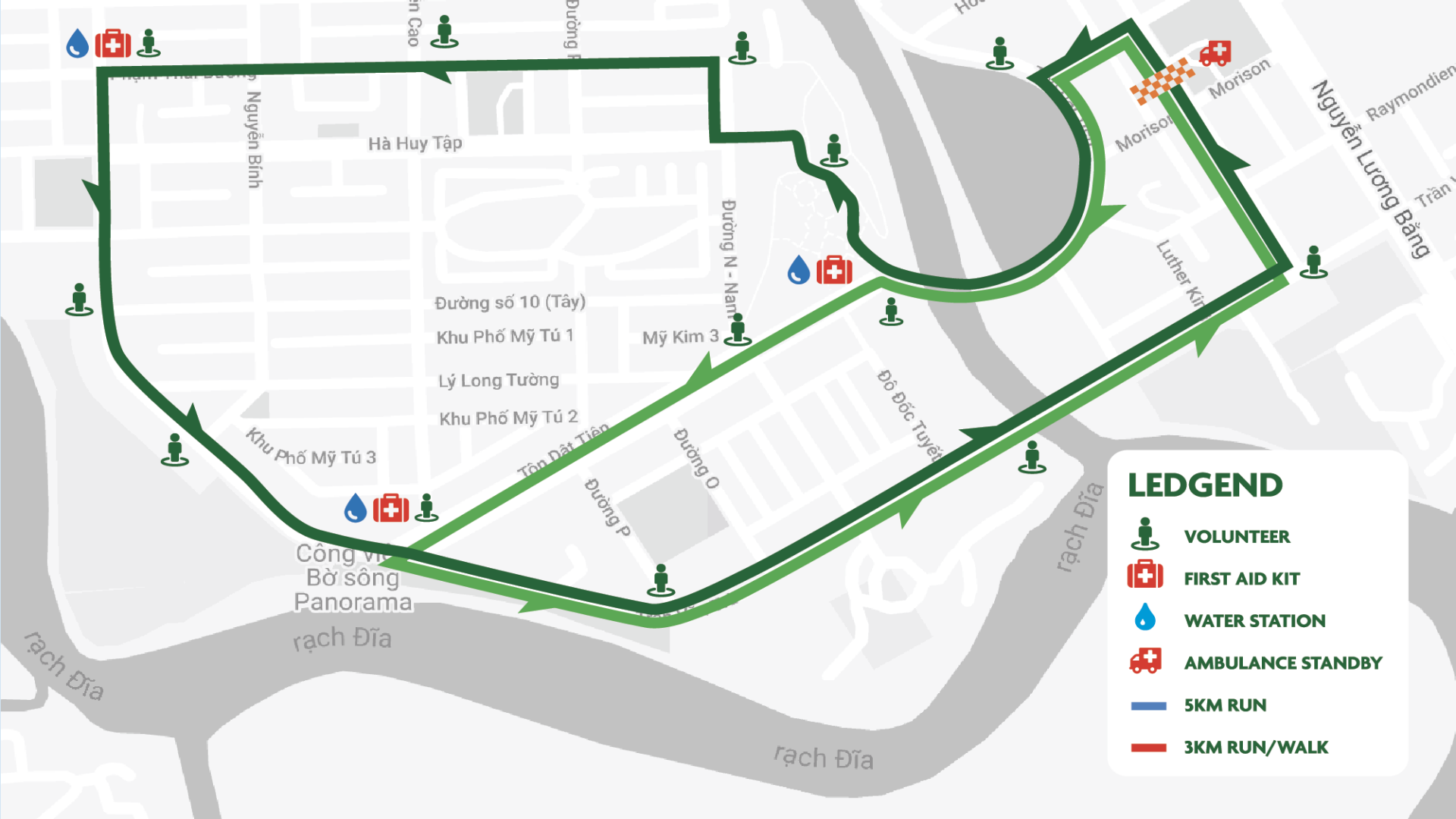
7.30AM

CUT-OFF TIME

**1.5 HOURS
(90 minutes)**

FESTIVAL ZONE

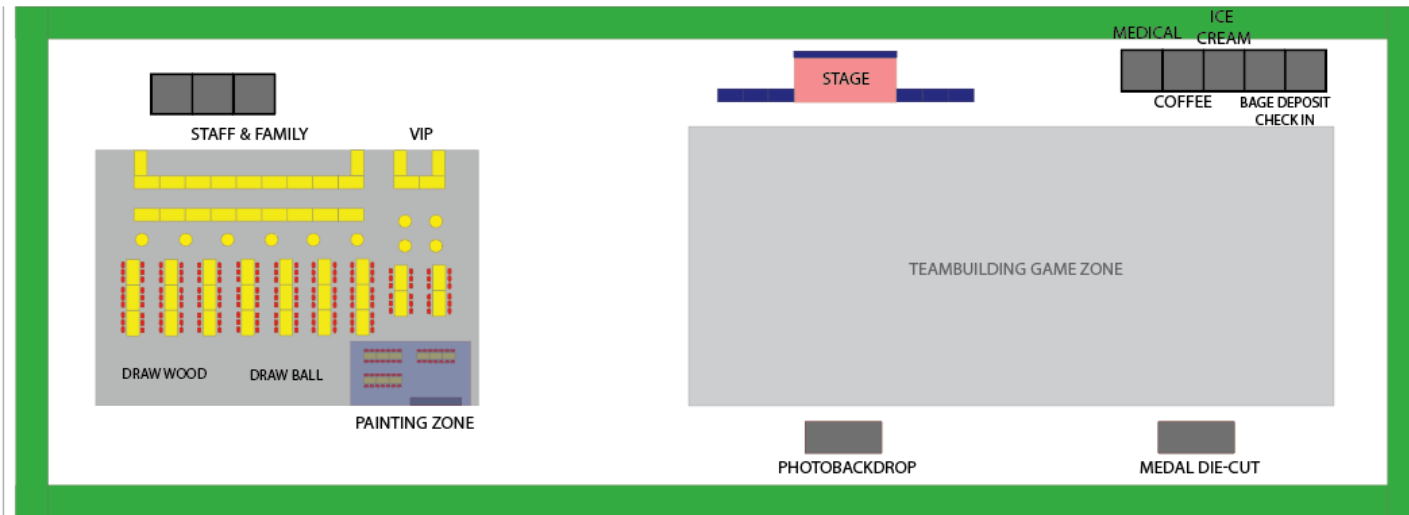




MARQUETTE

110m

36m



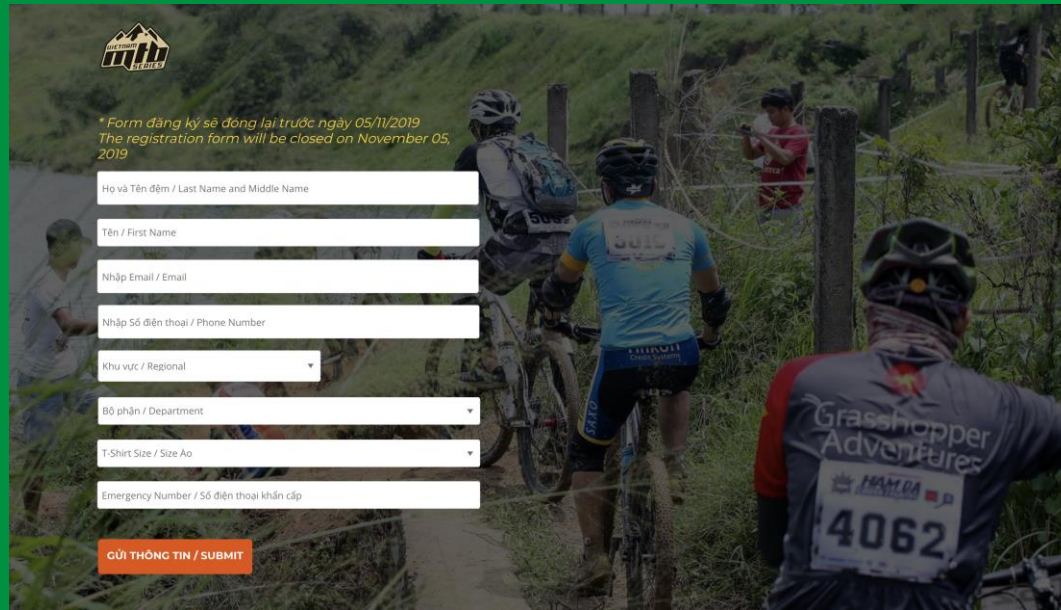
 = 5m


NGUYEN KHAC VIEN STREET



RACE REGISTRATION

- Register on Google Form from 28st October to 10th November, 2019
- Register fee 100.000 Vnd/pax
- Base on the registration, the production of race kit will be start accordingly to the quantity
- Participant will receive race kit on the first 2 days of race week





** Form đăng ký sẽ đóng lại trước ngày 05/11/2019
The registration form will be closed on November 05, 2019*

Họ và Tên đệm / Last Name and Middle Name

Tên / First Name

Nhập Email / Email

Nhập Số điện thoại / Phone Number

Khu vực / Regional

Bộ phận / Department

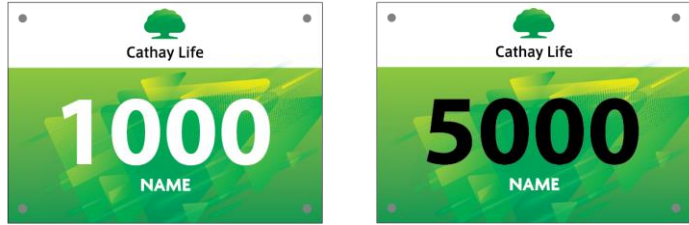
T-Shirt Size / Size Áo

Emergency Number / Số điện thoại khẩn cấp

GỬI THÔNG TIN / SUBMIT

<https://cathaylifehappyrun.vietnammtbseries.com/>

RACE KIT



BIB Number



Finisher
Medals



T-shirt

RACE KITS DELIVERY PLAN

- Register on Google Form from 28st October to 10th November, 2019
- Base on the registration, the production of race kit will be start accordingly to the quantity
- Participant will receive race kit on the first 2 days of race week

Cathay Life MEMBERS & FAMILY

DATE&TIME:

From 8:30 To 17:30

Within beginning 2 days in race
week

VENUE:

Cathay HQ Office
8th Floor , The World Center
46-48-50 Pham Hong Thai, Dist
1
Ho Chi Minh City

STAFFING:

4 standby staffs for race kit
delivery

VIP GUEST Cathay Staff pick up & deliver to each

DATE&TIME:

From 8:30 To 17:30

Within beginning 2 days in race
week

VENUE:

Cathay HQ Office
8th Floor , The World Center
46-48-50 Pham Hong Thai, Dist
1
Ho Chi Minh City

STAFFING:

4 standby staffs for race kit
delivery

*Race kit will be ready pack with Tshirt
and others such as leaflet of sponsors,
race basic information leaflet (course,
rules, agenda, emergency contact)

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RACE AGENDA

RACE DATE

DATE | NGÀY

VENUE | ĐỊA ĐIỂM

NGÀY DIỄN RA SỰ KIỆN

22/12/2019

CR4-2 PHU MY HUNG, TAN PHU WARD, DISTRICT 7, HCMC, VIETNAM
KHU CR4-2 PHÚ MỸ HƯNG, P. TÂN PHÚ, QUẬN 7, TP.HCM, VIỆT NAM

TIME THỜI GIAN	ACTIVITY	HOẠT ĐỘNG
06:00	Welcome Guests	Chào mừng các VĐV
06:00 - 07:00	Check-in	Điểm danh
07:00 – 07:10	Warm up with Zumba	Khởi động với Zumba
07:10 – 07:15	Welcome Speech	Phát biểu chào mừng
07:15 – 07:20	Start 5Km Run (wave 1)	Xuất phát 5KM
07:20 – 07:25	Start 5Km Run (wave 2)	Xuất phát 5KM
08:45 – 9:00	Cut-off time to back to main stage	Kết thúc đường chạy
9:00- 9:15	Running Winners Award	Trao giải
9:15	Thank you & Closing	Cảm ơn & Kết thúc sự kiện

THANK YOU!