

280 participate in UMS Peak Challenge

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KOTA KINABALU: Universiti Malaysia Sabah (UMS) yesterday held their annual UMS Peak Challenge which ended at the university's Chancellery in conjunction with closing of their 12th Staff Sports Meet.

The challenge which was participated by a total of 280 participants including several invited guests started off at the Chancellor Hall and then participants made their way up UMS Hill and back down to the Chancellery to complete the challenge.

According to UMS Registrar, Datuk Abdullah Hj Mohd Said, the event was held not only in conjunction with the closing of the Staff Sports Meet, but also to promote a healthy lifestyle in UMS.

"We have held this event many times in the past since 2008 and it has become a must-do event for us here in UMS and it is also compulsory for all staff to join in.

"Healthy living is what we aim for through these events and we hope that this culture will not stop, but in fact grow as time goes by," he said.



OFF THEY GO ... the participants begin the challenge.

Abdullah said that every year the number of participants joining in the challenge has been increasing, especially due to the rising number of UMS staff but also to the rising awareness on healthy living.

"This event is not only open

to UMS staff but also to the public.

"Next week onwards, UMS will organise a similar event every Monday and aerobic exercises on Wednesday, also compulsory for all UMS staff and we would like to invite the public to join in the fun," he

added.

The hill run will begin next month and will start at the Chancellor Hall parking lot while the aerobic exercises will be held starting next Wednesday at the UMS sports complex. All members of the public are welcome to join.