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MEDIA RELEASE

Re: RunnersMalaysia Beginners' Running Program

We are please to announce the launch of the above program for members of the public who wish to take up running as a sustainable fitness program. The program is loosely based on a beginners' program promoted by the New York Road Runners in the United States of America. It is a walk / jog program covering about 3km. After a period of about 8 weeks, the individual is expected to be able to jog for 20 minutes non stop.

The program will commence from 6th May 2006 and thereafter every Saturday from 7.30am at Bukit Aman Car-park (gather near the washroom), Tasik Perdana. In the inaugural session we have invited Dr. William Chan, a sports medical practitioner to brief on the basics about getting started on this fitness program. The program is as follows;

- 7.30am – Briefing by Dr. William Chan on getting started on the beginners' running program
- 7.45am – stretching exercises
- 7.50am – 3km brisk walk cum jogging program at Tasik Perdana.
- 8.25am – stretching exercises plus some further announcements from Wan YL.
- 8.30am – end of session.

This program is conducted on a guided basis by Wan Yew Leong and Jamie Pang every Saturday. Participants are expected to practice on their own another two times a week to be able to reap the benefits of the program to achieve the milestone that they are able to jog non stop for 20 minutes after about 8 weeks. Powerbar is the sponsor for this program.

Note – We would advise individuals keen on this program to consult their doctors before attending this program.

About RunnersMalaysia

RunnersMalaysia (www.runnersmalaysia.com.my), is a one stop website for all running related activities in Malaysia. This website is owned and operated by Outdoor Pursuits

Services, a company with the mission of promoting running as a healthy recreational activity in the Malaysia. The two partners of this company are Wan Yew Leong and Jamie Pang. The website went live on 19th March 2006. We are still uploading contents, especially the local contents as we go along. You are welcomed to visit it and give us the feedback.

In today's digital era, having a web presence is critical medium of communication, especially with the younger generation. We have surveyed the market and found that the running community is not well supported by the web and currently we only have 3 dedicated websites for running. www.runnersmalaysia.com.my is to fill this void by providing an affordable web service to the following groups;

1. State and National Athletics Associations
2. Athletics and Road Runners Clubs
3. Coaches & Individuals providing services to the running community
4. Sports & Nutritional products companies

In addition, we would provide the web linkages to popular websites on running and running related activities. As both partners have great passion for running and are active road runners ourselves, the charge rates for the web services are tiny fractions of what commercial web designing and maintenance companies would charge. We believe eventually, most organized groups will have their own dedicated websites but until then our one stop site is an attractive option for an immediate web presence.

As an added service, RunnersMalaysia will also conduct a weekly beginners' running program with effect from 6th May 2006.