

**Deutschlandlauf „DL2010“**  
**September Monday, 06<sup>th</sup> to Wednesday, 22<sup>nd</sup> 2008 about 1.203 km in 17 Stages**

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**Paragraph 1 Organization**

The "Deutschlandlauf" ("DL2010") 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 "DL2010" is a run with 17 daily stages. The entire course is about 1.203 km long. The start is on September 06<sup>th</sup> 2010 in Kap Arkona at Rügen. The route runs through six states, that is: Mecklenburg-Vorpommern, Brandenburg, Sachsen-Anhalt, Thüringen, Bayern and Baden-Württemberg. The race ends at September 22<sup>nd</sup> 2010 in Lörrach. The daily stages are on average about 70,76 km long. We are considering running around large cities. 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 "DL2010" 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 "DL2010" 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 "DL2010" 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 45.

**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 200 € 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 a 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**

**September 05<sup>th</sup> 2010** arrival of all runners. Accommodation in a school/gymnasium or the like in Stralsund. 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

**September 06<sup>th</sup> 2010** at 9:00 AM start for ALL participants in Kap Arkona/Rügen.

**September 22<sup>nd</sup> 2010** arrival at the finish.

All participants have the opportunity to spend the night from **September 22<sup>nd</sup> 2010 to September 23<sup>rd</sup> 2010** near the fin 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 Paragraph. 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 10 minutes/kilometer (6 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**

Every aid station will also be considered a control point. The organizer can add more control points if deemed necessary, Paragr. 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. (Not broad about 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.
- ⇒ It is absolutely forbidden for anyone to sleep in any organization vehicle. It may be possible on occasion that sleeping will be limited, meaning you have to move closer together. However it is up to you to get your own hotel room at your own expense in such a case.



**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 33. 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.

**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** **Recommended equipment**

At [www.deutschlandlauf.com](http://www.deutschlandlauf.com) you will get a list of recommended equipment you should bring, however this is only a recommendation.

**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**

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**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. Morning & evening meals, accommodation and aid station supplies, see article 7

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

Applications will be accepted until Mai 01<sup>st</sup> 2010  
Should an accepted applicant wish to cancel due to legitimate reasons we will reimburse him/her as follows:

⇒	Cancellation by	June 01 <sup>st</sup> 2010	Reimbursement of 60 %
⇒	Cancellation by	July 01 <sup>st</sup> 2010	Reimbursement of 50 %
⇒	Cancellation by	July 15 <sup>th</sup> 2010	Reimbursement of 30 %
⇒	Cancellation after	August 15 <sup>th</sup> 2010	No reimbursement possible

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

The starting fee will be 1.375 €. With the application you must pay 200 Euros into the below named bank account. The remaining balance must be paid into the same account not later than Mai 31<sup>st</sup>. 2010. Should any runner have the intention from the beginning only to run certain stages of the race the fee will be 50 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 10 stages the total/full amount of the entire starting fee will have to be paid. This only exception would be if the individual offers an appropriate service/s (to be determined by the organizer) to the organization.

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

**Name of the Banc:** Kreissparkasse FDS  
**Street:** Dammstrasse 1  
**Town:** 72160 Horb am Neckar  
**Account Nr:** 553 760  
**Bank code:** 642 510 60  
**Password:** DL2010 2008  
**IBAN -Code:** DE15642510600000553760  
**Swift-code** BICSOLADES1FDS



