



# PHILIPPINE MEDICAL ASSOCIATION

**THEME: "BUILD, BUILD, BUILD PMA!"**

Member : World Medical Association (WMA)  
Co-Founder : Confederation of Medical Association in Asia and Oceania (CMAAO)  
Medical Association of Southeast Asian Nations (MASEAN)  
  
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## MEMORANDUM CIRCULAR NO. 2018-11-08-037

**TO :** ALL COMPONENT SOCIETY PRESIDENTS, SPECIALTY DIVISIONS,  
SPECIALTY AND AFFILIATE SOCIETIES, PHA, PHAPI, PCHA, APMC,  
MEDICAL SCHOOLS

**SUBJECT :** FUN RUN 2018 (HEROES OF HEALTH)

**DATE :** NOVEMBER 8, 2018

Dear Colleagues:

Warmest greetings from the Philippine Medical Association (PMA)!


On behalf of the Organizing Committee, PMA National Officers and Board of Governors, we are pleased to invite you to the PMA Fun Run 2018 (Heroes of Health) for a Cause on Sunday, November 18, 2018, at 5:00 in the morning to be held at Veterans Memorial Medical Center Grounds, North Avenue, Quezon City. The said event scheduled will help us to raised funds for the projects of the Philippine Medical Association.

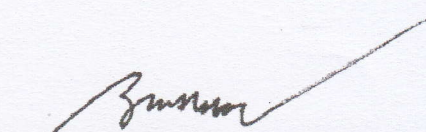
For Pre-Registration, please accomplish the attached form and email to the PMA Secretariat at [philmedas@yahoo.com](mailto:philmedas@yahoo.com) on or before NOVEMBER 12, 2018.

Attached are the Race Information and Mechanics together with the Registration Form for your perusal.

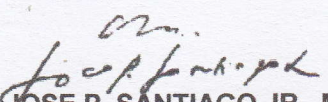
Thank you very much.

Yours truly,

  
**ANNA SOFIA VICTORIA S. FAJARDO, MD**  
Overall Chairperson  
61<sup>st</sup> National Medicine Week Celebration

  
**BENJAMIN M. ALABAN, MD**  
PMA Secretary-General

Noted by:

  
**JOSE P. SANTIAGO JR., MD**  
PMA President



**PHILIPPINE MEDICAL ASSOCIATION**  
**Fun Run 2018**  
**"Heroes for Health"**  
**November 18, 2018**

**Race Information and Mechanics**

1. Date and Venue:

Fun Run 2018 will be held on November 18, 2018 at the Veterans Memorial Medical Center Grounds.

2. Assembly Time & Area:

Assembly start at 5:00 am at Entrance of Main Lobby. Warm up exercise will be conducted before the race officially starts at 5:30 a.m. Please make sure that you are checked in by the Race Marshalls before the race. Only those who have officially registered, signed and submitted the waiver are entitled to win in the race.

Starting Time:

10K – 5:30 a.m.

5K – 5:45 a.m.

3K – 6:00 a.m.

200 meters – 6:15 a.m.

3. Race Category

The race is composed of four categories

- a. 200 meters (for kids ages 12 years below)
- b. 3K
- c. 5K
- d. 10K

4. Race Numbers:

Race numbers must be pinned at the shirt front and must be visible at all times for the duration of the race. The assigned race numbers cannot be transferred or shared by another runner.

Do not fold or remove tags stapled on the race number. Only Race Marshalls are authorized to remove tags at the finish line for proper processing.

All runners must have their race numbers checked by the Marshalls before the start of the race.

5. Race Route:

All runners must follow the race route.

The race route will be visible marked by directional signs. Race Marshalls will be posted at regular intervals along the route to assist runners.

6. Turn around:

All runners must secure a color-coded ribbon at the turn around area of the race category they are running.



7. Water Stations:

Water stations will be located in strategic areas along the race route.

8. Finish Line

As you cross the finish line, move the chute corresponding to your race category (200 meters, 3K, 5K, 10K) Race Marshalls will remove the tags from your race bib, these tags to verify that you crossed the finish line. Move as quickly as possible as courtesy to the other runners entering the chute.

9. Prizes:

The top male or female finishers per category will be awarded cash prizes plus medals. There will be no 2<sup>nd</sup> or 3<sup>rd</sup> prize winners.

200 meters (12 y/o and below) = P1,000

Male and Female

3K	} Male and Female	First = P2,000
5K		First = P3,000
10K		First = P5,000

10. Certificates:

The Bibs will serve as your proof of your participation in the event.

11. Race Curfew:

Each race category has its own official curfew. Race Marshalls will pick up participants who fail to finish the race within the allotted time.

- a. 200 meters : 30 minutes after official start of the race
- b. 3K : 40 minutes after official start of the race
- c. 5K : 1 hour after official start of the race
- d. 10K : 2 hours after official start of the race

12. Protests:

Protests or complaints related to the race will be accepted only in written form. The race organizers reserve the right to reject, disqualify and withdraw any race participants before or during the actual race. The organizer's decision shall be final.

13. Registration Fee:

Participants may register in advance at the PMA Office or on-site.

Registration Fee (to include T-shirts and Drinks)

- a. 200 meters P200
- b. 3K P300
- c. 5K P400
- d. 10K P500

For more information, please call up the PMA Secretariat at Telephone Numbers 929-7361/ 926-2447 / 929-6366.



T-Shirt Size: \_\_\_\_\_

**PHILIPPINE MEDICAL ASSOCIATION**

**FUN RUN 2018**

**"Heroes for Health"**

**November 18, 2018**



**REGISTRATION FORM**

COMPLETE NAME: \_\_\_\_\_

COMPLETE ADDRESS: \_\_\_\_\_

BIRTHDATE: \_\_\_\_\_ AGE: \_\_\_\_\_ SEX: \_\_\_\_\_ CONTACT #: \_\_\_\_\_

Email ADDRESS: \_\_\_\_\_

**LIABILITY WAIVER AND AGREEMENT:**

1. While every reasonable precaution will be taken by the organizers to ensure the participants' safety, it is understood that the participants run at their own risk and the organizers and/or sponsors shall not be responsible for any injury, liability or death arising from training or occurring during participation in the race.
2. Participants must wear the assigned bib number on his/her shirt or short pants. Runner not wearing the same will be disallowed from running the race.
3. There will be no road closure so all participants must take the necessary precautions when running the race.
4. A participant must retire from the race immediately if required to do so by any member of the medical staff.
5. Participants below 18 years old must have their entry form signed by a parent/guardian.
6. Once registration is accepted, there will be no entry fee refund for participants who, for whatever reason, do not eventually take part in the race.
7. There will be no entry fee refund if the event is cancelled on account of force majeure or for other causes beyond the reasonable control of the organizers.
8. The organizers reserve the right to use any photographs, motion pictures, recordings or any other media recordings for any legitimate purpose including commercial advertising without giving monetary consideration to the participant.
9. Race entry is strictly non-transferrable.
10. The organizers' decision is final.

I hereby declare that I understand and agree to the Liability Waiver and Race Agreement of the race. I therefore guarantee that I am physically fit and have no medical condition that may hinder me from participating in the race. Furthermore, I hereby certify and declare that all information in this form is true and correct.

**CONFORME:**

NAME and Signature \_\_\_\_\_ Parent/Guardian Signature \_\_\_\_\_

\_\_\_\_\_  
RUNNER'S COPY

**PHILIPPINE MEDICAL ASSOCIATION**

**"Heroes for Health"**

**Assembly 5:00 AM at VMMC Lobby / Gun Start: 10K (P500) – 5:30 a.m. /  
5K (P400) – 5:45 a.m./ 3K (P300) – 6:00 a.m./200 meters (P200) – 6:15 a.m.**



Name of Registrant: \_\_\_\_\_

Payment Received by: \_\_\_\_\_

Registration Venue: \_\_\_\_\_

T-Shirt Size: \_\_\_\_\_

Date: \_\_\_\_\_

Category: \_\_\_\_\_

BIB No.: \_\_\_\_\_



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