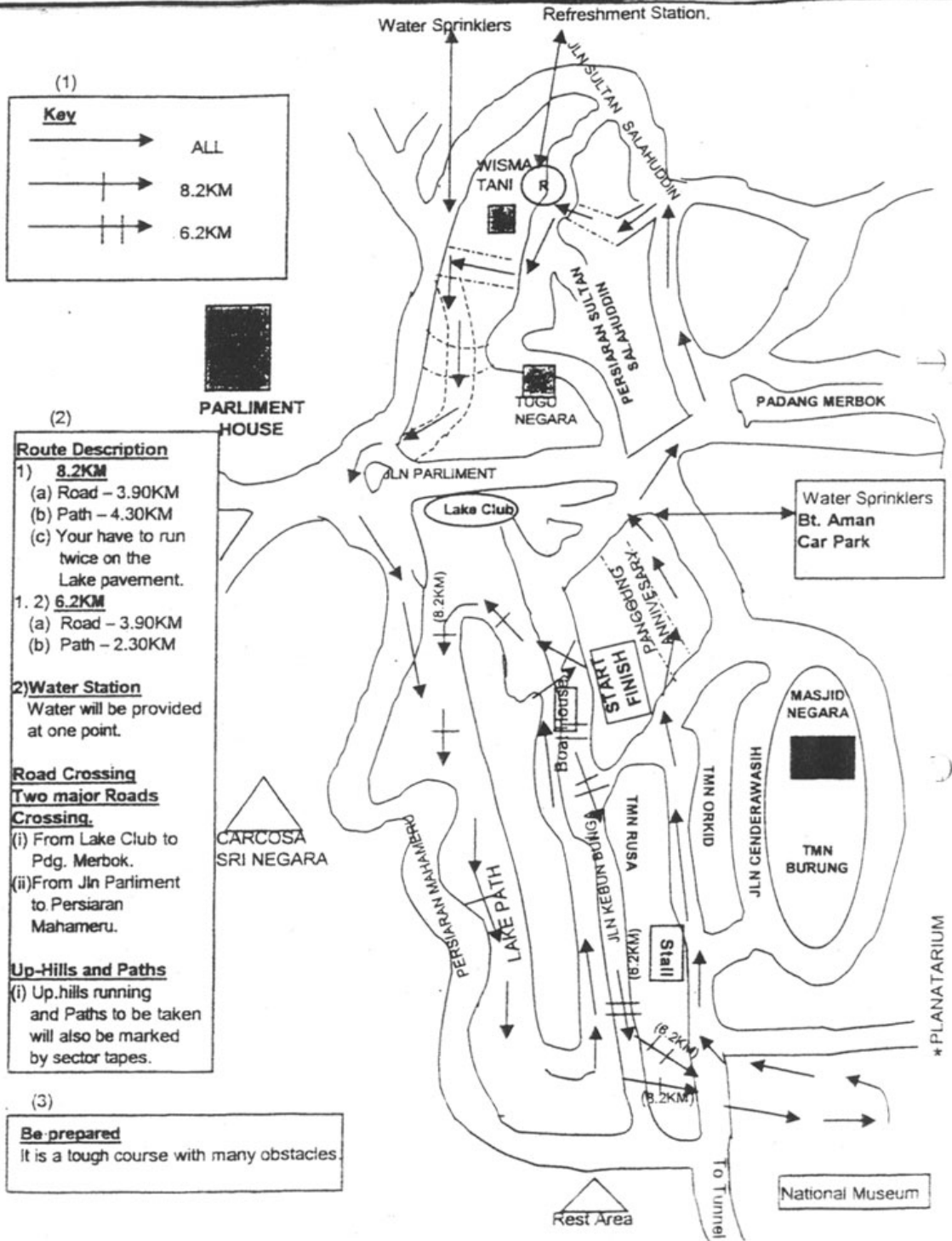


MERENTAS DESA TERBUKA MILO / POWER / MSSKL / POAWP YANG KE - 23 (2008)



(1)

**Key**

- ALL
- +— 8.2KM
- ++— 6.2KM

(2)

**PARLIMENT HOUSE**

**Route Description**

1) **8.2KM**  
 (a) Road - 3.90KM  
 (b) Path - 4.30KM  
 (c) You have to run twice on the Lake pavement.

1. 2) **6.2KM**  
 (a) Road - 3.90KM  
 (b) Path - 2.30KM

**2) Water Station**  
 Water will be provided at one point.

**Road Crossing**  
**Two major Roads Crossing.**  
 (i) From Lake Club to Pdg. Merbok.  
 (ii) From Jln Parliment to Persiaran Mahameru.

**Up-Hills and Paths**  
 (i) Up.hills running and Paths to be taken will also be marked by sector tapes.

(3)

**Be prepared**  
 It is a tough course with many obstacles.