



**JORDAN** RUNNING ADVENTURE RACE

## JRAR 2024 RULES & REGULATIONS

From, March 2<sup>th</sup> to March 4

**RACE 185 KM NON STOP**

**RACE 100 KM IN 3 STAGES**

**RACE 60 KM IN 3 STAGES**

### 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 race and to propose you an all inclusive trip. Tendao organizes the Jordan Running Adventure Race to the Wadi Rum Desert (6th edition) from March 2<sup>th</sup> to 4<sup>th</sup> 2024. Tendao has got a license as a travel agency, which number is LI 062010002 and a financial APS warranty allowing it to sell to its costumers a complete package (stay + trip). Tendao's civil responsibility is the Professional HISCOX compagny (12, quai des Queyries 33100 Bordeaux- France).

### ART. 2: THE COMPETITION

Three races are proposed :

**185 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 ! **GPS is mandatory because the route is only partly marked.** Every 25 km, water assistance points are set up on the course. This is an adventure race reserved for experienced runners.

**100 km in 3 stages** or **60 km in 3 stages** (signposted path) in semi autonomy (the GPS is not mandatory). The first step (24 km) and the third step (25 km) are common to both races. The second step is 51 km for the 100 km race and 11 km for the 60 km race.

At the crossroads of roads, throughout its history Jordan has been and remains a meeting point and a place of convergence of multiple and varied currents. This vibrant country where races, religions and peoples have intermingled and influenced each other provides a balance to life through its uniqueness and cosmopolitan character. Jordan is undoubtedly a kingdom deeply rooted in history and culture.

From the moment you arrive, you become aware of the richness of its heritage. Everywhere there are the ruins of civilizations that have long been relegated to the history books, yet still linger in the life of this amazing kingdom and in the soul of its people...

## **100 km and 60 km races are signposted path**

### **ART. 3: 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 is required. Also a medical certificate (a blank certificate is given by the organization) must be recently (maximum 6 months before the race) completed by a doctor, giving you the authorization to participate to this race. Moreover, note that all registration fees must 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 ethical code of the race.

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

Description of the different steps concerning races 100 km and 60 km :

**Stage 1 - Petra and its mountains:** 24 km + 1000 m: departure from the ancient site of little Petra for a quite diversified journey with constant elevation on the whole course.

**Step 2 race 100 km - 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 alternate hard sand, softer sand and a small pass which will constitute them major part of the elevation gain of this second part of this exceptional course.

**Step 2 race 60 km - Wadi Rum:** 11 km: this night experience in this exceptional desert will be a great moment. The path is common with the 51 km .

**Step 3 - Wadi Rum:** 25 km + 320 m: The course will be challenging with passages in canyons, soft sand and exceptional landscapes

#### **Time barriers:**

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

Time barriers : Stage 2 (for the 100 km race) : 51 km / departure 4:00 am - CP1 (21km) at 9:00 am and CP2 (42km) at 2:00 pm.

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

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

For the 185 km : the maximum time is 60 hours to complete the course.

#### **Accompanying Program :**

An accompanying program is available on request. It allows the accompanying person to discover Petra, to visit Wadi Rum Desert and to follow the race, by meeting runners at different points; The companion sleeps on the same sites as the runners!

### **ART. 5: TECHNICAL AND ADMINISTRATIVE CHECKINGS**

The technical and administration checking will take place on the day before the departure of the first race : on October, 29th 2022 afternoon in Petra.

Each participant must 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. The organizing team will ensure that participants know how to use their GPS.

#### **ART. 6: NEUTRALIZATION**

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

#### **ART. 7: ORIENTATION ON THE RACES**

A road book and maps will be given to you before starting the race, during the briefing. This road book will show you the approximate distances, the nature of the ground and the particular conditions of the routes. A precious help for your progress. Concerning the 185 km non stop, it's mandatory to have your own GPS. The organization team will provide you the GPS points of the race during the briefing or by e-mail 10 days before the race if you wish (around 170 GPS' points will be provided). For safety reasons, path will be signposted on the entire races for the 60 km and 100 km races (GPS is recommended but not mandatory). Regarding the 165 km non stop, path will be signposted only in the most complicated areas and GPS is mandatory.

#### **ART. 8: CHECK POINTS**

The checkpoints will be spaced approximately every 20 to 25 km (for all races), they will be used for controlling runners presence, the supply of hot and cold water. A medical assistance will be present at some checkpoints and will have the mission to assist, to cure, and stop a enable runner to continue. There will be no intermediate checkpoint on the stages of less than 30 km. There will be at least 2 intermediate checkpoints on the 51 km course.

#### **ART. 9: RELOADING POINTS OF COLD/HOT WATER AND SOFT DRINKS**

Reloading in drinks will be done at the checkpoint every 25 km around. There will not be any solid food, only drinks will be provided (cold water, hot water, soft drinks).

#### **ART. 10: ARRIVAL**

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

The arrival is localized in Wadi Rum Desert.

#### **ART. 11: WITHDRAWAL**

For security reasons, it is very important to inform a member of the organization at any control point situated on the course, if as a runner, you give up during the race.

### **ART. 12: MEDICAL ASSISTANCE**

A medical team composed of doctor and a kinesitherapist will be present during the race and will assist and ensure the security of all competitors.

The medical team will be able to disqualify a competitor deems enable 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**

Competitors will have to plan their food requirements for each day of the race. and for the lunch in stages 1 and 2.

**For the 185 km: food requirements for 2.5 days:**

#### **COMPULSORY MATERIAL :**

- a backpack
- a windbreaker
- a compass
- a lighter
- a skin antiseptic
- a whistle
- a survival blanket 2.20 ml x 1.40 ml
- 1 flashlight + spare batteries
- 2 gourds or a Camelbak and 1 gourd
- the food
- a portable GPS (you must know how to use it) + spare batteries (mandatory for the 185 km race,)
- a knife (blade of at least 5 cm) (mandatory for the 185 km race)
- 2 flashlights or headlamps + spare batteries (mandatory for the 185 km race)
- a long jacket + a fleece (mandatory for the 185 km race)

The bag will be checked by the organization before, during and at the end of the race.

#### **RECOMMENDED MATERIAL :**

- a pantyhose
- a fleece jacket
- a portable GPS (mandatory for the 185 km race, recommended for stage races)

#### **MATERIEL PROVIDED BY THE ORGANIZATION :**

- a road book
- GPS points to upload in your GPS (in format .GPX)

### **ART. 15: WEATHER CONDITIONS**

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

- 25° during the day
- 10° during the night

### **ART. 16: SUBSCRIPTIONS**

Registration fees are only valid until OCTOBER , 31 TH , 2023.

After , it will be +100 € !

Registration totality is before ; December 31 th !

Tendao is a travel agency registered under the number LI 062010002

### **BOOKING RESERVATION**

- Deadline for registration on 31/01/2024
- Commitment form to fill in
- Travel regulations
- Photocopy of valid passport

### **MEDICAL FILE**

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

### **VISA**

The visa will be made at Aman airport, it is free if you take the full package.

### **RULES**

You must initial each page of this rules and regulations document, than give back it to us 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 1/10/23.
- 50% of all entry fees will be retained by the organization in the event of withdrawal between 31/10/23 and 01/01/2024.
- After the date of 01/01/24, no refund request will be accepted.

It is possible to take a cancellation insurance with the organization.

### **ART. 18: IMAGE RIGHT**

TENDAO reserves the « right to the image » of the event. The participants accept by their commitment to the event the use of their individual or collective images and their name by TENDAO in relation to the JRAR.

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

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

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

Any control that does not comply with the signed rules will be penalized by 5 hours. Any person not having validated his presence at a PC will be disqualified of the race. Any person needing to receive food at a CP for his subsistence will be penalized of 5 hours. Any person who needs to be infused for his safety will be put out of the race after medical advice. Any person exceeding the time limit of the race will be disqualified. Any person taking a motorized vehicle will be disqualified.

### **ART. 21: TENDAO & COMMUNICATION**

The organizers reserve the right to change the start time or day of race departure 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 runners will be notified and will validate the modifications before the departure.

### **ART. 22: THE RUNNER DECLARES**

To have inquired of any medical contraindications that may concern him/her and, consequently, to relieve the organization of any responsibility for any medical, accidental or any other problem that may occur during the event. On the other hand, the organizing legal entity has a civil liability insurance; therefore, by signing the present document you declare that you have been fully informed of this, that you are participating in the event with full knowledge of the facts and that you renounce to make any complaint to the organizer.

Please, initial each page of this rules & regulations document. Then return this document to us with the mention "read and approved" followed by your signature.

*Tendao*

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