

Rules & Regulations

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Rules & regulations below are applicable to all categories.

SEMI-SELF- SUFFICIENCY

- Runners must complete the set course on foot by their own power and ability within the stipulated time;
Trekking poles is allowed for runners of all categories;
- Personal assistance (support crew) along the running route is Not Allowed in all categories, except at the official checkpoints/water stations.

RUNNERS RESPONSIBILITIES

- Runners must understand the unique nature and requirements of competing in an ultra-long distance road running race. He/she will be running all day and night on the road and trails. He/she must have undertaken the necessary training to compete in such an event.
- Runners will be responsible for his/her own safety by having the ability and skills to deal with problems that may be encountered during the race of this nature.
- Runners must be able to undertake or deal with on his/her own without any other external assistance during the deteriorating weather conditions (e.g. raining, strong winds, hot sun and etc..) and other unforeseen circumstances arises while running on the road and/or trails..
- In the event of a runner meeting another runner who is in health difficulty or injured, he/she must stop to help and inform the race organizer to seek for medical assistance. Failure to do so may result in penalties or disqualification being imposed to the runner or runners concerned.
- Runners are not allowed to wear headphones, earphones or/and speakers during the race.

MANDATORY ITEMS

By entering the race, each runner undertakes to take with him/her all the mandatory items as listed below throughout the race.

Failure to do so will result in application of the time penalties or disqualification.

Mandatory items (gear checks will be carried out on all runners before the race starts, and spot checks may be carried out along the route during the race, including the top 10 runners of every categories):

- 1) Two working headlamps/torch lights with sufficient spare batteries. During the day, these torchlights may be stored at the drop bags. It is the runner's responsibility to have the headlamps/torch lights during the night. So do plan the pickup of your headlamps accordingly;
- 2) Blinking Lights
- 3) Water bottles or hydration bag with a minimum capacity of 1litre
- 4) Emergency blanket;
- 5) Whistle;
- 6) Mobile phone;
- 7) Foldable cup or other container suitable for drinking and eating at the water station points;

Recommended items (not compulsory):

- Reflective vest;
- Sport foods & Gels;
- Rucksack or waist bag;
- Elastic adhesive bandage that can be used as a dressing;
- Head gear or cap or bandana;
- Sun UV block;
- Change of clothes and running shoes;
- Waterproof jacket;
- Cash;
- Route Map and Elevation Map.

BIBS

- Each bib is given individually to each runner in the Race Pack, upon presentation of suitable identity document;
- Each runner will be given one bib number: this must be worn and clearly visible on the chest or stomach or on the back of the backpack carried by the runners;
- The bib number is required for access to the water station areas, physio treatment, rest rooms, and drop bags, etc;
- **No fee is refundable after the registration is completed, even in the event when the race may be cancelled or postponed;**

RACE COURSE MARKERS

- The race course will be marked only at significant/major junctions with reflective tapes and signs. This is a semi-self-navigated race. Runners primarily depend on their GPS devices for navigational purpose;
- Runners must follow the directions given by the race organizer during the race briefing;

DROP BAGS

- Runners are allowed 2 drop bags, Both to be deposited at SP and will be transported to Life Bases 1, 2 and 3 in that order during the race.
- A piece of personal bag/luggage will be allowed to be deposited at the start/finish point;
- Drop bag must be clearly labelled with runner's name and bib number;
- Drop bag size is not more than 2 ft x 2 ft or 5kg;
- Fragile or valuable items should not be placed in the drop bags;
- Bags with objects attached to the outside will not be transported.
- If a runner pulls out of the race, his/her bag will be transported to the race finishing point, where he/she may collect it upon presentation of his/her bib number. The runner shall understand that the timing of the return of his/her drop bag will be subject to the schedule of the race shuttle bus/trucks;
- The organizer may not be held liable for the loss or damage of any objects during transport of the drop bags;
- Drop bag must be given to race organizer at the start line 1 hour before the race starts. Please note the event schedule that will be posted at the Facebook Page and race website closer to the race date;

RANKINGS AND PRIZES

- The race winner of each categories will be the runner that takes the shortest time (Gun time) to reach the finish point;

- Reaching the checkpoints/water station points along the route does not in itself entitle the runner to a place in the rankings and the corresponding points awarded for a qualifying race;
- To be awarded, runner must complete the overall race within the final cutoff time of the race; and fulfil the mandatory items requirement.
- No prize money will be given;
- 233km - Top 5 Men Open, Top 5 Men Veteran, Top 3 Women Open and Top 3 Women Veteran
- ** Veteran is 45 years old and above

SAFETY AND MEDICAL ASSISTANCE

- In order to ensure race safety, race organizer will prepare and arrange for rescue and medical assistance during the race. However, each participant must recognize and understand that there are risks of injuries and/or accidents associated with trail running. Runners are participating in this race at his/her own risk;
- While the race organizer has purchased Public Liability Insurance and Personal Medical Insurance coverage (hospitalization) for this event, it is strongly recommended that the runners obtained an adequate Personal Medical Insurance coverage for himself;
- Medical points will be set up at certain water stations;
- If necessary, and in the interests of the person being rescued, at the exclusive discretion of the organizers, the official medical rescue services may be called upon to take over operations, using any means they consider appropriate, including an ambulance. Any costs deriving from such exceptional transport will be charged to the person who has been rescued;
- Depending on the runner health conditions, an emergency evacuation may be required. This emergency evacuation will be at the expenses of the person being rescued;
- The official race medical assistants are authorized to withdraw from the competition any runners that they consider as unfit to continue or are in danger. The runner bib will be removed as part of the DNF (Did Not Finish) procedures;
- If a runner drops out from the race, runner must first inform and register with the nearest checkpoints that he/she is dropping out. Proper "DNF" procedure should be followed and completed before the runner is allowed to leave the event:
- In case of an emergency, if you are unable to reach the race headquarters, you can also call the public emergency number '999' directly for help;
- The race organizers reserves the right to implement any additional measures at any time to enhance and protect the safety of the race and the runners before the race and during the race.

CHECKPOINTS OR WATER STATION POINTS

- The timing will be recorded at the checkpoints/water station points established by the organizers;
- Only runners sporting their regular bib number will have access to the water station;
- No water cups will be dispensed to the runners. Runners will need to use their own cups or containers for any drinks served at the check points or water stations;
- The route map, which can also be downloaded online, will contain accurate indications of the water station points;
- The organisers reserve the rights to carry out mandatory item checks at any of the check points and other unspecified points along the route during the race;
- Food and drinks at the water station points are solely for runners and official support crews only.

MAXIMUM RACE TIME PERMITTED AND CUTOFF TIMES

- In the event of poor weather conditions and/or for safety reasons, the organisers reserve the rights to suspend the race or to make changes to the cut-off times;

DNF (Did not Finish) PROCEDURES

- Runners may DNF voluntarily or by missing the stipulated cut-off times at various checkpoints along the race course;
- Runner who decides to pull out voluntarily must proceed to the nearest checkpoint, inform and register with the race staffs by signing a DNF Form, and the bib will be specially marked to indicate the DNF status of the runners.
- Runners who fail to arrive at the checkpoints within the stipulated cut-off times will not be allowed to continue running in the race. His/her bib will be cut, and a DNF Form will need to be signed;
- Runner who fails to notify the organisers immediately of his/her voluntary DNF, thereby setting in motion a search and rescue operations by the rescue staff, will be liable to pay for any costs deriving there-from;
- Runner who has DNFed from the race are not allowed to continue his/her run. IF he/she insists on continuing running, he/she is NO LONGER in this event, and will be running entirely on his/her own accord and at his/her own risk. The organizer reserves the right to ban this kind of runner from future edition of Ultimate Trails of Penang Eco;
- The DNF runners should rest at a bright, safe place with sufficient phone coverage and wait for a race shuttle for pick up and delivery to the finish point;
- If runner is unable to move on his/her own, either return to the nearest water station point he/she has just left or to the next water station point. Please contact the emergency number '999' or the race headquarters to seek for assistance.

PROHIBITED ACTIONS

- Not carrying the mandatory items during the race;
- Taking shortcuts and/or running off the track;
- Throw any garbage along the running route;
- Cheating (e.g. using other means of transportation, using substitute runners and other unlawful actions);
- Not abiding by the rules and regulation given by the race organizer and official race staffs including medical assistants, emergency staffs and marshals;
- Not wearing the race bib at all times during the race;
- Continue to run after the cut off time without the agreement of race officials;
- Doping and the use of prohibited drugs;
- Running with his/her supporters

PENALTIES

Breaking of any rules may incur a time penalties or disqualification. Any such penalties are at the organizer's discretion and are final.

COMPLAINTS

Suggestions must be in writing and must be presented after the closing ceremony of the event at the finishing point or send to seowkong.ng@endurancenature.com.my

CHANGES TO THE ROUTE OR TO THE TIME DEADLINES - CANCELLATION OF THE RACE

- The organizers reserve the rights, at any time and without prior notice, to make changes to the route and checkpoints/water station points or to the time deadlines;
- In the event of adverse weather conditions (a strong depression with heavy rain), the start of the race may be postponed for 6 hours at most, after which time the race will be cancelled;
- Where necessary, the organizers reserve the rights to make changes to or eliminate certain stretches of the route.

IMAGE RIGHTS

Each participant expressly foregoes his/her image rights for the photos taken for the duration of the race, and undertakes not to take any action against the organizers and their authorized partners for the use of his/her image.

Official Rules

- Each participant will be awarded with a finisher Tee & Medal upon completing the run within the given cut off time.
- All finishers can retrieve their E-Certificates from the link posted at our official Facebook page after the event.
- Those who are found running with an unauthorized race number/bib will be disqualified, and the registration fees is not refundable.
- The Organiser reserves the right to disqualify any person who gives incorrect personal data/details on the entry form, or who is suspected of having taken illegal substances. No refund of entry fee will be arranged.
- Participants who do not start according to the run time assigned to them by the Organiser are not entitled to the results of the run.
- Participants must retire from the run immediately, if requested to do so by any member of the officials, medical staff, and/or marshals.
- The Organiser's decision in any matter related to the run shall be final, conclusive and not subject to any review. Any request for appeal and review shall not be entertained.
- The Organiser and its representatives shall not be held responsible for injury, death, damage, loss, delay, cost, expense incurred or inconvenience caused before, during or after the run.
- Should the run be cancelled or postponed due to circumstances beyond the control of the Organiser (including heavy rain, thunder storm or disaster, public rally...etc), no refund of the entry fee will be made and the Organiser shall have no further responsibility and/or liability thereafter.
- Running is not a 'free risk' sport and therefore each runner must ensure his/her health condition is fit before participating in the run. Each runner shall be responsible for his/her own health/condition.
- The Organiser reserves the right to disallow/disqualify any person who is known or suspected to be physically unfit to participate in the event. The Organiser may perform drug test on any of the participants. The title shall be revoked if the winners fail to satisfy the drug test.

POSR RACE TRANSPORT: Call a taxi or Grab service at the finishing point.

CURRENCY EXCHANGE: In Malaysia we widely accept Malaysia Ringgit (RM). Or else you can easily change your money at the Airport, Train station, Shopping Mall. The exchange rate is about RM4.7 : USD 1.00.

Amendments / Reservations / Acknowledgment

The Organiser reserves the right to modify, supplement or waive all or any part of the event rules.

Participants shall be bound by any such modification or supplemental event rules as maybe published by the Organiser from time to time. Failure to follow these event rules, as may be amended, will result in immediate disqualification and removal from official results.

Waiver:

By registering for this event, you are confirming that you and / or person under your care have read and accepted the terms and conditions for this event as follow:

I am aged 18 years old and above.

I hereby agree not to hold the organiser and co-organisers, their representatives and sponsors (collectively called "Organiser") against all costs, expenses or liabilities that may arise in consequence of my participation in this event.

I hereby waive all claims for any injuries, death and invalidity to me and/or the person under my care which may be caused by any act, or failure to act by the Organiser, arising directly or indirectly before, during and after the event.

In consideration & in return for being allowed to participate in the run, I release and agree not to sue the Organiser from all present and future claims regarding my participation in the run that may be made by me, my family, estate, heirs or assigns.