



## HIRUS ULTRA MARATHON

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

**These rules must be read carefully to avoid misunderstandings.**

**HIRUS Ultra Marathon and organizers are not responsible for any damage to participants.**

**The race features challenging sections and technical points.**

**It is up to each runner and his / her responsibility to make the track known before the competition.**

**Before the launch there will be a briefing in which guidelines and highlights will be given regarding the competition and the track. Every runner must attend the briefing and obey the organizers' instructions and instructions.**

**This policy is accompanied by a disclaimer and release from liability. As a condition of participation in the contest, each runner wishing to participate in the competition sign this document. In the case of a runner under 18, both the runner's signature and the parent's signature are required.**

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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:

- 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.

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
- If the participant is unable to participate in the race due to injury / medical issue, the participant will be able to transfer his / her registration to Virus 2020 by presenting an appropriate medical certificate to the race email.
- A participant who did not cancel his participation on time and did not present a valid medical certificate will not receive any refund.

### **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 50₪ 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.

wish you health and best of luck in the race!

Race Team

**Dear participant-**  
**Document it affects the rights of the legal**  
**Please read carefully the two pillars**  
**Before signing**

**Health Declaration and Conditions of Participation in the Race**  
**Race Cyrus Ultra Marathon2019**

12-13 /12/2019

Name and family: \_\_\_\_\_

Chest Number \_\_\_\_\_ :

ID Number. \_\_\_\_\_

Correct details:

1. I declare that all information I have given during subscription to the event through a sign-up online , including : date of birth , gender , number phone , etc - .are " **true and accurate** . "
2. I am asking to participate in the I seeks to participate in the activities in question) hereinafter : "the **activity** ,(" organized the by barim co,il Ltd " from and / or all those related to it directly or indirectly ) hereinafter " : **the organizer** ")

**This document is drafted in the language male on my behalf comfort only, but all the said at him intended for women and men as one**

Risks of activity:

I declare as follows:

3. I know that the activity is a sporting activity, the activity is carried out under challenging terrain conditions, which by nature of the activity, the terrain conditions (such as: the woods, mountains, forests, streams, trees, stones, dirt roads, slopes and unpaved elevations and more) , The participant is at various risks such as: falls, various injuries, fractures, physical and mental exertion at a high level of difficulty, disability, and God forbid, in death.
4. I know that as a result of those risks, I could be severely injured that could lead to severe disability and also death and / or be financially injured in the event of an injury as a result of loss of income, medical expenses, and so I declare that any loss I incur will bear it at my own expense and responsibility.

•In the field of competition there will be an ambulance and a doctor . The organizer undertakes to provide primary health care services .However ,the extent and the injury requires treatment significantly more : a therapeutic emergency , hospitalization , or any relief Medical significant other - will be invited to a vehicle evacuation more and all expenses evacuation , treatment , hospitalization and rehabilitation abroad " report , shall Ali.

**The even known me all the risks above " to , I'm asking to participate in the activities of my own free will**



\_\_\_\_\_  
Date                      Name                      id .                      Signature                      date of birth

5. I certify that never will have any claims and any claims about it to the union bikes , organizer or anyone acting on his behalf , and that any damage caused to me , before the operation , during , after or in connection with it - will be my responsibility , me and my expense.

.Health statement:

6. I the undersigned " From declares hereby undergoing tests Medical and am healthy and fit physically and mentally activity and practiced for it properly.
7. Yes ,I certify that the states of physical and mental tested and approved ,before the operation with" the doctor qualified reasons .I hereby undertake to invent the organizer of the approval of medical ,signed as required to by your doctor ,before beginning the activity.
8. I signed below declare hereby that I am holding the approval of medical firmly with the " D " Law of Sports " and I am going to meet " Law sport " **and I am holding approval testing Ergometer valid** .
9. I declare that if it turns out that I am not eligible for health or mental - all responsibility for this and the damage that might caused to me because of it - will be on me and on my account .I declare that I will not have any claims or claims in this regard to the organizer.

#### Insurance

10. Unknown to me that my responsibility to make insurance individual under the law of sports) at his expense (days of the race and ensure that the insurance will be valid ;therefore I hereby certify that there is in the hands of insurance accidents personality in force covering the participation in the activity .I declare that I have checked the amount of insurance coverage I have made and I know that if the amount of insurance is insufficient to compensate me for damages I will not come to any claim or claim in this matter to the organizer.

#### Release from liability

11. I hereby declare that the organizer does not bear any responsibility for damage to any , caused to me or to those reasons , including damage to body and soul , that will make me in connection with the operation , before the operation , during and / or after.
12. I the undersigned" From declares hereby ,that I know of right of the organizer to prevent their participation in the event and / or invalidate the participation in and during ,any reason for it ,as they find fit.
13. I the undersigned " From undertakes hereby fill the all instructions ,regulations and / or requirements and / or instructions written and / or a mouth ,the organizer of the activity and / or anyone acting on his behalf.
14. I undertake to indemnify the organizer of the activity in respect of any claim or demand is raised against him on by and / or on by those who for reasons all related activities ,directly and / or indirectly.
15. I declare hereby that inform and updating the organizer in hands on any change occurred in situations of health from records of activities to day operations practice.

#### Pictures and photos

16. Agreed Ali organizer has and / or anyone acting on its behalf may use photographs / pictures of my course of operations , in front and at the end purposes of advertising , promotion sales or marketing of the activity and / or any event other organizer has to take its part , without having to get off approval early.

17. I give context it on my rights and claims in respect of infringement of privacy ,copyright infringement or copyright trading whatsoever ,and undertakes not to demand compensation or indemnity in respect of the use of it.

Cancel the race

18. If the race is canceled / postponed due to the constraints of force majeure , or any event it does organizers control , including the events of tempered air of all kinds , war , event security and more , not will refund money to any participants.

\_\_\_\_\_  
Date                      Name                      id .                      Signature                      date of birth

**Confirmation of participation of the parent / adult in charge) the participation of a minor(**

1. I the undersigned" than declare and confirm that I am authorized exclusive to sign on behalf of the minor \_\_\_\_\_ and receive decisions regarding its participation in and / or at all.
2. I hereby declare and confirm that I have read carefully the written waiver ,risking voluntary and release from responsibility and I accept the contents.
3. I am aware of the risks involved in their activities and their possible outcomes ;and I ask the minor to participate in the activity .As well , I declare that it is clear to me that my signature on a written waiver of this I understand that in the event of injury' ll have to carry myself damages economic might occur in its wake.
4. I understand that the commitments I have signed here do not apply in the event of serious negligence by the organizer.

\_\_\_\_\_  
Date                      Name                      id .                      Signature                      date of birth



## 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: \_\_\_\_\_