



## JRAR 2020 RULES

From Thursday, October 20nd to Monday, October 26th

### ART 1 : ORGANIZATION

This race is organized by a travel agency specialized in sport and adventure journeys called TENDAO.

The principle is to arrange comfortable moments before and after the test and to propose you an all inclusive trip.

Tendao organizes the Jordan Running Adventure Race to the Wadi Rum Desert (5th edition) from 20nd October to 26th October 2020.

Tendao has got a license as a travel agency, which number is LI 062010002 and a financial APS warranty allowing it to sell its costumers a complete package (stay + trip).

Its civil responsibility is the Professional HISCOX compagny (12, quai des Queyries 33100 Bordeaux- France)

### ART 2 : THE COMPETITION

The Jordan Running Adventure Race is :

- 100 km in 3 stages or 60 km in 3 stages (marked trail) in semi autonomy (the GPS is not mandatory for the 100 km) The first (24 km) and third stages (25 km) are common to both races. The second is 51 km for the 100 km race and 11 km for the 60 km race.
- 165 km non stop with a start of Petit Petra, a passage in the ancient site of Petra, then a final of more than 100 km in the exceptional desert of Wadi Rum ! The GPS is mandatory.
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- For the 60 km, you don't need the GPS.

### ART 3 CONDITIONS FOR ADMISSION

Conditions for registration

To take part to the race, you must be over 20 and healthy. For this reason, a photocopy of your passport or your national identity card and of a medical certificate given by the organization team is required. This last document will have to be filled by a doctor 6 months before the departure of the race. Otherwise, all registration fees will have to be paid at the dates fixed by the present rules.

The fact of taking part to the race involves that a competitor accepts without any reserve the complete rules and the moral code of the race.

#### **ART 4 PROGRAM :**

Go to check the program on our website.

##### **Description of the Steps :**

Step 1 Petra and its mountains: 24 km + 1000M: departure from the ancient site of little Petra, then from Petra's site for a quite diversified journey with constant elevation on the whole course.

Step 2: Wadi Rum: 51 km + 837 M: DEPARTURE FROM CAMP 1 of the desert for a loop to the discovery of the wildest area of the wadi rum desert. . The course will sand hard, softer sand and a small collar that will be a good part of the elevation of the second part of this exceptional race.

Step 2 (60 km) course 11 km: this night experience in this exceptional desert will be a great moment. The course is common with the 51 km .

Step 3: Wadi Rum: 25 km + 320 M: The course will be demanding with passages in canyons, soft sand and Exceptional Landscapes

Time barriers : Stage 1 : 24 km departure 6:30 am - no time barrier.

Time barriers : Stage 2 : 51 km / departure 4:00 am - CP1 (21km) 9h CP2 (42km) 14h.

Time barriers : Stage 2 : (for the 60 km) 11 km / departure 4:00 am - No hourly barrier.

Time barriers : Stage 3 : 25 km / departure 6:00 am - No time barrier.

For the 165 km : the maximum time is 56 hours to complete the course. (Time Barrier are each CP)

##### **Accompanying Program :**

An accompanying program is available on request. It allows the accompanying person to discover Jordan and to follow the test; The companion sleeps on the same sites as the runners!

#### **ART 5 TECHNICAL AND ADMINISTRATION CHECKINGS**

The technical and administration checking will take place on the day before the departure of the first race (21th October in afternoon in Petra).

It must obligatorily have fulfilled the technical and administrative conditions provided by the organization. Any unsatisfactory control may result in the exclusion of the competitor without reimbursement of expenses incurred. GPS training will be provided by the organizing team.

## **ART 6 NEUTRALIZATION**

The event may be neutralized if the organization deems it useful for security reasons.

## **ART 7 RACE**

A road book and maps will be given to you before starting every stage. They will help you to check the route in case of any doubt.

GPS systems are compulsory for 165 km Race Only ! . If you want to, you can ask by mail 10 days before the race all the GPS informations (almost 170 GPS informations). Some signs will be installed in the most complicated areas for safety reasons .

## **ART 8 CHECK POINTS**

This is a committed test in which competitors are autonomous for food; there will be a mineral water feeding points every 20-25 km all along the race.

Food rations and materials will be checked by the organizers before and during the test. A medical assistance will be present at each check points and will be able to assist, to treat or to stop a defective runner. There will be no intermediate checkpoint for the stages of less than 30 km. There will be 2 checkpoints on the 51 km course.

## **ART 9 REFUELING POINTS**

Refuelings will be done at the checkpoint every 20 to 25 km. You will have cold or hot water.

## **ART 10 ARRIVAL**

The chronometer will take your time from the departure point till the arrival and will check your passage at the compulsory control point subject to possible penalties.

The arrival is localised in Wadi Rum Desert.

## **ART 11 WITHDRAWAL**

For security reasons, it is very important to inform a member of the organization team about one's withdrawal at any control point situated on the course.

It will always be possible to organize, if needed, a motorized return to the arrival or if not needed, a competitor will reach the nearest point with a member of the organization team.

After having withdrawn during a stage, a runner will still have the opportunity to be integrated again into the race with a significant penalty defined in the road book of the race.

## **ART 12 MEDICAL ASSISTANCE**

A medical team ( a doctor and a physiotherapist) will be present during the whole race and will assure the security of all competitors.

The medical team will be able to disqualify a competitor deems unfit to continue the race.

## **ART 13 INSURANCE**

Thanks to its quality as a travel agency, the Tendao agency subscribed an insurance for Repatriation. Each competitor participates with full knowledge of the risks that this

competition can cause and releases the organization from any responsibility in case of physical or accidental failure.

If you want to, you can subscribe a special cancellation insurance.

#### **ART 14 COMPULSORY MATERIAL**

For the 165 km : Competitors will have their food needs for 2.5 days: 1500 calories per day x 3 = 4500 calories.

The list of all compulsory material :

- a rucksack or any equivalent bag (the best one answering the participant's motives for the race)
- a long running tight + polar jacket (for the 165 km)
- a windbreaker
- a compass
- a GPS + spare batteries (for the 165 km)
- a lighter
- a knife (blade of at least 5 cm) (for the 165 km)
- a skin antiseptic lotion
- a reflective mirror (of 6 cm)
- a whistle
- a lightweight survival blanket (2,20 ml x 1,40 ml)
- two pocket-size or frontal lamps + spare batteries (for the 165 km)
- a pocket-size or frontal lamps + spare batteries (for the 100 / 60 km)
- two gourds or 1 gourd + 1 camel bag
- the required food

Your material will be checked before and during the race and at the arrival.

#### **RECOMMENDED MATERIAL**

- a tights and a polar jacket

The list of material given by the organization :

- a road book
- GPS informations
- Tracking GPS for security ( only 165 km)

#### **ART 15 WEATHER CONDITIONS AND NATURE OF THE GROUND**

The weather conditions at this time of the year will be as following

Wadi Rum : 25 Degrees during the day, 10 degrees during the night.

Full moon (during 12 hours).

## **ART 16: REGISTRATIONS**

Registration fees depend on the programs chosen; For departures from Brussels and Milan, these prices are only valid until certain dates. After June 1st, a surcharge will be applied depending on the evolution of ticket prices and reservations. To validate your registration, you must have paid a deposit of 500 Euros. You must then pay the entire second monthly payment of € 1000 before March 31 and the rest of your registration before July 30.

In the event of late registration (after July 30), the entire amount must be paid.

### Full package Paris / Paris

165 km non stop :

2450 € until June 1st 2020

2550€ after 1 June 1st 2020

100 km and 60 km 3 stages Full Program:

2390 € until June 1st 2020

2590€ after 1 June 1st 2020

Full program without flight :

1690 € until June 1st 2020

1890€ after 1 June 1st 2020

short program without flight :

1290 € until June 1st 2020

1440 € after 1 June 1st 2020

Accompanying :

2290 € until June 1st 2020

2490€ after 1 June 1st 2020

### Full package Brussels / Brussels

165 km

100 km and 60 km 3 stages :

Accompanying :

Registration deadline :

Balance of registration to be paid by

Tendao is a travel agency registered under the number LI 062010002

## **BOOKING RESERVATION**

- Deadline for registration on 30/07/2020
- Entry form to be completed
- Travel Regulations
- Photocopy of valid passport

## **MEDICAL FILE**

The blank medical certificate must be completed by your doctor, clearly stating your suitability for this type of test. If the documents are not presented to the controls, the disqualification can be decided without reimbursement of expenses incurred.

## **VISA**

The visa will be made at Aman airport, it is free if you take the full package. Expect 40 US Dollars for local authorities for those who have registered too late or those who did not arrive with the flight of the group of runners.

## **RULES**

We return the rules of the event with the mention "read and approved" followed by your signature.

## **ART 17 : CANCELLATION**

- 100€ will be retained for application fees in the event of withdrawal.
- 30% of the totality of the entry fees will be retained by the organization in the event of withdrawal occurring before 1/06/20.
- 50% of all entry fees will be retained by the organization in the event of withdrawal between 2/06/20 and 15/08/2020.
- After the date of 15/08/19, no refund request will be accepted.
- It is possible to take a cancellation insurance with the organization.

## **ART 18 : WAIVERS**

By indicating your acceptance, you understand, agree, warrant and covenant as follows:

1- For your safety, please carefully read this entire Accident Waiver and Release of Liability.

I acknowledge that this athletic event is an extreme test of a person's physical and mental limits and carries with it the potential for death, serious injury, and property loss. In consideration of the acceptance of my application for entry in the 2018 Jordan Running Adventure Race, I hereby freely agree to make the following contractual representations and agreements. I fully realize the dangers of participating in a desert running race held in the Jordan desert, and fully assume the risk associated with such participation. I agree it is my sole responsibility to be familiar with the race course and the special regulations of the event. I understand and agree that the situations may arise during the race which may be beyond the immediate control of the race officials or organizers, and I must run so as to endanger neither myself nor others. I accept responsibility for the conditions and adequacy of my equipment and training. I have no physical or mental condition which, to my knowledge, would endanger myself or others if I participate in this event, or would interfere with my ability to participate in this event.

2- The legal entity Organiser of the JRAR did not subscribe to a civil liability insurance. By signing the Registration Forms you acknowledge that you have been fully informed about that, and you give up the idea to hold that fact against the Organiser.

3- I understand my photo may be taken during activities associated with the JRAR Races. I give my permission for my photo, video, or film likeness to be used for publicity purposes and to be made available to other racers and interested parties. I understand that I will not receive any monetary compensation for this.

#### **ART. 19 : SPONSOR**

The bibs will be set up according to the guidelines of the organization and the sponsors will not be in any case hidden.

#### **ART. 20 : PENALTIES or OUT OF RACE**

Any control not meeting the signed rules will be penalized by 5 hours. Anyone who has not validated their card to a tag will be penalized by 5 hours. Anyone who has not validated his card to a PC will be disqualified. Anyone receiving food from a PC for his or her livelihood will be penalized for 5 hours. Anyone to be infused for safety will be disqualified after medical advice. Anyone exceeding the time limit of the race will be disqualified. Anyone taking a motorized vehicle will be disqualified.

#### **ART. 22: TENDAO & COMMUNICATION**

The organizers reserve the right to change the start time or day or part of the itinerary following an event beyond their control or motivated by the safety of the participants. The organization reserves the right to modify the rules if it deems useful, the riders will be notified and will validate the modifications before the departure.

#### **ART. 23: THE RIDER DECLARES**

To have inquired about the medical contraindications which could concern him and consequently, to discharge of any responsibility the organization of any problem of medical order, accidental or any other being able to support during the test. On the other hand, the organizing legal person has a civil liability insurance; this is why by signing this letter you declare that you have been fully informed of this, that you are knowingly participating in the event and waive any objection to the organizer.

**17 RUE DU MARECHAL LEFEBVRE**

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**FRANCE**

**AGENCE DE VOYAGES REF L 062010002**

**TEL 00 33 321874871 / FAX 00 33 321874872**



**TENDAO** RUNNING ADVENTURE RACE