

# COWAY RUN 2025

POWER YOUR PROGRESS

LEAD THE  
CHANGE

31 AUG 2025 • SUNDAY

STADIUM NASIONAL BUKIT JALIL

5  
KM

KIDS

5  
KM

10  
KM

21  
KM



#COWAYRUN2025

# WELCOME MESSAGE

Dear Participants and Fellow Runners,

It is with great excitement and heartfelt joy that I welcome each and every one of you to Coway Run 2025, themed **"Power Your Progress"**. This year, Coway Run is all about pushing boundaries and empowering you in every stage of your personal journey. What began in 2017 has now become a yearly tradition that brings Malaysians together in the pursuit of a healthier lifestyle.

As the **Best Life Solution Company**, Coway delivers innovative solutions through products, services, and experiences that support better living. Coway Run is part of this effort, building a healthier and more active community. From virtual runs to on-ground excitement, Coway Run continues to evolve as a reflection of Coway's commitment to helping Malaysians **'Change Your Life'** with every step forward.

For the first time ever, we are hosting the run at Stadium Nasional Bukit Jalil, in celebration of Merdeka Day—a historical moment to honour our nation's progress and unity through collective movement, uniting diverse community of runners, and welcoming participants from all fitness levels.

The popular 21KM half marathon returns for another year, along with the 10KM competitive run and the 5KM fun run for those looking for a lighter pace. Also making a comeback is the crowd-favourite 5KM kids category (for ages 3 to 12), complete with exclusive merchandise for our youngest runners.

Running with us means making a difference. Through our **Run Far, Help Wide** initiative, RM10 from every ticket sold goes to the Coway Happy Water Project, our corporate social responsibility (CSR) initiative that provides clean and safe drinking water to communities in need.

To all participants reading this, thank you for taking the step to Power Your Progress and running for a better tomorrow with us. Let Coway Run 2025 be more than just a race, let it be a day filled with energy, excitement, an inspiration to live life to the fullest.

On behalf of the Coway family, we would like to wish all of you the very best and remember to have fun!

Stay active, stay healthy, and enjoy the run!

Sincerely,  
**Brian Kim**  
Managing Director of Coway Malaysia

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# EVENT DETAILS

**EVENT OWNER** : Coway (Malaysia) Sdn. Bhd.

**SANCTIONED & CERTIFIED BY** :   

**TIME** : 4:00 AM–12:00 PM

**VENUE** : STADIUM NASIONAL BUKIT JALIL

**RACE CATEGORY** : 5KM, 5KM (KIDS), 10KM, 21KM

## FLAG-OFF TIME

CATEGORY	FLAG-OFF TIME
21KM	5:00 AM
10KM	6:30 AM
5KM	7:30–8:30 AM

We will be flagging off at the exact times specified.  
For safety reasons, latecomers will not be allowed to run after the flag-off time.

**NO BIB / WRISTBAND, NO RUN**  
**REMEMBER TO BRING**  
**YOUR BIB / WRISTBAND!**

BIBS for 21KM



BIBS for 10KM



WRISTBANDS for  
5KM & 5KM (KIDS)



**FOR 21KM**  
Remember to collect your **Finisher T-shirt** and **medal** after crossing the **finish line**.



**FOR 5KM, 5KM (KIDS) AND 10KM**  
Remember to collect your **medal** after crossing the **finish line**.



# WRISTBAND DETAILS



## WRISTBANDS ARE TO BE WORN BY 5KM AND 5KM (KIDS) RUNNERS ONLY

- All 5KM runners will be released in waves **every 15-20 minutes** between **7:30 AM - 8:30 AM** as per the colour indicated on your wristbands.
- Wristbands are strictly non-transferable and non-exchangeable.
- **No wristband, no entry.** Strictly one runner, one wristband only.
- Ensure your wristband is **visibly worn** on your wrist until you reach the Finish Line to ensure you can collect your medal.

# BIB DETAILS

## FOR 21KM

Men's Open, Veteran and International



Women's Open, Veteran and International



## FOR 10KM

Men's Open, Veteran and International



Women's Open, Veteran and International



## RUNNER BIBS ARE PROVIDED TO 10KM AND 21KM RUNNERS ONLY

- All bibs are **colour-coded** to indicate your registered category. **You must run in the category for which you are registered.**
- Bibs are strictly **non-transferable** and **non-exchangeable**.
- If you do not run in your registered race category, **your time will not be recorded**, resulting in **automatic disqualification**, and you will **not receive** a Finisher's medal and a 21KM Finisher T-shirt.
- **No bib, no entry.** Strictly one runner, one bib only.

# TIPS FOR CORRECT TIMING

- Place the bib **visibly on the chest** of your running shirt.
- **Do not cover the bib** with your jacket or hands while crossing the mats at the start, splits, or finish line. These mats receive the signal from your bib by direct line of sight.
- **Do not fold or crumple your bib**; the timing device is attached at the back of your bib.
- Use four pins on the corners of the bib; **do not pierce the timing device**.

# DOs AND DON'Ts



## DOs

- ✓ Wear your Coway Run T-shirt
- ✓ Stay alert for route signage and listen to the Marshal's instructions
- ✓ Listen to your body and walk, run or rest as needed
- ✓ Keep a lookout for your parent/guardian/child if running together
- ✓ Respect other runners, officials and crew
- ✓ Retire at once if recommended by a Medical Official



## DON'Ts

- ✗ Push or jump queues
- ✗ Run if you are feeling unwell
- ✗ Hesitate to ask for medical assistance if you feel unwell
- ✗ Bring alcohol or drugs to the event premises

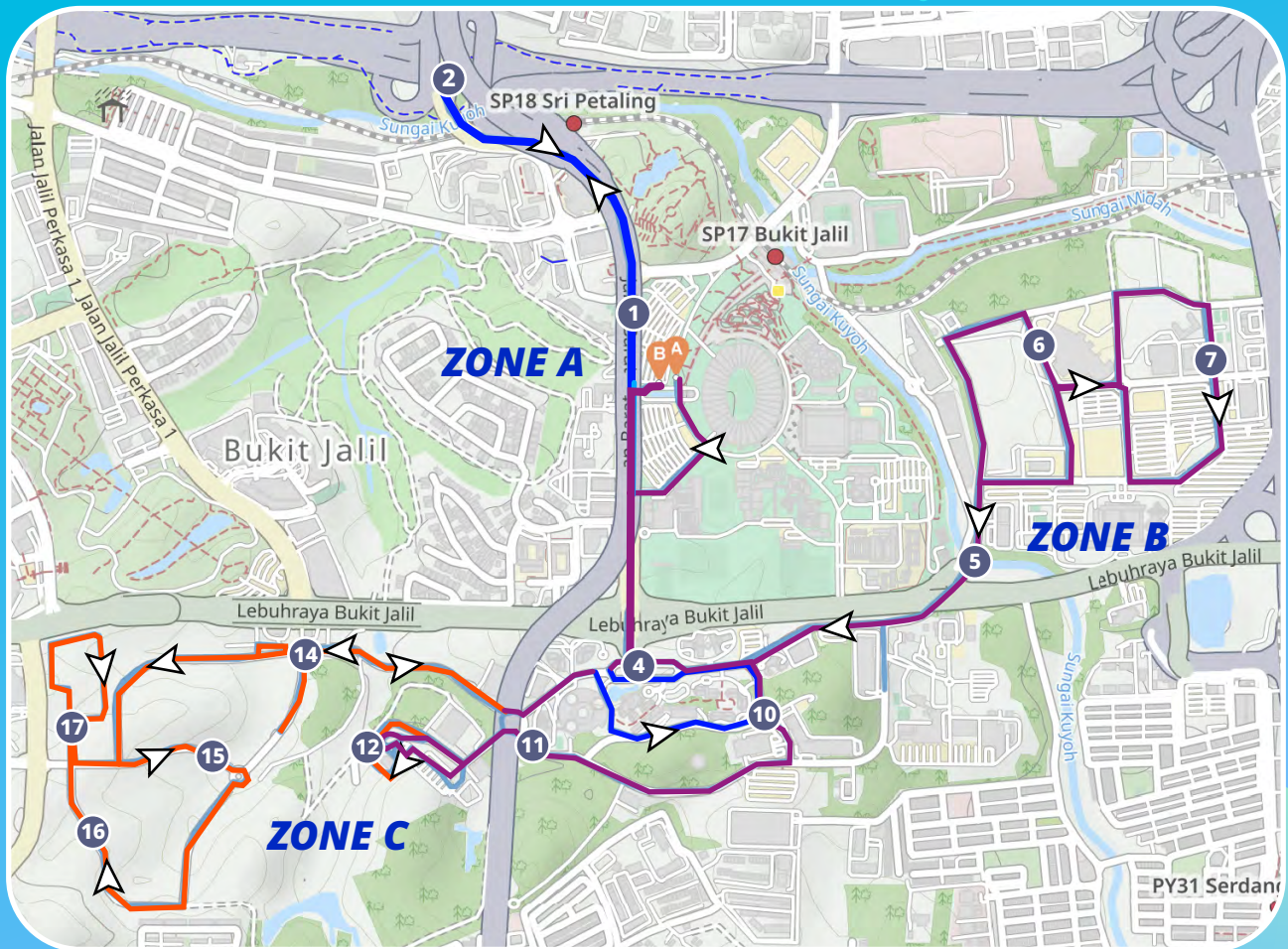
**Disclaimer: 21km runners are encouraged to bring a personal headlamp, as some sections of the route have limited lighting. While we have added temporary floodlights in these areas, participants may bring their own for added safety.**



# EVENT ITINERARY

TIME	DESCRIPTION
4:00 AM	Carnival Area Opens
4:30 AM	21km Warm-up Session
5:00 AM	21km Flag-off
6:10 AM	10km Warm-up Session
6:30 AM	10km Flag-off
7:00 AM	5km Warm-up Session
7:30–8:30 AM	5km Flag-off
8:00 AM	Yoga Session 1 Powered by lululemon
8:30 AM	Yoga Session 2 Powered by lululemon
9:30 AM	Prize Giving Ceremony
11:00 AM	Event Ends

# ROAD CLOSURE



## ZONE A (JALAN BARAT)

### FLAG OFF 21KM

- JALAN BARAT TO JALAN 2/149 : 5:00 AM–5:30 AM
- JALAN 2/149 TO BULATAN INOVASI (THROUGH JALAN BARAT) : 5:05 AM–5:46 AM

### FLAG OFF 10KM

- JALAN 2/149 TO BULATAN INOVASI (THROUGH JALAN BARAT) : 6:30 AM–6:50 AM

### 1KM TO FINISHING LINE

- BULATAN INOVASI TO STADIUM NASIONAL BUKIT JALIL  
(THROUGH JALAN BARAT) : 6:10 AM–9:00 AM



# ROAD CLOSURE

## **ZONE A (MRANTI PARK 21KM)**

### **21KM**

- **BULATAN INOVASI TO JALAN INOVASI 1 : 5:05 AM–6:00 AM**
- **JALAN INOVASI 5 TO JALAN INOVASI 3 (THROUGH ROUNDABOUT) : 5:25 AM–7:05 AM**
- **JALAN INOVASI 3 TO JALAN USAHAWAN 2 (THROUGH ROUNDABOUT) : 5:30 AM–7:15 AM**
- **JALAN INOVASI 2 TO JALAN INOVASI 4 : 6:00 AM–8:50 AM**
- **JALAN INOVASI 4 TO JALAN INOVASI 5 : 6:05 AM–8:55 AM**
- **JALAN INOVASI 5 TO BULATAN INOVASI (THROUGH JALAN INOVASI 1) : 6:05 AM–9:00 AM**

## **ZONE A (MRANTI PARK 10KM)**

### **10KM**

- **BULATAN INOVASI TO JALAN INOVASI 1 : 6:15 AM–7:00 AM**
- **JALAN INOVASI 5 TO JALAN INOVASI 3 (THROUGH ROUNDABOUT) : 6:40 AM–8:00 AM**
- **JALAN INOVASI 3 TO JALAN USAHAWAN 2 (THROUGH ROUNDABOUT) : 6:45 AM–8:10 AM**
- **JALAN INOVASI 2 TO BULATAN INOVASI : 6:50 AM–8:30 AM**
- **BULATAN INOVASI TO JALAN BARAT : 6:50 AM–8:30 AM**

# ROAD CLOSURE

## ZONE B (MRANTI PARK 21KM)

### 21KM

- JALAN INOVASI 1 TO JALAN TEKNOLOGI 1 : 5:10 AM–6:10 AM
- JALAN TEKNOLOGI 2 TO JALAN TEKNOLOGI 4 : 5:10 AM–6:15 AM
- JALAN TEKNOLOGI 4 TO JALAN TEKNOLOGI 5 : 5:10 AM–6:20 AM
- JALAN TEKNOLOGI 5 TO JALAN TEKNOLOGI 6 : 5:15 AM–6:20 AM
- JALAN TEKNOLOGI 6 TO JALAN TEKNOLOGI 2 : 5:15 AM–6:20 AM
- JALAN TEKNOLOGI 2 TO JALAN TEKNOLOGI 9 : 5:15 AM–6:20 AM
- JALAN TEKNOLOGI 9 TO JALAN TEKNOLOGI 3 : 5:15 AM–6:30 AM
- JALAN TEKNOLOGI 3 TO JALAN TEKNOLOGI 7 : 5:15 AM–6:35 AM
- JALAN TEKNOLOGI 7 TO JALAN TEKNOLOGI 5 : 5:15 AM–6:35 AM
- JALAN TEKNOLOGI 5 TO JALAN TEKNOLOGI 4 : 5:20 AM–6:40 AM
- JALAN TEKNOLOGI 4 TO JALAN TEKNOLOGI 3 : 5:20 AM–6:40 AM
- JALAN TEKNOLOGI 3 TO JALAN TEKNOLOGI 1 : 5:20 AM–6:45 AM
- JALAN TEKNOLOGI 1 TO JALAN INOVASI 3 (THROUGH JALAN INOVASI 1) : 5:20 AM–6:50 AM
- JALAN INOVASI 3 TO JALAN INOVASI 1 : 5:25 AM–6:50 AM
- JALAN INOVASI 1 TO JALAN INOVASI 5 : 5:25 AM–7:00 AM

## ZONE B (MRANTI PARK 10KM)

### 10KM

- JALAN INOVASI 1 TO JALAN TEKNOLOGI 1 : 6:25 AM–7:00 AM
- JALAN TEKNOLOGI 2 TO JALAN TEKNOLOGI 4 : 6:25 AM–7:05 AM
- JALAN TEKNOLOGI 4 TO JALAN TEKNOLOGI 5 : 6:30 AM–7:10 AM
- JALAN TEKNOLOGI 5 TO JALAN TEKNOLOGI 6 : 6:30 AM–7:15 AM
- JALAN TEKNOLOGI 6 TO JALAN TEKNOLOGI 2 : 6:30 AM–7:15 AM
- JALAN TEKNOLOGI 2 TO JALAN TEKNOLOGI 9 : 6:35 AM–7:20 AM
- JALAN TEKNOLOGI 9 TO JALAN TEKNOLOGI 3 : 6:35 AM–7:25 AM
- JALAN TEKNOLOGI 3 TO JALAN TEKNOLOGI 7 : 6:35 AM–7:35 AM
- JALAN TEKNOLOGI 7 TO JALAN TEKNOLOGI 5 : 6:35 AM–7:35 AM
- JALAN TEKNOLOGI 5 TO JALAN TEKNOLOGI 4 : 6:35 AM–7:40 AM
- JALAN TEKNOLOGI 4 TO JALAN TEKNOLOGI 3 : 6:40 AM–7:40 AM
- JALAN TEKNOLOGI 3 TO JALAN TEKNOLOGI 1 : 6:40 AM–7:45 AM
- JALAN TEKNOLOGI 1 TO JALAN INOVASI 5 (THROUGH JALAN INOVASI 1) : 6:40 AM–8:00 AM



# ROAD CLOSURE

## **ZONE C (MRANTI PARK 21KM)**

### **21KM**

- **JALAN USAHAWAN 2 TO JALAN TECHNO USAHAWAN 2 (THROUGH PARKING) : 5:35 AM–7:30 AM**
- **JALAN TECHNO USAHAWAN 2 TO BIOTECHNOLOGY INCUBATION CENTRE : 5:35 AM–7:35 AM**
- **BIOTECHNOLOGY INCUBATION CENTRE TO JALAN USAHAWAN 2 (THROUGH JALAN TECHNO USAHAWAN 2) : 5:35 AM–7:35 AM**
- **JALAN USAHAWAN 2 TO JALAN TECHNO USAHAWAN 1 (THROUGH ROUNDABOUT) : 5:35 AM–7:35 AM**
- **JALAN TECHNO USAHAWAN 1 TO JUNCTION ROUNDABOUT (SAND BAG) : 5:40 AM–7:40 AM**
- **U-TURN SAND BAG : 5:40 AM–7:40 AM**
- **JALAN TECHNO USAHAWAN 1 TO JUNCTION SUNWAY AREA : 5:40 AM–8:00 AM**
- **FULL ROUTE AROUND SUNWAY AREA : 5:45 AM–8:30 AM**
- **BOX OPEN AREA : 5:50 AM–8:30 AM**
- **JALAN TECHNO USAHAWAN 1 TO JALAN INOVASI 2 : 6:00 AM–8:45 AM**

## **ZONE C (MRANTI PARK 10KM)**

### **10KM**

- **JALAN USAHAWAN 2 TO JALAN TECHNO USAHAWAN 2 (THROUGH PARKING) : 6:50 AM–8:20 AM**
- **JALAN TECHNO USAHAWAN 2 TO JALAN INOVASI 2 (THROUGH ROUNDABOUT) : 6:50 AM–8:25 AM**

# PARKING



**Parking A** - 3°03'26.4"N 101°41'22.5"E  
For 21km participants only - 3:30 AM – 8:30 AM

**Parking C** - 3°03'10.1"N 101°41'22.0"E  
For 5KM & 10KM Participants - 5:30 AM – 8:30 AM

**Parking D** - 3°03'10.9"N 101°41'35.5"E  
5KM Participants - 5:30 AM – 8:30 AM

## ! **PARKING ADVISORY**

Please be advised that **parking at the event venue is limited and available on a first-come, first-served basis.**

To ensure a smoother arrival experience, we strongly encourage participants to carpool with fellow runners, friends, or family members.

# TRAIN

**LRT Operation Hours:**  
Sunday / Public Holiday: 6:00 AM–11:30 PM



**LRT Sri Petaling Line**

**SP17**

**Bukit Jalil Station (5 mins walk to Stadium Nasional Bukit Jalil)**

***DUE TO LIMITED PARKING SPACE & ROAD CLOSURES FOR THE EVENT, WE HIGHLY ENCOURAGE ALL 5KM RUNNERS TO TAKE THE TRAIN***

# BUS

**Rapid KL Bus Operation Hours:**  
6:00 AM–11:30 PM

*Bus lines to Stadium Nasional Bukit Jalil*

<b>TYPE</b>	<b>ROUTE</b>	
T580	Lebuh Pudu	⇌ LRT Awan Besar via Bukit Jalil
T581	LRT Sri Petaling	⇌ LRT Bukit Jalil
T582	LRT Bukit Jalil	⇌ Pavilion Bukit Jalil / Technology Park Malaysia
T583	LRT Bukit Jalil	⇌ Bandar Kinrara

# BUS FAQ

## ***What are the closest stations to Stadium Nasional Bukit Jalil?***

The closest stations to Stadium Nasional Bukit Jalil are:

- 🚩 LRT Bukit Jalil Station – 350 meters away, 5 min walk
- 🚩 Pavilion Bukit Jalil – 750 meters away, 10 min walk
- 🚩 Technology Park Malaysia – 1.2 km away, 15 min walk
- 🚩 Sri Petaling Station – 1.5 km away, 20 min walk

## ***Which bus lines stop near Stadium Nasional Bukit Jalil?***

These bus lines stop near Stadium Nasional Bukit Jalil:

- 🚩 T580
- 🚩 T581
- 🚩 T582
- 🚩 T583
- 🚩 GOKL

# ROUTES



*Subject to change depending on approval from the authorities.*

# ROUTES



Subject to change depending on approval from the authorities.



# EVENT MAP

## STADIUM NASIONAL BUKIT JALIL

- |                          |                               |  |
|--------------------------|-------------------------------|--|
| 1 Start Arch             | 11 Coway Run Lightbox         | 19 Giant Mock-Ups and Refreshing Hub       |
| 2 Preparation Zone       | 12 Main Stage                 | 20 Coway Photo Arch                        |
| 3 Hydration Zone         | 13 Surau                      | 21 Air Matching Filter Programme Structure |
| 4 Mirror Photo Booth     | 14 Flipping Photo Wall        | 22 Game Stations                           |
| 5 Paramedics             | 15 Blind Box Redemption       | 23 Baggage Counter                         |
| 6 Finisher Arch          | 16 Vending Machine Redemption | 24 Secretariat Counter                     |
| 7 Sponsor Booths         | 17 Gift Redemption            | 25 Picnic Area                             |
| 8 Main Photo Wall        | 18 Coway Product Showcase     | 26 Food Trucks                             |
| 9 Balloon Giveaway Booth |                               | 27 Portable Toilets                        |
| 10 Finisher Photo Booth  |                               |  |



# WINNERS' PRIZES

CATEGORY	21KM		
	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>
Men's Open	RM1000	RM800	RM500
Men's Veteran	RM1000	RM800	RM500
Men's Open (International)	1x Brooks shoes (premium range)	1x Brooks shoes (medium range)	1x Brooks shoes
Women's Open	RM1000	RM800	RM500
Women's Veteran	RM1000	RM800	RM500
Women's Open (International)	1x Brooks shoes (premium range)	1x Brooks shoes (medium range)	1x Brooks shoes

CATEGORY	10KM		
	1 <sup>ST</sup>	2 <sup>ND</sup>	3 <sup>RD</sup>
Men's Open	RM500	RM400	RM300
Men's Veteran	RM500	RM400	RM300
Men's Open (International)	1x Brooks shoes (premium range)	1x Brooks shoes (medium range)	1x Brooks shoes
Women's Open	RM500	RM400	RM300
Women's Veteran	RM500	RM400	RM300
Women's Open (International)	1x Brooks shoes (premium range)	1x Brooks shoes (medium range)	1x Brooks shoes

# ON-GROUND ACTIVITIES

## BEYOND THE RUN: DISCOVER A WORLD OF FUN!



**THRILLING  
GAMES**



**EXCITING GIFT  
REDEMPTION**



**SPONSOR  
EXPERIENCES**



**FUN PHOTO  
BOOTHS**



**IMMERSIVE GIANT  
INSTALLATIONS**



### Strike a Pose!

Explore our specially designed photo zones! Capture your moments, share them, and tag us:



**officialcowaymalaysia**



**Coway Malaysia**



**officialcowaymalaysia**

Remember to hashtag

**#COWAYRUN2025**



### Now is your chance to win! Find a stamp card inside your race kit.

Play our exciting games and collect all 8 stamps to redeem exclusive prizes and blind box!

\*Terms and conditions apply.

# IMPORTANT INFO

## SUBSTITUTION & NON-REGISTERED RUNNERS

- 🚩 **IMPORTANT:** You are not allowed to transfer your bib. Substitution and non-registered runners will be disqualified.
- 🚩 Only registered runners are eligible to participate in the race.

## BAGS & PERSONAL BELONGINGS

- 🚩 You may deposit your bag at the designated baggage drop counter.  
**IMPORTANT:** All belongings must be collected **before the counter closes at 12:00 PM.**
- 🚩 Organisers will not be held liable for any missing or damaged items.

## ROAD CLOSURES

- 🚩 Roads will reopened to vehicles in stages **from 9:00 AM onwards on 31 August.**

## MEDICAL ASSISTANCE

- 🚩 Medical assistance is available at the **Coway Run carnival area** and every water station at 2.5KM, 5KM, 7.5KM, 10KM, 12.5KM, 15KM, 17.5KM, and the finish line.

## MEDALS

- 🚩 Finisher medals will be distributed after crossing the finish line on the event day.
- 🚩 **No claims will be entertained before or after the event.**

## TOILETS

- 🚩 Portable toilets are located at the carnival area.

## DRINK STATIONS

- 🚩 There will be **1 water station** along the **5KM** route, **3 water stations** along the **10KM** route, and **7 water stations** along the **21KM** route, plus another **1 water station** at the **finish line.**
- 🚩 Water or isotonic drinks will be available at the water stations.
- 🚩 All runners are encouraged to hydrate sufficiently by bringing their own hydration kits.

## PRIZES

- 🚩 The **top 3 winners** of the 10KM and 21KM categories will be announced and **called onto the stage** at the prize-giving ceremony.
- 🚩 Collecting on behalf of a winner is **NOT allowed.** All winners have to verify their identity with a MyKad or passport at the Secretariat counter before the prize-giving ceremony.
- 🚩 Winners entitled to cash awards should collect the cash **after the prize-giving ceremony.**

## CERTIFICATES OF PARTICIPATION AND RESULTS

- 🚩 All participants who **completed their race within the qualifying time** will receive an **e-certificate** from the organiser.
- 🚩 Winning results will be posted on the website **within 3 working days.**

# IMPORTANT NOTICE

## UNPREDICTABLE WEATHER

Coway Run 2025 may experience delays due to thunderstorms or unpredictable weather conditions that could jeopardise participants' safety.

If you encounter a storm during the race:



**DO NOT seek shelter under tall structures, such as tents, metal poles, or trees.**



**DO take cover under low-hanging trees or inside nearby buildings.**

In the event of severe weather conditions, the event may be cancelled. Refunds will not be provided, and the organisers will not bear legal liability.

## MEDICAL



If you have any health conditions, please consult your doctor or a medical professional to determine whether you are fit to participate in the event.



If you feel weak, dizzy, nauseous, light-headed, or experience an irregular heartbeat, consult a Medical Official immediately or inform the nearest Event Officer or Crew member.



You are advised to monitor your body temperature, heart rate, and overall well-being to prevent any unwanted medical issues.



# COWAY 'HAPPY WATER PROJECT'

By purchasing a ticket, RM10 will be channelled to the Coway Happy Water Project, our CSR initiative committed to delivering clean, sustainable water to communities in need.





# SPONSORS AND PARTNERS

| Sanctioned & Certified by



| Supported by



| Sponsors

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**lushprotein**

**MARIGOLD**

**Milna**

**mosi-guard**  
Lemon Eucalyptus

ION SUPPLY DRINK  
**POCARI SWEAT**

PROVITON  
**STR**

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FACILITATING YOUR MOTION