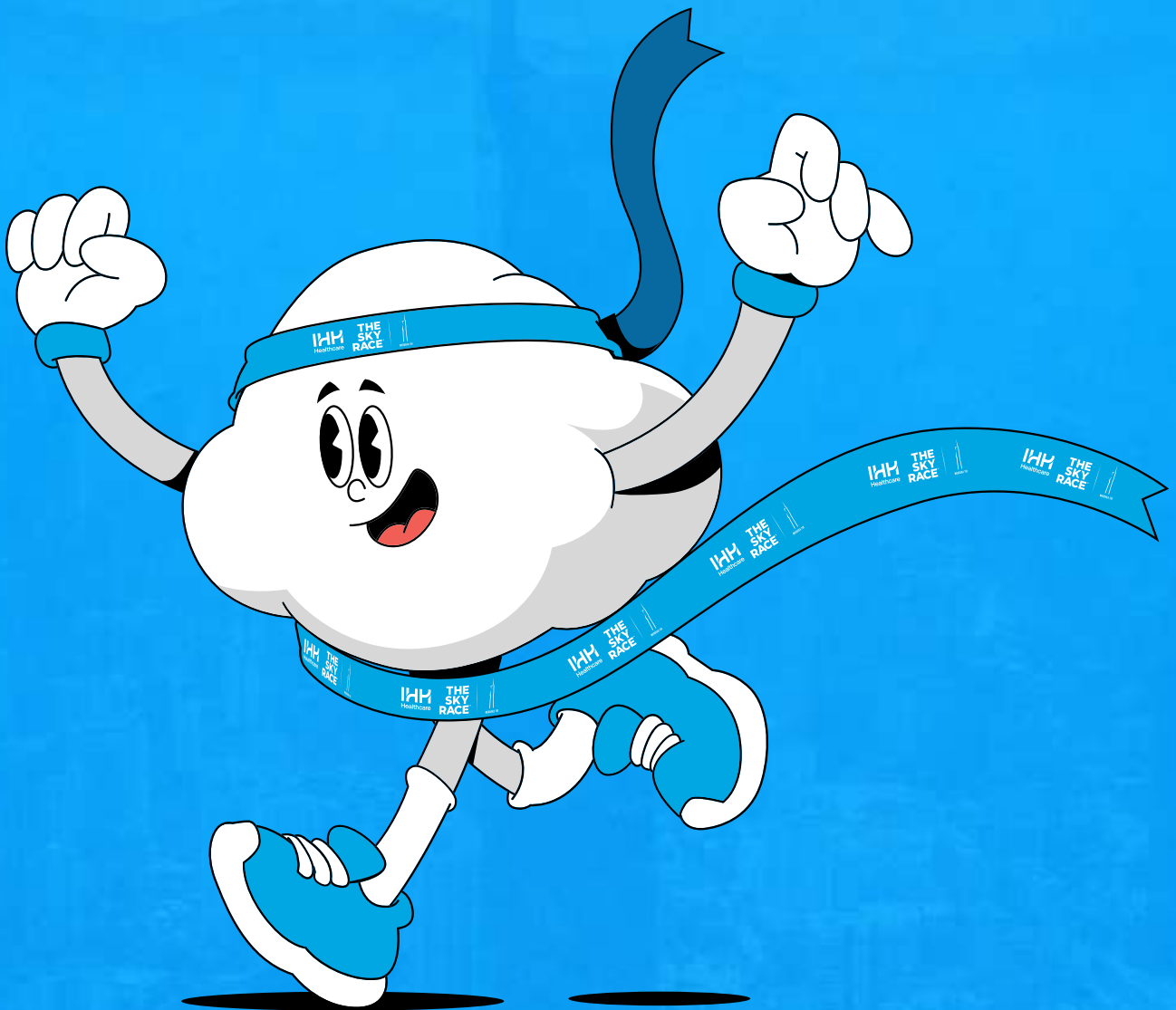




**THE
SKY
RACE™**



EVENT GUIDE

22 & 23 August 2026 | Merdeka 118

TITLE PARTNER WELCOME MESSAGE



Dr. Kamal Amzan
Chief Executive Officer, IHH Healthcare Malaysia

Every participant standing at the start line has one thing in common.

You chose to be here.

No one climbs 2,845 steps by accident. You signed up, trained, showed up and decided to take on a challenge that most people would happily leave to the lift.

That decision deserves recognition.

Good health is shaped by choices like these. Not because everyone needs to climb 118 floors, but because choosing to move more and challenge yourself can make a meaningful difference over time.

That is why IHH Healthcare Malaysia is honoured to be part of The IHH Sky Race as title partner and official medical provider. While our teams will be here throughout the weekend to help keep participants safe, we also hope this event inspires something that lasts beyond race day: the confidence to keep choosing your health, one decision at a time.

Whatever brought you here, we hope you enjoy the climb and take pride in what you achieve. On behalf of everyone at IHH Healthcare Malaysia, we wish you a memorable race and a finish that makes every step worthwhile.

ORGANISER WELCOME MESSAGE



Jeffrey Ross
Race Director, The Sky Race™

I'm pleased to welcome everybody to the 2026 edition of The IHH Sky Race | Merdeka 118, The World's Biggest Tower Climb!

This is a momentous occasion, with a record-breaking 8,000 participants from 78 countries taking on the 2,845 steps to the top of the second tallest building in the world. Individuals and teams of 3 will compete over a 2-day event, racing to the top to enjoy the best view in Kuala Lumpur.

Whether you're trying to beat your time from last year, or taking on the challenge for the first time, we salute you and wish you a fun experience.

Pace it carefully (don't start too fast) and we'll see you at the top!



Ravinder Singh
President of Malaysia Towerrunning Association

It is a great honour for the Malaysia Towerrunning Association (MTA), the national governing body for towerrunning and a proud member of the Towerrunning World Association (TWA), to sanction The IHH Sky Race | Merdeka 118.

Together with PNB Merdeka Ventures, IHH Healthcare Malaysia and Fresh Events Asia, we are proud to support a world-class event that showcases Malaysia on the global towerrunning stage.

The IHH Sky Race | Merdeka 118 is more than a race. It is a celebration of courage, resilience and the pursuit of better health. From elite international athletes to first-time climbers, every participant shares the same journey, one step at a time to the top of Southeast Asia's tallest building.

Whether you are racing for the podium or simply challenging yourself, every step is a victory.

On behalf of MTA, I wish you a safe, memorable and rewarding climb. Climb strong, enjoy the journey, and we'll see you at Level 118.

RACE PACK COLLECTION



WHERE?

Ground Floor,
Stadium Merdeka

WHEN?

Thursday & Friday
20 & 21 August 2026
11:00 – 21:00

WHAT TO BRING?

- Registration Confirmation (digital or printed)
- Original ID or Passport

IMPORTANT NOTE

If you are unable to attend, you may nominate someone to collect on your behalf.
Please ensure your collector brings:

- Registration Confirmation (digital or printed)
- A copy of your ID or Passport

EVENT SCHEDULE



DAY 1 - SATURDAY, 22 AUGUST 2026

05:00 - 06:00	→	Bag Storage Opens
06:00 - 07:00	→	Elite Start
07:00 - 14:00 All categories grouped together (as per your scheduled start time)	→	Open (18+), Junior Veteran (40-49), Veteran (50-59), Senior Veteran (60+), Juniors (13-17)
07:00 - 16:00	→	Expo Village
17:00	→	Event Ends

DAY 2 - SUNDAY, 23 AUGUST 2026

06:00 - 07:00	→	Bag Storage Opens
07:00 - 10:00 All categories grouped together (as per your scheduled start time)	→	Team Category - Men's, Women's, Mixed
11:00 - 13:00 All categories grouped together (as per your scheduled start time)	→	Individuals & Team Category
13:30 - 14:45	→	Prize Giving - all Individual & Team categories
16:00	→	Event Ends

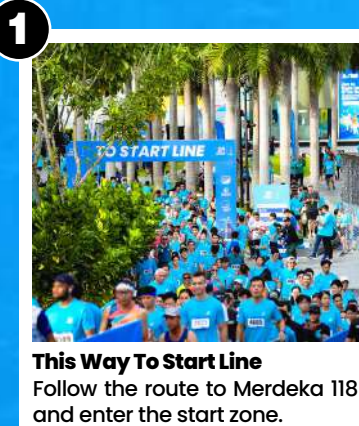
YOUR RACE DAY JOURNEY

IHH
Healthcare

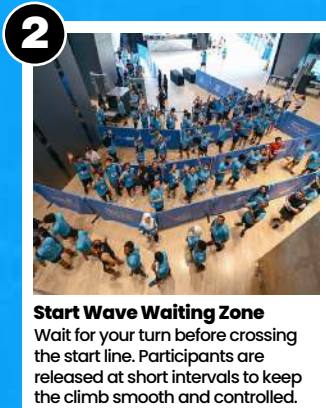
THE
SKY
RACE™



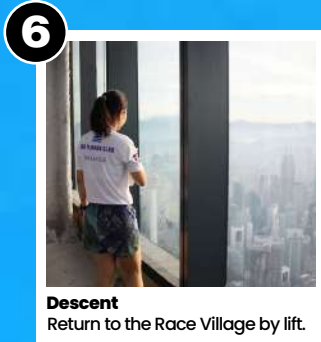
From the start line to the top of Merdeka 118, here's what your climb looks like.



This Way To Start Line
Follow the route to Merdeka 118 and enter the start zone.



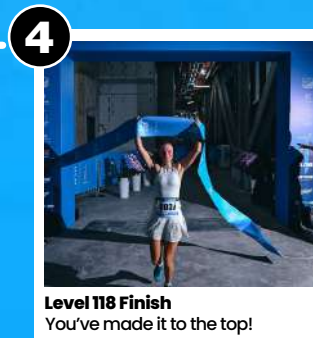
Start Wave Waiting Zone
Wait for your turn before crossing the start line. Participants are released at short intervals to keep the climb smooth and controlled.



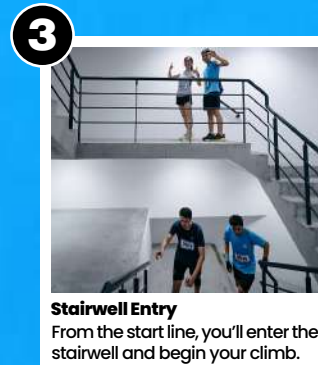
Descent
Return to the Race Village by lift.



Viewing Deck
Take in the view and capture the moment.



Level 118 Finish
You've made it to the top!



Stairwell Entry
From the start line, you'll enter the stairwell and begin your climb.



Your Journey:

- › Arrival
- › Bag Storage
- › Check-in
- › Warm-up
- › Go to the Start Line
- › Climb 118 Floors
- › Cross the Finish Line '
- › Collect Medal
- › Recovery & Enjoy the View
- › Take the Lift Down
- › Collect Items from Bag Storage
- › Visit Vendor Booths, Eat & Have Fun!

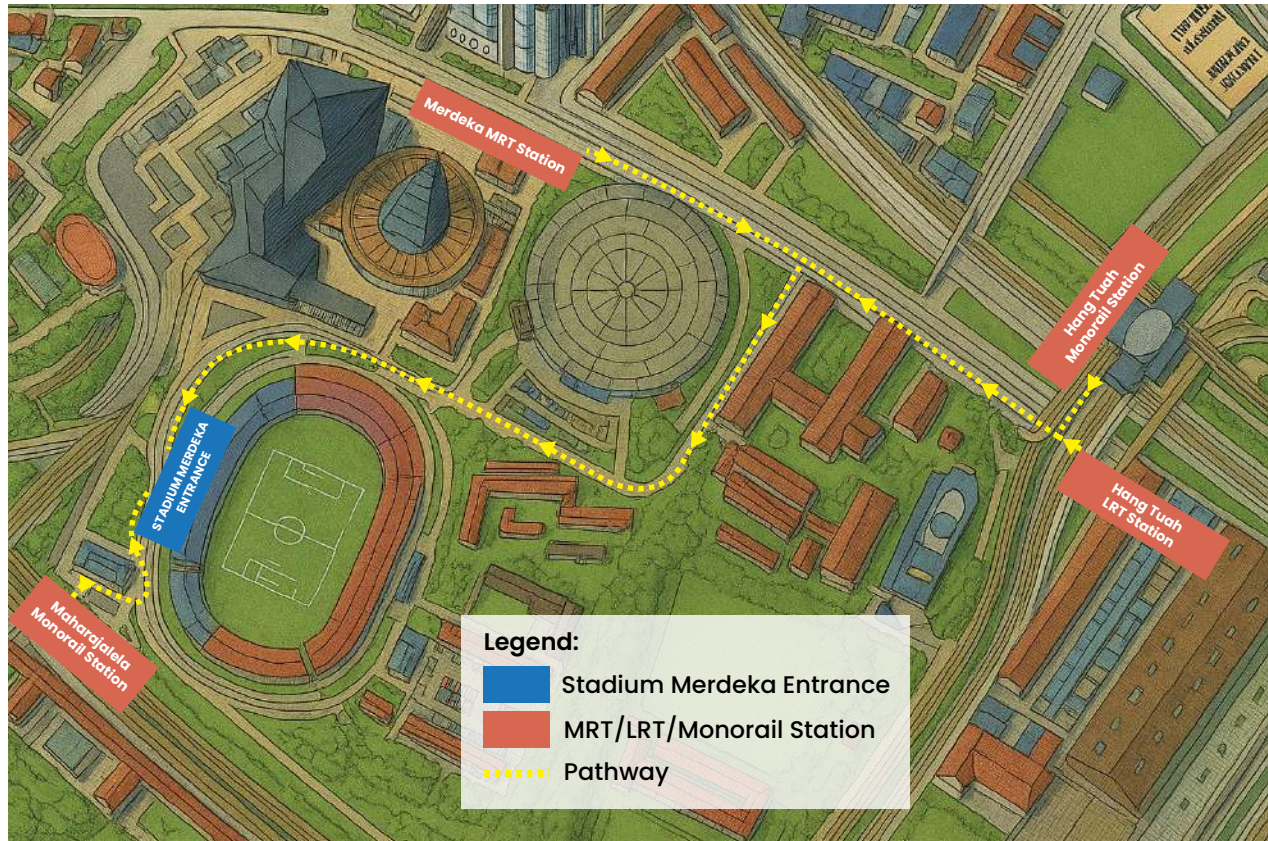
PRIZE GIVING SCHEDULE

SUNDAY, 23 AUGUST 2026

13:30	Dayang Traditional Performance
13:40	Welcome Speech
13:55	Plaque Presentation Ceremony
14:00	Malaysia Book of Records
14:05	Team - Men's
	Team - Women's
	Team - Mixed
14:10	Junior Boy (13-17)
	Junior Girl (13-17)
14:15	Junior Veteran Men (40-49)
	Junior Veteran Women (40-49)
14:20	Veteran Men (50-59)
	Veteran Women (50-59)
14:25	Senior Veteran Men (60+)
	Senior Veteran Women (60+)
14:30	Men's Open (18+)
	Women's Open (18+)
14:35	Course Record - Junior Boy
	Course Record - Junior Girl
	Course Record - Men's Open
	Course Record - Women's Open

MERDEKA 118





BY MRT

Take the MRT Kajang Line to **MRT Merdeka Station**. The tower is just a short walk via covered walkways.

BY LRT

Take the LRT Ampang/Sri Petaling Line to **LRT Hang Tuah Station**, then walk or connect to MRT Merdeka Station.

BY MONORAIL

Stop at **Maharajalela Station**, then follow signs to Merdeka 118 (approx. 2-3 minutes walk).

BY KTM KOMUTER

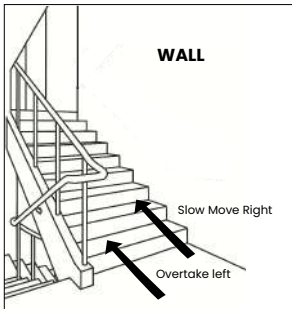
Stop at Kuala Lumpur Station, then connect via MRT or walk.

BY CAR & PARKING

- Parking is available at **Stadium Merdeka (Entrance F, Green Zone)**.
- Additional parking can be found at Stadium Merdeka and Stadium Negara with pedestrian access to the tower area.
- Please follow on-site signage for **drop-off points** and **entry lanes**.

We encourage all participants and spectators to use public transport to avoid traffic congestion and enjoy a smoother arrival.

Stairwell Etiquette



- **Overtaking:** If a faster participant approaches, move to the right side (outer lane) to allow them to pass on the left (near the handrail). The Sky Race stairs are anti-clockwise.
- **Resting:** If you need a break, step aside and rest at the corner of a landing area – never in the middle of the stairs.
- **No sitting on stairs: Do not sit, lie down, or stop** on active stairs unless it is an emergency.
- **Stay single file:** Do not block the way by walking side-by-side.



Prohibited Conduct

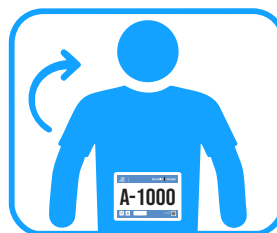
- ✗ No pushing or shoving.
- ✗ Do not turn around or go back down the stairs during the race.
- ✗ Do not walk side-by-side or block other climbers.
- ✗ Do not use the lift during the race (except for descent after finishing).
- ✗ No littering inside the stairwell – use designated bins at water stations.
- ✗ Do not spit on the ground inside the stairwell.
- ✗ No selfie sticks allowed during the climb.
- ✗ No food in the stairwell.
- ✗ No water bottles (multiple water stations provided en route).
- ✗ No hiking sticks.
- ✗ No carrying large items or backpacks inside stairwells.
- ✗ Spectators are not permitted in the stairwell.
- ✗ Vandalise or damage venue property.
- ✗ Behave in a manner that endangers others.



Allowed Items

- ✓ Earphones (at a low volume).
- ✓ Mini fans.
- ✓ Smartphones.
- ✓ GoPro (head/chest mount only).
- ✓ Hydration vest.
- ✓ Metronome / pace beep device
- ✓ Energy gel
- ✓ Armband or running pouch

Bib & Entry Access



- Race bibs must be **worn visibly on the front of your shirt** throughout the race.
- Bibs grant access to the start zone, stairwell, water stations, finish area, and exit lifts.
- Timing chip must remain attached and undamaged.
- Bibs are non-transferable.

YOUR SAFETY ON RACE DAY

Your safety is our top priority. Please read and follow these guidelines to ensure a smooth and enjoyable race experience.

Before The Race

- **Please arrive 30–90 minutes before your start time.**
- If you have any medical condition (e.g., asthma, heart issues, knee problems), consult your doctor before joining.
- Warm up and stretch at least 10–15 minutes before your flag-off time.
- For the safety of all participants, a bag search will be conducted just before the start line.

During The Race

- Pace yourself – avoid sprinting in the first few floors.
- Keep right at all times; overtake on the left (near the handrail).
- Watch your step – stairwells may narrow at certain points.
- If you feel dizzy, lightheaded, or unwell, stop immediately and signal to a race marshal or medic.
- Water stations will be available at designated levels.
- Take short pauses if necessary; safety is more important than speed.

Disclaimer

- Participation is at your own risk.
- The Organiser is not liable for any loss, injury, or damage.
- Ensure you are physically fit and adequately prepared.
- Follow all rules and safety instructions from officials.

FOOTWEAR & ATTIRE GUIDELINES



Recommended Footwear

- Proper running shoes with non-marking soles are strongly recommended.
- Shoes should provide good grip to prevent slipping on concrete stairs.

Prohibited Footwear

- No spikes, cleats, studded, or metal-tipped shoes.
- No hard-sole shoes (e.g. football boots, cycling shoes).

Barefoot or Socks

- Barefoot and socks-only climbing is permitted strictly at participants' own risk.
- Participants must acknowledge that barefoot/socks climbing increases the risk of slips, falls, cuts, and toe injuries.
- The organiser and venue accept no responsibility for injuries sustained due to barefoot or socks-only participation.

Attire

- Participants should wear fitness-appropriate clothing for safety and comfort.
- Costumes and props are not permitted.

Organiser Rights

- Race officials reserve the right to stop any participant from starting or continuing if their footwear is deemed unsafe or poses risk to others.

EMERGENCY PROTOCOL - WHAT TO DO?

In the event of a medical issue, injury, or building emergency, please follow these steps:

1 Stop and Assess

- If you feel unwell (dizzy, faint, short of breath, chest pain) or sustain an injury, stop immediately.
- Do not attempt to continue if your condition worsens.

2 Follow Medical Instructions

- On-site medics may advise you to rest, hydrate, or withdraw from the race for your safety.
- If evacuation is needed, cooperate fully with the medical and safety teams.

3 In Case of Building Evacuation

- Listen for official announcements via the public address system.
- Follow the emergency exit signs. Marshals will guide you to safe zones.
- Do not use lifts during an evacuation unless instructed by emergency personnel.

4 Reporting an Incident

- If you witness someone in distress, alert the nearest marshal/aid station immediately.
- Provide the person's bib number and location (floor number) if possible.

5 Emergency Contacts

- **Event Operation Center Medical: +60 19-210 5489**
Dr. Jeewadas, Head of Emergency from IHH Healthcare Malaysia

- Nearest Government Hospital: **Hospital Kuala Lumpur**

- Nearest **IHH Healthcare Malaysia Hospitals:**

Starting point: **Stadium Merdeka**

Prince Court Medical Centre: 4.3km

Pantai Hospital Cheras: 7.1km

Gleneagles Hospital Kuala Lumpur: 7.6km

Pantai Hospital Kuala Lumpur: 8.4km

Pantai Hospital Ampang: 8.5km

Pantai Hospital Klang: 37.8km

Starting point: **Merdeka 118 Precinct**

Prince Court Medical Centre: 4km

Gleneagles Hospital Kuala Lumpur: 7.3km

Pantai Hospital Cheras: 7.6km

Pantai Hospital Ampang: 8.7km

Pantai Hospital Kuala Lumpur: 8.8km

Pantai Hospital Klang: 38.4km

IMPORTANT RACE INFORMATION



THE
SKY
RACE™

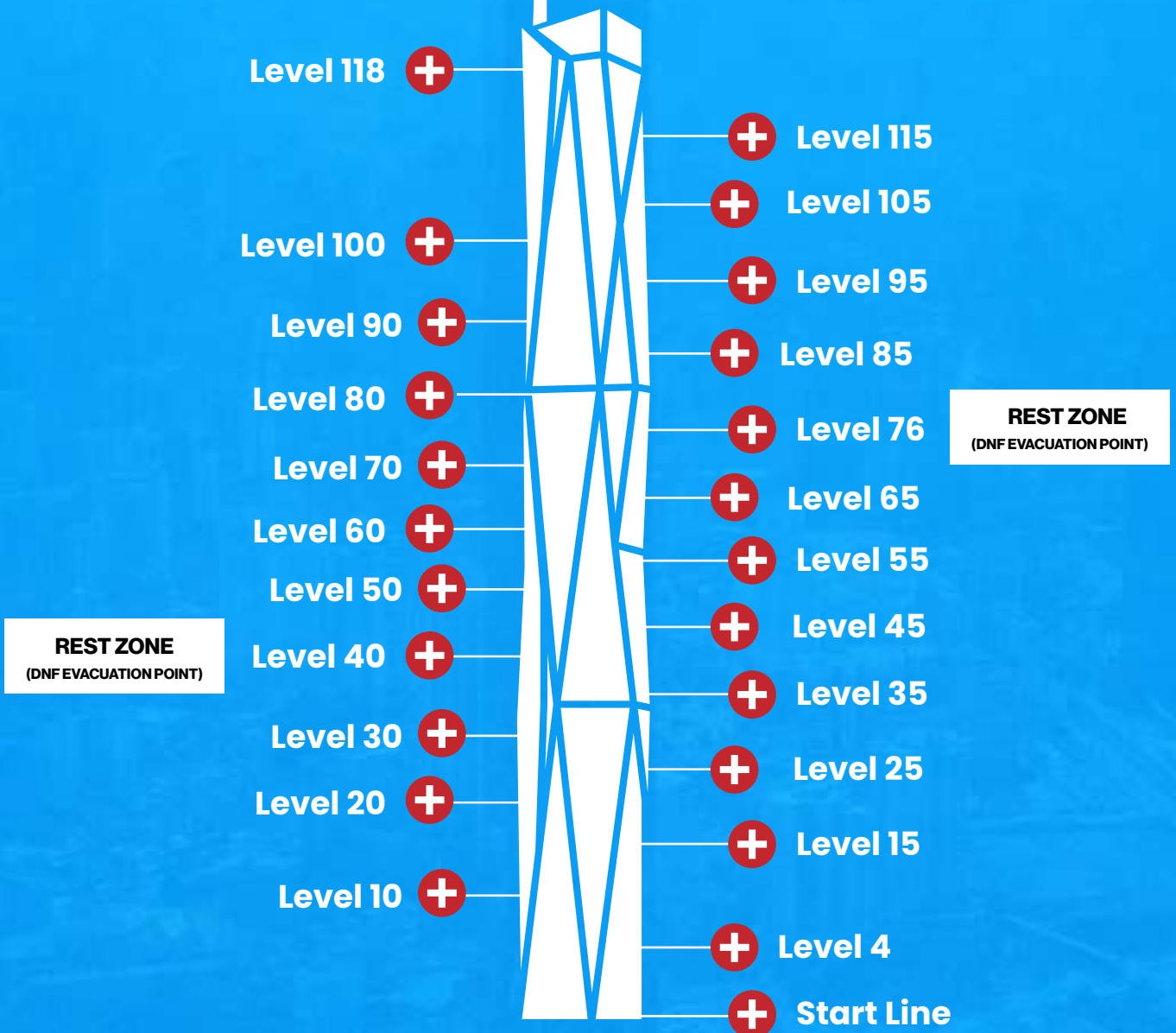


Medical

Trained medics will be stationed:

- At key levels throughout the stairwell.
- At Level 118.
- In The Sky Race Village.
- In case of emergency, alert the nearest race marshal or stop at a medical point. If a medic deems you unfit to continue, you will be escorted from the race for your safety.

Please Note: Participants who **do not finish (DNF)** will not have access to the Level 118 viewing deck, will not receive a finisher's medal, and will not be included in the official race results.



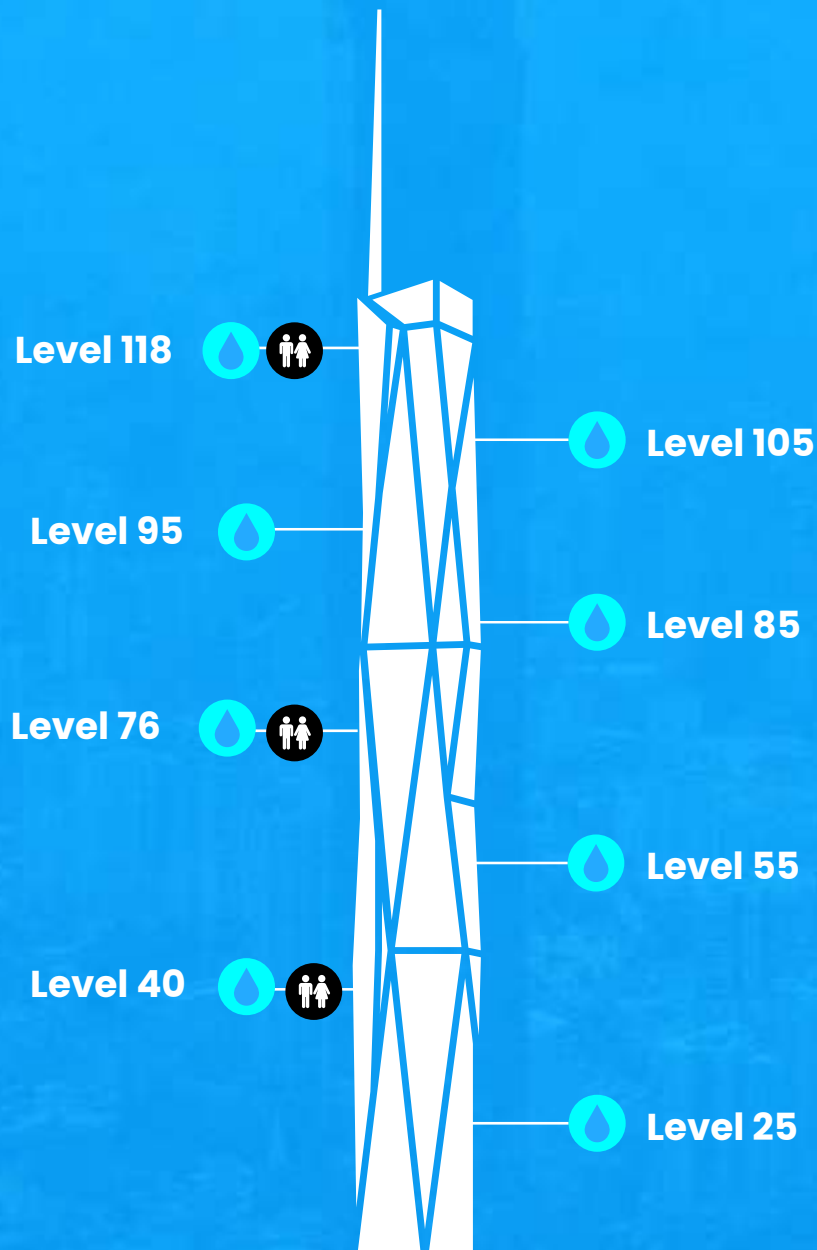
IMPORTANT RACE INFORMATION



Water Stations

Multiple water stations will be located at designated intervals along the climb to help **keep you hydrated.**

- Do not bring your own water bottles into the stairwell. Hydration vests with bladders are allowed.
- Dispose of used cups in designated bins to help keep the stairwell safe and dry.



WEATHER CONTINGENCY PLAN



While the The Sky Race Merdeka 118 is primarily an indoor event, certain outdoor areas may be affected by weather conditions.

In the Event of Adverse Weather

- The race will proceed as scheduled unless extreme weather conditions pose a safety risk to participants, staff, or spectators.
- Heavy rain, thunderstorms, or high winds may result in adjustments to start times, assembly areas, or route access points.
- If outdoor activities become unsafe, participants will be directed to sheltered holding areas until it is safe to proceed.

Communication

- Any changes will be announced via the PA system and posted on the events' social media channels.
- Please follow instructions from race marshals and event staff at all times.

IMPORTANT RACE INFORMATION



Team Rules: Start & Finish Together

- All team members must start and finish together.
- Team timing is recorded based on the last team member to cross the finish line.



Spectator Policy

We welcome supporters to cheer on participants, but due to the unique nature of The Sky Race™, certain rules apply to ensure safety, smooth race operations, and comfort for all.

Where to Watch & Wait

- Spectators are not permitted inside the tower stairwells.
- You may sit inside the Main Tent or Stadium Merdeka arena, which both provide covered seating.
- A designated, sectioned-off area in the lobby of Merdeka 118 will be available for supporters to cheer participants as they make their way to the start line.
- The Sky Race Village will feature family-friendly activities, entertainment, F&B options, and official merchandise, making it the perfect place to spend time while waiting for participants.

Entry Requirements

- Only authorised personnel, media, and registered volunteers are allowed in restricted areas.

Photography & Filming

- Personal photography is allowed in public spectator zones.
- Tripods, drones, or professional filming equipment are strictly prohibited.

IMPORTANT RACE INFORMATION



Bag Storage

Complimentary bag drop service available at **Ground Floor, Stadium Merdeka Building**, on a first come, first served basis.



Toilets

Race Tower:

Toilets will be available on designated floors inside Merdeka 118 during the climb. There will be clear signage.

Race Village:

Portable toilets will be available for both participants and spectators.

Stadium Merdeka:

Toilets inside the stadium will be open for use.



Medal Engraving

- Personalise your medal by adding your name and finishing time to commemorate your achievement.
- If you've pre-booked your medal engraving, head to the Medal Engraving Booth in The Sky Race Village, near The IHH Sky Race Main Stage. Simply provide your name and phone number to redeem your engraving.
- Didn't pre-order but want to engrave your medal? No problem - payment can be made on the day (RM30).

IMPORTANT RACE INFORMATION



Official Race Photographs

Relive your climb to the top! Our official race photographers will be capturing every moment from the start line to your victorious finish.

Accessing Your Photos:

- **Saturday photos:** Available from Sunday, 23 August.
- **Sunday photos:** Available from Monday, 24 August.
- Download links will be shared via The Sky Race Instagram and Facebook during event weekend and via email on Monday, 24 August.
- If you pre-purchased "The Sky High" bundle or photo package, enter your first name and email address to access your photos
- Search for your photos using facial recognition
- Download your high-resolution, unedited images

1 photo package is valid for 1 participant.

The Sky Race Village

The Race Village is the one-stop hub for participants and spectators – collect race kits, browse vendor booths, grab exclusive merchandise, engrave your medal, enjoy F&B, and soak up the atmosphere together.

We Are Committed to Excellence in Healthcare

At IHH Healthcare, we deliver patient-first care with compassion and clinical excellence. As a leading multinational healthcare provider, we are shaping the future of care across 10 countries. In Malaysia, our network of 18 hospitals has been serving communities for over 50 years, delivering comprehensive care across the healthcare continuum.



Leading Healthcare Provider

A network of 18 hospitals across Malaysia



Patient-Centred Quality Healthcare

Accreditations

MSQH	JCI	ACHS
17 Hospitals	3 Hospitals	2 Hospitals



Trusted by Malaysians and International Patients

>3.8 million patients per year

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Urology



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and more

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World's Best Hospitals



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Recognised Across
Asia-Pacific for
Excellence in Care



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MOST PARTICIPANTS IN A SPORTS RECOVERY SESSION

- MALAYSIA BOOK OF RECORDS -

YOUR RECOVERY JOURNEY STARTS HERE



STRETCH



MASSAGE



REHYDRATE



GET SUPPORT



RECOVER



DATE & TIME:

22 AUG 2026 (SAT)

6AM - 3PM

23 AUG 2026 (SUN)

7AM - 3PM

FOLLOW US



@ebenemalaysia

MALAYSIA'S TOWERRUNNING CHAMPIONS

TODAY'S STARS. TOMORROW'S WORLD LEADERS.

FROM BREAKING RECORDS TO INSPIRING THE NEXT GENERATION, OUR ATHLETES ARE PUTTING MALAYSIA ON THE WORLD MAP. TOGETHER, WE ARE BUILDING STRONGER, FITTER AND PROUDER MALAYSIA - ONE STEP AT A TIME.



SOH WAI CHING
WORLD CHAMPION & WORLD'S NO.1



RAISYA ADELEA
13 YEARS OLD (MALAYSIA' WOMENS NATIONAL CHAMPION)



MUHAMMAD HAZIM
WORLD'S NO.9

AYMAN HAKIMY
21 YEARS OLD

MUHAMMAD ADAM AMJAD
14 YEARS OLD

RHEA ASSYIFA
12 YEARS OLD



JOIN MTA. START YOUR JOURNEY TODAY!

WHETHER YOU'RE A BEGINNER OR AN ATHLETE, THERE'S A PLACE FOR YOU IN OUR COMMUNITY.



**WEEKLY
CLINICS**

Open to all ages &
fitness levels.



**IMPROVE
FITNESS**

Build strength, burn
calories, boost health.



**COMPETE
& GROW**

From local races
to the world stage.



MALAYSIA TOWERRUNNING ASSOCIATION



TOWERRUNNING.MALAYSIA



[HTTPS://TOWERRUNNINGMALAYSIA.COM](https://towerrunningmalaysia.com)

Oligo

**OLIGO
FRUKTOSA**

**KALSIUM
TINGGI**



**VITAMIN
B6**

**VITAMIN
B12**

Koko Yang Lazat

Koko Yang Lazat

**CUBALAH
SEKARANG!**



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**THE
SKY
RACE™**



THANK YOU

We can't wait to
welcome you to The IHH Sky Race | Merdeka 118.

118 floors. 2,845 steps.
The World's Biggest Tower Climb.
We'll see you at the top!

TITLE PARTNER



MAIN PARTNER



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