

THE EDGE KUALA LUMPUR rat race 2014

TUESDAY, SEPTEMBER 23

IOI Properties Group to make debut

IOI Properties Group will be participating in the race for the first time, sending two teams with participants of various races and ages.

"This is a great concept and a unique experience... of running in working attire," one of them says. "Running 4.88km in office attire for a charitable cause should be enjoyable and will be even entertaining to watch. We are looking forward to running together."

"The race not only raises health awareness but also serves as a platform for everyone to have fun together while contributing to charity."

The teams have been in "intensive" training to build their stamina. "There is no time to waste. We have to increase our endurance. Besides, it is important to maintain a balanced diet and get enough rest," says the participant.

The runners hope that more corporations will take part in the future and raise more funds for charitable organisations.

Top Glove teams looking forward to a day of fun

"Corporate responsibility has always been an integral part of Top Glove Corp Bhd's culture. We aim to develop and enrich our environment and the community, and talent and education are the tenets of our CR framework."

With such a CR statement, it is no surprise that Top Glove has pledged RM32,000 to The Edge Education Fund (TEEF) and are sending two teams to the Rat Race.

Assistant manager in the IT department Teow Kee Pin, who will run in the Open category, says she enjoyed running through the city centre in the last two races and hopes to beat her personal best time this year. A regular jogger, she hopes to participate in more charity runs.

Engineer Nur Atiqah Mohd Sidek, who will take part in the Mixed Group category, says the race will provide "a good chance to meet representatives from other companies while being part of a worthy cause." She hopes that more people will enjoy doing charity work and raise awareness of the plight of the needy.

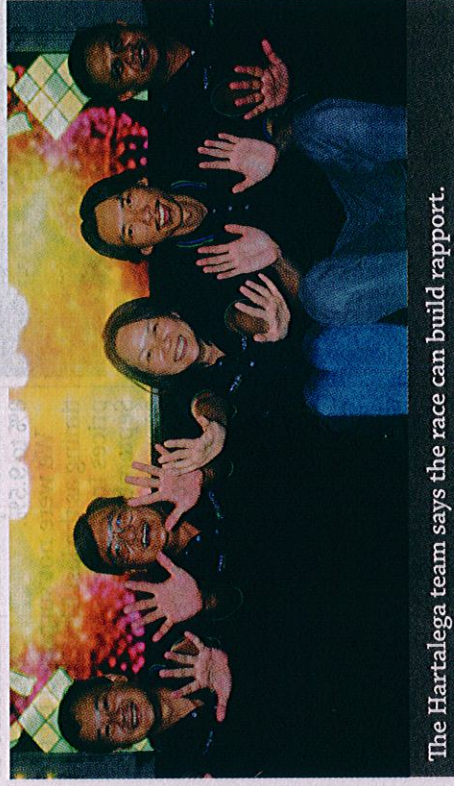
Columbus Advisory runs for health and education

Columbus Advisory Sdn Bhd, which provides advisory services in enterprise risk management, internal audit, governance and compliance assessment, forensic accounting and information technology, is fielding a team of three veteran runners and two new ones. Consultant Chew Joo Khoon, senior consultant Woon Kong Hong and associate consultant Adib Azhari Affandi continue to participate in the race because it is a healthy endeavour and contributes to society. For the participants, winning isn't important. "It is teamwork that matters the most," consultants Stanley Leong Kai Hing and Muhammad Aiman Shaari say.

The participants prepare for the race individually on weekends but run together on weekends. The concept of running for charity, as



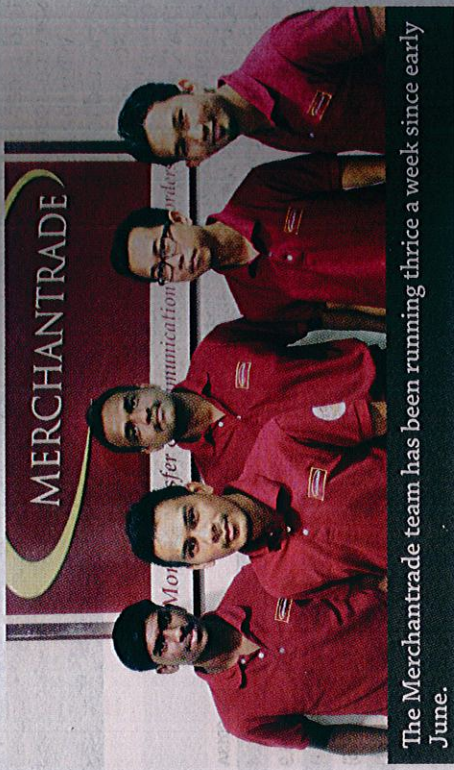
IOI Properties' teams have been in 'intensive' training to build their stamina.



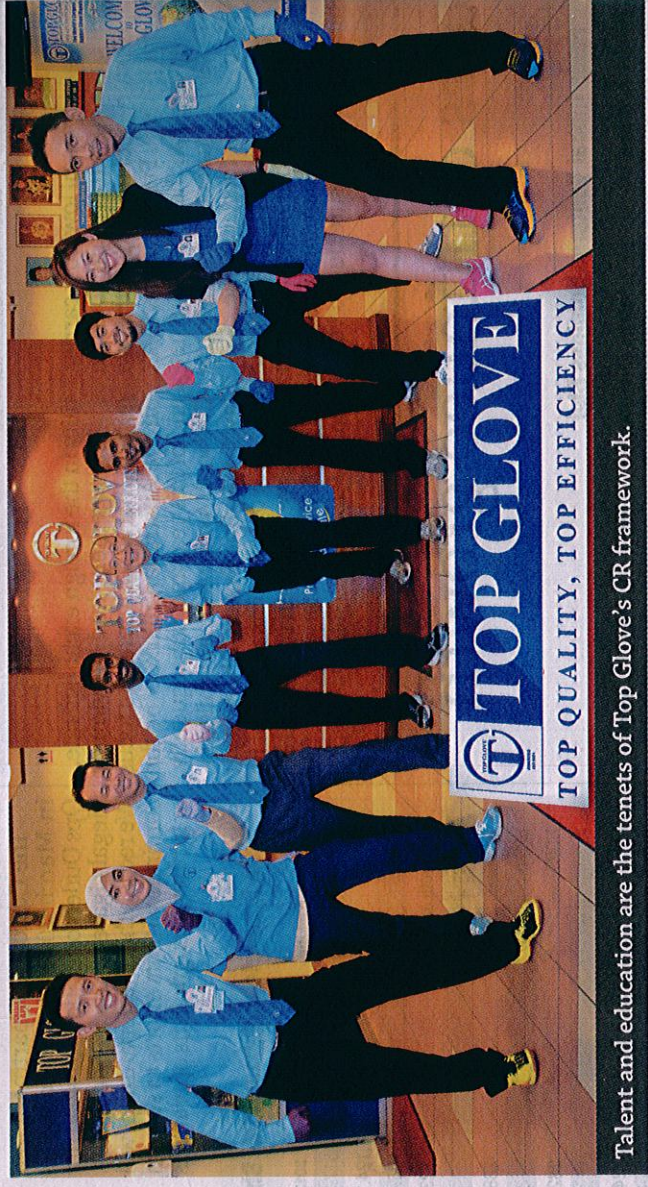
The Hartalega team says the race can build rapport.



For the Columbus Advisory team, the most important thing is teamwork.



The Merchantrade team has been running thrice a week since early June.



Talent and education are the tenets of Top Glove's CR framework.

the heart. It should not be done for publicity or because of peer pressure."

Hartalega treasures education
Hartalega Sdn Bhd, the inventor of the world's first lightweight nitrile glove, is doing its part for charity by donating RM18,000 to TEEF. Leading the team in the Rat Race is senior manager Beh Teng Soon, who jogs in the evening in preparation for the Sept 23 event.

The other members — managers Angeline Yeo Chai Hong, Mohd Zamani Low Abdullah, Chee Kong Wai and Shahnaz Riza Osman — are first-timers. The team is running in support of education for the less fortunate. They believe the race can build rapport and provide a healthy lifestyle. They hope more Malaysians are sincere in doing charitable work.

Merchantrade sees many reasons to take part

Participating for the first time, Merchantrade Asia Sdn Bhd will not be taking the race lightly. Like many others, the company is killing two birds with one stone — to get fit and support a worthy cause.

"Another of our goals is to have a work-life balance," says team leader Thana. "For us, such runs are a great way to keep fit and raise funds for causes that are close to our heart."

The participants have been running thrice a week since early June, with the aim of improving their stamina. They have also been running on different surfaces (track and road) to prepare for the event, which will be held on city roads.

"We think charity work in Malaysia should achieve several things," says Thana. "There are poor children in urban and rural areas. Charities can certainly help organise and run vocational schools for these children."

"There are also teenagers in squatter areas in the Klang Valley who can use with some help under some organised youth events," he says. "We also think that the severely handicapped people and orphans deserve some attention."

The team is looking forward to enjoying the other benefits of participating in the race. "It's also an opportunity to hang out with friends because everyone can participate in it. Besides, it's also good for our health," says Thana. "We hope it will be a memorable experience."



Cagamas has been a steady supporter of the Rat Race.

runners. "If I get overtaken, I speed up! This was what excited me in the last race." Knowing that the proceeds will go towards helping those in need motivates her to run every year.

Veteran runner Reshmi Menon, however, has a different goal. "Keeping fit," she says. The senior executive has participated in the 15km Energizer Night Run and completed it within the stipulated time.

In preparation for the Rat Race, she runs twice or thrice a week. "The Rat Race is excellent, as running for charity is good," she says, adding that the key to charitable work is working together.

First-timer Mohamed Asyraf Ab-

dul Rahman is taking part in the race as he wants to keep fit. "I have run a full marathon on the Penang Bridge, and I normally prepare by eating healthily and running regularly," says the senior executive.

The fourth team member is vice-president and head of finance Alfred Siew Heng Kit. "It's a new experience for me," he enthuses. "It's for a noble cause."

"I hope that with my once-a-week badminton sessions, I will not embarrass myself on race day. I'm taking part in this for the cause and the experience. I have no aspiration to be on the podium."

"Charity must truly come from