



البوتاس العربية Arab Potash **Dead2Red** Relay Running Race

INSTRUCTIONS, RULES & REGULATIONS

The Dead2Red Relay Running Race covers a distance of 242km starting at the Mujib Bridge, on the shores of the Dead Sea and ending at Movenpick Hotel Aqaba City on the Red Sea. Runners can participate in this event in teams of 5 or 10 and must complete the distance in 24 hours. This is a fun, challenging, and exciting event. We rely on the honesty of each individual/team to participate within the rules of this event. In 2019, we are introducing the 200km, 34 hour Solo Category.

Safety is of the utmost importance and we strive to maintain a safe environment throughout the duration of the event. We have created the necessary rules and regulations to maintain your safety and security, without affecting your performance, adding any extra burden on you or taking the fun out of this unique event! **Your cooperation in observing our safety rules is expected and appreciated, regardless of whether you are a runner, supporter, driver, sponsor, from the media or any other party involved in the event.**

The environment and the beauty of our country are important to us. Please respect nature and do not litter along the race route. We will provide trash bags and bags for recyclables for each team. (Please note that in Jordan the following items qualify for recycling: plastic, paper, and cans. Tetra-pak and glass containers are currently NOT recyclable in Jordan). Kindly collect your trash in the appropriate bags and keep them **inside** your support vehicle to be disposed of at the finish line or in any dumpsters along the route. As usual, we will be collecting recyclables at the finish line. We appreciate your support in protecting our planet.

PLEASE NOTE: ALL TEAM MEMBERS AND SUPPORTERS/DRIVERS MUST report for final check-in at the Starting Point to receive bracelets and final instructions. Any participant/team who does not sign in will not be considered as officially participating in the race.



ANY PARTICIPANT FOUND WITHOUT THE OFFICIAL DEAD2RED BRACELET CAUSES THE ENTIRE TEAM TO BE DISQUALIFIED.

The Dead2Red Relay Running Race will start at 4:00 PM sharp (4:15 PM for school teams) on Thursday afternoon.

Runners have 24 hours to complete the race. All Race Activities will end at 4:00 PM sharp (4:15 PM for school teams) on Friday afternoon.

Please note that a different time/starting point/time limit apply to the Solo Category. Details can be found in the text below.

REGISTRATION:

Registration is on a first-come, first-served basis. Be sure to register early in order to guarantee the Event t-shirt size requested. You/Your Team must have paid the registration fees in full and submitted your registration and waiver forms by the deadline to be considered officially registered. The forms can be downloaded from our website (www.ammanroadrunners.com). We reserve the right to close registration after the maximum number of participants is met. The maximum number of runners is 700. (Please refer to the Registration Form and Important Dates and Deadlines for exact dates of this year's event).

RUNNING CATEGORIES:

There are FIVE Running Categories in this race. Please ensure your team is registered in the correct category. The categories are:

FREE STYLE:

- For teams of 5 (1 – 5 Runners) or teams of 10 (6 – 10 Runners)
- The first 25 km of the race are restricted as follows:



Leg	Running Distance (km)	Start At km #	End At km #	Landmarks/Comments
1	4.4	0	4.4	Near Lady Lott rock formation
2	4.5	4.4	9.0	N/A
3	3.5	9.0	12.5	N/A
4	2.7	12.5	15.2	N/A
5	2.4	15.2	17.6	N/A
6	2.3	17.6	20.0	Start just before Ghor Al Haditha village
7	1.2	20.0	21.2	End at semi-marathon first interchange
8	1.6	21.2	22.8	End near Numeira Biking Trail Center/Environmental Center
9	2.6	22.8	25.4	End after traffic light, near Civil Defense and across from Jo Petrol

- After Ghor Al Mazraa, there are no restrictions on running distances. The team may select its own strategy in determining runners' distances.

SEMI-MARATHON:

- For teams of 5 (1 – 5 runners) or teams of 10 (6 – 10 runners)
- Each runner must complete the distance of a semi-marathon (21.1 km) before handing over to the next runner. The race route will be marked at the exchange points. The remaining distance at the end of the race may be continued freestyle.
- Teams must submit the order of their runners at the Start Line check-in.
- If the runners are unable to complete the semi-marathon distances as assigned they must inform a marshal immediately. The team may choose to continue running, however they will no longer be officially competing in ANY category.

MARATHON:

- For teams of 5 (1 – 5 runners) only.
- Each runner must complete a full marathon (42.2 km) before handing over to the next runner. The race route will be marked at the exchange points. The remaining distance at the end of the race may be continued freestyle.
- Teams must submit the order of their runners at the Start Line check-in.



- If the runners are unable to complete the marathon distances as assigned, they must inform a marshal immediately. The team may choose to continue running, however they will no longer be officially competing in ANY category.

SCHOOL (Free Style):

- For teams of 10. Each team should consist of at least 8 current students from the same school and 2 adult members who may be teachers, coaches or school staff currently employed by the school or parents of current students. The team may consist of 10 students but must be accompanied by at least one adult who is a teacher, parent, coach or school staff.
- The same restrictions as the Free Style category apply.
- The first 25 km of the race are restricted as follows:

Leg	Running Distance (km)	Start At km #	End At km #	Landmarks/Comments
1	4.4	0	4.4	Near Lady Lott rock formation
2	4.5	4.4	9.0	N/A
3	3.5	9.0	12.5	N/A
4	2.7	12.5	15.2	N/A
5	2.4	15.2	17.6	N/A
6	2.3	17.6	20.0	Start just before Ghor Al Haditha village
7	1.2	20.0	21.2	End at semi-marathon first interchange
8	1.6	21.2	22.8	End near Numeira Biking Trail Center/Environmental Center
9	2.6	22.8	25.4	End after traffic light, near Civil Defense and across from Jo Petrol

- After Ghor Al Mazraa, there are no restrictions on running distances. The team may select its own strategy in determining runners' distances.

SOLO:

- For professional long-distance runners only.
- One runner must complete the entire 200 km.
- Runners must complete the distance within 34 hours.
- Start time is 6AM on Thursday morning.
- Runners must provide medical certification including an echocardiogram (ECG) that they are in good physical health and capable of covering this distance.



- Runners must be over 18 years of age to participate in this category.

WAIVERS:

Each participant must sign an individual waiver form. We will not accept more than one participant per form. **Any participant under the age of 18 years must have the waiver signed by a legal guardian and accompanied by a photocopy of official identification of the legal guardian.** You should submit the completed Waiver Form with your participation fees. **You will not be officially registered if you do not submit your waiver form.** The forms can be downloaded from our website (www.ammanroadrunners.com).

INSURANCE:

Due to the nature of this type of event, we highly recommend that you/your team members have your doctors' permission to participate. Adventure races, such as ours on open roadways have inherent hazards that you/your team members must be aware of and prepared for. It is highly recommended to you/your team members to also have current insurance which covers you and others in case of any personal accidents. **If you decide against taking our advice, please be aware that the required signed Waiver absolves Amman Road Runners and Dead2Red Committee and all race officials from any and all damages, injuries and claims.**

CHEATING:

This is a fun race based on the honor system. We depend on your honesty and integrity throughout the race and we expect you to try your very best to finish the race within the allowed time of 24 hours. The Dead2Red Committee does all that it can to prevent and deter cheating at this fun event. However, a limited number of marshals and the long distance of the race route, prevent us from fully monitoring all race participants at all times. Therefore, if you witness any cheating we suggest that you videotape the cheaters in action and submit it to the Committee **immediately following the end of the race.** The Committee will review any submitted video evidence and determine whether cheating has truly occurred. **Any team caught cheating in any manner will be disqualified immediately and all team members will be banned from participating in all future Amman Road Runners events.**

INCLEMENT WEATHER POLICY:

Safety is our main concern during this challenging event and weather conditions are one of the factors that might affect the overall safety of our participants. As the date of the event



approaches, the Committee will keep a close eye on the weather conditions along the race route. The Committee will then decide whether there is a need to postpone or cancel the event. In case of a cancelled or postponed event due to inclement weather, please see the Refund Policy.

REFUND POLICY:

The participant(s) can receive a refund as follows:

- Should you choose to withdraw, please note that the processing fee is non-refundable.
- Should you choose to withdraw up to three weeks prior to the event start date a 100% refund of participation fees will be granted.
- Should you choose to withdraw from the event between three weeks to one week prior to the event start date a 50% refund of participation fees will be granted.
- **Should you choose to withdraw from the event less than one week from event start date no refund will be granted.**
- If the race is cancelled by the Committee due to force majeure (such as war, natural disasters, political unrest, severe weather, or other unforeseen and uncontrollable factors) no refund of participation fees will be granted. However, participation fees can be used as a credit towards future Amman Road Runners events occurring within one year. Requests for credit must be received within one month from event cancellation. The credit can be issued in your name or in the name of someone you designate.
- **Refunds in the Solo Category will only be granted if the request is received one month prior to event start date.**

STARTING POINT:

The Dead2Red Relay Running Race will start at 4:00pm SHARP on Thursday afternoon for all categories except Schools and Solo. School teams will start at 4:15pm SHARP on Thursday afternoon. Solo runners please see below.

ALL TEAM MEMBERS must be present to start the race **no later than 2:30 PM.** If for any reason, no member of your team is present at the official starting time, you will be granted a 15-minute grace period in which to arrive at the starting point, proceed through final check in, and begin running. **Otherwise, your team will be disqualified from the race. PLEASE NOTE:** For all late starters, your official start time is the official starting time of the race. **KINDLY REMEMBER THAT**



ALL TEAM MEMBERS ARE REQUIRED TO REPORT TO THE FINAL CHECK-IN TENT AT THE STARTING POINT.

In light of the new regulated distances of the race, support vehicles are not allowed to drive behind their runners for the first two legs of the race. Therefore, prior to the start of the race, only one team member should stay at the starting point and the remaining team members and their vehicles should proceed to the changeover points as follows:

1. One vehicle which includes the second runner, can remain at the first changeover point at approximately 4.4 KM from the starting point. Once the changeover has taken place, this support vehicle should drive ahead to the third changeover point at approximately 12.5 KM from the starting point.
2. The second support vehicle should proceed from the start to the second changeover point at 9 KM from the starting point. Once the changeover has taken place, this support vehicle can join the first at the third changeover point at 12.5 KM from the start.
3. After the third changeover point there are no restrictions on the support vehicle locations and they are free to drive behind the runners.

The SOLO race category will start at 6:00AM sharp on Thursday morning. Runners and all their support/drivers must be at the Solo Start Line no later than 5:00AM for the final check in process.

SAFETY:

1. **Safety Reflective Vests must be worn by all participants from 5:00 PM Thursday afternoon until 6:30 AM Friday morning**, regardless of whether you are a runner, supporter, driver, etc. Safety Reflective Vests for each participant are included in the participation fees. You may use the vest provided or any other similar item as long as it is preapproved by the Dead2Red Committee. **Anyone caught without a Safety Reflective Vest will cause his/her entire team to be disqualified immediately.**
2. **Drivers are expected to abide by all local driving laws.** No passengers should ride in the trunk of the car or in the beds of pickup trucks, hanging out of windows, van doors and sunroofs is forbidden. Drivers are asked to drive with care at all times.



3. **The consumption of alcohol is totally forbidden along the race route. This includes drivers, participants, and accompanying persons. Anyone caught consuming alcohol during the race will cause the entire team to be disqualified.**

BATONS:

We are providing you with a relay baton. This baton **must** be carried by the runner on the road running. When a new runner wants to start running he/she should receive the baton from the runner on the road. **Any runner caught running without the baton in his/her hand causes his/her entire team to be disqualified immediately.**

SUPPORT VEHICLES:

Please note that a maximum of TWO support vehicles is allowed per team. The largest size vehicle allowed as a “Support Vehicle” is a Mini Van, 7 – 9 passengers. Any supporting vehicle larger than the Mini Van will not be allowed to participate.

School Teams and teams registered in the Marathon or Semi-Marathon category are allowed to use a “Coaster Bus” or similar, with a maximum capacity of 15 – 25 passengers, as ONE of their support vehicles only. Any violation to these rules will cause the entire team to be disqualified. **Please note, that this year, the use of Coaster Buses along the Dead Sea Highway will be pending approval from the police. We will inform all teams by end of February regarding this permission.**

Accompanying/supporting Vehicles are not allowed to drive **beside** the runner at any time. The race route is via a major and highly used road and most of it does not have any lighting, so utmost driving measures should be observed at all times, day and night. **Any vehicle caught driving beside the runner will cause the entire team to be disqualified immediately.** On the other hand, we highly recommend that during the dark hours, your vehicle should drive **behind** the runner within a safe distance, to provide him/her with light.

For safety reasons, runners are **ONLY allowed to enter/exit the support vehicles from the RIGHT side of the vehicle** (unless the runner is driving). No entries/exits from hatchbacks, the back of vans or pickups, or the left side of vehicles will be accepted. **Any violation of these rules may cause the entire team to be disqualified.**



You are provided with **THREE OFFICIAL TEAM NUMBER CAR STICKERS PER VEHICLE**. You must place all stickers on ALL SUPPORT VEHICLES in the following very visible locations:

- **For most vehicles:** One on the right side of the front windshield, one on the left side of the rear window, and one on the left rear side window.
- **For Single Cabin Pickups:** One on the right side of the front windshield, one on the left side of the rear window, and one on the tailgate.
- **For Double Cabin Pickups:** One on the right side of the front windshield, one on the left side of the rear window, and one on the left rear side window.
- **If the vehicle has tinted windows, please place the car stickers on the OUTSIDE of the vehicle.**

Failing to place the stickers as directed above will cause your team to be disqualified.

WITHDRAWAL:

If your team decides for whatever reason to withdraw from the race, please inform a marshal immediately. For safety purposes, our marshals take great care in monitoring the whereabouts of all teams. By informing them of your withdrawal you help prevent confusion and wasted time.

GENERAL RECOMMENDATIONS

Packing the following items will ensure a more enjoyable race experience:

- **Be sure to pack your identification card/passport/residency/permit, etc. whether you are a Jordanian, a foreigner residing in Jordan or a visitor.**
- **If you use any kind of medication on a regular basis, please remember to bring an adequate amount with you for the entire duration of the event. Please note that there are very few pharmacies along the race route and none with 24 hour service.**

Clothing:

- Be prepared for all kinds of weather conditions:
 - Windbreakers, sunglasses and bandanas are very helpful during dusty conditions
 - Hat and sun block, as it might be sunny and warm during the second day, Friday



- Warm clothes for running at night (sweat pants or long tights, hat, gloves, ear warmers, etc.)
- Bring 5 or more changes of clothes or undergarments (your clothes will get sweaty and will not dry between runs)
- A bag to put your sweaty clothes in

Nourishment:

- Enough water for yourself and your team
- Enough food for yourself and your team
- A thermos bottle for hot beverages

Safety:

- Headlight or flashlight
- Use a headlight during the dark hours
- Wear additional reflective items along with the provided vest if possible
- Bring a car mobile phone charger and your mobile phone
- Pack a First Aid Kit. (The Civil Defense will be accompanying race participants from start to finish, but we recommend having your own First Aid Kit.)

Vehicle:

- Make sure that your vehicle is in perfect working order. There are no mechanics along the road until you reach Aqaba
- Start the race with a full tank of gas and fill up whenever you can – even if you only need a few liters. (There are three gas stations along the way; the Potash Company Gas Station is open 24 hours but is located towards the beginning of the race route, the other two gas stations close between 10 – 12 PM)
- Carry a set of jumper cables in case of faulty or drained battery
- Have your car registration documents accessible