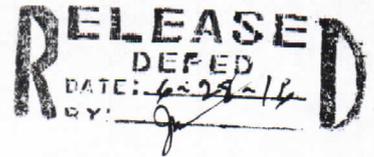




Republic of the Philippines  
DEPARTMENT OF EDUCATION  
Region I  
SCHOOLS DIVISION OFFICE  
Dagupan City



**DIVISION MEMORANDUM**

No. 91, s. 2016

**To:** Public Schools District Supervisors  
All Elementary and Secondary School Heads (Public and Private)

**From:** *KJ Bravo*  
**FROSERFINA J. BRAVO**  
Officer-in-Charge  
Schools Division Superintendent

**Subject:** 40<sup>th</sup> NATIONAL MILO MARATHON  
Dagupan City Leg Qualifying Race

**Date:** June 27, 2016

1. The *40<sup>th</sup> Milo Marathon* Dagupan City Leg Qualifying Race will *kick off in Dagupan City* on *July 17, 2016* at the *Judge Jose de Venecia Highway* and *CSI Mall Activity Outdoor Area*.
2. Interested participants are required to pay *a non-refundable entry fee plus one (1) Milo 600g empty pack* alongside the accomplished and signed official registration form. **First-Come-First-Served Basis**. Participants should wear their Milo Marathon Singlets and Race Numbers during the race or they will not be allowed to run.
3. Attached is the National Milo marathon Rules and Regulations for your reference. Kindly accomplish the enclosed forms and *submit it to your School Sports Coordinator or to NEPO and CSI City Malls registration area on or before July 10, 2016* for confirmation of your participation.
4. Event takes place ***RAIN OR SHINE***.

| PROVINCIAL RACES                  | START OF RACE | ENTRY FEES |
|-----------------------------------|---------------|------------|
| 21-K Half Marathon Qualifying Run | 4:30AM        | P750.00    |
| 10-K Run                          | 5:00AM        | P650.00    |
| 3-K Fun Run (Adults)              | 5:30AM        | P150.00    |
| 3-K Fun run (Students)            | 5:35AM        | P100.00    |

5. For information and wide dissemination.

June 22, 2016

**MS. FROSERFINA J. BRAVO**  
**Schools Division Superintendent**  
**Dagupan City**

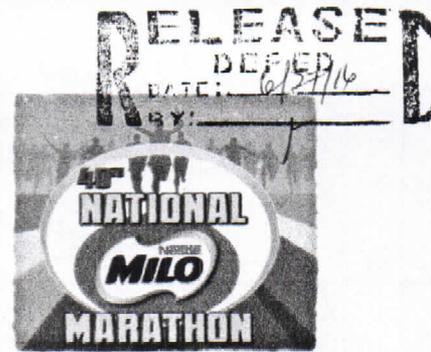
Dear Ma'am:

A winning day ahead!

Starting nearly four decades ago, the MILO Marathon made its mark in the Philippines by being the first marathon to be considered a major national sports event. To this day, it remains the grandest, most prestigious running competition in the country with over 200,000 participants from all walks of life in key cities nationwide year on year.

MILO Marathon evolved into an even grander sporting event with its advocacy of giving shoes to underprivileged school children. Many of these children run, play, and go to school with no shoes to cover their feet. With the "Help Give Shoes" movement, a portion of every runner's registration fee is put into a collective pool, which is then doubled by MILO with its own monetary donation. The total amount raised is used to buy the running shoes donated to shoeless public school children, who are chosen based on their academic performance and athletic potential. These shoes are a symbol of inspiration for Filipino children to reach for their dreams and become their very best. Since its launch in 2010, the advocacy has helped give over 60,000 pairs of running shoes to kids who need them.

Now on its 40th edition, the MILO Marathon will be running the qualifying races in seventeen (13) cities nationwide with one (1) national finals race. There will be four categories for the regional races (3K, 5K, 10K and 21K) and five (3K, 5K, 10K, 21K and 42K) categories for the Manila and National Finals race. We are expecting a total of 200,000 runners where about seventy percent (70%) are student runners. The MILO Marathon will kick-off in Dagupan on July 17th and will culminate in Iloilo on December 4th for the National Finals.



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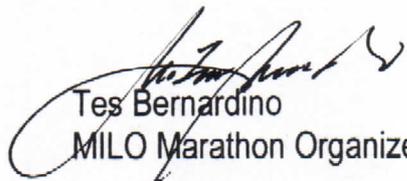
It is in this light that we would like to invite and request the support of your good office thru memo endorsement for the schools of Dagupan City Division to join the 40<sup>th</sup> National MILO® Marathon Dagupan City Leg Qualifying Race on July 17, 2016 at the Judge Jose Devenecia Hi-way and CSI Mall Activity Outdoor area.

This race is an exceptional opportunity to showcase the school's best runners, raise the school colors and contribute to a bigger cause. It is also an excellent venue where your students can develop teamwork, foster camaraderie, and strengthen "school spirit". The MILO® Marathon has various activities that you can participate in: i.e. the 3-K Kiddie Run, the 5-K Fun Run, the Biggest School Delegation Contest, the Interschool Running Team Competition, and the Cheer Dance Competition (please see [www.milo.com.ph](http://www.milo.com.ph)).

Our office will be contacting you before long. For questions or inquiries, please feel free to contact us at 09175655214. Registration is on a 'FIRST COME, FIRST SERVED' basis so register now! Who knows, you could be this year's school champion.

Thank you very much and we look forward to see you at the race.

Yours in sports,

  
Tes Bernardino  
MILO Marathon Organizer



## **MILO® MARATHON SIDE EVENT ACTIVITIES**

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### **Side Events:**

#### **1. Biggest Company Delegation Competition:**

To join, companies must submit their entry forms at the same time. Employees must indicate the name of their company on the entry form and submit a photocopy of their company ID (front and back). To qualify, a minimum of 10 employees must finish the race. Top three companies in each area with the most number of employees finishing the 5-K and 10-K Run will win the awards. In case of a tie, the winning company will be determined according to the best time recorded.

First Prize: P 10,000 worth of sports equipment + plaque

Second Prize: P 7,000 worth of sports equipment + plaque

Third Prize: P 5,000 worth of sports equipment + plaque

#### **2. Inter-Company Running Competition:**

To join, company teams must have at least 10 employees competing in the 10K-Fun Run. They must submit their entry forms at the same time. Winners will be determined through the average/aggregate time of the team's first 10 finishers.

First Prize: P 10,000 worth of sports equipment + plaque

Second Prize: P 7,000 worth of sports equipment + plaque

Third Prize: P 5,000 worth of sports equipment + plaque

#### **3. Biggest School Delegation Competition:**

To join, schools must submit their entry forms at the same time. Students must indicate the name of their school on the entry form and submit a photocopy of their school ID for the current school year (front and back). To qualify on race day, a minimum of 50 students must finish the race. Top three schools in each area with the most number of students finishing the 5-K Fun Run and the 3-K Kiddie Run will win the awards. In case of a tie, the winning school will be determined according to the best time recorded.

First Prize: P 10,000 worth of sports equipment + plaque

Second Prize: P 7,000 worth of sports equipment + plaque

Third Prize: P 5,000 worth of sports equipment + plaque

#### **4. Inter-school Running Competition:**

To join, school teams must have at least 25 student runners competing in the 5K-Fun Run. They must submit their entry forms at the same time. The team may be composed of grade school, high school, and college runners. Winners will be determined through the average/aggregate time of the team's first 25 finishers.

- First Prize: P 10,000 worth of sports equipment + plaque
- Second Prize: P 7,000 worth of sports equipment + plaque
- Third Prize: P 5,000 worth of sports equipment + plaque

#### **5. Cheer Dance Competition:**

There are three divisions: Grade School, High School, and College. Each division will have a separate set of winners who will receive cash prizes and plaques as follows:

- First Prize: P 10,000 worth of sports equipment + plaque
- Second Prize: P 7,000 worth of sports equipment + plaque
- Third Prize: P 5,000 worth of sports equipment + plaque
- Consolation: P 3,000 worth of sports equipment + plaque

Each team must have at least a minimum of 25 cheer dancers, and a maximum of 50 including props men and spotters. Any excess beyond the maximum number of participants will merit a point deduction equivalent to the total excess number of participants.

Cheer dancers must show coordination, spirit, gracefulness, flexibility, and energy while doing their stunts, gymnastics, and dance routine. Participants are encouraged to use MILO® labels as props.

The cheer should:

- a. Boost the pride of the marathon participants
- b. Communicate the importance of getting into sports
- c. Show how MILO gives the energy athletes need for sports

#### **PARTICIPATION**

1. The contest shall be open to FOUR (4) teams per division. Only one cheer dance team per school will be allowed to join. The selection shall strictly be on a "first come, first served" basis.

#### **COMPETITION**

1. Contest will start at exactly 6:00 AM.

#### **PERFORMANCE**

1. Props must be set on the performance floor as quickly as possible. Teams will have 2 minutes to place everything in order.

2. Time limit will be a minimum of three (3) minutes and a maximum of five (5) minutes.
3. Timing will begin with the first organized word, movement, or note of music by the team after they are officially announced and have taken the floor. The routine must begin within the marked performance area. All team members must come to a complete standstill before beginning their routine.
4. Timing will end with the last organized word, movement, or note of music by the team.
5. Teams must exit the performance area within 2 minutes after the routine. An excess of (5) seconds or more will merit a five (5) point deduction on the performance score.
6. Any skill performed before or after the allotted routine time is prohibited and will be penalized with a five (5) point deduction.
7. Pyramid-building and stunts will be allowed up to two levels only and must be performed within the 10 meter x 10 meter safety floor mats. Violation will merit a five (5) point deduction.
8. Filipino & English language is allowed for the cheer.

#### MUSIC & CHOREOGRAPHY

1. All teams must have their performance music written on a CD. Duplicate CDs must be available at the music table in case of lost or damaged CDs.
2. Cued music CDs must be submitted to the sound system operator during the event proper on or before 5:45 AM. The CDs must be clearly labeled with the name of the team.
3. A representative of the team is responsible for starting and stopping the music at the appropriate times of the routine.
4. Music with overtly sexual content, racist or vulgar lyrics is prohibited.
5. Choreography with vulgar or suggestive movements is prohibited.
6. Routines must be appropriate for kids viewing and listening.

#### INTERRUPTION OF PERFORMANCE

1. In the event of an injury, music and/or technical error or any other unexpected event, the head judge reserves the right to stop the routine.
2. The team may perform their routine from the beginning. However, judging and timing will resume from the point at which the interruption occurred as determined by the judges.

## SPOTTERS

1. Spotters must be provided by the participating team. These spotters must not be participating members in the routine. These spotters shall wear designated attire.

## PERFORMANCE ORDER

1. For the competition, participants will select their performance order through a balloting system. Participating teams must be at the venue before 5:45 AM for the drawing of lots. Late comers will be disqualified from the competition but they can still perform as guests.

## RESULTS

1. Decision of judges is final and non-appealable. No representative from any of the contestants is allowed to contact in any manner whatsoever any judge with the intention of questioning the BOARD OF JUDGES announced decision.

## COMPETITION GUIDE/CRITERIA FOR JUDGING

### PERFORMANCE: 40 points

#### Expression - 5 points

Points to be aware of: Facial expression, Voice Inflection, Props, Cheer

#### Sideline Arm Motion - 5 points

Points to be aware of: Sharpness, Powerfulness, Speed, Placement, Synchronization

#### Dance- 5 points

Points to be aware of: Sharpness, Strength, Cheerfulness, Speed, Accuracy, Synchronization, Variety of Movement

#### Jumps - 5 points

Points to be aware of: Accuracy, Height, Cleanliness, Flexibility, Landing, Variety, Difficulty, Number, Synchronization

#### Tumbling - 5 points

Points to be aware of: Accuracy, Skill Level, Height, Landing, Variety, Difficulty, Number

#### Partner Stunts - 5 points

Points to be aware of: Stability, Timing, Technique, Difficulty, Transitions, Positioning, Control, Dismount

#### Pyramids - 10 points

Points to be aware of: Stability, Timing, Technique, Difficulty, Transitions, Positioning, Control, Dismount

### DIFFICULTY = 20 points

#### Overall Difficulty - 10 points

Points to be aware of: Skill level, Standard level, Speed

#### Speed Transition - 10 points

Points to be aware of: Sharpness of skills, Timing, Flow

OVERALL EVALUATION = 15 points

Synchronizations - 10 points

Points to be aware of; Precision, Placement, Timing

Overall Evaluation - 10 points

Points to be aware of: Choreography, Formation, Spacing

Perfection - 10 points

Points to be aware of: Overall perfection

COSTUME = 10 points

PROPS (with MILO® labels) = 10 points

SHOWMANSHIP & AUDIENCE IMPACT = 10 points

#### SCORING DEDUCTIONS

Deduction can be applied between 0.5 and 5.0 points and are applied mainly for the following:

Bobbles (shaky) – stunts and pyramids

Falls - stunts and pyramids

Poor techniques

Shortage of spotters

Disordered formation

Note: Safety, time and out of bounds are not included here.

## RACE ORGANIZERS:

| AREA           | DATE   | CONTACT PERSON   |
|----------------|--------|--|
| Dagupan City   | 17-Jul | Ms. Tes Bernardino<br>(0922) 879-8438 / (0922) 557-9488<br>(0917) 565-5214 |
| Tarlac City    | 24-Jul | Dir. Vlad Rodriguez<br>(0915) 936-2000 / (0947) 669-5474                   |
| Metro Manila   | 31-Jul | Mr. Rio dela Cruz<br>(02) 703-1736 / (0908) 737-6927                       |
| Batangas       | 7-Aug  | Ms. Gleyce Clet<br>(0939) 873-5868   |
| Lucena         | 14-Aug | Mr. Osmund Ng<br>(0915) 716-8310   |
| Naga           | 28-Aug | Mr. Francis Barja<br>(054) 4735988 / (0919) 390-9199                       |
| Tagbilaran     | 18-Sep | Mr. Dionesio Balite<br>(0943) 266-1639                                     |
| Cebu           | 25-Sep | Mr. Ricky Ballesteros<br>(0920) 908-9742                                   |
| Dumaguete      | 2-Oct  | Mr. Paultom Paras<br>(035) 2257817 / (0927) 950-8931                       |
| Davao          | 9-Oct  | Mr. Kenneth Sai<br>296 1300 / (0921) 594-9303                              |
| Gen. Santos    | 16-Oct | Mr. Christian Gonzales<br>(0917) 9021773 / (0923) 7247739                  |
| Cagayan De Oro | 23-Oct | Mr. Francis Velasquez<br>(0917) 706-0248                                   |
| Butuan         | 30-Oct | Mr. Benjamin Dacera<br>(0917) 632-7784 / (0917) 307-8280                   |
| Iloilo         | 4-Dec  | Mr. Rommel "Jojo" Castro<br>(033) 333-1111 local 503 / (0917) 720-0630     |

Organized by:



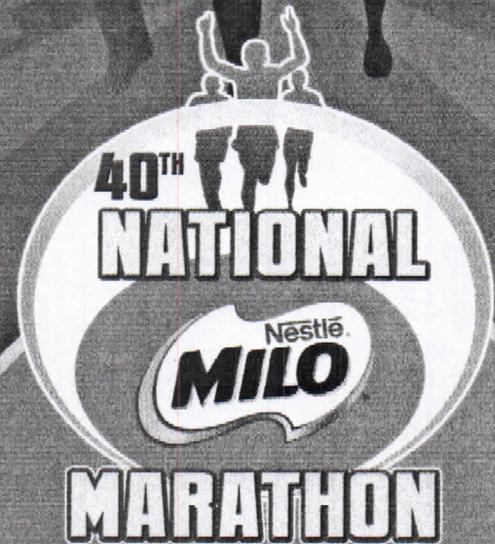
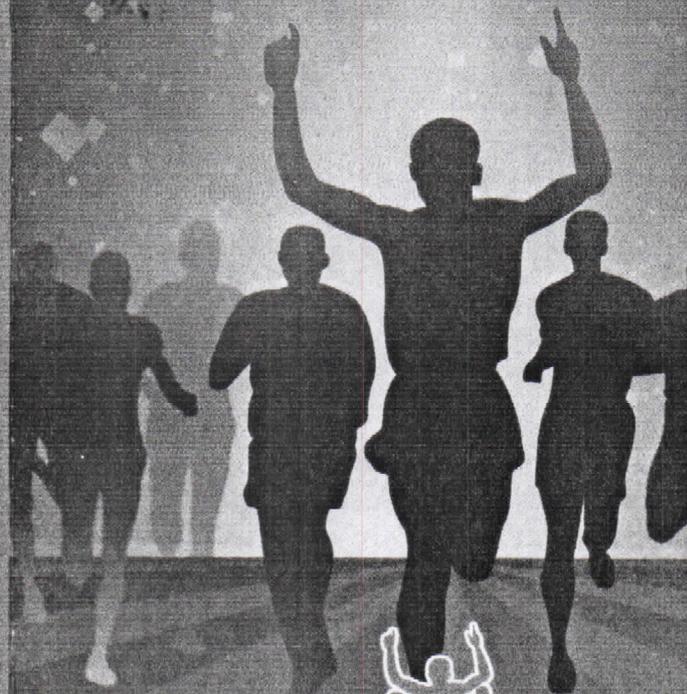
In partnership with:



Accredited by:



# TAKBON



# NATIONAL MILO MARATHON RULES & REGULATIONS

- The 40th National MILO® Marathon is organized by RUMBO, INC. with local partners in all regional qualifying races nationwide.
- Interested participants are required to pay a non-refundable entry fee plus one (1) MILO® 600g empty pack alongside the accomplished and signed official registration form.

## Entry fees for:

### Provincial Races

|                                   |           |
|-----------------------------------|-----------|
| 21-K Half Marathon/Qualifying Run | - P750.00 |
| 10-K Run                          | - P650.00 |
| 3-K/5-K Fun Run (Adults)          | - P150.00 |
| 3-K/5-K Fun Run (Students)        | - P100.00 |

### Metro Manila Race

|                            |           |
|----------------------------|-----------|
| 42-195-K Full Marathon     | - P850.00 |
| 21-K Half Marathon         | - P750.00 |
| 10-K Run                   | - P650.00 |
| 3-K/5-K Fun Run (Adults)   | - P150.00 |
| 3-K/5-K Fun Run (Students) | - P100.00 |

\*P100 from the registration fee will be donated to the "HELP GIVE SHOES" advocacy.

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

- Participants must be 18 years old and above, born in the year 1958, 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, born in the year 2000, to participate in the 10-K race.

- Participants must be 7 years and above on the race day to participate in the 3-K & 5-K Fun Run.

For the 3-K category, there will be a kiddie run competition exclusive for participants aged 7 to 12 years old, born within the years 2004 to 2009. They are required to submit a photocopy of their NSO birth certificate or current school ID.

For the 5-K category, the competition is open to everyone aged 7 years old and above.

- 10-K, 5-K, & 3-K participants below the age of 18 must seek their parental/guardian consent and fill up the entry form where the parental/guardian is required to sign.

- Schedule of races is as follows:

| Race | City           | Date         |
|------|----------------|--------------|
| 1    | Dagupan        | 17-July      |
| 2    | Tarlac         | 24-July      |
| 3    | Metro Manila   | 31-July      |
| 4    | Batangas       | 7-August     |
| 5    | Lucena         | 14-August    |
| 6    | Naga           | 28-August    |
| 7    | Tagbilaran     | 18-September |
| 8    | Cebu           | 25-September |
| 9    | Dumaguete      | 2-October    |
| 10   | Davao          | 9-October    |
| 11   | General Santos | 16-October   |
| 12   | Cagayan De Oro | 23-October   |
| 13   | Bulacan        | 30-October   |
| 14   | Iligo          | 4-December   |

- Only local participants (Filipinos and foreigners with working visa) can join and win in the 42-195-K and 21-K qualifying 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 & Nat'l Finals only) | 3:00 AM |
| 21K                              | 4:30 AM |
| 10K                              | 5:00 AM |
| 3-K & 5-K                        | 5:30 AM |

- 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. Anyone who will give his/her race number to another person, provided this person will run the race, will be held liable in the event of an accident during the conduct of the race.

- 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.

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

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

- 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.

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

- 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.

- Participants in the 21-K provincial qualifying races will have two ways to qualify and compete in the 42-195-K National Finals:

a. 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 Iloilo. It is their responsibility to contact the national race organizer on or before November 18, 2016 to coordinate their travel arrangements to Iloilo. Those who will not compete in the National Finals forfeit all their privileges.

b. 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 |

- Participants in the 42-195-K Manila qualifying 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.

- Members of the Philippine National team particularly the middle and long distance runners duly endorsed by the Philippine Amateur Track and Field Association (PATFA) are automatically qualified to compete in the national finals. However, all expenses related to their participation will be shouldered by the qualifier.

- National Finals qualifiers are entitled to the following:

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

- Metro Manila (all expense) confirmed qualifiers from the 42-195-K race and provincial (all expense) qualifiers from the 21-K race **CAN NO LONGER** compete in any of the qualifying races. They will not be accepted even in shorter distance races. They may only compete in the full marathon 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 runners can compete and win in the Open category; only the top 3 winners will be recognized. If in case a local participant finishes in the top 3 of the Open category he/she will win both prizes of the Open and Local categories in relation to the respective ranks.

24. To qualify, overseas runners must provide proof of finish in any AMS/IAAF accredited race during back at least one (1) year before race day or they may qualify in the Manila qualifying 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. 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. All expense confirmed qualifiers in the 42.195-K who decide 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 (all expense) 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 AMLUO\* 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 1/2 hours after official start of the race |
| 10-K Race     | 1 1/2 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 | Time Limit  |
| 42K Race | at 10K   | 1 1/2 hours |
|          | at 21K   | 3 1/2 hours |
|          | at 32K   | 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 may 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 qualifying races and the National Finals. Prizes are as follows:

|  |   |   |
|--|---|---|
| <b>3-K Kiddie Run</b><br>Boys & Girls Divisions:<br>Champion: P1,500 + Trophy<br>Runner-up: P1,000 + Trophy<br>3rd Place: P500 + Trophy<br>4th Place: P250 + Medal<br>5th-10th Place: P150 + Medal   | <b>21-K Run (Qualifying Race)</b><br>Men's & Women's Divisions:<br>Champion: P10,000 + Trophy<br>Runner-up: P6,000 + Trophy<br>3rd Place: P4,000 + Trophy<br>4th Place: P2,000 + Medal<br>5th-10th Place: 1,000 + Medal | <b>42.195-K Metro Manila (Qualifying Race)</b><br>Men's & Women's Divisions:<br>Champion: P50,000 + Trophy<br>Runner-up: P30,000 + Trophy<br>3rd Place: P20,000 + Trophy<br>4th Place: P10,000 + Medal<br>5th-10th Place: 5,000 + Medal |
| <b>5-K Fun Run</b><br>Men's & Women's Divisions:<br>Champion: P2,500 + Trophy<br>Runner-up: P1,500 + Trophy<br>3rd Place: P1,000 + Trophy<br>4th Place: P500 + Medal<br>5th-10th Place: P250 + Medal | <b>21-K Run (National Finals)</b><br>Open Category:<br>Men's & Women's Divisions:<br>Champion: P15,000 + Trophy<br>Runner-up: P12,000 + Trophy<br>3rd Place: P10,000 + Trophy   | <b>42.195-K (National Finals)</b><br>Open Category:<br>Men's & Women's Divisions:<br>Champion: P300,000 + Trophy<br>Runner-up: P200,000 + Trophy<br>3rd Place: P200,000 + Trophy  |
| <b>10-K Run</b><br>Men's & Women's Divisions:<br>Champion: P5,000 + Trophy<br>Runner-up: P3,000 + Trophy<br>3rd Place: P2,000 + Trophy<br>4th Place: P1,000 + Medal<br>5th-10th Place: P500 + Medal  | <b>Local Category</b><br>Men's & Women's Divisions:<br>Champion: P8,000 + Trophy<br>Runner-up: P6,000 + Trophy<br>3rd Place: P4,000 + Trophy<br>4th Place: P2,000 + Medal<br>5th-10th Place: 1,000 + Medal              | <b>Local Category</b><br>Men's & Women's Divisions:<br>Champion: P150,000 + Trophy<br>Runner-up: P100,000 + Trophy<br>3rd Place: P75,000 + Trophy<br>4th Place: P50,000 + Medal<br>5th-10th Place: 30,000 + Medal                       |

|   |   |  |
|---|---|--|
| <p><b>FOR OFFICIAL USE</b></p> <p><b>PROVINCIAL RACES</b></p> <p><input type="checkbox"/> 21-K QUALIFYING RUN - P 750</p> <p><input type="checkbox"/> 10-K RUN - P 650</p> <p><input type="checkbox"/> 3-K/5-K FUN RUN (Adults) - P 150</p> <p><input type="checkbox"/> 3-K/5-K FUN RUN (Students)- P 100</p> | <p><b>METRO MANILA RACE</b></p> <p><input type="checkbox"/> 42.195-K QUALIFYING RUN - P 850</p> <p><input type="checkbox"/> 21-K RUN - P 750</p> <p><input type="checkbox"/> 10-K RUN - P 650</p> <p><input type="checkbox"/> 3-K/5-K FUN RUN (Adults) - P 150</p> <p><input type="checkbox"/> 3-K/5-K FUN RUN (Students) - P 100</p> | <p><b>RUNNER'S NUMBER</b></p> <div style="border: 1px solid black; width: 100%; height: 40px; margin-bottom: 5px;"></div> <p style="text-align: center;">M      F      SHIRT SIZE</p> <div style="display: flex; justify-content: space-around; width: 100%;"> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 5px;"></div> <div style="border: 1px solid black; width: 30px; height: 30px; margin: 5px;"></div> </div> |
| <p><b>LAST NAME</b></p> <div style="border: 1px solid black; width: 100%; height: 20px;"></div>   | <p><b>FIRST NAME</b></p> <div style="border: 1px solid black; width: 100%; height: 20px;"></div>  |  |
| <p><b>MAILING ADDRESS (INCLUDE HOUSE NO./STREET/CITY/TOWN/PROVINCE)</b></p> <div style="border: 1px solid black; width: 100%; height: 20px;"></div>   |   |  |
| <p><b>SCHOOL/TEAM/COMPANY</b></p> <div style="border: 1px solid black; width: 100%; height: 20px;"></div>   | <p><b>TELEPHONE NO. (OFFICE)</b></p> <div style="border: 1px solid black; width: 100%; height: 20px;"></div>  | <p><b>CELLPHONE NO.</b></p> <div style="border: 1px solid black; width: 100%; height: 20px;"></div>  |
| <p><b>EMAIL ADDRESS</b></p> <div style="border: 1px solid black; width: 100%; height: 20px;"></div>   | <p><b>NATIONALITY</b></p> <div style="border: 1px solid black; width: 100%; height: 20px;"></div>   | <p><b>OCCUPATION</b></p> <div style="border: 1px solid black; width: 100%; height: 20px;"></div>   |
| <p><b>MUST BE FILLED OUT TO QUALIFY FOR THE AGE GROUP AWARD</b></p> <p>AGE ON RACE DAY: <input type="text"/> - <input type="text"/> - <input type="text"/></p> <p>BIRTH DATE: <input type="text"/> - <input type="text"/> - <input type="text"/></p> <p style="text-align: center;">MO      DAY      YR</p>   |   |  |
| <p><b>IN CASE OF EMERGENCY, CONTACT:</b></p> <p>NAME: <input style="width: 100%;" type="text"/></p> <p>NUMBER: <input style="width: 100%;" type="text"/></p>  |   |  |

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

**DECLARATION OF FITNESS AND WAIVER**

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

- I am participating in the 40th NATIONAL MILO MARATHON to be held on \_\_\_\_\_ of my own free will, desire and volition.
- I hereby represent and warrant that I am physically fit to participate and take part in the Marathon and have no known illnesses, physical defects, 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.
- I hereby authorize the Organizer and/or the activity sponsor to use my child's/ward's personal information, photographs, videos, and interviews in connection with the activity, in broadcast and print media, videotapes, email newsletters, digital advertisements etc. for marketing purposes, without any consideration, monetary or otherwise.
- I understand that if and when my identity is challenged by the race organizer, it is my responsibility to prove my identity.
- 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.
- 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, Inc., Nestle 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 1 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 current or time limits set in the race calendar, I will retire/withdraw from the race immediately and agree to board the official bus which will bring me to the finish line. If I insist on continuing the race, I hereby acknowledge and agree to do so of my own volition and risk, and I knowingly and willfully waive and release all rights or claims, that I may have arising from any injury, illness or death that I may suffer, and I hereby hold the Organizer, the sponsor, Nestle 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 examined this document willingly and voluntarily.

IN WITNESS WHEREOF, I have hereunto set my hands this \_\_\_\_\_ day of \_\_\_\_\_, 2016 at \_\_\_\_\_

Printed Name and Signature \_\_\_\_\_

(For Minor Participants)  
PARENTAL CONSENT

Signed in the presence of: \_\_\_\_\_

(Name and Signature of Race Organizer) \_\_\_\_\_

**Bonus Prizes for Local Runners:**

- P 10,000 bonus for the first runner who breaks the 2:15:00 invisible time barrier
  - P 50,000 bonus for the first runner who breaks the 2:18:53 men's course record of Eduardo Buenavista
  - P 50,000 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 SHOTS ADVOCACY" or disposed at the discretion of the race organizer.
- Results will be updated two (2) days after each race. Visit [www.milo.com.ph](http://www.milo.com.ph) for more details.

**SIDE EVENTS**

- Biggest Club / Company Delegation
  - Inter-club / Company Running Competition
  - Biggest School Delegation Competition
  - Inter-school Running Competition
  - Cheerleading 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                  |         |
| 42-K (Manila)                   | 3:00 AM |
| 21-K                            | 4:30 AM |
| 10-K                            | 5:00 AM |
| 3-K                             | 5:30 AM |
| 5-K                             | 5:35 AM |

Endorsed by:

