



# Dead<sup>2</sup>Red Running Race

## RACE 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	End near Lady Lott rock formation
2	4.5	4.4	9.0	N/A
3	3.5	9.0	12.5	N/A
4	5.1	12.5	17.6	N/A
5	3.5	17.6	21.2	Start just before Ghor Al Haditha village. End at semi-marathon first interchange.
6	4.2	21.2	25.4	End after traffic light, near Civil Defense and across from Jo Petrol (Numeira will be in the middle of this leg)

- Please note the following NEW regulations regarding support vehicles:
  - Only ONE support vehicle is allowed to provide support during the first 21.2km of the regulated distances.
  - The second support vehicle must drive ahead to kilometer 21.2 and wait for the rest of their team there.
  - Support vehicles are NOT allowed to drive behind their runners for the first FOUR legs of the race. One support vehicle may drive behind the runner at the start of leg 5 as the runners enter Ghor Al Haditha village.
  - Prior to the start of the race, only one team member should stay at the Start Line. The first support vehicle with the runners of the next four regulated legs should drive to the first changeover point at km 4.4 to await the first runner. The second support vehicle should drive ahead to the start of the sixth changeover point at kilometer 21.2 and wait for the rest of the team there.
- After Ghor Al Mazraa, there are no restrictions on running distances. The team may select its own strategy in determining runners' distances but must be sure to check in with the marshals at the four Mandatory Check-in Points.



### **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.

### **SOLO:**

- For experienced, serious long-distance runners only.
- One runner must complete the entire 200 km 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.