

I. Terms And Conditions

1. You understand the unique nature and requirements of competing in an ultra-long distance trail running race. You will be running in the dark of early morning and all day through mountainous terrain and have undertaken the necessary training to compete in such a race.
2. You will be responsible for yourself and have the ability to deal with any problems that may be encountered during the race.
3. You are able to deal with, on your own without assistance, deteriorating weather conditions (low temperatures, strong winds, and rain) and other troubles expected when traveling across mountainous terrain.
4. You are able to deal with extreme fatigue, internal organ and digestive problems, muscle pain, mild physical injuries and psychological problems on your own.
5. You fully understand that you are responsible for overcoming the above conditions 1 to 4 on your own and that it is not the responsibility of the race organization.
6. You are fully aware that when participating in an outdoor activity such as this race, your safety depends on your own skills and abilities.
7. Video/television footage, photos, articles, race results, etc. may be used and/or shown in newspapers, television, magazines, internet, pamphlets, etc.
8. You understand and agree that these rights belong to the race organization and may be used for these purposes.

II. Refund Policy

1. Once your registration is paid and approved, cancellation is not allowed. Request for transferring your registration to another runner will be considered on case-by-case basis, please contact us by email.

III. Registration Requirement

1. Race is open to male or female 18 years of age or older as of race day, who is in good health and can complete the race without getting lost
2. Participants will be asked during registration to provide details of qualifying event name and time result record.
3. Categories
 - a. **150 KM:** Participants are required to have completed **ultra trail race** with minimum distance 80 KM
 - b. **100 KM:** Participants are required to have completed **ultra trail race** with minimum distance of 50 KM
 - c. **50 KM:** Participants are required to have completed at least **one of the following:**
 - Trail race GP100Ultra category 25K
 - Trail Race with minimum distance of 30 KM, for example Rinjani 100 36 KM, BTS Ultra 30 KM or related trail race with the same distance.

- d. **25 KM:** Participants are required to have completed at least **one of the following:**
 - Trail Race any distance
 - Road Race 21 KM (Half Marathon)
 - Have climbed mountains, but note that Mount Gede Pangrango is a very tough route and weather, runners must prepare themselves physically and psychologically, and are strongly advised to read more and educate themselves with nature and challenges of trail run.
4. Organizers reserve exclusive rights to approve/deny registration, including the right to award dispensation (with careful consideration) for those that do not meet the qualification criteria

IV. Emergency Assistance & Consideration For Others

1. If during the race, you encounter another runner or staff member who is injured or sick and unable to move on their own, please give priority to assisting that person by telling race staff for assistance.
2. The race is located on national park and other public/private property places. Please be mindful and share the trail with others at all times. There will be “no passing sections” signs along the race course where you will be prohibited from passing other runners and hikers.
3. Do not damage any property located along the race course.

V. Gears and Equipment

To take part in the races, a set of compulsory equipment is needed. However, it is important to remember that this is a minimum requirement and each participant must adjust the equipment brought in according to their individual needs. In particular, it is important not to choose the lightest clothing to reduce the burden of a few grams, but choose clothing that will provide real protection against cold, rainy, or windy weather in the mountains, thus providing security and supporting good performance.

Mandatory Gears

1. Bib
2. Mobile phone (Prepare the security number from the committee, leave the phone on, don't hide the number and don't forget the battery must be fully charged when leaving. Advised to get a prepaid local number with data plan, available at shops around race central. If using number that is different from your registration, please inform organizer).
3. Personal glass, at least 15 centimeters (plastic bottles with mineral water brands or closed flasks do not qualify).
4. Hydration Bag, Hydro bag or Hydration Vest, minimum capacity 1.5 Litre, must be filled -up before START, and to be re-filled at water station. Do not use handheld bottle. You need your hands for more important situation on the trail during the race. Water bottles to be placed inside your running vest/bag.

5. Personal food (energy gels, bars, chomps, powders).
6. For ALL categories: Headlamps with functional battery + spare battery. For 25KM, 50KM, 100KM, and 150KM, bring spare lights, in forms of headlamps or torchlight.
7. Emergency Blanket minimum 1,40 m x 2 m.
8. Basic Aid - Kit, and personal medicines (e.g. for allergies).
9. Jackets, headgear, can withstand bad weather in the mountains and are made with waterproof materials *

* - jacket must have headgear. You can remove the head cover but attach it to the jacket with the system made by the jacket maker.

- all seams must be covered / coated.

- Jackets must not have parts made of cloth that are not waterproof, but air holes (under the arms, along the back), which do not seem to affect the anti-air properties of the material can be received.

It is the responsibility of each runner, according to this criterion, to ensure that his jacket meets the criteria and therefore can deal with bad weather in the mountains, but, if examined, an assessment will be carried out by the person responsible for the examination or the race supervisor.

** Windproof jackets do not replace the obligation of having a waterproof jacket with headgear

Highly Recommended

1. Suitable apparels and equipment for extreme cold weather and rain (long sleeves, leggings, jacket, mitten, gloves, buff, light raincoat).
2. Gaiter due to sandy and rocky sections leading up to Gede Summit.
3. Life, accident or travel insurance.

Recommended

1. Trekking pole for safety on slippery ground when it rains.
2. Warm changing clothes must be available in case of bad weather, rain or injury.
3. A minimum amount of Rp 100,000 (to anticipate unexpected things).

Do Not Allow

1. Disposable plastic bottles
2. Knives or scissors

VI. BIB

Bib is given individually to participants after submitting:

1. Personal Identity, proof with photo
2. Race Bags and all mandatory equipment
3. Health certificate issued by TNGGP clinic. Medical checks are required at the TNGGP clinic*.

* Medical checks at the clinic are opened from 09.00 WIB – 19.00 WIB. Fees will be informed immediately.

Bib competition must be worn on the chest or abdomen and should always be apparent during the race. Therefore, a bib must always be installed above the outermost layer of clothing and may not be for any reason attached to the back or legs. The sponsor's name and logo may not be changed, or hidden.

The race bib is an identity sign needed to access the water station, nurse, rest area, place to store and retrieve the spare bag. Unless you refuse to comply with the decisions taken by the competition committee, the bib race is never taken back, but if you stop the race, bib will be deactivated.

VII. Drop Bag

1. There are no drop bags for the category 25 KM
2. There will be drop bag station for 50 KM, 100 KM, and 150 KM at Race Central Cibodas.
3. You are not permitted to leave items or food at Pos Mandalawangi and Pos Suryakencana

VIII. Aid Stations and Medical Assistance During The Race

1. First Aid Station is at Race Central (Cibodas), Pos Mandalawangi, and Pos Surya Kencana.
2. The monitoring pos is in Pos Under Hot Water and Pos Kandang Badak
3. If a participant appears to be in trouble or seriously injured, do the following to ask for help:
 - a. Go walkto the first aid point
 - b. Go walk to monitoring point
 - c. Go back to Race Central
 - d. Ask other participants to notify the first aid team
 - e. Each participant must help anyone who is in danger and notify the first aid post.
4. Doctors and rescue staff have the authority to stop a racer from continuing the race. This will be done by taking off the racer's BIB.
5. If you drop out of the race, you can continuing walk by take a shorter path to the race central.

Each participant must always be on the track with the mark, even when sleeping. Participants who consciously leave the tracked direction are no longer under the responsibility of the organizer.

IX. Check Point and Water Station

1. Control checks are made when arriving at the rescue or water station location.
2. Unexpected monitoring posts will be prepared in places other than the rescue location and water station. The location is not notified by the organizer.
3. Only participants who carry a bib race whose numbers are clearly visible and pass the control may access the water station.
4. Competitive guides and pages on the internet provide the right list of water station points.
5. Types of food and drinks available at the water station:
 - a. **Race Central:**
 - 25K: mineral water, Isotonic, Cola, Hot Water, fruits,

- 50K: mineral water, Isotonic, Cola, Hot Water, fruits, Instant Noodle/Cuankie (local meetballs)
 - 100K & 150K: mineral water, Isotonic, Cola, Hot Water, fruits, Instant Noodle/Cuankie (local meetballs), complete rice, green beans soup (kacang hijau).
- b. **Pos Mandalawangi:** Kurma, candy, Dodol Garut (local food: sweet toffee-like sugar palm-based confection)
 - c. **Pos Suryakencana:** Hot Water, Watermelon/pineapple, white bread
6. To avoid disposable plastic cups during the race, each participant must equip himself with a personal glass of at least 150ml. Remember, water bottles and soft glass are not glasses!
 7. Bring small place for personal trash. Participants who are seen littering along the run route will be penalized.
 8. Trash cans are provided at each water station and must be used.

X. Cut Off Time

1. Cut off time for each category:
 - a. Category 150 KM: 60 hours
 - b. Category 100 KM: 40 hours
 - c. Category 50 KM: 18 hours
 - d. Category 25K: 9 hours
2. The cut-off time to leave the main control post will be marked and written in the path guide.
3. This cut-off time is calculated so that the competitor can reach the finish below the maximum time, with the calculation of taking a reasonable time to stop (rest, eat and others). To continue the race, participants must start again from the control post before the cut-off time has been determined (calculated from the time the participant arrived at the control post).
4. Participants who have been excluded from the race and still want to continue running may do so, but the bib race must be returned to the committee, and the participant must run under his own responsibility and independently.
5. If there are bad weather conditions and / or for safety reasons, the organizer has the right to stop the race that has been halfway or change the cut-off time.

XI. Dropping Out Of The Race

If you decide to drop out of the race, you must notify race staff. Please remove your race card/bib and report to a race staff member so that race Organizer Center can be notified. Once you've dropped out of the race, you will not be able to re-start.

Remember to keep your race card with you as you will need it to retrieve your bags from the bag storage area.

Dropping Out At An Aid Station

1. Tell an aid station staff that you've decided to drop out of the race.
2. You will be able to return to the finish line area by a walk.
3. Report to race central that you decide DNF.

Dropping Out Along The Course

If you are able to move on your own, please make your way to the closest aid station (either return to the aid station you just left or go the next aid station). If you are unable to move without assistance, please tell staff and follow their instructions. It will take time to get help out to you if you are out on the race course. If you are not feeling well, it would be best to make your decision to drop out at an aid station.

XII. Markers

1. The race course will be marked using marking tapes and signs.
2. For environmental considerations, organizers will not use paint to mark the path.
3. Participants are required to follow a markers without cutting the road. Cutting roads causes erosion that damages the environment.
4. If the participant does not find the markers, please return to the last point of the markers.
5. The above signs and markers will be set up just before the race and will be immediately removed after the race.

XIII. Finish

1. When completing the race with a specified time limit (below cut off times), participants will get finisher tee.
2. There is no finisher medal.

XIV. Sanctions, Penaltized, and Disqualifications

Race officials in the field, and those responsible for control posts and water stations are authorized to enforce regulations and immediately * impose sanctions for non-compliance, based on the following :

1. **Disqualified**
 - Refusing inspection of mandatory equipment
 - Refusing to obey the orders of race control officers, race officers, head of pos, doctors or rescue volunteers
 - Continuing to run after the cut off times.
 - Missing or loss BIB
 - throwing garbage (intentionally) by participants or team members
 - Not respecting people (organizers staff or other participants)
 - Does not help people in trouble (need help from officers)
 - Receive assistance outside the permitted zone
 - Cannot show mandatory gear when randomly checking the track

2. **Banned 1 Event**

- Using shortcuts
- Cheating (using transportation, using substitute runners, and other unlawful actions)
- Use the BIB of someone else's
- Not report to race central when deciding DNF or passing COT

3. **Lifetime Banned**

- Doping and the use of prohibited drugs

* Time penalties can be made in place, which means that participants are asked to stop the race during the sentence. Violation of other rules will be given sanctions decided by the race director.

XV. Racer & Race Organization Responsibilities

RACER RESPONSIBILITIES

1. You understand the unique nature and requirements of competing in an ultra-long distance trail running race. You will be running all day and night through mountainous terrain and have undertaken the necessary training to compete in such a race.
2. You will be responsible for yourself and have the ability to deal with any problems that may be encountered during the race.
3. You are able to deal with, on your own without assistance, deteriorating weather conditions (low temperatures, strong winds and rain) and other troubles expected when traveling across mountainous terrain.
4. You are able to deal with extreme fatigue, internal organ and digestive problems, muscle pain, mild physical injuries and psychological problems on your own.
5. You are fully aware that when participating in an outdoor activity such as this race, your safety depends on your own skills and abilities.

RACE ORGANIZATION RESPONSIBILITIES

1. Tell an aid station staff that you've decided to drop out of the race.
2. Non-deliberate damage to property by race participants (e.g. plants and animals, objects, trails, etc.)
3. Marking and location of signs identifying the race course.
4. Race safety management.

XVI. Race Cancellation

The race organization reserves the right to cancel or cut-short the race for the following reasons:

1. Weather warnings sent by the meteorological agency
2. The inability to ensure runner safety due to risks such as landslides and rockfalls along the course.

3. Natural disasters (or declared warnings issued by the “BMKG-Badan Meteorologi dan Klimatologi dan Gempa and TNGR-Tanam Nasional Gunung Rinjani) In such a case, the race course cannot be changed to continue the race, nor will the race be postponed to a later date.
4. The decision as to whether or not the race will be cancelled will be made on the day before the race or on the day of the race. This will be communicated via the official race website.
5. In the event of an earthquake, hurricane/typhoon, flood, incidents, accidents and/or epidemics, the race organization reserves the right to make judgments and decisions regarding the shortening/cancelling of the race, whether or not there will be refunds, the amount, and the method of communication.