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SAHARAUltramarathon2007 WESTSAHARA

The Race in brief

UltraMarathon 160.9344 kilometres non stop race from Bir Lehlu to Tifariti.

The start will be. 21 kilometer in front of Bir Lehlu

Only desert region on a track road.

Self sufficiency for maximum 34 hours with water and food.

Three **separate** groups: slow, moderate, fast.

Changing the speed groups is only possible after contacting the race marshalls:

Exact explanations during the prerace meeting.

Team: a team represents one runner in a slow, one in a moderate and one in a fast group.

Start is on 28th of February 2007 5:00 a.m. in front of Bir Lehlu

Maximal finish time: 3:00 p. m. on 29th of February in Tifariti

The three speed groups starts in different times.

Slow group : 5 a.m.

Moderate group : 7 a.m.

Fast group : 10 a.m.

Every runner must decide before the race, which group he will register for.

Race Rules of the Sahara Ultramarathon 2006 – 100 Miles

The race organisation of the WHMF advises that this race is only for competitors with a high physical and psychological fitness

1.) There are three starting groups for the 2007 Sahara Ultramarathon (slow, moderate, fast), but all racers in all groups are participants in the same race. Runners must check in at the start line, ready to race, 30 minutes prior the start time.

2.) Starting Groups are assigned by the race director.

Split times will be collected throughout the race to maintain overall standings. There are divisions: men and women in international age groups in 5 year steps.

The racer to arrive at the finish line in each division with the lowest overall time, based on their starting time, will be considered the winner.

Support car will drive in front of the three speed groups. Every 5 km will be a stop for supporting the runners.

After 60 and 110 km the support car will prepare hot water for travel lunch or similar food.

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3) race number must be worn on the front of the bod yas well as on the back pack, unmodified, unfolded, and visible at all times during the race. It may not be worn on the head or hat.

4) The clock does not stop for any reason until the race course officially closes 34 hours after each designated official start time.

5) Start time for the slowest group is 5:00 a.m.

6) Each runner must have a head light with spare batteries and spare bulbs. It is necessary to wear this lamps in the darkness every time, otherwise he will get a 2 hours penalty for the first time and will be disqualified by the second time.

In the night the runner must have one **cracklight** on the back pack. A second **cracklight** he has to wear in his back pack. The **cracklights** the runner gets from the organisation.

7) Each runner informs the MINURSO -car personal about any problems. In case of exhaustion or any form of injury the runner is able to sit in the car.

In this case, the runner drops out of the competition. The runner must hand out the bibs to the driver of the car.

8) One Shuttle Car of the MINURSO will control the race course the whole time.

If any runner terminates the race, he must inform the MINURSO **staff**. In this case the runner has to drive in the car and will drive to the finish line. This runner did not finish.

9) Racers and staff must not litter or pollute the landscape or environment. In this case it becomes a penalty of 3 hours.

Required toilet paper must be fixed with a stone or sand, **which** prevents it from flying in the desert.

10) Each runner must have follow equipment in his back pack every time in the race from the start line to the finish line:

- a. A complete list of back-pack contents and full details of the emergency food and emergency water. Pre – established forms will be supplied to help you.
- b. A mirror
- c. A whistle
- d. A compass
- e. A torch with batteries in full working order (2 **spare** batteries and a spare lamp)
- f. 750 ml water in an closed bottle. It is not allowed to drink from this water, only in emergency case. Time penalties will be imposed if this requirement is not covered – 2 hours at each inspection!
- g. 1500 kcal of food – Time penalties will be imposed if this requirement is not covered – 2 hours at each inspection.
- h. 10 g SodiumChloride

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- i. 20 Tablets of Loperamide
- j. 5 Tablets of Ibuprofen 800
- k. Antiseptics/disinfectant and bandage aid for minor injuries – blisters, rubbing burns etc.
- l. Sun glasses (with wind protector on the sides)
- m. A cap with neck protection. Time penalties will be imposed if this requirement is not covered – 2 hours at each inspection.
- n. knife (do not put in handluggage during flight)

Conclusion

Clause 1: Organisation

The SaharaUltramarathon is organised by the WHMF in cooperation with the German UNO Fluechtlingshilfe (Refugee aid), Mattia Durli,(El Quali) Diego Munoz (Spain) and the Saharawis.

Created under the international foundation law of 2002 of non-lucrative purpose, the head office is in Vienna.

The race director of the Ultra will be Ulrike Finkernagel (Germany) and Juan Coca Cuesta (Spain).

The travel organisation for the German travel group will be under the responsibility of Wolfgang Hofmann (www.lauftreffreisen.de).

Competitors of other travel groups, e.g. Italian or Spanish travel group, are not under the responsibility of W. Hofmann.

The WHMF is only responsible for the Ultra race organisation.

Each participant of the travel organized by an agent from the WHMF is informed and has accepted that participation is on his own liability and has no legal requirement to the WHMF or their organizers.

Clause 2: Definition

The SaharaUltramarathon is a free style foot race (run or walk) in one stage, self-sufficiency and before start in bivouac comfort. The total distance is approximately 160,9344 kilometres (100 Miles).

Clause 3: Dates

The SaharaUltramarathon will take place from 28th to the 1st of March 2007.

Start for the slowest group is Wednesday, the 28th of February at 5 a.m.

After the start, it will be two more hours dark before arriving Bir Lahlu .

The course follows then the car track to Tifariti.

Last runners must arrive at 3 p.m. at the finish line on the 1st of March 2007.

Clause 4: Registrations

The registration and travel fee is 1.190,-- €. The registration fee is to be paid in full with the registration form (www.lauftreffreisen.de) latest 15th of January 2007.

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The teams: the same principal applies; multiplied by the number of members. Teams must be registered before the journey starts.

Registration fees includes:

Flights, lunches, pasta party, transportation in the camps, nutrition in the non race-time. Mineral water for the duration of the stay in the Saharawi camps. Medical assistance, a medal, a t-shirt and a diploma.

Clause 5: Rights of Admission

To qualify for entry, all participants must be up-to date with admission payments, justify his/her identity, **meet** control requirements, supply a full medical record (including a new **ECG**) and pass the check-up by our medical staff. The participant has to report all diseases in the past, which would limit the participation of this race. (heart stroke, diabetes.....)

Each participant must be older than 18 years.

Clause 6: Program schedule

Friday, the 23rd Feb.: flight from Germany to Tindouf ,transfer to Smara.

Saturday, the 24th Feb. : staying in the camps to be the guest of the Saharawi people.

Sunday, the 25th Feb.: relaxing or training with the international runners. Pasta Party.

Monday, 26th Feb.: Only for Marathon competitors:

9.00 a.m. Start of the Marathon from Al Ayoun to Smara.

Transfer at 6.30 a.m. to Al Ayoun by trucks or busses.

Winner ceremony for marathoners and shorter distances.

The Ultra runners will stay in Smara.

Tuesday, 27th Feb.: National Memorial of the Democratic Arabic Republic of Sahara (DARS);

Kids Run

Only for Ultramarathon competitors

10.a.m. depart to Bir Lehlu with cars, trucks etc.

Overnight staying 21 kilometres in front of Bir Lehlu. The overnight will be done by self sufficiency. We will stay overnight in the desert and for this we need.

Sleepingmat.

Sleeping bag, for sensible runners bivouac sac.

In the evening, there will be hot water for cooking by the organization.

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It is allowed to have an esbit cooker (firegel etc.) no gas cooker. There will be no wood in the desert.

If you use no travellunch, you have to bring with you a pot.

Spoon,

Remember: toilet paper

Luggage transport:

Luggage must be divided in three parts! It will be done on Monday the 26th of Feb.

Start number plus 1 e.g. 12/1

This will only be luggage, which you do not need during your race.

This will be transported separately by trucks.

Start number plus 2 e.g. 12/2

This luggage will contain everything you need for the race (changing clothes, food, hygienic articles etc). It is only possible to have access to this luggage during the 5k stops.

Start number plus 3 e.g. 12/3

This is a back-pack you must carry during the race. In this backpack, you must have all your emergency equipment and one or better two water bottles on the belt.

Wednesday, 28th Feb: Start in the desert for the slowest group at 5:00 a.m.

The runners will be supported by the MINURSO cars with the personal. They have the water, the food and the most of the luggage in the cars. The runners must have a backpack with a minimum of equipment, declared in the principal rules. The cars will stop all 5 kilometres and support by this way the runners. The runners will run in three speed groups: slow, moderate, fast. The fast group runners may change in the slower group or the slower group runners may change in the faster group. This is only possible by informing the MINURSO car drivers/Race Marshalls.

By changing the speed group, the runner has to pick up his equipment of the accompanying car and put it in the car of the other speed group.

Support to/by other runners is not allowed.

If any runner does not inform the personal of the MINURSO, this runner drops out of the race.

Two cars are controlling the race course.

A team runner can not change the group!!

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Thursday, the 1st March: 3:00 p. m. finish of the race. After the race all runners can relax in Tifariti. In the evening there will be a winners ceremony.

Friday, the 2nd March: visit the ancient historical rock paintings near Tifariti. Afternoon return to Smara.

Saturday, the 3rd March: Flight from Tindouf to Algiers.

Sunday the 4th March : Flight from Algiers to Frankfurt

OPTIONAL

All travellers, not participating in the Ultra, are able to drive with the Italian group, Mattia Durli, to Tifariti by truck or bus. They will return with the Ultra group to Germany. This must be communicated with Wolfgang Hofmann.

Clause 8: Controls

Each participant must be present for the different controls/formalities and must submit his/her complete medicals records and equipment (in the backpack) for control by the race administrators before and also if wanted, during the race. This is for the security and the fairness of the race.

Clause 9: Running Bibs

The 2 running bibs, supplied by the organisation, must be totally visible (number and advertising) at all moments during the race under pain of time penalties (no warning: 30 minute time penalty by offence). It is not allowed to change anything at the bibs.

Clause 10: Classification of results

The general classification will be the time, taken by each runner, plus eventual individual penalties.

Team classification will be calculated upon the time, taken by the arrival of the 3rd team member plus eventual time penalties.

A team is made up of a minimum of 3 runners and a maximum of 5 runners (man or women or mixed). In each tempo group will run one team member. For team runners it is not possible to change the speed group.

Categories: all customary age-group categories, men and women.

Clause 11: Alimentary Self –Sufficiency

Drinking water will be given by the organisation. During the race the runner is under self sufficiency . Each participant must therefore plan for his/her own alimentary needs up until the 28th and 1st of March. He/she must show 1500 kcal food and 750 ml water during the race at each control point. It is forbidden to accept bottles or food offered by outsiders to the race. It is also not allowed to throw the water bottles in the desert. A 30 minute penalty for the first offence. 3 hours for the second and disqualification at the third offence.

Each participant will leave for transportation at the start point a bag with his luggage, number 1. It is not possible to take anything from this until reaching the finish line. This luggage will be transported to Tifariti after the race-start in the morning with a truck.

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Clause 12: Aid Stations

Each MINURSO car is also a mobile aid station. The car will drive each 5 kilometres in front of the speed group and stops there, to give the participants what they need. The 750 ml water and the 1500 kcal of food, the participant must carry during the whole race for emergency cases. No food will be given at any other aid stations.

A physician will drive in another car for emergency case. If there is an emergency case, no guaranty can be given, that the doctor will be there immediately. Every runner has to help others, otherwise he will be disqualified.

Clause 13: Bivouacs

There is only one bivouac in the night before the start. For this the runner needs:

a) sleeping mat) sleeping sac with good comfort in deep temperatures . The desert night might be under 5° Celsius.

After the wake up at 4:00 the runners get hot water for the breakfast. They must take all what they not carry in their backpack in the individual MINURSO car. The

Organisation will try to supply tents for the participants the night before start. It is possible, that this information will be change until next few weeks. In this case the runners must bring there own small tents ore similar equipment.

It is always windy in the desert. Respect this by your walk to the toilet.

Fix your used Paper with stone or sand.

Special advice

In the camps, most of the tent or hut grounds have a small hut as a toilet with a hole in the ground. Do not throw any paper in this hole. Put the paper in a box or place it in a corner on the ground. A **watercontainer** for cleaning is normally in the toilet. If you will shower, ask the organisation. It is easy possible to take shower with 1 litre water. Save Water in the desert!

By the registration each runner must give an envelope with 5 €.

Clause 14: Medical support

The medical team will be present at all times during the race and are authorised at their discretion to withdraw a bib and eliminate a runner from the race if judged physically unfit to continue.

Necessary treatment (perfusions etc.) will be sanctioned by disqualification at the first treatment and this at the discretion of the medical team and the race director.

Clause 15: Medical self sufficiency

Do not forget to have with you at all times antiseptics and bandages for your blisters and minor injuries. Self sufficiency! Important injuries will be treated by a doctor.

Clause 17: Road

The road is mostly very flat and the MINURSO car is every time the sign for the course.

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In the night **cracklights will** be installed at the course, if necessary.

The driver must see the runners all the time, so the runners **have to** follow the red backlights of the cars.

Especially in the night, it is very necessary that all runners in the different groups are close together.

Clause 18: Time Limit

In order to avoid having runners spread-out over too long distances, cut-off times will be imposed and may be modified at the discretion of the race director under exceptional circumstances. The time limit is calculated on an average of 5 km/h. This includes the points of relaxing or nutrition.

Clause 19: Time Groups

The field of the participants is divided in three different speeds:

- a) Slow : 4,5 k/h – 5 k/h (over the whole distance!)
- b) Moderate: 5,5 k/h – 7 k/h (over the whole distance)
- c) Fast: 7,5 k/h – 12 k/h (over the whole distance)

In the envelope with the 5 € add 3 Q-Tipps.

Clause 20: Ground Conditions, Profile, Climate

The track is mostly sandy and stony. Average temperatures over the last 10 years range from plus/minus zero the night to 35° C in the early afternoon. The competitors must be prepared for this temperature-amplitude.

Clause 21: Abandon

The participant must **report** his/her abandon to the MINURSO driver. In this case, the participant must give his bib number to the car driver and go with the MINURSO car. By the next control meeting with the shuttle MUNURSO car, the runner changes the car to be transported to the finish line. (Do not forget to take your luggage from the Race car.) The organisation will prepare one tent or hut for these **participants** in Tifariti.

Clause 22: Cancellations

Cancellations and requests for reimbursement must be made by registered letter. The travel regulations will be informed by the travel agencies. After 17th Dec. 2006 no reimbursement can be done for the airfare (EUR 700) within the travelpackage

Clause 23: List of Trophies

As this is a charity run for the Saharawi, there is no price money for the Sahara Ultramarathon in the South Sahara Desert.

As far as possible, we wish to keep the Spiridon spirit alive. The winners of each age category (man and women) will win a cup or a trophy. Each finisher will receive a medal, produced by the Saharawi people. Spiridon was the “mother” of ultra running during the 1970`s and 80`s, gave birth to off-track racing as well as a number of clubs and a spirit of non-elitism.

All participants will receive a t-shirt marked up “Finisher of the 100 Miles Sahara Ultramarathon 2007”.

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Clause 24: Photo Coverage (Copyrights)

The World Humanitarian Marathon and Ultramarathon Foundation (WHMF) reserves exclusive rights for all video and photo coverage of the SaharaUltramarathon. By participating in the SaharaUltramarathon runners and their entourage may not use pictures taken during the event other than for personal reasons.

Clause 25: Respect the Environment

If mineral water bottles and their cups or other objects are **dropped** on the race **course**, this will cause a time penalty of one hour for the first offence, 2 hours for the second and disqualification for the third offence. The same applies for "gel" and energy bar wrappers. Litter will be carried with the runner, **until it can be handed to the race car**.

Clause 26: List of Penalties

A penalty will be given by following persons:

Race directors, Race Marshalls, Driver of the support cars, shuttle car driver doctors.

The penalty will be told to the runner immediately, if possible. There is no discussion about the penalty.

- 1) More than 5 minutes late on start (4.45) = 30 min
- 2) No medical certification or no ECG = 2 hours
- 3) No back pack (lost/left) or equivalent (at any moment during the race) = disqualification
- 4) Missing of content list of the equipment = 30 min
- 5) Missing article from the list of back pack contents = 1 hour
- 6) Missing or using the water or the emergency food = 1 hour
- 7) Number of calories not sufficient (at any moment during the race) = 1 hour
- 8) Lack of medical materials requested from the medical station for treating blisters (at the discretion of the medical team) penalty of 30 minutes for each medicine.
- 9) Badly placed bib, absence of bib or bib illegible = 30 minutes of each offence.
- 10) no wearing of **cracklights**, first time = 1 hour, second time disqualification
- 11) Use of a vehicle (MINURSO car), doping = disqualification
- 12) Logistical assistance given by the race organisation to a lost participant = disqualification
- 13) No assistance to other participants in an emergency case = disqualification
- 14) Not following the advice of the authorized organisation staff = disqualification

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On the envelope with the 5 € and the Q-Tipps you must write in the left upper corner your name and your starting number.

The Participants Rules for Nature Racing

Respect the desert

No littering

Respect the race rules and regulations

Respect the Saharawi people. We are their guests.

Respect the water!!!

Females: respect your own dignity.

Wearing shorts and tights is ok.

T-shirts and tops should not be too sexy.

Prevent a sunburn!!!

Have fun and a good sense of humour!