



RUMMAN CHALLENGE **INSTRUCTIONS, RULES & REGULATIONS**

The Rumman Challenge is an event designed to test the endurance, speed, climbing abilities, and strategy of cyclists and runners. Held on the iconic 'Tal Rumman' a 3.3km stretch with an elevation gain of 270m, and home to the Jordan Rally's Al Hussein Rumman Hill Climb since the early 1960s.

The cycling race will feature multiple qualifying uphill rounds culminating in a final showdown to determine the overall winner. The running race will be a one-time down and up loop of 6.6km. In both events, participants will have the opportunity to compete for the best times within their respective age groups.

Participants and spectators at the Rumman Challenge will not only enjoy the excitement of the event but also have the opportunity to explore the beautiful surroundings of the race location at the Royal Botanic Garden of Jordan (RBG).

As with all our events, the environment and the beauty of our country are important to us. Please respect nature and do not litter along the race route. Trash receptacles will be available at the Start Line and Finish Line areas. We appreciate your support in protecting our planet.

Time and Place

May 9, 2025

Royal Botanic Garden, Rumman Hill

Running race starts at 7:30AM

Cycling Time Trial starts at 9:00AM

All runners must be at the location by 6:30AM for pre-race check-in

All cyclists must be at the location by 7:30AM for pre-race check-in.

Cyclists will be guided down to the Start Line at 8:30AM.

ALL PARTICIPANTS must report for final check-in at the Parking Lot/Entrance to the RBG.
Timing chips and bibs will be distributed at final check-in.

You must present personal identification (I.D. card, passport or residency card) at final check-in.

You must bring your bicycle with you to the final check-in to be verified. No electric bicycles will be allowed in this race.



Registration

- **Registration opens:** March 25th, 2025 at 8:00AM
- **Registration Deadline:** April 25th, 2025 at midnight
- **Registration Fee:** JD15
- **Please note that you can register for either the Running Race OR the Cycling Race but not for both**

Running Race Format

- The Running Race will **start at 7:30AM**
- Runners will start the at the top of the hill and run down 3.3km to the designated turn-around point.
- After reaching the designated turn-around point at the bottom of the hill, runners will then proceed to run back up 3.3km to the finish line.
- **Please note: At 8:30AM, the cyclists will begin to be guided down to their Start Line by a pace car. If you are still on the road at that time, please keep to the right side of the road and be aware of cyclists.**

Cycling Race Format

1. **Time Trial (TT) – STARTS AT 9:00AM**
 - Each cyclist will start individually at designated intervals from the start point.
 - Start order will be determined by random lottery prior to the race.
 - **Please note: Cyclists will begin to be guided down to the Start Line by a pace car at 8:30. There may still be runners on the road at that time. Please keep to the right side of the road and be aware of runners.**
 - The course will be 3.3 kilometers uphill.
 - The fastest 20% of male participants, up to a maximum of 20 cyclists, will advance to the Qualifier round. If the fastest 20% of male participants is under 10 cyclists there will be no Qualifier and the cyclists will progress immediately to the Final Round.
 - The fastest 20% of female participants, up to a maximum of 20 cyclists, will advance to the Qualifier round. If the fastest 20% of female participants is under 10 cyclists there will be no Qualifier and the cyclists will progress immediately to the Final Round.
2. **Qualifier – STARTS 30 MINUTES AFTER COMPLETION OF TIME TRIAL**
 - The cyclists who qualified from the TT will compete head-to-head in a mass start race.
 - A pace car will guide the cyclists down the hill at a controlled pace, ensuring everyone reaches the start point safely and in a timely manner.
 - The race will be on the same course, with the first 5 cyclists to cross the finish line advancing to the final round.



- There will be two Qualifiers: one for male cyclists and one for female cyclists
- 3. **Final Round – STARTS 30 MINUTES AFTER COMPLETION OF QUALIFIERS**
 - The top 5 cyclists from the Qualifier will compete head-to-head in a mass start race to determine the overall winner.
 - A pace car will guide the cyclists down the hill at a controlled pace, ensuring everyone reaches the start point safely and in a timely manner.
 - There will be two Final Rounds: one for male cyclists and one for female cyclists

Course Recon

There will be one designated course recon day where cyclists and runners may come practice on site. The date of the course recon will be shared via email with all those who have registered.

Race Logistics

- **Warm-Up Area:**
 - There will be a designated warm-up area for all participants near the race venue.
- **Parking:**
 - Parking will be available on site. Please pay attention to the directions from the marshals upon your arrival.
- **Access to Start Point:**
 - **No Vehicles Allowed:** For safety reasons, no cars will be allowed to drive down to the starting point of the race. This is to ensure a clear and safe route for all cyclists.
 - **No Bicycles Pre-Race:** Bicycles will not be allowed into the race area/RBG until it is time to go to the Start Line.
 - **Pace Car:** The pace car will guide the cyclists down the hill at a controlled pace, ensuring everyone reaches the start point safely and in a timely manner.
- **Technical Support Station:**
 - A technical support station will be available at the Start Line area. Experienced mechanics will be on hand to assist with any last-minute adjustments or mechanical issues before each round begins. Cyclists are encouraged to visit the station if they need any help with their equipment to ensure their bikes are in top condition for the race.

Awards Categories

- 1st, 2nd, 3rd Male Cyclist/Runner
- 1st, 2nd, 3rd Female Cyclist/Runner
- 1st Male Cyclist/Runner in each age category as follows: Under 20, 20 – 34, 35 – 50, Above 50



- 1st Female Cyclist/Runner in each age category as follows: Under 20, 20 – 34, 35 – 50, Above 50
- King/Queen of the Hill (for Cycling and Running) – The inaugural race will determine the first King and Queen of the Hill. In future years, in order to be King or Queen of the Hill you must break the previous record.

Important

- Participants must be **12 years of age** or older to participate in this event.
- We are using an **electronic timing device** for this race. Participant's official time will be the chip time.

Cyclists please note:

- This event is for **single rider bicycles** only.
- Bicycles must be **SOLELY propelled by the rider's legs**.
- The **following items are banned** from this event:
 - Time Trial bicycles
 - Tandem bicycles
 - Bicycles with any mechanisms to store or release energy
 - Bicycles with aerobars
- Results of each leg of the race will only be **announced after that leg is complete**.

Runners please note:

- Runners must reach the designated turn-around point at the bottom of the hill in order for their time to be considered official.

Bibs and Timing Chips

1. Bib Numbers and Timing Chips will be given out during Final Check-In.
2. Bib Placement:
 - **Cyclists** - Please note that the Bib must be pinned on the **BACK** of the cyclist's shirt. If you choose to change clothes during the event you are responsible for moving your Bib number to the back of your new shirt.
 - **Runners** - Please note that the Bib must be pinned on the **FRONT** of the runner's shirt.
3. Timing Chips must be worn on the ankle.
4. Not abiding by any of the above regulations will cause the participant to be disqualified.

Safety and Support

1. **HELMETS ARE MANDATORY**. Any cyclist caught not wearing a helmet, whether he/she is warming up or racing, will be disqualified.



2. **Medical Support:** There will be a medical team on-site throughout the event.
3. **Race Marshals:** Race Marshals will be positioned along the race route to ensure safety and fairness.
4. **Support Vehicles:** Support vehicles will be available but only for emergencies.
5. **Stopping:** If at any time during the race and for whatever reason you are unable to continue, please pull over to the side of the road. Do NOT come down the hill back to the Start Line area. If you are capable, and you will not impede the race, you may choose to walk up along the side of the road to the nearest marshal. Otherwise, please remain on the side of the road and a support vehicle will collect you at the earliest opportunity that does not disrupt the race.

General Regulations

Registration Deadline: Registration is on a first-come, first-served basis. No registrations will be accepted after the registration deadline. You must have paid the registration fees in full and submitted your registration and waiver forms by this deadline to be considered officially registered. We reserve the right to close registration after the maximum number of participants is met. We reserve the right to refuse the participation of any individual based on our own discretion.

Waivers: Each participant 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. **Any participant 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](#) under the Rumman tab.

Insurance: Due to the nature of this type of event, we highly recommend that you have your doctor's permission to participate. Adventure races have inherent hazards that you must be aware of and prepared for. It is highly recommended for you to 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 the Rumman Challenge Committee and all race officials from any and all accidents and claims.**

Inclement Weather Policy: Safety is our main concern during this challenging event, and weather conditions are one of the factors that we cannot control and 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 up to two weeks prior to the event date a 100% refund of participation fees will be granted.



- **Should you choose to withdraw from the event less than two weeks 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, pandemics or endemics, 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.