

Bhutan Ultra - GENERAL GUIDELINES

1.1 This is a 50K and 25K running event. Participants are allowed to walk or run. We request that you run at least half of the total 50K course in order to make the cut off time.

1.2 You will need to pick up your race packet and check in the day before the event. PLEASE BRING A PICTURE ID TO CHECK IN. You will be given further details via email.

1.3 Once registered, participants will not be given a refund of their entry fee. Will will roll your entry fee over to the following year, as needed.

1.4 Runners are allowed to take support only from official aid stations, race personnel, or from other participants. You are not allowed to leave items on the side of the road to be picked up along the way.

1.5 Runners are not allowed to litter or leave personal items along the route. If you must discard trash or personal items, please do so at official aid stations.

1.6 No runner may be on the course during the race if he/she has not registered for the race, unless approved by the organizing committee.

1.7 The aid stations along the event route will be 8K-12K apart and will have water, bananas, Coke and snacks. You are required to bring a means to carry fluids and any additional food choices of your preference during the event.

1.8 First Aid services will be available at the finish line as well as on roving course Marshals. There will be an ambulance available as needed.

1.9 Our awards ceremony and celebration will be the evening of the race. The specific location and time will be announced prior to the event. All participants are requested to be present during the prize awarding ceremony.

1.10 Participants are allowed to use, wear or carry a headset, radio, headphones, personal audio device, but for your safety, we advise against it. Participants are allowed to bring their mobile phone.

1.11 At the end of the race, results will not be announced until all the checklists are cross-checked and verified by the Chief Marshall.

1.12 Race numbers must be worn on the front of the runner at all times.

1.13 Race numbers must not be altered in any way except at the finish line when a race official will take the bottom tear tag off of your race number. Please allow them to do so.

1.14 No participant, after leaving the course, shall be allowed to rejoin the race

either for the purpose of gaining a place or to pace or to assist another participant.

1.15 A hands-on medical examination during the progress of an event by officially designated medical personnel shall not be considered outside assistance and will not result in disqualification if participant is deemed medically fit to continue.

1.16 Participants are responsible for recognising and understanding event signage, symbols and colors relating to participant maps, facilities and direction, as well as all Event Guidelines.

1.18 Event officials reserve the right to delay, cancel, or suspend the race due to inclement weather or severe emergencies.

1.19 There will be intermittent and undisclosed check points along the course where you will check in with timing personnel.

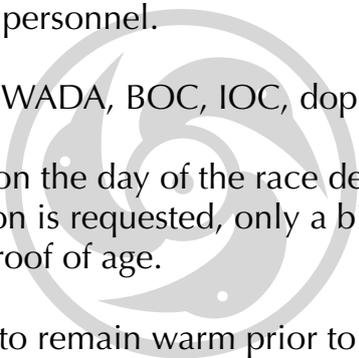
1.20 Under the rules of IAAF, WADA, BOC, IOC, doping is strictly forbidden.

1.21 The age of a participant on the day of the race determines his or her Masters classification. If age verification is requested, only a birth certificate, ID or passport will be acceptable proof of age.

1.22 Bring appropriate layers to remain warm prior to the race.

1.23 Local toilet facilities and toilet paper will be provided at the start and finish areas. We recommend you bring some of your own toilet paper as well, just in case.

1.24 Event officials reserve the right, to modify, supplement or waive all or part of the event rules.

A circular logo featuring a stylized dragon or mythical creature in the center, surrounded by a decorative border.
BHUTAN
SPORTS FESTIVAL
P H O B J I K H A V A L L E Y

2. CONDUCT OF RUNNERS

Any misconduct on the part of any runner, in breach of any of the guidelines given below, will result in penalties specified in Section 3. The decision of the organising committee will be final and binding.

2.1 All runners must at all times respect the existing road traffic rules and regulations.

2.2 All runners shall demonstrate proper sporting spirit and shall, participate in the event in a fair and sporting manner. They shall all endeavour to contribute fairly to the sporting success of the race.

2.3 No runner shall be disrespectful toward the organisers, officials, other runners or spectators.

2.4 No runner shall use foul or abusive language or conduct during the event.

2.5 Carrying and using glass containers is forbidden.

2.6 Runners must respect the environment and must make sure that they do not pollute the course.

2.7 Runners may offer assistance to other runners such as lending or exchanging food or drink. No assistance is allowed from anyone other than a race official, or a race participant.

2.8 If any runner wishes to file a complaint he or she must contact the Race Director with a written complaint within 24 hours of completion of the event.

3. OFFENSES

The following offences shall result in disqualification in the current race and suspension from the next edition of the Bhutan International Marathon, or as decided by the organising committee. The decision of the organising committee will be final and binding:

3.1 Acts of unsportsmanlike conduct in conjunction with the event.

3.2 Entering the competition under an assumed name or falsifying documentation at the time of registration.

3.3 Assaulting or committing a violent injury on other athletes, officials or Marshalls.

3.4 Failing to run the entire course, by taking a short cut, riding in a motor vehicle, or by any other means.

3.5 Taking aid from anyone other than an event official, official aid station, or other participant.