

# Oman by UTMB®

Oman by UTMB is a difficult and challenging ultra endurance trail event which takes runners into remote areas. The event is based on the principle of semi autonomy.

The course elevates from 600m at Birkat Al Mawz to the heights of Jebel Akhdar, the Green Mountain, peaking at over 2200m. With the 137km total distance bearing a vertical gain of over 7800m. Climbs are long and at times very exposed, requiring runners to be confident at height. Temperatures along the route will vary greatly; during the daytime they may reach 25 C in the valleys. In the mountains, where most of the trail is located, the temperature will be much more comfortable, at around 10 C. Plunges to below freezing are expected at night, so runners will need to equip accordingly. Given the trail's remote and difficult to access sections, a real capacity for personal self-sufficiency is required.

## 2018 Regulations

### PRESENTATION OF THE EVENT

#### ORGANISATION

The company Omansail LLC organises Oman by UTMB® with the assistance of UTMB® International. Omansail LLC carries appropriate third party insurance to cover the responsibilities of the organisation, staff and volunteers.

#### ACCEPTANCE OF THE REGULATIONS OF THE RACE

Participation in the Oman by UTMB® event implies the express acceptance, without reservation, of these regulations and any instructions sent by the organiser to the participants.

#### DEFINITION OF THE EVENTS

The Oman by UTMB® is an event in open country, using the great hiking routes of the Jebel Akhdar area. The race takes place in one single stage, at an undefined pace within a time limit.

Technical information : The course is 137 km for about 7 800 metres of height gain, starting from Birkat al Mouz and ending in Al Hamra, in semi-autonomy and in 44 hrs max. For the first edition of this event registration is open for 300 runners.

# CONDITIONS OF PARTICIPATION AND REGISTRATION

## REGISTRATION CONDITIONS

The races are open to any person, male or female, aged 20 or more at the time of the event, licensed, or not. Categories are :

### Runner Categories (Male and Female categories)

Category	Age on 29 November 2018
Open	20-29
Veterans	30-39
Masters 1	40-49
Masters 2	50-59
Masters 3	60+

To validate one's registration, each runner must :

1. **Supply a specific medical certificate (\*)**. It must be uploaded either during registration or afterward via the registration portal **before october the 31th 2018** (the organisation does not accept medical certificates sent by email or the post). If no medical certificate is received by this date, the registration will be cancelled without reimbursement.

**In the absence of a medical certificate no race-bib will be attributed.**

\*The medical certificate template is accessible via the registration site.

## REGISTRATION FEE

Registration is only via the internet and secure payment by credit card.

Fees : 220 € (For registrations before 1 June early bird discount 199€)

The fee covers all the services described in the these regulations.

Registration is nominative. There is no authorisation for transferring one's registration from one race to another, or from one person to another whatever the motive.

## RUNNER'S COMMITMENT

To participate in the OMAN by UTMB® event, it is essential :

- To be completely aware of the length and character of the event and to be perfectly prepared for it ;
- To have acquired, previous to the race, a real capacity of personal autonomy in the mountains allowing for the management of problems induced by this type of event, and notably :
  - Know how to confront, without outside help, climatic conditions which could be very difficult to deal with at altitude (in particular heat, dehydration, night, wind, cold, fog, rain).
  - Know how to manage, including when one is isolated, physical or mental problems arising from a great fatigue, heat, digestive problems, muscle or articular pains, small wounds etc.
  - To fully recognise that the organisation's role is not to help a runner manage these problems.
  - To be totally aware that for such an activity in the mountains security depends upon the runner's capacity to adapt to the problems encountered.

## **SEMI AUTONOMY**

The principal of an individual race in semi-autonomy underpins this event and registered runners must understand and accept this. The OMAN by UTMB® race will take place in one single stage, at an undefined pace, within the limits of the time barriers which are specified. Semi-autonomy is defined as having the capacity to be autonomous between two refreshments posts, as much on the food and water front as that of clothing and security, allowing for adapting to problems encountered or foreseen (bad weather, physical problems, injury...)

This principal implies, in particular, the following rules :

1. Each runner must have with them throughout the duration of the race the totality of their obligatory equipment (see paragraph EQUIPMENT). They transport this equipment in a pack, tagged during race-bib distribution and which can not be changed along the race route. At any moment of the race, the race stewards can verify the pack and its contents. The runner is obliged to submit to these checks in good humour, at the risk of exclusion from the race.
2. The refreshment posts supply drinks and food to be consumed on site. The organisation only supplies still water or energising drink for filling water bottles or hydration packs. The runner should take care to ensure they have, when leaving each refreshment post, the quantity of drink and food which is necessary to keep them going until the following refreshment post. For slower runners, the longest sections without refreshments can be more than 4hrs.
3. Personnal Assistance is tolerated exclusively at Alila and Balad Sayt in the zone specifically reserved for this use and at the discretion of the chief of the post. This assistance can only be given by one person, without specific equipment other than a bag with a maximum volume of 30 litres. Assistance given by a team of

professionals, or any medic or paramedic, is strictly forbidden.  
The rest of the refreshment post is strictly reserved for the runners.

4. It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the tolerance zones which are clearly marked in the proximity of the refreshment posts.

Note : A participant who accepts being filmed, and therefore accompanied, outside of the expressly designated zones contravenes the principle of semi-autonomy. The race stewards witnessing irregularities are authorised to penalise the participants in order to guarantee the spirit of trail-running events.

## **EQUIPMENT**

In order to ensure their security and the good progress of each event, each participant must have at their disposal all the obligatory equipment on the list, detailed below.  
Each participant must present their obligatory equipment, in order to retrieve their race-bib, and agree to keep it with them throughout the event.

It is important to note that the material imposed by the organisers is a vital minimum which each trail-runner must adapt in function to their own capacities. In particular, they must not chose the lightest weight clothing possible in order to gain a few grammes, but opt for clothing which really offers good protection in the mountains of Oman which therefore give better security and a better performance.

### **Obligatory equipment**

- Pack destined to transport obligatory equipment throughout the race.
- Mobile/cell Smartphone with international roaming allowing for its use in Oman or with a local sim card (load in to its memory the organisation's security numbers, keep the phone on, don't mask your number and don't forget to leave with the battery fully charged and an additional battery or charging pack.)
- Personal beaker 15 cl minimum (bottles or flasks with lids are not accepted)
- Supply of water of 2 litres minimum
- 2 torches in good working order with spare cells/batteries for each torch  
Recommendation : 200 lumens or more for the main torch
- Survival blanket of 1.40m x 2m minimum
- Whistle
- Self adhesive elasticated bandage which can serve as a bandage or strapping (minimum 100 cm x 6 cm)
- Food reserve  
Recommendation : 800kcal (2 gels + 2 energising bars each of 65g)

- A warm second layer top with long sleeves (cotton excluded) of a weight of a minimum of 110g (men's size medium (M))
- A durable water repellent (DWR protection) windproof jacket
- Sun glasses
- Saharan cap or any combination which completely protect the head and nape of the neck
- High Factor sun cream
- Trail running shoes appropriate to abrasive terrain.
- ID – passport/ID card

**All clothing must be the correct size for the competitor and without having been modified in any way after leaving the factory.**

**You carry this equipment in a pack which must be tagged during race-bib distribution and is not interchangeable during the race.**

#### **Other recommended equipment (list non exhaustive)**

- Spare clothing. Temperature by night can be as cold as 0° C at altitude
- Vaseline or anti-heat cream
- A cash sum of a minimum of 25 Omani Rial (for contingencies).
- Reusable bowl
- GPS watch
- Knife or scissors for cutting elasticated bandage
- Emergency sewing kit

## **ANTI-DOPING CONTROL**

Any competitor could be subjected to an anti-doping control before, during or at the finish of an event. In the case of a refusal or abstention, the runner will be sanctioned in the same manner as if convicted of doping.

## **INSURANCE**

**Each competitor must, obligatorily, be in possession of a personal accident insurance which covers the full cost of search, rescue, evacuation and medical treatment in Oman.** Such insurance can be taken out with any organisation of the runner's choice. For members of the ITRA (International Trail Running Association) it is possible to subscribe to an Assistance

– Repatriation insurance which covers the cost of search and rescue world-wide. For more information go to [www.itra.run](http://www.itra.run)

The choice of the method of evacuation and the actual choice of hospital is at the discretion of the search and rescue and medical officials.

Any direct payments arising from a rescue have to be made by the person rescued and recovered from their insurance provider. It falls to the runner to maintain records, create their file and present it to their insurance company for payment within the stated time limit.

## **RESPECT FOR THE ENVIRONMENT**

By registering for OMAN by UTMB®, participants agree to respect the environment and the natural areas they pass through. In particular :

- It is strictly forbidden to abandon your rubbish (gel tubes, paper, organic detritus, plastic wrappers...) along the race route. Trash/rubbish bins are available at each refreshment post and it is imperative that they are used. The race stewards conduct random checks all along the race route.
- All participants must keep any rubbish and wrappers with them until they can throw them in the bins which are provided for them at each refreshment post. The organisation encourages runners to equip themselves with a bag or pouch in which to transport their waste to the next bin. Plastic bags for soiled paper are handed out with the race-bibs. They must be used for collecting any paper soiled during any urgent need along the route.
- It is imperative that you follow the paths as they are way-marked, without short-cutting them.

## **ELITE RUNNERS**

Having the status of an international elite creates rights and duties for the athletes concerned. They are as below :

**Rights :** In recognition of athletes of a high calibre and for fair management of registration, we reserve places for elite athletes according to criteria based on their ITRA performance index data.

Free registration without the draw : Men >800 / Women > 700

Elite runners must register between 2 May 2018 and 30 June 2018. To register for free Elite runners meeting the above criteria should contact Omansail on [info@OmanbyUTMB.com](mailto:info@OmanbyUTMB.com) in order to obtain a discount code which can then be entered when registering in the normal way.

Elite runners must register between May 2nd 2018 and June 30<sup>th</sup> 2018

**Duties :** In return, the elite runners agree to :

- Be present at any press conferences and official ceremonies to which they are invited ;
- Be present at prize-giving ceremonies if it concerns them ;
- Be present at the start line no later than 15 minutes before the start of the event.

## **RIGHTS FOR IMAGES**

Every competitor expressly foregoes the rights on any images taken during the event, just as they renounce any right of appeal to the organisers and their partners for the use of their image. Only the organisation can transfer this right for images to any media, via an accreditation or relevant license. Ultra-Trail® and UTMB®, are legally registered names. All communication about the event or the use of images from the event must respect the name of the event, the registered trade marks and have official approval from the organisation.

## **INDIVIDUAL SPONSORS**

Runners who are sponsored can only display their sponsor's logos on their clothing and equipment used during the race. All other publicity accessories (flags, banners ect.) are forbidden at all points of the race route including the finish, at the risk of a penalty given by the discretion of the race directors.

## **DATA PROTECTION**

Omansail follows best practice in data protection. You have the right of access and rectification for all information concerning you. This information is used uniquely within the interior of the organisation and concerns technical data such as your email address. The organisation on no account uses your information for other ends. Each runner has a right of access and rectification concerning information relating to themselves. To do this, please send us an email stating your surname, first name and race-bib number.

## **RACE ORGANISATION IN GENERAL**

### **RACE-BIBS**

Each race-bib is distributed individually to each runner upon presentation of :

- A piece of photographic identity,
- Your race pack and all the obligatory equipment.

**The race-bib must be worn on the chest or stomach and be permanently and completely visible throughout the totality of the race.** It must always be placed on top of all clothing and can in no case be positioned on a leg or pack. The name and partner's logos must not be either modified or hidden. The race-bib is the pass necessary for accessing the shuttle buses, buses, refreshment posts, infirmary, rest areas, showers, drop-off or pick-up areas for drop sacks... Except in the case of a refusal to comply with a decision taken by a race official, the bib is never taken away but in the case of an abandonment the bib is deactivated.

## **DROP BAGS / SPARE'S SACKS**

Each competitor receives a 30 litre bag with their race-bib. After having filled it with the necessities of their choice and having closed it they can drop it off at the designated drop point. This bag is taken to Alila by the organisation. Upon arriving in Alila the runner must, obligatorily, withdraw their bag. When they leave the Alila life base they must personally leave their bag in the allotted area. The bags are then returned to Al Hamra.

**Recuperation of bags at Al Hamra :** The bags are returned to either the competitor, family member or friend, only upon presentation of the race-bib. The bags must be recovered no later than 2 hours after the end of the race.

The organisation ensures the repatriation to Al Hamra of the bags of runners who abandon, on the condition that the abandonment has been registered. Due to logistical constraints the organisation can not guarantee a complete repatriation of bags before the end of the race.

Only bags supplied by the organisation will be transported. Poles are not allowed in these bags. The contents of the bags will not be verified, no contestation over the contents of the bag at the finish will be accepted. The placing of valuable objects in these bags is not recommended. You are recommended to pack toiletries and a change of clothing for your return to Al Hamra.

## **REFRESHMENTS**

The organisation ensures the presence of solid and liquid refreshments along the race-route. The refreshment posts supply drinks and food for consuming in situ. The organisation supplies still water and energising drink for filling water bottles/hydration packs, and personal beakers are obligatory. The runner must take care, when leaving each refreshment post, that they have the necessary quantity of food and drink to last them to the next refreshment post.

**Only runners wearing a visible race-bib who have been duly checked have access to the refreshment posts.**

## **CHECK POSTS**

A check is carried out at the arrival at a refreshment post and at certain security posts. **Unexpected check posts may be set-up at posts other than those of refreshment or security posts.** Their location is not divulged by the organisation.

## **WAY-MARKING**

For better sighting at night the way-markers have reflective paint which should be clearly visible in the light of your torch.

**ATTENTION : if you don't see any, turn back !**

## MAXIMUM AUTHORISED TIME AND TIME BARRIERS

The maximum time for the event, for the totality of the route is fixed at 44hours.

The time limits (time barriers) at the main check points will be defined and printed in the Runner's Guide and on the web-site. In the case of a change (cf § Exceptional Conditions), new time barriers will be announced.

These time barriers are calculated to allow participants to arrive at the finish within the maximum time allowed, while having made eventual stops (rest, food...). **In order to be authorised to continue with an event, competitors must leave the check point before the fixed time limit** (whatever their time of arrival at the check point).

All competitors excluded from the race who wish to continue the route can only do so after having returned their race-bib and under their own responsibility and in complete autonomy.

## SECURITY AND MEDICAL ASSISTANCE

Security posts are positioned at various points along the route. These posts have a radio or telephone link to the race command center for security. A regulation medical team is present throughout the events at the race comand center.

These security posts are designed to give assistance to any person in danger by their own or public means.

It is up to a runner in trouble or seriously hurt to call for the help :

- By going to a security post
- By calling race command center
- By asking another runner to alert the security service

Every runner must give assistance to any person in danger and alert the security services.

In the case where it is impossible to contact race command center, you can make a direct call to the national security service (**phone number is 9999**) (most particularly if you find yourself in a zone where only emergency calls are possible)

**Do not forget that hazards of all sorts, linked to the environment and the race, may require you to wait assistance for a longer time than expected. Your security therefore depends upon the quality of that which you have put in your pack.**

All the personnel, medics, paramedics, search and rescue and official guides, as well as any person so designated by the organisation are able to :

- exclude any competitor from the race who is judged to be unable to continue the event
- oblige any competitor to use any element of obligatory equipment

- have evacuated by any means any runners who are judged to be in danger
- orientate patients to a better treatment structure which is better adapted to their needs

A runner who contacts a doctor or search and rescue personnel submits themselves to their authority and agrees to accept their decisions

As from the moment where the state of a runner's health justifies treatment via an intravenous drip, they are obligatorily excluded from the race.

An infirmary will be accessible at the finish line throughout the duration of the races. Runners who have a severe medical problem may present themselves. Minor treatments will be carried out at the discretion of the personnel and subject to their availability.

Each runner must stay on the way-marked route, even to sleep.

All runners who voluntarily venture from the way-marked course are no longer under the responsibility of the organisation.

## **FINISH**

When you finish, you will receive a finisher's gift and post-race meal is also available in the finish area at Al Hamra.

## **SHOWERS**

Showers are available only at the end of the race. Access to the end of race showers is only for runners. The race-bib is the pass for accessing the showers.

## **REST**

A rest area in Al Hamra is available exclusively for runners who have just finished their race. In no way does this constitute a solution for accommodation for the entire night. Runners having finished their race who wish to prolong their stay must have their own accommodation (contact Omansail for help arranging accommodation). At Alila and Balat Sayt each competitor can also benefit from a rest area.

## **RANKING AND RECOMPENSE**

A general ranking, male and female, and for each category (below) is established.

<b>Category</b>	<b>Age on 29 November 2018</b>
Open	20-29

Veterans	30-39
Masters 1	40-49
Masters 2	50-59
Masters 3	60+

The first 5 men and the first 5 women in the general ranking, as well as the first 3 in each category receive a trophy and a prize.

Runners must be present at their prize giving. The trophies and prizes are only distributed at the ceremony.

Results for all the competitors will be available via at [www.omanbyutmb.com](http://www.omanbyutmb.com). Finisher's certificates available from the runner's page in the tab, registration history.

## **ABANDONMENT AND REPATRIATION**

Except in the case of injury, a runner must not abandon outside of a check point. They must inform the person responsible for the post, and inform the race command center. After Balad Sayt, there is no road access so the repatriation will be by foot or helicopter.

In the case of the decision to abandon between two check points, the runner must go to the nearest check point where they announce their abandonment.

The runner keeps hold of their race-bib because it is the pass for accessing shuttle buses, buses, meals, treatment rooms etc.

For check points with vehicular (car or 4x4) access the organisers will endeavour to repatriate runners who abandon to Al Hamra within a reasonable timescale but runners must recognise this is subject to logistical constraints or issues arising. Further information regarding abandonment and repatriation will be given in the runners guide.

Runners who abandon at other security or refreshment posts without vehicular access whose state of health does not necessitate an evacuation must go to as fast as possible and under their own means the nearest point of repatriation. Also note :

- at the closure of the post, the organisation may, within the means possible, repatriate runners who have abandoned and who are still present at the post
- in the case of unfavourable weather conditions which justify the partial or total stoppage of the race, the organisation ensures the repatriation of the runners as fast as possible

## **PENALTIES - DISQUALIFICATION**

Race stewards present along the race-route, and those responsible for the different refreshment and security posts are able to enforce the regulations and immediately apply a penalty in the case of non-respect for these regulations, according to the following chart :

<b>BREACH OF REGULATION</b>	<b>PENALTIES (*) – DISQUALIFICATION</b>
Short-cutting the route	At the race director's discretion
Absence of obligatory equipment (no water supply of a volume of a minimum of 2 litres, no torch, no survival blanket, no mobile/cell smartphone)	Immediate disqualification
Absence of other obligatory equipment. See list of mandatory kit	1 hour penalty
Refusal to have obligatory equipment checked	Disqualification
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	1 hour penalty
Lack of respect for others (organisation or runners) Note : a participant whose supporters are uncivil and/or refuse to respect the organisation's instructions will be penalised.	Disqualification
Not assisting a person in difficulty (in need of care)	Disqualification
Assistance outside of authorised zones	1 hour penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of the refreshment posts.	15 minute penalty
Cheating (eg. : use of a means of transport, sharing a race-bib, ...)	Immediate disqualification for life
Lack of visible race-bib	15 minute penalty
The wearing of a non-conforming race-bib	15 minute penalty (during which time the runner places their race-bib in a manner which conforms to the rules)
Attitude deemed dangerous (eg. : poles with unprotected points orientated towards runners or spectators)	15 minute penalty
Absence of an electronic chip	According to the race directors' decision
Absence of passage through a control point	According to the race directors' decision
Refusal to comply with an order from the race directors, race stewards, chief of posts, doctors or research and rescue personnel.	Disqualification

Refusal of anti-doping control	The runner will be sanctioned in the same manner as they would be for drug taking
Departure from a check point after the time barrier	Disqualification
Pack not tagged	1 hour penalty
Use of poles not carried with you from the beginning of the race	1 hour penalty

(\* ) The time penalties are immediately applicable in situ, that's to say that the runner has to interrupt their race for the duration of the penalty time.

All other lack of respect for the regulations will be subject a sanction at the race directors' discretion.

## **CLAIMS**

Any claim must be made to us by email, within a delay 10 days after the end of the event.

## **EXCEPTIONAL CONDITIONS**

If the circumstances require it, the organisation reserves the right to, at any moment, modify the route, start times, time barriers, position of refreshment or security posts, and any other aspect related to the good functioning of the events.

In the case of a force majeure, weather conditions which are too unfavourable or any other circumstance which puts the security of the competitors at risk, the organisation reserves the right to :

- defer the start by 36 hours max
- modify the time barriers
- cancel the event
- neutralise the event
- stop the race in progress

In the case of the cancellation of an event, for whatever reason, decided more than 15 days before the date of the start, partial reimbursement of the registration fee will be made. The amount of this reimbursement will be fixed so as to allow the organisation to deal with all the irremediable expenses committed to the date of the cancellation. In case of cancellation decided less than 15 days before the departure or in case of interruption of the race, for whatever reason, no refund of registration fees will be made.

## **OPTIONAL SERVICES**

### **RUNNERS' GUIDE**

A guide is downloadable from the web-site [www.omanbyutmb.com](http://www.omanbyutmb.com) as from the month of September. It includes maps of the routes and practical information such as time barriers,

refreshment post locations, security posts, as well as the areas with access for accompanying persons.

## **CANCELLATION OF A REGISTRATION**

Any cancellation of a registration must be made in writing either by email or post. No withdrawal is registered by telephone.

The reimbursement of fees paid at registration will be made by partial re-credit to the bank account associated to the credit-card used at the time of registering, under the following conditions :

Date sent	Amount of re-credit in % of the amount of registration (excluding annex charges)
Before June 15th	60%
Between June 16th and July 15th	50%
Between July 16th and october 31st	40%

After october 31st, no reimbursement is possible.

**Registration is nominative. There is no authorisation for transferring a registration to another person whatever the motive.**