



**JORDAN** RUNNING ADVENTURE RACE

# JRAR 2026 REGULATIONS – 7th Edition

**From February 19 to February 26, 2026**

**185 KM NON-STOP RACE**

**3-STAGE RACE – 100 KM**

**3-STAGE RACE – 83 KM**

**3-STAGE RACE – 60 KM**

- **ART. 1: ORGANIZATION**

TENDAO is organizing the 7th edition of the **Jordan Running Adventure Race**, an exceptional event set in the heart of Jordan — between the mountains of Little Petra and the breathtaking landscapes of the Wadi Rum desert — a true adventure following in the footsteps of Lawrence of Arabia.

- **ART. 2: DEFINITION OF THE EVENT**

**Four races, one unique adventure in the heart of Jordan.**

For this 7th edition, four exceptional courses are offered:

- **185 km non-stop**, starting from Little Petra, crossing the ancient site of Petra, and finishing with more than 100 km through the vast expanse of the Wadi Rum desert.
- **100 km in 3 stages**,
- **83 km in 3 stages**,
- **60 km in 3 stages**,

All races are run in **semi self-sufficiency** on **marked routes**.

The first (24 km) and third stages (25 km) are **shared** by the 100 km and 60 km races. The second stage differs: **51 km** for the 100 km race and **11 km** for the 60 km race.

At the crossroads of the world, **Jordan** has, over the centuries, been a meeting point of civilizations. A land of exchange and encounters, this vibrant country — shaped by the diversity of peoples, religions, and cultures — offers a rare balance between **tradition and modernity**.

From the moment you arrive, you'll be struck by the richness of its heritage: everywhere, traces of past civilizations bear witness to a **fascinating history**, still alive in the soul of this remarkable kingdom — deeply rooted in the **culture and memory of the world**.

- **ART. 3: CONDITIONS OF ENTRY FOR PARTICIPANTS**

To take part in the event, each participant must be **of legal age** and **in good health**. Accordingly, the following documents are required:

- A **photocopy of the passport**,
- An **official medical certificate** provided by the organization, duly completed and signed by a doctor.

Registration is considered valid **only after full payment** of the participation fees within the deadlines specified in these regulations.

By registering for the race, each runner acknowledges having read the rules and **fully accepts** all conditions, as well as the principles of **sportsmanship and fair play**.

- **ART. 4: EVENT SCHEDULE**

**Description of the stages for the 100 km, 83 km, and 60 km races:**

## **Stage 1 – Petra and its Mountains**

### **25 km | +1,000 m elevation gain**

Start from the ancient site of Little Petra for a varied route through the surrounding mountains. Runners will follow trails offering spectacular panoramas and cross the historic site of Petra, a UNESCO World Heritage Site. A hilly yet steady profile for an unforgettable opening stage.

## **Stage 2 – Wadi Rum (100 km)**

### **50 km | +837 m elevation gain**

Start from Desert Camp 1 for full immersion into the wildest area of Wadi Rum. The route alternates between firm sand and softer sections before climbing a small pass that accounts for most of the stage's elevation gain. A grandiose route, filled with silence, vastness, and the raw beauty of the Jordanian desert.

## **Stage 2 – Wadi Rum (83 km)**

### **33 km | +537 m elevation gain**

Start from Desert CP7, following the same course as the 100 km stage but adapted in distance. The route explores the most remote areas of Wadi Rum, mixing compact sand, softer zones, and a pass offering a beautiful, gradual climb. A truly unique physical and sensory experience.

## Stage 2 – Wadi Rum (60 km)

### 11 km | Night Experience

An adventure under the stars in the heart of the Wadi Rum desert!  
This nocturnal stage, shared with the 51 km route, promises a magical and intense moment — complete silence beneath a sky filled with stars.

## Stage 3 – Wadi Rum

### 25 km | +320 m elevation gain

A final demanding and spectacular stage. Runners will cross canyons and soft sand zones, enjoying one last glimpse of Wadi Rum’s majestic landscapes to conclude this exceptional adventure.

### Description of the 185 km Non-Stop Course:

The 185 km non-stop route starts at the same time as the staged races.  
This extreme endurance event requires **perfect GPS navigation skills**, as some sections of the desert — especially at night — feature more discreet marking.  
An extraordinary challenge, reserved for **experienced adventurers!**

**Maximum time allowed:** 60 hours to complete the course.

### Time Limits:

Stage	Distance	Start Time	Time Limit
Stage 1	24 km	6:30 a.m.	None
Stage 2 (100 km)	50 km	6:00 a.m.	None
Stage 2 (83 km)	33 km	8:00 a.m.	None
Stage 2 (60 km)	10 km	9:30 a.m.	None
Stage 3	25 km	6:00 a.m.	None
185 km non-stop	—	—	Time limit: 60 hours

### Companion Program:

A companion program is available upon request.  
It offers the opportunity to **discover Petra**, **visit the Wadi Rum desert**, and **follow the runners** throughout the race.  
Companions share the **same bivouacs** as the participants of the stage races, for a **fully immersive experience** at the heart of the adventure!

- **ART. 5: TECHNICAL AND ADMINISTRATIVE CHECKS**

The official checks will take place on **February 20, 2026**, in the late afternoon in **Petra**. Each participant must **personally report** to the race officials and must have **fulfilled all technical and administrative requirements** set by the organization.

Any inspection deemed non-compliant may result in the **immediate disqualification** of the participant, **without reimbursement** of any fees paid.

For participants registered in the **185 km non-stop race**, the organization team will conduct a **GPS functionality and navigation proficiency check** to ensure proper use and understanding of the device.

- **ART. 6: NEUTRALIZATION**

The event may be **neutralized, suspended, or modified at any time** if the organization deems it necessary, particularly for **safety reasons** or **adverse weather conditions**.

- **ART. 7: NAVIGATION ON THE COURSE**

An **individual road book** will be provided to each participant during the race briefing. This document will include **approximate distances, terrain details, directions to follow**, and **notable features** of the route — a valuable tool to help optimize race management and pacing.

For the **185 km non-stop event**, the use of a **personal portable GPS device** is **mandatory** to start the race.

The GPS coordinates of the course will be provided during the official checks, or, upon request, by email **ten days before the event**.

**Specific markings** will be installed in the most **technical or complex areas** for safety reasons, as well as along the 100 km, 83 km, and 60 km routes.

The use of a GPS device is also **strongly recommended for all participants**.

**For the 185 km race, GPS mastery is essential!**

- **ART. 8: CHECKPOINTS**

**Checkpoints** will be set up approximately every **20 to 30 km** across all events. They will serve the following purposes:

- **Monitoring runners' passage,**
- **Providing water supplies** (both hot and cold),
- And, at certain locations, offering **medical assistance**.

The **medical team** will be responsible for assisting and treating participants, and, if necessary, **stopping any runner** experiencing physical or medical difficulties.

No intermediate checkpoints will be set up on stages **shorter than 30 km**.

However, there will be **at least two checkpoints** on the **50 km course** and **one checkpoint** on the **33 km course** (Day 2).

- **ART. 9: COLD/HOT WATER AND SOFT DRINK SUPPLY**

Refreshment supplies will be provided at the **checkpoints**, approximately every **25 km**. They will include **drinks only**:

- **Cold water,**
- **Hot water,**
- **Soft drinks.**

No solid food will be supplied by the organization; therefore, each participant must be **self-sufficient in food** throughout the course.

- **ART. 10: FINISH / ARRIVAL**

An **official timekeeper** will record each runner's time at the **finish line of every stage**. These recordings will be used to establish the **overall ranking** and **intermediate race results**.

- **ART. 11: WITHDRAWAL**

In the event of **withdrawal**, the participant must **immediately inform the nearest checkpoint** and **hand over their identification tags** to the checkpoint official.

After reporting their withdrawal, the runner must remain **self-sufficient** (in water, food, and equipment) **until they are retrieved** by the organization's support team.

- **ART. 12: MEDICAL ASSISTANCE**

A **medical team** appointed by the organization — composed of a **doctor** and a **physiotherapist** — will be present **throughout the entire event**.

Their mission will be to:

- **Assist participants** along the course and on-site,
- **Provide aid** in case of injury or physical failure,
- And, if necessary, **withdraw from the race** any participant deemed **unfit to continue**.

- **ART. 13: INSURANCE**

The organization has taken out an **assistance and repatriation insurance** covering the entire duration of the event.

Each participant takes part **with full awareness of the risks** inherent to this type of competition and **releases the organization from any liability** in the event of physical failure, accident, or injury occurring during the race.

It is **recommended** that each participant take out **additional cancellation insurance** to protect themselves against any unforeseen circumstances before departure.

- **ART. 14: MANDATORY EQUIPMENT FOR PARTICIPANTS**

Each participant must plan for **all their food needs** for each race day, as well as **lunch for stages 1 and 2**.

For the **185 km event**, participants must be **self-sufficient for 2.5 days**, representing approximately **4,500 calories** (based on 1,500 calories per day × 3 days).

**MANDATORY EQUIPMENT:**

Each participant must have the following items, **under penalty of disqualification**:

- 1 backpack
- 1 windbreaker
- 1 compass
- 1 lighter
- 1 skin antiseptic
- 1 whistle
- 1 survival blanket (minimum 2.20 m × 1.40 m)
- 1 flashlight + spare batteries
- 2 water bottles or 1 CamelBak + 1 bottle
- Personal food supply
- 1 portable GPS (you must know how to use it) + spare batteries
  - **Mandatory for the 185 km**
  - **Strongly recommended for the stage races** (100 km, 83 km, 60 km)
- 1 knife (blade of at least 5 cm) – **mandatory for the 185 km**
- 2 headlamps or flashlights + spare batteries – **mandatory for the 185 km**
- 1 windbreaker jacket + 1 fleece jacket – **mandatory for the 185 km**

The participant's bag may be **checked by the organization** before the start, during the race, or upon arrival.

**RECOMMENDED EQUIPMENT:**

- 1 pair of running tights
- 1 fleece jacket
- 1 portable GPS (mandatory for the 185 km)

**EQUIPMENT PROVIDED BY THE ORGANIZATION:**

- 1 individual road book
- GPS track points in **.GPX format** (to be downloaded onto your device)

- **ART. 15: WEATHER CONDITIONS**

At this time of year, the weather conditions are generally as follows:

- **Daytime temperatures:** between **20°C and 25°C**
- **Nighttime temperatures:** between **4°C and 10°C**

Participants must **adapt their equipment and hydration** accordingly.

- **ART. 16: REGISTRATION**

The registration fees are valid until **October 31, 2025**.

From **November 1, 2025**, an additional fee of **€100** will apply.

Upon registration, each participant must pay a **deposit of €1,100**.

The **remaining balance** must be settled **before December 30, 2025**.

**TENDAO** is a registered travel agency under license number **LI 062010002**.

**BOOKING FILE:**

**Registration deadline:** February 16, 2025

The booking file must include:

- The **completed registration form**,
- **Payment for the trip**,
- A **copy of a valid passport**.

**MEDICAL FILE:**

A **medical certificate** (provided by the organization) must be completed by your doctor, confirming your **fitness to participate** in this type of event.

If the medical documents are not presented during the checks, the participant may be **disqualified without reimbursement** of any fees paid.

**VISA:**

The **visa** will be issued upon arrival at **Amman Airport**.

It is **free of charge** for participants who have subscribed to the **full package**.

Runners not registered within the deadlines or not arriving with the group flight will have to pay **USD 40** to the local authorities.

**AGREEMENT TO THE RULES:**

Each participant must return the **event regulations**, duly initialed and accompanied by the statement:

*"Read and approved,"*  
followed by their **signature**.

- **ART. 17: CANCELLATION OF REGISTRATION**

In the event of **withdrawal**, the following fees will apply:

- **€100** will be retained for administrative costs, regardless of the cancellation date.
- **30%** of the total registration fee will be retained for any cancellation **before November 30, 2025**.
- **50%** of the total registration fee will be retained for any cancellation **between November 31, 2025, and January 16, 2026**.
- **No refund** will be issued **after January 16, 2026**.

Participants may take out **cancellation insurance** directly through the organization.

- **ART. 18: IMAGE RIGHTS**

TENDAO reserves **all image rights** for the entire event.

By registering, participants **expressly authorize** TENDAO to **use, reproduce, and distribute** their individual or group images, as well as their names, in any communication directly or indirectly related to the **Jordan Running Adventure Race (JRAR)**.

This authorization applies to **all promotional, advertising, or journalistic uses**, on **any medium**, whether existing or future, and **without time limitation**.

- **ART. 19: SPONSORSHIP**

Race bibs will be **assigned and positioned** according to the organization's instructions. They must remain **clearly visible at all times** throughout the event.

It is strictly **forbidden to modify, fold, or conceal** any part of the bib, particularly the **sponsors' logos**.

- **ART. 20: PENALTIES & DISQUALIFICATION**

The following rules apply to all participants:

- Any inspection found **non-compliant with the signed regulations** will result in a **5-hour penalty**.
- Any participant who **fails to check in** at a control point (CP) will be **disqualified**.
- Any participant **receiving food** at a checkpoint for sustenance will incur a **5-hour penalty**.
- Any participant who **receives an intravenous infusion** for medical reasons will be **disqualified** by decision of the event's medical officer.
- Any participant who **exceeds the maximum time limit** for the race will be **disqualified**.
- Any participant **using a motorized vehicle**, for all or part of the course, will be **immediately excluded** from the event.

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

The organization reserves the right to **modify the start time, date, or part of the course** in the event of circumstances beyond its control, or for **safety reasons** concerning participants or staff.

It also reserves the right to **amend these regulations** if deemed necessary. In such cases, participants will be **informed of the changes** and will be required to **acknowledge and accept the modifications** before the start of the event.

- **ART. 22: PARTICIPANT'S DECLARATION**



Each participant acknowledges having been informed of any **medical contraindications** that may apply to them and having ensured their **physical fitness** to take part in the event.

Accordingly, the participant **releases the organization from all liability** in the event of any **medical issue, accident, or other incident** occurring during the race.

The organization, as a legal entity, holds **civil liability insurance** covering risks related to the organization of the event.

By signing these regulations, the participant acknowledges having been **fully informed** of these provisions, **accepts to participate knowingly**, and **waives any legal action** against the organizer in this regard.



**JORDAN** RUNNING ADVENTURE RACE

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