



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

## INSTRUCTIONS, RULES & REGULATIONS FOR THE SOLO CATEGORY

The Solo Category of the Dead2Red Running Race covers a distance of 200km starting from Ghor Al Safi, on the shores of the Dead Sea and ending at the Movenpick Hotel Aqaba City on the Red Sea. Runners have 34 hours to complete the distance. This is a fun, challenging, and exciting event. We rely on the honesty of each individual to participate within the rules of this event.

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. We appreciate your support in protecting our planet.

### **STARTING POINT:**

**SOLO RUNNERS AND ALL SUPPORTERS/DRIVERS MUST report for final check-in at the Starting Point to receive bracelets and final instructions. Any runner who does not sign in will not be considered as officially participating in the race. ANY PARTICIPANT FOUND WITHOUT THE OFFICIAL DEAD2RED BRACELET WILL BE DISQUALIFIED.**

**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.**

**The Solo Start Line is 42km south of the Mujib Bridge. A pin of the location will be sent to all participants prior to race day.**



### **REGISTRATION:**

The Dead2Red - Solo Category is open to experienced, serious long-distance runners over the age of 18. To participate, runners must have completed at least one 100+km ultra-marathon in the past two years and must submit evidence of such (link to results, finisher's certificate, etc.).

In addition, runners must provide medical certification including an echocardiogram (ECG) that they are in good physical health and capable of covering this distance. The medical certification must be submitted to the Organizing Committee prior to race start. Regardless of medical certification, the medical staff of the Committee may at any time during the race deem a participant incapable of continuing the race at which point the participant will be officially withdrawn from the race.

### **WAIVERS:**

Each participant (whether runners or accompanying people) must sign an individual waiver form. **Once we receive a completed online registration in your name with the waiver box checked it means you have signed the waiver**, regardless of whether you completed the registration or someone else completed it on your behalf. **Accompanying people under the age of 18 years must submit a hard copy waiver signed by a legal guardian and accompanied by a photocopy of official identification of the legal guardian.** The forms can be downloaded from our website ([www.ammanroadrunners.com](http://www.ammanroadrunners.com)).

### **INSURANCE:**

Adventure races on open roadways, such as ours, have inherent hazards that you must be aware of and prepared for. It is highly recommended to you 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. **Any runner caught cheating in any manner will be disqualified immediately and 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.



### **REFUND POLICY:**

- Should you choose to withdraw, please note that the processing fee is non-refundable.
- Refunds in the Solo Category will only be granted if the request is received one month prior to event start date.

### **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 no later than the Leaders' Meeting. **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.**

### **SUPPORT VEHICLES:**

**Please note that a maximum of TWO support vehicles is allowed per solo runner.** 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.

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 runner 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.

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 you decide 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 participants. 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 day
- Warm clothes for running at night (sweat pants or long tights, hat, gloves, ear warmers, etc.)

### **Nourishment:**

- Enough water for yourself and your support team
- Enough food for yourself and your support 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.
- Carry a set of jumper cables in case of faulty or drained battery
- Have your car registration documents accessible