

„Spreelauf“ Sunday 24th to Friday 28st 2014 August 408 km in 6 Stages

Race director and directly contact: Ingo Schulze, Hauptstraße 52, D-72160 Horb am Neckar, Tel: 0049 (0) 7451 / 4615
Email: ultralauf@ischulze.de Internet: www.ischulze.de or www.Spreelauf.com

Mutually agreed of jurisdiction is Horb am Neckar in Germany

Paragraph 1 Organization

The "Spreelauf" is an international running competition. The organization holds the right to reject any applicant without any reason given if they are of the opinion that the applicant is not in the condition for the event.

Paragraph 2 Explanation of the event

The "Spreelauf" is a run with 6 daily stages. The entire course is about 408 km long. The start is on August 24th 2014 in Berlin-Spandau. End end is on August 29st 2014 in Kottmar. The daily stages are on average about 68 km long.

Food & lodging for participants and volunteers will be provided by the race organizer and is included in the start fee. It is up to each volunteer if he/she wishes to accept in the provided food and lodging. If he/she does not accept, no reduced cost or reimbursement can be given due to organizational reasons.

Paragraph 3 Participation / Exclusion of Liability

The "Spreelauf" will follow the established race guidelines. Every participant will need to follow these guidelines and accept them through his/her application. Volunteers are obliged to read & understand these guidelines. The organization will always cite these guidelines as rule of operation and only the organization can alter them, as it deems necessary. They need to be accepted by all, see paragraph 7.

By the participation of the "Spreelauf" all participants accept that the organizer and the staff are free of all claims or any damages (see paragraph 21). The above also includes any lost or damaged items or monies. With acceptance of the start/race number all participants understand that the organizer strongly recommends and encourages each runner to undergo a medical examination, clearing him/her to be fit to participate in the "Spreelauf" and that there are no medical considerations keeping the runner from participation in this event. All participants state that they have trained sufficiently for this event and that they have no medical considerations, preventing them from participating, documented so by a physician. The organizer will not check the above. All participants further agree that all photos on film or digital, videos and or all media interviews can be used for the purpose of radio, television, advertising, books, articles and any other use and that they can be used without monetary or any other compensation. All your personal data will be electronically saved. In the event of a none-start due to no vacation, illness or cancellation of the event due to a higher power, there will be no reimbursement of any part of the starting fee. See special paragraph 47.

Paragraph 4 Application / Participation regulations

Accepted will be all a off either sex of all nationalities who meet all regulations set forth in this entire document. At any time the organization has the right to withdraw the starting permission or pull any runner from the race if it deems necessary for medical reasons. In addition all runners must proof that they had a certain amount of training in the areas of Ultra Running. The organization decides in the shortest possible time if an applicant qualifies after receiving his/her application and lets the applicant know of the result. Together with the application an amount of 150 € has to be send (info available further down in the document). With the sending of said amount the applicant will be accepted into the applicant list. A refund will be given after cancellation or withdrawal of the application by the applicant or for special reasons by the organizer. Together WITH the application please send ONE passport picture, which if needed can be returned after the race.

Paragraph 5 Arrangement of classes within the field

Men & women will be kept record of separately. There will be no age groups.

Paragraph 6 Competition Program

August 23rd 2014 Arrival of all the runners. Accommodation is in a school/gymnasium etc. near the start of the Race. Transport to and from the start/finish will be the responsibility of each individual. The organization will be responsible for meals and lodging on the evening/night before the start. Any other meals/beverages are the responsibility of each individual.

IMPORTANT: The arrival of all participants should be at least 24 hours before the start, due to reasons listed below.

- ⇒ Registration & issuance of start documents
- ⇒ Getting to your accommodation
- ⇒ Event and organization briefing
- ⇒ Meet the press
- ⇒ Other possibly needed controls

August 24th 2014 At 9:00 AM start for ALL participants

August 29st 2014 Arrival at the finish. All participants have the opportunity to spend the night from **29st to August 30nd 2014** near the finish sight at a group accommodation. There will be no cost for the runners unless they opt for private lodging. With the arrival at the finish, one night lodging and breakfast next morning the obligation of the organizers have finished. It is advised that all runners and coaches make prior arrangements for the return journey home. The organization is not responsible for this.

Paragraph 7 Changes of the Competition Regulations

The organizer reserves the right to make the following changes:

- ⇒ Any necessary route changes as per paragraph 24.
- ⇒ Change of the daily starting time or location according to paragraph 9 pending unforeseen circumstances.
- ⇒ Type of accommodations, paragraph 15.
- ⇒ Change of distance between aid stations & control points, paragraph 11 & 14.
- ⇒ Change, paragraph 29 markings & other miscellaneous offerings of the organizer
- ⇒ Character of the event, paragraph 3.
- ⇒ Change of time requirements, paragraph 10.

Paragraph 8 Identification bibs

Every runner will receive several start number bibs. It needs to be worn and visible at all times on the chest. In the event of bad weather when a run jacket may be worn, you must call out your start number on request when arriving at an aid station or control point, see paragraph 11.

Paragraph 9 Order of start by runners

The Start on day 1 will be at 9:00 AM for all runners. On all following days there will be two starting groups. The slower group starts at 6:00 AM and the faster & second group at 7:00 AM. The starting times may change. See Paragr. 7.

IMPORTANT: The starting times and group order will be posted by the organizer daily for the next day based on the finishing order of that day. As the race progresses it will be decided if and how the starting times and group orders will be followed. The group order will be decided on each evening. Should a runner wish to start in another group as posted by the organization, he/she must make this known right away. Nobody has a RIGHT to start in another group other than posted. On the very last day of competition there most likely will be three starting times/groups.

Paragraph 10 Target Times of Stages

The km average to be run is at 6,0 km per hour. This time includes any stop at aid stations & such. **As an example:** A runner covers a kilometer at an average of 7 minutes and makes a stop of 3 minutes at an aid station; he then effectively needs 10 minutes for this kilometer. Runners that do not meet the set time limits and do not reach the stage finish within the set time limit will be removed from the official scoring within the competition. At a 60-kilometer stage with a 6 AM start he/she needs to be at the finish at 4 PM that afternoon. The organization can allow a time-tolerance for various reasons if a runner has a particular problem one day and it can be expected that he/she will reach the regular time goal again the next day. Another reason could be that at any given day the course has a particularly difficult stretch to cover. Here the organization is free to make changes. However if a runner does not meet the time limit more than once and it is due to exhaustion, the runner needs to discuss this with the race director.

Paragraph 11 Control points finish

Every aid station will also be considered a control point. The organizer can add more control points if deemed necessary, articles 7+ 8.

Paragraph 12 Stage finish

At the daily finish the organizer will take the time of every runner for this stage. After the last runners have finished such times will be posted for all to see. Any protest regarding times has to be filed within 30 minutes after posting. The protest can also be filed through the personal coach of a runner. After the second stage there will be an account of the accumulated times for each runner.

Paragraph 13 Spot for logos of sponsors on clothing

Other than on the organization reserved places on clothing runners can wear logos of personal sponsors (socks, t-shirts & shorts). However, the organization reserves the right to ban certain logos that do not meet certain standards such as: Prohibited organizations; text that may put in question the integrity of the race organization; text that is not in line with standards of common decency. All runners must accept the decision of the organizer regarding the above without question or explanation.

Paragraph 14 Course Aid

Depending on traffic situations all aid stations will be located at an interval of between 8 to 12 kilometers, see paragraph 7. The offering of food & beverages may vary and will have to be adjusted according to product availability and circumstances. The organization is committed to providing food and beverages in a manner appropriate for long distance runners. Special or favorite items such as: special health food items & drinks, French fries or similar items can not be provided or expected and must be arranged for by the individual runner at her/his own expense from stores along the course. However runners are not allowed to leave the marked course to shop. At aid stations the organizer will offer various beverages. Any special items, such as GU or special mixed drinks runners may require or want, need to be provided in advance and carried along by each individual runner on the course. It cannot be guaranteed that the organization can provide ISOTONES (special mixtures) drinks, powders or mixtures at any or all times. Offered food items are in general: Bread, rolls, cookies, seasonal fresh fruits, salty items (pretzels or similar) and similar food & snack items. Aid-station volunteers in general will try to meet the expectation of runners given the availability of certain items. However it will be impossible to meet too specific wishes or items for any individual runner. It may be possible that not all and every aid station will have staff at hand. All food and beverages will be set out and each runner needs to help himself with consideration of other runners' needs that may be following after them.

Paragraph 15 Lodging

- ⇒ Daily accommodation for runners & volunteers/helpers will usually be in gyms or similar places. Should you choose private lodging you are welcome to do so at your own expenses without any reduction of YOUR entry fee. Should you bring a private camper along you are welcome to use this to sleep in, again without any reduction of your entry fee.
- ⇒ Every participant **MUST** bring a sleeping bag and an air mattress or similar mat Size: not over **80 cm. Featherbeds should not to be used instead of a sleeping bag.** Space for luggage is very limited, see paragraph 7. Bring absolutely NO folding beds or similar contraptions as it cannot be transported in our vehicles.

with another support-vehicle. If that is not possible, the participant has to set out on his homeward journey instantaneously. The organizing team will assist him in doing so within the realms of its possibility.

Paragraph 24 **Route markings and directions**

All participants must follow set route directions. The route will be marked via chalk arrows, small orange stickers with black direction arrows and posted signs. There will always be police at hand in towns and you are expected to follow any directions by police, paragraph 7. The event is only possible because of the sanction of officials in each country, city, town and village. According to these regulations the organizer at times can or must provide his own a post that however must follow the directions of the „officials“ at all times, paragraph 31. These appointed helpers do not have any authority other than the one given them. Any detour taken by any runner to gain an advantage, will result in an immediate disqualification. Should a runner get lost, an organization vehicle can take him back to the spot he left the course. You cannot get a time-credit for any time lost because of your detour. The organization reserves the right to alter/change the course at any time should this be necessary, paragraph 7. Be advised that any course changes are not open for discussion and are rarely to the advantage of the runner (meaning usually added distance).

Paragraph 25 **Hygiene**

After a long run it's natural to shower, however we cannot guarantee that a warm shower will always be available. This usually affects mostly the „back of the pack“ (slower) runners. The organization asks the faster runners to be considerate regarding usage of hot/warm water in regards to later arriving runners. Therefore we request that the washing of clothing will take place later on, after most runners had a chance to shower. See paragraph 19.

Paragraph 26 **Route directions & Participant meetings**

Each runner will receive a daily route schedule to carry with him. This will happen every evening when all local facts are clear and have been checked. We also try to have a nightly „runners meeting“ to discuss events of the past and the next day. Runners that because of legitimate reasons cannot be present need to excuse themselves. They can then ask another runner to give them the discussed information. An extensive route description will also be available at our web site on the Internet.

Paragraph 27 **Free**

Paragraph 28 **Prequalification for an application**

In addition see paragraph 4. The submitted date will be treated confidentially by the organizer. We also recommend a visit to the dentist. Participation in the race is at your own risk. An accident insurance is strongly recommended. The organization is in no position to check the health status of every individual.

Applications & other information

Ingo Schulze Hauptstrasse 52 D-72160 Horb - Nordstetten
Phone: 0049 (0) 7451 / 4615 Cell: 0171 / 42 51 435 E-mail: ultralauf@ischulze.de

Paragraph 29 **Certificates * & other contributions by the organization**

1. Certificates for 1st SIX man and THREE women overall
2. Trophy for all „official“ finishers
3. Special memento for all runners & volunteers at the finish
4. T-shirts will be given at the start
5. Finisher T-shirts at the begin of stage 64
6. Morning & evening meals, accomodation and aid station supplies, see article 7

Paragraph 30 **Cancellation of application & last date to apply**

Applications will be accepted until August 31st 2014

Should an accepted applicant wish to cancel due to legitimate reasons we will reimburse him/her as follows:

⇒	Cancellation by	Mai 31 st 2014	Reimbursement of 75 %
⇒	Cancellation by	June 30 th 2014	Reimbursement of 60 %
⇒	Cancellation by	July 31 st 2011	Reimbursement of 50 %
⇒	Cancellation after	July 31 st 2014	No reimbursement possible

The prepaid amount of 150 € will be reimbursed up to the last date to apply, April 30th 2014. After that date there will be NO reimbursement of the full amount.

Paragraph 31 **Starting fee / how to send payment**

The starting fee will be 535 €. With the application you must pay 150 Euros into the below named bank account. The remaining balance must be paid into the same account not later than July 31st. 2014. Should any runner have the intention from the beginning only to run certain stages of the race the fee will be 70 Euros per day which includes: lodging, breakfast, first aid station, food & beverages & dinner. How to get to the event or from the event back home is the responsibility of the individual. If you plan to run at least 3 stages the total/full amount of the entire starting fee has to be paid.

Please pay any advance payment or application fee into the following bank account

| **Name of the Banc:** Kreissparkasse FDS

We also allow stage runners during the „Spreelauf“. The fee for each stage of 70 € can be paid directly to the organizer before the start of each stage. Stage runners will not be listed in the daily time/result list. They will receive a certificate stating the run distance per stage. The reason for this is not to create a second tier of completion within the race and not to interrupt the fluency and rhythm of the regular race and runners. All stage runners, regardless of speed, will start in the second daily group. Exceptions can only be granted by the organization. The certificate for stage runners must be requested by same and will not be sending automatically.

Paragraph 43 Responsibility for private crew vehicles

The bringing of private cars and live-in trailers or RV will be at your own risk and responsibility.

- ⇒ Should such a vehicle become disabled you can only expect limited help from the organization.
- ⇒ Any temporary and potential lasting damages cannot be the responsibility of the organizer.
- ⇒ The vehicle owners must take care of any problems, damage/s or other disabling situation on their own.

Paragraph 44 Vehicles

Drivers who have no runner on the course will get a serious amount of reimbursement for their vehicle cost. Drivers who have runners in the race and make their vehicle available to the organization (such as to supply aid stations) will get free meals and lodging during the race, paragraph 33. A list of what items the driver needs to carry in their vehicle will be issued to you in a timely manner. The list will only be a recommendation. The drivers of such vehicles (runners) will be under the command of the organization as helpers to be assigned, as the situation requires. These helpers can aid their runner only at designated aid stations. Should an extreme weather condition warrant a change, the organization would advise helpers & volunteers accordingly.

Paragraph 45 Presswork

You should not be surprised, if during the race you may see representatives of the press at any given time. For this reason it is important that the organization has enough personal information available of each runner in the race to provide to the press. Therefore the organization requests that all participants send any original published materials of the race to Ingo Schulze.

Participants and supporters are committed not to cast doubt in public on the race, the advertising partners, sponsors and their products. Criticism on weather, traffic, polluted air in city centres etc. is uninfluenced from this. Participants and supporters should be available for the media. This shall be kept within reasonable bounds. Participants and supporters, who don't want to get in contact with media for any personal reason, must tell that in advance.

Paragraph 46 Last date to apply

Last date we can accept an application will be April 30th. 2014. Any application that arrives after this date must be discussed with Ingo Schulze and upon verbal acceptance must be followed by the immediate & full payment of the starting fee Euro 600. An additional Euro 65 will be due as a late fee.

Paragraph 47 Cancellation of the event

The event can be canceled in case of a natural disaster such as: Flooding, devastating fires, earthquakes or similar. In such an event all participants will be asked for ending the race if the authorities have not already stopped the event. In case of a cancellation you can expect the following refund of your start fee: From the base amount of Euro 535 we will keep a minimum of Euro 115. The remaining amount of Euro 420 will be divided by 6 days, resulting in a one-day fee of Euro 70. For each day the event is cut short you will receive Euro 70 as a refund.

Example: The event will be canceled after the 3rd day; each entrant will receive 3/6 refund, which will equal Euro 70 x 3 days equaling Euros 210.

Paragraph 48 Runners forum

Days into the race we will establish a „runner forum“. The elected runners in this **forum** will help the organization solve any serious problems that may develop and could negatively affect the entire race. For example such an issue could be the disqualification of a runner and similar serious issues. The runner forum will be comprised of FIVE persons, see example:

- ⇒ At least one female and two male runners
- ⇒ One person each from the volunteers and the organizer Ingo Schulze. Any decisions by this runner forum will be valid.
- ⇒ If the problem involves any person being part of this forum, he/she will not be part of the decision process.

Paragraph 49 Doping

The "Spreelauf" as a sports event is not organized via a national or international federation. Nevertheless the organizer of the "Spreelauf" insists on the fact that each participant adheres to the internationally valid Anti-Doping rules. For this an accordingly prepared undertaking is to be submitted to the organizer with the final delivery of the registration of the "Spreelauf" by each participant. During the competition each determined offence against the rule stated above, is punished with the immediate disqualification. The participant has to leave immediately.

Paragraph 50 Animals

IMPORTANT: Carriage or monitoring of animals by participants **AND** caregivers of any kind is **NOT** allowed and will be accepted under any circumstances!

To refresh your memory regarding all paid dues to the organization

Starting fee	535 €	
Starting fee for stage runners	per day 70 €	Up to 3. days
Late entry fee	65 €	from Mai 01 st 2014 on
Fee for personal helpers without a vehicle	per day 30 €	180 € for 6 days

Fee for personal helpers that will not be available to the organization	per day 60 €	360 € for 6 days
Fee for personal vehicles that are available to the organization	00 €	
Return of deposit with timely application	70 €	before May 01 th 2014
Deposit voluntarily	150 €	Time of application

Translation from the German original text In case of doubt the German text prevails

Horb, 09.July 2014

Race director Ingo Schulze