

# THE TREME ULTRA RUN

265 KM 17 August 2020

## RACE INFO

### ART. 1: LOCATION

The 2<sup>ND</sup> **Xtreme Ultra Run** will take place on August 17, 2020 in the Entabeni game reserve, province Limpopo, South Africa.

Entabeni is a National Park in South Africa covering 22 000 ha. It has a very beautiful and varied nature. It is home to the Big 5 and to our races.

The **Xtreme Ultra Run** is a 265 km race over five days. The races have a limited entry of 60 competitors.

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You will be entering a challenging race off beaten tracks with breathtaking scenery. It is our aim to make every stage different. You will be running among the wildlife, crossings rivers, steep up-and downhill running. 5 different ecosystems will be your stages varying between 2000m and 2500 m altitude. From sandy soils over rocky slopes to the wet marsh land with most wonderful scenery. Perfect for a Breathtaking adventure.

The day temperature can varies between 18° and 28° Celsius in August, at night it can be between 9° and 20° Celsius.

You will be guided by markers and a tracking system during the five stages.

This technology will also **track** you constantly, keeping you monitored and safeguarded by our staff and 25 local experienced Rangers will keep you safe on the track. Every participant is provided with a personal alarm system in case of emergency.

The race is semi-supported. Competitors carry obligatory items (see complete Equipment List, ART. 18).

### ART. 2: Stage information

#### **Race, stages and distances**

Stage 1 / 265km

Lakeside (Leopard) To Wildside. (Elephant) 65km

Stage 2 / 265km

Wildside. (Elephant) To White Lion Boma(Lion) 35km

Stage 3 / 265

White Lion Boma(Lion) To Boekenhout(Buffalo) 77km

Stage 4 / 265

Boekenhout(Buffalo) To Fig tree UE(Rhino) 48km

Stage 5 / 265

Fig tree UE(Rhino) To Lakeside (Leopard) 45km

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### ART. 3: REGISTRATION AND ENTRY FEE.

**€1750 – before 1<sup>st</sup> of October 2019.**

**€1950 - after 1<sup>st</sup> of October 2019.**

Deposit: €500 due on registration. The outstanding amount is to be paid before 1 June 2020.

Any entry after 31 January , 2019, registration fee is due in full.

**The following information is necessary for complete registration:**

- Complete registration form (online)
- Medical certificate stamped and dated by your doctor before 30-days start of the race. A copy must be scanned and e-mailed as a PDF to Race Administration by March 18, 2019 ([info@breathtakingextreme.com](mailto:info@breathtakingextreme.com)).

• **Cancellation Policy:** Deposit of €500 is non-refundable and non-transferable.

In the event of a competitor canceling due to medically supported injury. He / she can pass the remaining balance of entry fee (less the deposit) to another person or be reimbursed a % of the amount paid.

- 50% - before 01 January, 2019
- 5%-After 01 January, 2019

### ART. 4 WHAT IS INCLUDED

- Celebration and award dinner
- Overnight stays one night before and the last night of the medal ceremony
- A dinner on site of Stage 2 and 4 campsite.
- Bottled water, fruit during the race and recovery table after the race.
- Tracking system
- Race insurance (see ART. 14 )

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- Your race bag ( 12kg max. ) carried forward daily.
- 24-hour on-site support and medical staff.
- Checkpoint monitor teams throughout race.
- Daily recognition for stage winners and briefing.
- Welcome bag, special edition T-shirt.
- Finisher technical shirt & custom finisher medal for completion of all five stages.
- Tent accommodation at base camps throughout the race (single accommodation is at additional cost)

**What is NOT included**

- Flights
- Transfers from airport to your pre-race accommodation and back (Shuttle is organized by BreathTakingXtreme but at additional cost)
- Any food and drink other than water provided whilst in camps or at checkpoints
- Equipment - see equipment list
- Physiotherapy session are provided after each stage but at additional cost
- Any additional hotel (lodge) stays

## ART. 5: GENERAL CONDITIONS & PERSONAL RESPONSIBILITY

The 2<sup>nd</sup> **Xtrme Ultra Run** will be administered according to the general race regulations and their amendments, to which all participants agree when they register. The organization is not responsible for any damage caused by the participant or caused to themselves by their imprudence or negligence. Similarly, the participants declare they are in perfect physical condition to perform this race, exempting the organizers of the race from said responsibility, and are required to submit a signed medical form 30 days prior to registration. Enrollment in the race assumes the acceptance of these rules and regulations.

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### ART. 6: CONDITIONS OF ADMISSION FOR PARTICIPANTS

Anyone meeting the following conditions will be accepted: over 18, any citizenship, good health, and complete payment of fees. Competitors must hold a medical certificate issued by the organization stating their ability to participate. The medical certificate must be dated no more than 30 days before the start of the race and signed by a Doctor. In the event a participant cannot produce a medical certificate by the day of check-in, they may have it completed by the race doctor on site for a fee of €50 payable at that time.

### ART. 7: CATEGORIES OF PARTICIPANTS INDIVIDUAL

Every entrant will be ranked. In addition to the general ranking, there will be placing for first, second and third female and male.

### ART. 8: TECHNICAL AND ADMINISTRATIVE VERIFICATIONS

On 16, august 2020, participants for the 265 km must present themselves to the race administrators at registration.

Participants must meet the administrative and technical requirements including medical form and complete payment of registration fees. Each competitor is responsible for his/her own equipment, and each element referring to the participant equipment list is strictly personal.

### ART. 9: IDENTIFICATION MARKS/RACE NUMBERS

During the administrative registration, the organization will provide each participant with a dorsal number. Each participant must ensure his / her ID marking is clear, entirely visible, in

good condition, and in the proper place throughout the race. The organization will make spare ID markings available in the event of loss or damage.

## **ART. 10: CHECKPOINTS AND RANKING**

Each checkpoint is compulsory. Checkpoints are located throughout the course of each stage of the race approximately 10km apart. There are three to six checkpoints depending on the length of the stage and each competitor must pass through them. This allows the race officials to record times and distribute water & fruit. A medical support team will be available at each check point. Electronic timing is used to identify, time, and rank each competitor.

Each competitor's time is indicated in hours and minutes.

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### **ART. 11: RACE VILLAGE/CAMPSITES**

The race villages will be set up each day on previously chosen sites transformed into camping grounds for the competitors. Non-race gear will be transferred to each site in your numbered Race Kit Bag ( RKB ). There is a 12kg maximum weight for RKB's. Single, 2-person, and 3-person tents are allocated based on hotel room assignments and teams ( fee of €50 for single tents ).

The race villages are equipped with basic facilities that include showers and toilets, electricity, boiling water for dehydrated food, and a hospitality station for a limited time at the end of each stage. There will be time to enter nearby villages and purchase meals when available.

There will be a stage award gathering and stage briefing each day.

### **ART. 12: MEDICAL ASSISTANCE DURING THE RACE**

An experienced medical team is present throughout the race to ensure that any participant suffering from physical or mental exhaustion is treated to prevent further injury. Medical Team advisement is factored into decisions made by the Race Director as to whether a competitor treated by the Medical Team may continue in the race. In the event that a competitor is taken to hospital for treatment, they will remain off-site until cleared to return to the event. Any expenses incurred by the Organization due to off-site medical treatment (transportation, hotel or meals) are the responsibility of the participant.

### **ART. 13: DROPPING OUT / ELIMINATION**

Under no circumstance ( and at the risk of having to pay the search costs involved ) may any competitor leave the race without informing the Organization. If a competitor abandons the race, he / she must immediately notify the Organization and will be removed from the Xtreme ultra race list. Removed racers from the Xtreme ultra race can still start in the next stages to collect daily km. Removed racers from the Xtreme 265km race will be further included in the ranking based on their traveled distance.

Competitors who fail to average a minimum of 6km/hour and meet Checkpoints before

posted closing times may be asked to drop out in consideration of the safety and resources of the Race Support Team. This decision is made by the Race Director.

## ART. 14: INSURANCE

An insurance policy covering accident medical coverage is arranged by the organization for all entrants during the days of the race. All competitors take part in the full knowledge of the risks that may be incurred in this kind of competition. Since competitors participate of their own free will, the organization is not

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responsible for any collapse or accident. The organizer is obliged to advise participants to take out their own accident, travel and death insurance. If a competitor is taken to hospital, they are responsible for any undue expenses outside of the insurance coverage included in the entry fee. More insurance-details will be announced in September 2018.

## ART. 15: WEATHER AND TERRAIN CONDITIONS

Average temperatures in April:

- daytime 18°- 30° C,
- nighttime 9°- 18° C.
- The route, 265 km, covers a wide variety of terrain. The organizers reserve the right to modify the route and the length of the various stages as a result of unfavorable conditions or unforeseen changes in certain areas and will post the most up to date map and route information before the stage.

## ART. 16: MARKINGS

The participants in the 1th **BreathTaking Xtrme Ultra Run** in **South Africa** must follow the pre-placed course markings. Each runner will be provided with a tracking and SOS system. More information during the race briefing.

## ART. 17: ROAD BOOK / HARDWARE

You are required to have your road book / hardware during the race and to attend the evening briefings by the Race Director relating to the next day's stage.

## ART. 18: OBLIGATORY EQUIPMENT FOR PARTICIPANTS

The obligatory equipment of each participant ( food, survival equipment and kit,) should weigh no more than 4kg. Your personal Race Kit Bag should weigh 12kg at the start of the race.

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### **Food:**

Each entrant must provide his/her own dehydrated food for the race stages. He/she must select the type of food best suited to his/her personal needs. 2200 calories per racing day is considered as a bare minimum. Boiling water will be provided at the campsites at the end of each stage and in the morning before each start.

**Personal Race Kit:**

- Backpack or equivalent
- 1.5 Liters of Water Carrying Capacity for each racing day
- Sunglasses and Headwear
- Insect Repellent
- Sun Block / Sun Lotion (minimum Factor 20)
- Enough Salt/Hydration Salts for Entire Race
- Min of 2000 Calories Per Day As Food

**Your personal Kit Bag:**

- Extra Race Clothing & Footwear
- Sleeping mat, sheet or equivalent
- Lightweight Sleeping Bag
- Wash kit and towel
- Bathing suit and shower sandals
- Head torch and earplugs
- Knife, 8 Safety Pins
- Personal first aid kit ( blister kit, Paracetamol, anti-diarrhea, personal hygiene and prescriptions, sun screen, etc. )
- Full Travel Insurance Incl Medical Evacuation Insurance (Can often be combined with Travel Insurance)

**Optional Equipment:**

- Walking poles,
  - Mobile Phones and other Electronic devices
  - There is electricity at all campsites for charging phones and GPS watches.
- Your large travel bags should be lockable and handed in at the designated time and location prior to the race start.

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### ART. 19: RACE BEHAVIOR AND THE ENVIRONMENT

The organizers of the Xtreme Ultra Race promote an environment of congeniality and equality for all participants. We ask every runner to bring an attitude of friendly competition, support and patience to the event.

We ask that all competitors treat the local people and the environment with respect. Smoking of any kind and the throwing away of any food or water packaging or other items on the race route or campsites is strictly forbidden.

### ART. 20: COMPLAINTS

All non-emergency complaints or suggestions from competitors should be addressed in writing **after** the race to the Race Organizers at [info@breathtakingextrme.com](mailto:info@breathtakingextrme.com). Responses issued within 24-hours.

### ART. 21: PHOTO AND / OR VIDEO COVERAGE

Team Breathtaking Reserves all exclusive rights for photo and video coverage of the Xtreme Ultra Race South Africa.

## ART. 22: LIST OF RANKING / PRIZES

### **GENERAL RANKING:**

**All finishing participants** will receive a custom **Xtreme Trophy** medal.

### **Men's ranking**

- 1st prize : Custom Xtreme Trophy / 1200€
- 2nd prize : Custom Xtreme Trophy / 750€
- 3rd prize : Custom Xtreme Trophy / 450€

### **Women's ranking**

- 1st prize : Custom Xtreme Trophy / 1200€
- 2nd prize : Custom Xtreme Trophy / 750€
- 3rd prize : Custom Xtreme Trophy / 450€