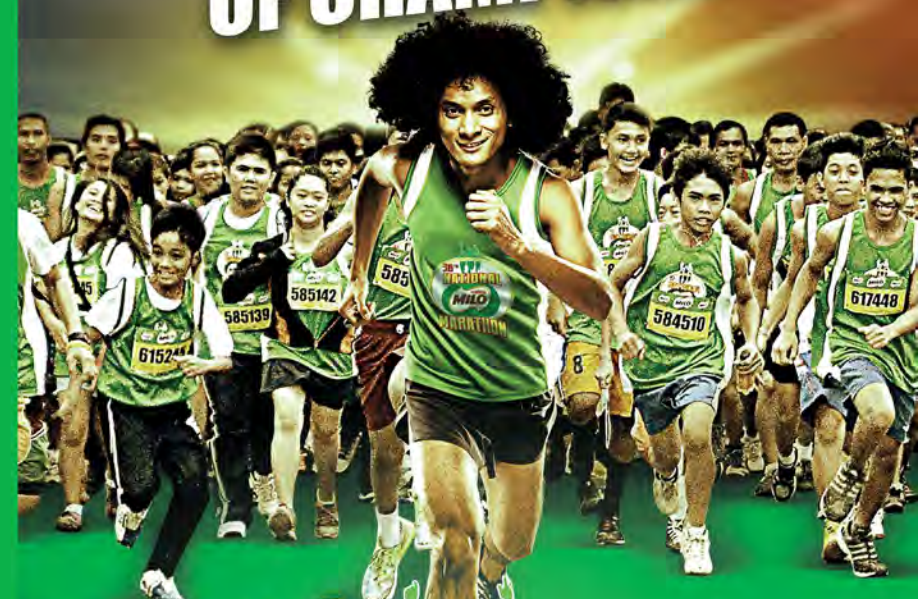


OVER 200,000 RUNNERS. BLAZING A TRAIL TOWARDS  
**BUILDING A NATION  
 OF CHAMPIONS**



**Sali na!**



ENERGY TO BUILD CHAMPIONS

**RACE ORGANIZERS:**

- Baguio City Ms. Tess Bernardino (0922) 879-8343 / (0917) 565-5214
- Dagupan City Ms. Tess Bernardino (0922) 879-8343 / (0917) 565-5214
- Tarlac City Dir. Vlad Rodriguez (0907) 838-8668
- Angeles City Councilor Jericho Aguas (0918) 854-6111
- Naga City Mr. Francis Barja (0919) 390-9199 / (0917) 655-1000
- Lucena City Mr. Osmond Ng (0947) 982-9518
- Puerto Princess, Palawan Engr. Mauricio Marco (0917) 631-8675
- Lipa City Mr. Augusto Latina (0927) 867-8174
- Iloilo City Mr. Jojo Castro (033) 333-1111 loc. 503 / (0917) 720-0630
- Bacolod City Mr. Franklin Echevarria (0905) 406-1139 / (0922) 861-0393
- Tagbilaran City Mr. Boboy Balite (0943) 266-1639 / (0917) 323-5272
- Cebu City Mr. Ricky Ballesteros (032) 254-8567 / (0920) 908-9742
- Butuan City Mr. Ben Dacera (0916) 724-8585 / (0917) 632-7784
- Cagayan de Oro City Circle Productions, Inc. (0915) 375-3117
- General Santos City Mr. Dong Gonzales (083) 553-3182 / (0923) 724-7739 / (0917) 902-1773
- Davao City Mr. Kenneth Sai (0921) 594-9303
- Metro Manila RunRio, Inc. (02) 463-4813 / (02) 463-4814 / (0916) 581-1153 / (0929) 717-8164

Organized by: Accredited by:



All 42,195K finishers within the cut-off time will receive a medal, a loot bag, and an exclusive finisher's shirt.  
 Bonus Prizes for Local Runners:  
 P100,000 bonus for the first runner who breaks the 2:15:00 invisible time barrier  
 P50,000 bonus for the first runner who breaks the 2:18:53 men's course record of Eduardo Buenavista  
 P50,000 bonus for the first female runner who breaks the 2:48:00 women's course record of Mary Joy Tabal  
 Finishers in all categories within the cut-off time will receive a certificate of finish.  
 Winners must be physically present to receive their awards during the awarding ceremony. Uncollected prizes will be donated to the "HELP GIVE SHOES ADVOCACY" or disposed at the discretion of the race organizer.  
 Results will be uploaded two (2) days after each race. Visit [www.milo.com.ph](http://www.milo.com.ph) for more details.

**SIDE EVENTS**

1. Biggest Club / Company Delegation
  2. Inter-club / Company Running Competition
  3. Biggest School Delegation Competition
  4. Inter-school Running Competition
  5. Cheer Leading Competition
- Note: For side events mechanics, visit [www.milo.com.ph](http://www.milo.com.ph)

**EVENT TAKES PLACE RAIN OR SHINE  
 START OF RACES**

42K (Manila only)	3:00 AM
21K	4:30 AM
10K	5:00 AM
3K	5:30 AM
5K	5:35 AM

Endorsed by:

In partnership with:

**DECLARATION OF FITNESS AND WAIVER**

I, \_\_\_\_\_ with postal and residence address at \_\_\_\_\_ hereby confirm and declare that:

1. I am participating in the 38th NATIONAL MILO MARATHON to be held on \_\_\_\_\_ of my own free will, desire and volition.
2. I hereby represent and warrant that I am physically fit to participate and take part in the Marathon and have no known illnesses, physical defect, or adverse medical condition that would render me unfit to participate in the Marathon. Should I subsequently discover any illness, physical defect, or adverse medical condition that would render me unfit to participate in the Marathon, I shall advise the race organizers in writing and I shall accordingly refrain from participating in the Marathon.
3. I hereby authorize the race organizer and/or the race sponsor to use my name, photographs and interviews in connection with the Marathon in broadcast and print, media, videotapes, etc. without any monetary consideration.
4. I understand that if and when my identity is challenged by the race organizer, it is my responsibility to prove my identity.
5. I agree to abide by the decision of the race organizers on any issue relative to my participation in the Marathon, including but not limited to falls, contact with other participants, declaration of the winner, effects of weather, including heat and humidity, traffic, race conditions, and other factors that are related to the Marathon.
6. I declare that I understand the conditions of the activity I have entered into, will abide by its rules and regulations and that all the above details are true and correct. I am aware and accept that all participants enter at their own risk. Accordingly on behalf of myself, my heirs, and executors, I hereby waive and release all rights or claims for damages I may have against the organizer, Publicis-Manila, Nestlé Philippines, Inc., their service providers, sponsors and contributors for any illness, injury, death, damage or loss I may sustain during, or as a consequence of the activity.

7. If, in my own opinion, the weather, temperature, humidity, race environment or course condition on the day of Marathon is not ideal or will pose a risk to my health and safety, I shall voluntarily withdraw from the Marathon. I acknowledge that I am under no compulsion or pressure to participate in the Marathon.

8. I agree and understand that, if I am no longer able to meet the curfew or time limits set in the race category I am participating in, I will retire/withdraw from the race immediately and agree to board the official vehicle which will bring me to the finish line. If I insist on continuing the race, I hereby acknowledge and agree that I do so of my own volition and risk, and I knowingly and willfully waive and release all rights or claims, if any, that I may have arising from any injury, illness or death that I may suffer, and I hereby hold the Organizer and the sponsor, Nestlé Philippines, Inc., free and harmless from any liability arising from my said decision to continue with the race.

I hereby declare that I have read and understood this Declaration of Fitness and Waiver and that I have executed this document willingly and voluntarily.

IN WITNESS WHEREOF, I have hereunto set my hands this \_\_\_\_\_ day of \_\_\_\_\_ 2014 at \_\_\_\_\_

Printed Name and Signature

PARENTAL CONSENT  
 (For Minor Participants)

Signed in the presence of:

(Name and Signature of Race Organizer)

# NATIONAL MILO MARATHON RULES & REGULATIONS

- The 38th National MILO Marathon is organized by RUNRIO, INC. with local partners in all regional elimination races nationwide.
- Interested participants are required to pay a non-refundable entry fee plus one (1) MILO 300g empty pack alongside the accomplished and signed official registration form.

Entry fees for Provincial Races:	
21-K Half Marathon Elimination Race	- P 630.00
10-K Run	- P 530.00
5-K Fun Run (Adults)	- P 110.00
3-K Kiddie Run & 5-K Fun Run (Students)	- P 80.00

Entry fees for Metro Manila Races:	
42.195-K Elimination Race	- P 730.00
21-K Half Marathon Race	- P 630.00
10-K Run	- P 530.00
5-K Fun Run (Adults)	- P 110.00
3-K Kiddie Run & 5-K Fun Run (Students)	- P 80.00

\*P10 from the registration fee will be donated to the "HELP GIVE SHOES" advocacy.

NOTE: REGISTRATION IS ON A FIRST-COME FIRST-SERVED BASIS. PARTICIPANTS SHOULD WEAR THEIR MILO MARATHON SINGLETS & RACE NUMBERS DURING THE RACE OR THEY WILL NOT BE ALLOWED TO RUN.

- Participants must be 18 years and above on the race day to participate in the Full Marathon (42.195-K) and Half Marathon (21-K). Each will have to secure an official 'Fit-To-Run' medical certificate signed by a licensed physician within 2 months before race day.
- Participants must be 16 years and above on the race day to participate in the 10-K race.
- Participants must be 7 years and above on the race day to participate in the 5-K Fun Run.
- Participants must be 7 to 12 years old on race day to win in the 3-K Kiddie Run. They are required to have their entry forms signed by a parent/guardian and must submit a photocopy of their NSO birth certificate or current school ID.
- Participants below the age of 18 must seek their parental/guardian consent and fill up the entry form where the parent/guardian is required to sign.
- Schedule of races is as follows:

Baguio	June 29	Iloilo	Sept 21
Dagupan	July 6	Bacolod	Sept 28
Tarlac	July 13	Tagbilaran	Oct 5
Angeles	July 20	Cebu	Oct 12
Manila Eliminations	July 27	Butuan	Oct 19
Naga	Aug 24	Cagayan De Oro	Nov 9
Lucena	Aug 31	Gen. Santos	Nov 16
Puerto Princesa	Sept 7	Davao	Nov 23
Lipa	Sept 14	Manila Finals	Dec 7

9. Only local participants (Filipinos and foreigners with working visa) can join and win in the 42.195-K and 21-K elimination races. Overseas participants may join and compete in the 42.195-K and 21-K National Finals for as long as they fulfill the requirements (see item # 24).

- Start time per category is as follows:

42K (Manila only)	3:00 AM	3K	5:30 AM
21K	4:30 AM	5K	5:35 AM
10K	5:00 AM		

11. Participants may claim their official race packets (containing the race number with timing chip attached, safety pins, and route map) upon complete registration. Race numbers are non-transferable.

12. The reverse side of the race number must be duly filled up. Participants must wear the assigned race number on his/her chest. Participants not wearing a race number will be taken off the course by the race marshals.

13. Pets, bicycles, motorcycles, vehicles and any other wheel-run objects are not allowed on the course other than the official race and medical vehicles.

14. Participants being paced during the race by a person who is not officially registered in the 38th National MILO Marathon and accepting assistance from non-race participants will be disqualified.

15. Participants who begin before the actual start time of his/her race category will be disqualified. Likewise, participants who do not start within 10 minutes from respective flag off will be disqualified and may not be allowed to start. No result will be given to disqualified participants.

16. "Gun Time" will be considered to determine the winners. Elite runners are advised to stay in front.

17. Participants must retire from the race immediately if asked or requested to do so by any member of the organizing committee. Race officials, marshals, medical staff, and security officers have the right to pull-out any participant found not physically fit to continue the race.

18. Participants in the 21-K provincial elimination races will have two ways to qualify and compete in the 42.195-K National Finals:

- Male finishing the race within 1:15:00 and female finishing the race within 1:35:00 will qualify and get an all-expense paid trip to Manila. It is their responsibility to contact the national race organizer on or before November 25, 2014 to coordinate their travel arrangements to Manila. Those who will not compete in the National Finals forfeit all their privileges.
- Participants finishing the race within the specified age-bracket and time below will qualify. All expenses related to their participation will be shouldered by the qualifier.

Age Group	Men	Women
18-34	1hr 40min	1hr 50min
35-39	1hr 45min	1hr 55min
40-44	1hr 50min	2hrs 00min
45-49	1hr 55min	2hrs 05min
50-54	2hrs 00min	2hrs 10min
55-59	2hrs 05min	2hrs 15min
60-64	2hrs 10min	2hrs 20min
65-69	2hrs 15min	2hrs 25min
70 & up	2hrs 20min	2hrs 30min

19. Participants in the 42.195-K Manila elimination race will have to finish the race within the specified age-bracket and time below to qualify and compete in the 42.195-K National Finals. All expenses related to their participation will be shouldered by the qualifier.

Age Group	Men	Women
18-34	3hrs 55min	4hrs 30min
35-39	4hrs 00min	4hrs 35min
40-44	4hrs 05min	4hrs 40min
45-49	4hrs 10min	4hrs 45min
50-54	4hrs 15min	4hrs 50min
55-59	4hrs 20min	4hrs 55min
60-64	4hrs 25min	5hrs 00min
65-69	4hrs 30min	5hrs 05min
70 & up	5hrs 40min	5hrs 50min

20. National Finals qualifiers are entitled to the following:

- free registration fee
- free running singlets
- free ticket to the carbo loading party

21. Metro Manila qualifiers from the 42.195-K race and provincial qualifiers from the 21-K race CAN NO LONGER compete in any of the elimination races. They will not be accepted even in shorter distance races. They may only compete in the full marathon of the National Finals.

22. All winners in the 21-K, 10-K, 5-K, and 3-K races (top 10 male and female) CAN NO LONGER compete in any of the succeeding elimination races. However, they (excluding the qualifiers) can compete in the 21-K, 10-K, 5-K, and 3-K races of the National Finals.

23. The 42.195-K and 21-K races of the National Finals will have two categories, Open and Local. Both overseas and local participants can compete and win in the Open category (only the top 3 winners will be recognized). In case a local participant finishes in the top 3 of the Open category, he/she waives the right to win the prize in the Local category.

24. To qualify, overseas runners must provide proof of finish in any AIMS/IAAF accredited races dating back at least one (1) year before race day or they may qualify in the Manila elimination race. They must have a finish time within the specified age-bracket and time identified in items 18 (for 21-K) & 19 (for 42.195-K).

25. The race organizer reserves the right to reject any entrant or disqualify any participant who is suspected to be under the influence of alcohol or having taken banned substances and any participant who is found to have misrepresented himself/herself. If his/her identity of eligibility is challenged, it is the responsibility of the participant to prove who he/she really is. Participants found to have been dishonest are immediately disqualified and subjected to disciplinary sanctions by the race organizer.

26. Qualifiers in the 42.195-K who decides not to join the race is prohibited from competing in the other race categories of the National Finals (i.e., 21-K, 10-K and 5-K races).

27. Provincial qualifiers in the 42.195-K who were able to collect their travel allowances and at the last minute decided not to join and compete in the National Finals without prior advice to the race organizer will be banned from joining the MILO Marathon races for one year.

28. Each race category has an official cut-off time that will commence right after the last runner has crossed the starting line:

42.195-K Race	6 hours after official start of the race
21-K Race	2 ½ hours after official start of the race
10-K Race	1 ½ hours after official start of the race
5-K Race	1 hour after official start of the race
3-K Race	1 hour after official start of the race

29. In order to ensure timely re-opening of roads to normal traffic, the race organizer will designate time limits at specified distances. Participants who fail to reach these specific distances within the times specified must stop running and board the official vehicle. They are automatically disqualified and will be taken directly to the finish venue.

21K Race	Distance at 10K	Time Limit 1 ½ hours
42K Race	at 21K at 32K	3 ½ hours 5 hours

30. Participants in the 3K and 5K race categories are strongly encouraged not to bring any type of bag(s) on race day. The baggage area provided is solely for longer distance categories such as 10K, 21K, & 42K. The race organizer will not be responsible for any lost item.

31. All protests related to results must be made in writing and submitted within one (1) hour after the end of the race to the race organizer. A non-refundable protest fee amounting to P5,000 is required. Verbal protests will not be entertained.

32. The race organizer may change without prior notice any of the rules and regulations that they deem necessary to ensure the success of the race. The race organizer's decision is final.

33. Trophies, medals, and cash prizes will be given to the top finishers of the seventeen elimination races and the National Finals. Prizes are as follows:

<p>3K Kiddie Run Boy's and Girl's Divisions: Champion: P1,500 + Trophy Runner-up: P1,000 + Trophy 3rd Place: P500 + Trophy 4th Place: P250 + Medal 5th-10th Place: P150 + Medal</p> <p>5K Fun Run Men's &amp; Women's Divisions: Champion: P2,500 + Trophy Runner-up: P1,500 + Trophy 3rd Place: P1,000 + Trophy 4th Place: P500 + Medal 5th-10th Place: P250 + Medal</p> <p>10K Run Men's &amp; Women's Divisions: Champion: P5,000 + Trophy Runner-up: P3,000 + Trophy 3rd Place: P2,000 + Trophy 4th Place: P1,000 + Medal 5th-10th Place: P500 + Medal</p>	<p>21K Run (Eliminations) Men's &amp; Women's Divisions: Champion: P10,000 + Trophy Runner-up: P6,000 + Trophy 3rd Place: P4,000 + Trophy 4th Place: P2,000 + Medal 5th-10th Place: 1,000 + Medal</p> <p>21K Run (National Finals) Open Category Men's &amp; Women's Divisions: Champion: P15,000 + Trophy Runner-up: P12,000 + Trophy 3rd Place: P10,000 + Trophy</p> <p>Local Category Men's &amp; Women's Divisions: Champion: P8,000 + Trophy Runner-up: P6,000 + Trophy 3rd Place: P4,000 + Trophy 4th Place: P2,000 + Medal 5th-10th Place: 1,000 + Medal</p> <p>Note: All 21-K finishers within the cut-off time will receive a medal and loot bag.</p>	<p>42.195K Metro Manila Elimination Race Men's &amp; Women's Divisions: Champion: P50,000 + Trophy Runner-up: P30,000 + Trophy 3rd Place: P20,000 + Trophy 4th Place: P10,000 + Medal 5th-10th Place: 5,000 + Medal</p> <p>42.195K National Finals Open Category Men's &amp; Women's Divisions: Champion: P300,000 + Trophy Runner-up: P250,000 + Trophy 3rd Place: P200,000 + Trophy</p> <p>Local Category Men's &amp; Women's Divisions: Champion: P150,000 + Trophy Runner-up: P100,000 + Trophy 3rd Place: P75,000 + Trophy 4th Place: P30,000 + Medal 5th-10th Place: 10,000 + Medal</p>
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Additional Notes:  
Fastest Filipino 42.195K winners (male & female) will be dubbed as the 2014 MILO Marathon King and Queen respectively and will be given the opportunity to compete in an international race outside the country. All expenses will be shouldered by MILO.

<b>RUNNER'S NUMBER</b>		M <input type="checkbox"/>	F <input type="checkbox"/>	SHIRT SIZE <input type="checkbox"/>			
<b>METRO MANILA RACE</b>	<input type="checkbox"/> 42.195-K ELIMINATION RUN - P 730 <input type="checkbox"/> 21-K RUN - P 630 <input type="checkbox"/> 10-K RUN - P 530 <input type="checkbox"/> 5-K FUN RUN (Adults) - P 110 <input type="checkbox"/> 3-K KIDDIE RUN & 5-K FUN RUN (Students) - P 80						
<b>PROVINCIAL RACES</b>	<input type="checkbox"/> 21-K ELIMINATION RUN - P 630 <input type="checkbox"/> 10-K RUN - P 530 <input type="checkbox"/> 5-K FUN RUN (Adults) - P 110 <input type="checkbox"/> 3-K KIDDIE RUN & 5-K FUN RUN (Students) - P 80						
<b>FOR OFFICIAL USE</b>	<b>PROVINCIAL RACES</b>	<b>METRO MANILA RACE</b>					
<b>LAST NAME</b>	FIRST NAME						
MAILING ADDRESS (INCLUDE HOUSE NO./STREET/CITY/TOWN/PROVINCE)							
SCHOOL/TEAM/COMPANY							
TELEPHONE NO. (OFFICE)							
TELEPHONE NO. (HOME)							
NATIONALITY							
OCCUPATION							
EMAIL ADDRESS							
IN CASE OF EMERGENCY, CONTACT:							
NAME							
NUMBER							
MUST BE FILLED OUT TO QUALIFY FOR THE AGE GROUP AWARD							
AGE ON RACE DAY							
BIRTH DATE							
MO - DAY - YR							

Note: Each 3-K Kiddie Run participant must submit a photocopy of his/her NSO birth certificate.