

Rules & Regulations

SEMI-SELF- SUFFICIENCY

1. Riders must complete the set course on their bicycle by their own power and ability within the stipulated time;
2. A number of water station points will be set up along the routes, which are from **5.5km to 11.2km apart**;
3. Drinking cups will not be provided at any of the water station points;

RIDERS RESPONSIBILITIES

1. Riders must understand the nature and requirements of competing in a cycling race. He/she must have undertaken the necessary training to compete in such a race.
2. Riders will be responsible for his/her self safety by having the ability and skills to deal with any problems that may be encountered during the race of this nature.
3. Riders 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 cycling on the road.
4. Riders must be able to undertake or deal with his/her extreme fatigue, internal organ and digestive problems, muscle pain, mild physical injuries and psychological problems during the race.
5. Riders who accept any assistance and support from any person may be disqualified.
6. In the event of a rider meeting another rider who is in health difficulty or injured, he/she must stop to help and inform the race organizer to seek for medical assistance.
7. Riders are not allowed to wear headphones, earphones or/and speakers during the race.

REGISTRATION & BIBS

1. Each bib is given individually to each rider in the Race Pack, upon presentation of suitable identity document;
2. Each rider will be given two sticky bibs. This must be stuck to the helmet and seat post of the bike;
3. The bib number is required for access to the water station areas, medics and the rest rooms. The bib will indicate also the status of the post race meal, Tee shirt size, Finisher Tee, Medal, DNF status... etc;
4. The online registration for Himalaya Sports Ultra Ride will be closed on **31 Mar 2025**. The race organizer will continue to accept late registration after the closing date. Late registration for a rider will face restrictive conditions (e.g. Tee shirt size, and finisher medal availability, bib written with marker pen, ...etc) and with a late charge of hardship fees of RM100.
5. Change of tee size is not allowed after **31 Mar 2025**.
6. After 28 February 2025, any change of category or transfer bib please contact us at seowkong.ng@gmail.com. A hardship fees of RM50 will be charged to each requests.
7. Registration fees are NOT-REFUNDABLE.
8. Registration is only open for persons who are of 18+ years old and above, Age of participant is based on the date of event.

RACE COURSE MARKERS

1. The race course will be marked with signages along the route and at major junctions;

2. Riders must follow the directions given by the race director during the race briefing;

Luggage BAGS

1. Luggage may be deposited at the starting/finishing point for all riders. Rider may use their own bags for luggage deposit.
2. There is no drop bag for all 60km or 100km riders.
3. The organizer may not be held liable for the loss or damage of any objects in the luggage bag during the race.
4. Any lost & found items will be disposed of immediately after 1 hour of race cut off (11am, 28 Apr 2025).

SAFETY AND MEDICAL ASSISTANCE

1. 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 road cycling. Riders are participating in this race at his/her own risk;
2. While the race organizer has purchased Public Liability Insurance and Group Personal Accident Insurance for this event, it is strongly recommended that the riders have obtained an adequate Personal Medical Insurance coverage;
3. Medical points will be set up at certain water station points;
4. 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;
5. Depending on the rider's health conditions, an emergency evacuation may be required. This emergency evacuation will be at the expenses of the person being rescued;
6. The official race medical assistants are authorized to withdraw from the competition any riders that they consider as unfit to continue or are in danger. The rider's bib will be removed as part of the DNF (Did Not Finish) procedures;
7. If a rider drops out from the race, rider 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 rider is allowed to leave the event;
8. 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;
9. The cell phone coverage is limited at certain areas on the race route. However it is still mandatory for riders to carry their cell phone for emergency purpose.
10. 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 riders before the race and during the race.

CHECKPOINTS OR WATER STATION POINTS

1. The timing will be recorded at the checkpoints/water station points established by the organizers;
2. Only riders sporting their regular bib number will have access to the water station;
3. Drinks will be provided at every water station;
4. No water cups will be dispensed to the riders. Riders will need to use their own water bottles for any drinks served at the check points or water stations;
5. Snacks will also be provided at some main water station;

6. The route map, which can also be downloaded online, will contain accurate indications of the water station points;
7. Food and water at the water station points are solely for riders only.

DNF (Did not Finish) PROCEDURES

1. There is no cutoff times at all checkpoints along the race course. The only cutoff point is at the finishing line.
2. Rider 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 Cut apart the bib Corner with "Finisher Tee, Medal", surrender it to the officials.
3. Rider who fails to notify the organisers immediately, thereby setting in motion a search and rescue operations by the rescue staff, will be liable to pay for any costs deriving there-from;
4. Rider who has DNFed from the race are not allowed to continue his/her ride. IF he/she insists on continuing riding, he/she is NO LONGER in this event, and will be riding entirely on his/her own accord and at his/her own risk;
5. The DNF riders should rest at a bright, safe place with sufficient phone coverage) and wait for a non scheduled race shuttle for pick up and delivery to the finish point;
6. If rider 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

1. Taking shortcuts and/or riding off the track;
2. Throw any garbage along the cycling route. This applies to both the rider and race staffs
3. Cheating (e.g. using other means of transportation, using substitute riders and other unlawful actions);
4. Not abiding by the rules and regulation given by the race organizer and official race staffs including medical assistants, emergency staffs and marshals;
5. Not wearing the race bib at all times during the race;
6. Doping and the use of prohibited drugs;
7. Sleeping along the route course is prohibited as it will have a large impact on the environment, safety and may also mistakenly lead others to think that you might require emergency medical assistance;
8. Riding with his/her supporters
9. All participants are not allowed to wear headphones, earphones or/and speakers during the race.

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 titultra@hotmail.com

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

1. 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;
2. 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;

3. 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.

Cycling Course Monitoring

1. Any participant who refuses to obey the directions or instructions from the Organiser, officials, or marshals (collectively called "Officials"), conducts himself/herself in an unsportsmanlike manner or is offensive by action or language to the Officials, volunteers, participants or spectators may be disqualified from the event by the Officials.
2. Any participant who has been found to have gained an unfair advantage by intentionally shortening the route of the ride ("cutting the ride course") shall be immediately disqualified from the event.
3. Participant must have bib number stuck to the helmet and seat post at all time during the ride.
4. No person are authorized to be on the cycling course unless they are registered participants or those approved by the Organiser. Therefore, no person shall be allowed to accompany a participant if he/she is not registered in the ride.

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 ride that may be made by me, my family, estate, heirs or assigns.