



## HIRUS ULTRA MARATHON

### Race Regulations – December 12-13, 2019

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The Jerusalem Hirus Ultra Marathon (HUM) is a unique running event that features a changing and challenging terrain. The race is divided into several routes and includes the 85HUM flagship race.

#### Race routs:

1. kids race 300 M to 1 Km
2. Short race 10 km
3. Short field race –21km
4. Half Marathon trail running –30km
5. Ultra-Marathon –60 km
6. Ultra-Marathon – 85 km
7. Ultra-Marathon- 120 Km

#### Starting and ending point:

- 120 Km & 85 Km & 60 Km & 10 Km race will start at the biblical Zoo and ends at the “first station of Jerusalem”
- 30Km race will start in kobis spring and ends at the “first station of Jerusalem”
- 21Km race will start in Yad Kennedy and ends at the “first station of Jerusalem”
- Kids race take place in the first station of Jerusalem

#### How to register?

Registration online: <http://www.hum.co.il/sign> Official site

- Pay attention to registration dates.

## **Age of participants:**

### **120 Km & 85 km & 60 km –**

- On the day of the event, participants must be 18 years old at the least.

### **30 km race –**

- On the day of the event, participants must be 16 years old at the least (runners under the age of 18 must provide a signed approval of their parents, along with other required documents)

### **21 km race -**

- On the day of the event, participants must be 14 years old at the least (runners under the age of 18 must provide a signed approval of their parents, along with other required documents)

### **10 Km race-**

- On the day of the event, participants must be 14 years old at the least (runners under the age of 18 must provide a signed approval of their parents, along with other required documents)

### **Kids race-**

- On the day of the event, participants must be aged 10 and up for 1 km and 300 aged 6 and above. (runners under the age of 18 must provide a signed approval of their parents, along with other required documents)

## **General terms of participation:**

- Participant statement must be filled out and signed (documents are attached at the end of the regulations). Participants under the age of 18 must provide a signed approval of their parents, along with other required documents.
- Pay attention!! The health HUM document must be completed and sent up to two weeks before the start of the race. To The flowing email [humisrael.general@gmail.com](mailto:humisrael.general@gmail.com).  
A participant who does not send a health document in time cannot take part in the race.

## General instructions

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### On race day –

- Each runner shall carry his/her chest number prominently and put on the race bracelet with the race emergency phone number printed it.
- Signs along the route will lead the runners throughout the race.
- Marshals at the starting points and representatives at critical points will provide solutions to problem upon necessity.
- From sunset to 5:30, the runners must use a flickering red light on the back, as well as a luminous vest and a head-mounted flashlight.
- At night, be cautious and run responsibly (please note that the night run is relatively long and therefore, part of the time the runners are tired and the vision is poor).
- **It is absolutely prohibited to accompany runners, whether by running or cycling. A runner caught with another person accompanying him/her will be disqualified** (except in areas close to the finish where it is permitted).

### Highlights – 120 K & 85 km & 60 km races –

1. Mandatory equipment will be checked prior to the start and during the competition. An athlete that will not have all the required equipment at any time will be disqualified immediately.
2. At night, until 5:30 am, each athlete must run with a head-mounted or regular flashlight turned on.
3. Throughout the route, each athlete must carry his chest number prominently.
4. **A runner, who fails to reach one of the stations until the cut -off time, will not be able to continue the competition and the chest number will be taken from him.**
5. We are committed to preserving the nature and the area in which we run and therefore, a runner caught throwing trash on the trails will be subject to penalties as specified.
6. Along the route, there will be aid stations and water stations. Receiving assistance outside these stations by any third party is prohibited and will be subject to penalties as specified.
7. In case of retirement, except for cases of injury, a runner should reach the nearest station and inform the station staff regarding retirement and hand over the chest number. Race management will make sure to transport the runners, who decided to retire, to the finishing line. (Please note that the time of transportation to the finishing line may change depending on shuttle availability and race management's considerations). In case of injury that does not allow to continue the race, contact the race center immediately and follow the instructions.

## Penalties –

Violation	Penalty
Lack of mandatory equipment	Disqualification
Rout shortcut	Disqualification
Refusal to equipment examination or refusal to follow the instructions of the race marshals	Disqualification
Receiving assistance outside the official stations of the race	One hour of waiting
Being accompanied outside the finish area	Disqualification
Avoiding helping a runner in distress	One hour of waiting
Throwing trash on the trail	One hour of waiting

## Categories of 120 Km & 85 km & 57 km races –

- Individuals – running the entire distance in women and men's races (minimum 6 runners per category):
- Men/Women – up to 39
- Men/Women – 40 and older
- Age is calculated by year.
- In case of lack of a minimum amount in a category, in each race the general places only will be announced.

## Categories of 10Km & 21 km races –

- Depending on the age groups that will be in the event day. Minimum 8 age group competitors

## Cut-off –

- Kids race:-----
- 10Km race: -----
- 21 Km race: 2:30 hours
- 30 km race : 4 hours
- 60 Km race : 10:15 hours
- 85 Km race : 16:45 hours
- 120 Km race : 20:45hours

## Runners' safety

- Safety – during the race the roads will not be closed (in the 85 km race, there are 4 locations where crossing the road is required), therefore runner must be careful. Pay attention to the traffic upon crossing the road, the race goes through marked trails and signs along the way will guide the runners.
- Since the race mainly takes place at night, each runner must run with a flickering flashlight, either head-mounted or regular. A runner who will fail to comply with these instructions may be disqualified.
- Keep quiet while running in populated areas.
- Navigation errors – the route is marked in compliance with the highest international

standard to prevent navigation errors. In case of such an error, a runner must return to the last point where the route is marked and continue from there.

### **Schedule and stations' closing hours**

- Race portfolio, which will be published before the race, will include information about the Refreshment stations' opening and closing hours according to various races.
- 120 Km race start time - 17:15 pm, December 12, 2019
- 85 km race start time – 10:15 pm, December 12, 2019
- 60km race start time – 4:30 am, December 13, 2019
- 30km race start time – 7:00 am, December 13, 2019
- 21km race start time –8:00 pm, December 13, 2019
- 10km race start time – 9:00 pm, December 13, 2019
- Closing ceremony will be held at 11:00 am at the finish area in the “first station of Jerusalem”

### **General changes and unplanned changes in the route and during the race**

- Race manager may change the route based on his decision due to unexpected and unknown factors, which may interfere with the race or endanger the runners or race organizers.
- Race manager may change the time the races will start, as well as the stations' closing hours and the time the race ends due to unexpected and unknown factors, which may interfere with the race or endanger the runners or race organizers.
- Changes in these regulations may apply in accordance with organizers' considerations. The Changes will be updated on the race home page.
- Race organizers may inform regarding cancellation or postponement of the race without prior notice, but within a reasonable time before the race, in case the number of registered runners will not reach the minimum amount determined in order for the race to take place.

### **Complaints/Appeals**

- Complaints regarding a violation of race rules, as well as appeals or objections regarding results, should be submitted to the Organizing Committee representatives at the finishing point only, and in any case, not later than one hour after crossing the finishing line.

**We wish you health and best of luck in the race! The Race Team**

1. I hereby declare that all the details I provided upon my registration for the event via the registration website, such as the date of birth, gender, telephone numbers, medical details, etc., are true and correct.
2. I, the undersigned, declare that I have undergone medical examinations and I am physically and mentally fit for the "Jerusalem Hirus Ultra Marathon" and I have trained for the competition accordingly. My physical and mental condition was examined and approved by a qualified physician. I declare that shall there be a change in my physical or mental condition, I will inform the race team immediately.
3. I, the undersigned, hereby declare that I hold a valid medical approval signed by a physician in accordance with the Sports Law and I meet the requirements of the Sports Law.
4. I hereby attach an approved examination form signed by a physician – applies to the 85 km race only.
5. I, the undersigned, declare that taking part in the competition is my personal choice and no coercion or solicitation were applied by any party. I am acquainted with the route and its nature, I am aware that the competition is difficult and involves significant physical and mental efforts, including running on roads and open areas, running at night and in the dark in different areas.
6. I, the undersigned, declare that I do not and will not have any claims of any kind whatsoever towards the Hirus Ultra Marathon, Goldfish Productions, G.S.N. Development and Production Ltd., Bars Co.IL Ltd., event manager and/or anyone acting on his behalf, Municipality of Jerusalem (hereinafter – the "organizers"), and/or anyone directly or indirectly involved in the competition. Any damage caused to my property, if any, and me is under my responsibility and I will not have any claims of any kind whatsoever towards the organizers, their family members or anyone related to them directly or indirectly. The organizers will not bear any responsibility for any damage caused to me or to a person accompanying me, including physical and mental damage caused to me before, during or after the competition.
7. I, the undersigned, hereby declare that I acknowledge the organizers' right to prevent my Participation in the event or disqualify me during the competition, for any reason, as they see fit.
8. I, the undersigned, hereby undertake to comply with all the instructions, regulations and requirements specified in this document, or the provisions to be determined by the organizers before or during the competition.
9. I, the undersigned, hereby waive any right to file a tort claim against the organizers, their representatives, escorts, medical and/or paramedical staff and any person directly or indirectly involved in the competition.
10. I declare to indemnify you due to any claim or demand presented against you by me or by anyone acting on my behalf regarding the matters specified above and below.
11. I agree that the organizers, their representatives and/or anyone acting on their behalf, may use my photographs before, during and after the competition for the purpose of advertising, sales

Promotion and marketing of the competition or similar events to be carried out by the organizers in the future. I declare that I am well aware and agree that in case the race will be canceled and/or postponed, and/or will not be realizable due to force majeure constraints or any event, over which Goldfish Productions and/or G.N.S. Development and Production Ltd. and/or Bars Co.IL Ltd. and/or anyone acting on its behalf do not have any control, including and without derogating from the generality of the foregoing, various weather events, war, security events, I will not have any demand for any compensation whatsoever, including refund of amounts that I paid for my participation in the race.

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### **Sending instructions:**

The required documents must be submitted up to two weeks before the race. The signed documents must be scanned or photocopied and sent to: [humisrael.general@gmail.com](mailto:humisrael.general@gmail.com)

### **Notes:**

- A participant that will fail to submit a signed medical approval on time will not be able to receive the participant's kit and will not be able to take part in the race.
- A participant that will fail to cancel his participation on time and will not present a valid medical approval will not receive any refund.

**Registration cancellation** –Possible up to 30 days from the date of registration by the consumer protection law. Plus a cancellation fee of 5% of the registration fee or 100₪, whichever is lower.

### **Race change-**

- Race change requests should only be submitted through the race email. Subsequent changes will not be accepted after 12.11.19. cost of 5% Management Fee.

### **Rename participant:**

- Registration can only be transferred to another runner by the race email until 12.11.19 at 12:00 at a cost of 5% Management Fee.
- The cost applies to the outgoing, the outgoing must indicate on the "exchange request" form and indicate full name, date of birth, shirt size, ID, cellphone, gender, email.
- The incoming will pay directly to the incoming in the way they will agree.

We wish you health and best of luck in the race!  
The Race Team



## HIRUS ULTRA MARATHON

### Medical certificate

Surname: \_\_\_\_\_

First name: \_\_\_\_\_

Nationality: \_\_\_\_\_

Date of birth: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

I, the undersigned doctor \_\_\_\_\_

Certify that the medical examination of:

Family name \_\_\_\_\_ First name \_\_\_\_\_

Does not reveal any contraindication to the practice of competitive running.

- 120 km
- 85 km
- 60km
- 30km
- 21km
- 10km
- 1 km

Date: \_\_\_\_ / \_\_\_\_ / \_\_\_\_\_

Signature of doctor: \_\_\_\_\_

Professional stamp/seal and professional number: \_\_\_\_\_





## HIRUS ULTRA MARATHON

### Permission slip for a participant under the age of 18

The permission slip must be signed and filled by a responsible adult in addition to the medical HUM document.

**Details of the runner who is a minor:**

Full name: \_\_\_\_\_

Age: \_\_\_\_\_

Date of birth: \_\_\_\_\_

ID number: \_\_\_\_\_

Signature: \_\_\_\_\_

**Details of father/mother/guardian (Circle the Answer) Of the Participant and approve his participation the race.**

Full name: \_\_\_\_\_

ID number: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_