



- ⇒ 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 16 Gear and luggage**

Each participant is free to bring whatever he/she believes he/she needs but not more than THREE pieces of luggage per person are allowed. HOWEVER the organizer must caution ALL of YOU, the weight limit per person for luggage is 30 kilos due to transport-space

limitations. Any overweight will be charged at Euro 0.50 per kg PER DAY. Example: (3 kilos overweight x Euros 0.50 x 17 days equals Euros 25.50). At our home page [www.deutschlandlauf.com](http://www.deutschlandlauf.com) or [www.ischulze.de](http://www.ischulze.de) there are suggestions as of what you can bring. However these are suggestions based on the ultra running experiences of the race organizer. You MUST consider the climate differences in September. It may be cool.

**Paragraph 17 Medical coverage**

The organizer tries to provide decent medical coverage. A doctor can be consulted at every finish line. **IMPORTANT:** Creams, ointments, bandages & cool-packs must be brought by the individual runner and cannot be provided by the organizer. The organizer strives towards the goal of providing one full-time first aid person during the entire run. The organizer **STRONGLY** suggests that each runner brings enough cool-packs, lotions & any such items like bandages. Should it be necessary that the runner needs more of such articles, the 1st aid person may be able to supply a limited amount at the runner's expense.

**Paragraph 18 Climate and street surfaces**

In September it already might be cold. You also need to consider possible rainy days or other bad weather along the way. You will run on country roads, byways and even farm roads. There may also be stretches of streets leading through cities. You must choose your running shoes accordingly, be prepared for all surfaces. A pure „competition-shoe“ is NOT recommended. We recommend well broken-in shoes, perhaps strong & stable training shoes.

**Paragraph 19 Cleaning of your personal laundry & clothing**

In larger towns there may be Laundromats available. Suggestion: You can leave your running clothing on while taking a shower & then just hang it outside or in any empty room to dry. The maintaining of your clothing will be left to the individual based on the established American & Australian system, which has also worked well during the “TE-FR2003”, “TE-FR2009” and six times the “DL”.

**Paragraph 20 Phone Calls & Faxes**

Users of cell phones need to be aware of the fact that there will be some areas where a connection is not available or the connection will be very poor. Calls to your hometown should be made from a public phone in such a case. The cell phone of the Race Director can only be used in a REAL emergency. Letters and/or packages need to be sent to the afore-issued addresses. These will be given to all participants a few weeks before the start of the event. The organizer is not responsible to forward any mail. Delays can arise at any post office; they usually have a fax available, which you can possibly use to forward any mail that you missed. The organizer cannot get involved in these matters. The organizer will try to make available a way that e-mails can be received by runners from family and friends. The cell-phone connection of the organizer will not be available to conduct interviews or for any personal phone calls. If you do not have a personal cell phone you must use a public phone when available or ask to use a cell phone from a fellow runner.

**Paragraph 21 Insurance and data-safety**

Participation is at your own perils and risk. However, the organization will issue a „general“ Liability policy. Please ask your personal insurance for their achievements. It is advised to carry your „health“ or similar insurance cards with you. Every participant is starting the run with the knowledge of any associated potential risks involved. All participants will hold the organization FREE of any liability in case you suffer from any medical conditions, accidents or any other medical maladies or any problems with your general health condition. It is further recommended to ace out a travel risk policy in case you will be prevented to start and/or complete your trip so you can get reimbursed all or part of the cost. Such info will be given to you at a later point. The organizer will be helpful in this matter.

Before the start any runner, stage runner, helper and volunteer will have to sign a document holding the organizer and organization free of ANY liability or any claims arising from the participation of the „H-B-L“. Without the signed document you cannot start or be a part of the event. See paragraph 3, section 2.

**Paragraph 22 Help via a third party/person**

Any help through a third person is strictly forbidden. After the third time of such incident the runner will be disqualified from the race. Runners & volunteers that are aware of any such help given or received need to advise the receiving runner that this is a violation. The exception will be the accompanying of „guest-runners“ or groups in towns by local runners, which can't be avoided. See also paragraph 40. A strong violation would also be if a runner accepts a ride in a car and later on resumes the run again. This will result without any further advise or penalty to an immediate disqualification on the spot, see paragraph 33. In such a case, the runner can continue the run the next day out of competition in which case the day before will not be registered in the stat sheet without ANY discussion with the organization.

**Paragraph 23 Quitting the race**

Should a runner decide to quit, he/she must let the organization know as soon as possible. However, he/she can rest a day or more and resume the run out of competition. Any stage however should be finished. At the finish you will receive an appropriate document acknowledging your accomplishment. At any time you are not running (after quitting) we expect that you make yourself available for any service the organization may deem necessary. Otherwise you will be considered a helper without a vehicle and must pay the appropriate fee as stated in paragraph 32. The person who is out of the competition must decide if he/she wishes to remain as part of the group or will go home. In that latter case the organization will drop you off at an appropriate spot such as an airport, train or bus station. A partial reimbursement of the starting fee is NOT possible. The drop-off spot will be arranged between the runner & the organization. More stipulation for runners that quit: Should you run further stages, only FULL stage distances can be recorded. Another possibility is this: You can share the stage with another runner and run alternately while the other one drives. However no times will be recorded.

**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**

Ingo Schulze Hauptstrasse 52 D-72160 Horb - Nordstetten  
**Phone:** 0049 (0) 7451 / 4615 **Fax :** 0049 (0) 7451/ 62 47 56 **Cell:** 0049 (0) 171/42 51 435  
**E-mail:** [ultralauft@ischulze.de](mailto:ultralauft@ischulze.de) **Internet:** [www.deutschlandlauf.com](http://www.deutschlandlauf.com) or [www.ischulze.de](http://www.ischulze.de)

**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> 2011	Reimbursement of 60 %
⇒	Cancellation by	July 01 <sup>st</sup> 2011	Reimbursement of 50 %
⇒	Cancellation by	July 15 <sup>th</sup> 2011	Reimbursement of 30 %
⇒	Cancellation after	August 15 <sup>th</sup> 2011	No reimbursement possible

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

The starting fee will be 1.080 €. 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>. 2011. 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 6. 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**

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



the situation requires. These helpers can aid their runner only at designated aid stations. Should an extreme weather condition warrant a change, the organization would advise helpers & volunteers accordingly.

**Paragraph 43 Presswork**

You should not be surprised, if during the race you may see representatives of the press at any given time. For this reason it is important that the organization has enough personal information available of each runner in the race to provide to the press. Therefore the organization requests that all participants send any original published materials of the race to Ingo Schulze. A map/folder of all received published material can be requested for a fee (amount to be announced later) from Ingo Schulze some time after the race.

**Paragraph 44 Last date to apply**

Last date we can accept an application will be Mai 30<sup>th</sup> 2010. Any application that arrives after this date must be discussed with Ingo Schulze and upon verbal acceptance must be followed by the immediate & full payment of the starting fee Euro 1375. An additional Euro 100 will be due as a late fee.

**Paragraph 45 Cancellation of the event**

The event can be canceled in case of a natural disaster such as: Flooding, devastating fires, earthquakes or similar. In such an event all participants will be asked for ending the race if the authorities have not already stopped the event. In case of a cancellation you can expect the following refund of your start fee: From the base amount of Euro 1080 we will keep a minimum of Euro 300. The remaining amount of Euro 780 will be divided by 14 days, resulting in a one-day fee of Euro 60,00. For each day the event is cut short you will receive Euro 540,00 as a refund.

**Example:**

The event will be canceled after the 4<sup>th</sup> day; each entrant will receive 9/13th refund, which will equaling Euros 540,00

**Paragraph 46 Runners forum**

Days into the race we will establish a „runner forum“. The elected runners in this forum will help the organization solve any serious problems that may develop and could negatively affect the entire race. For example such an issue could be the disqualification of a runner and similar serious issues. The runner forum will be comprised of FIVE persons, see example:

- ⇒ At least one female and two male runners
- ⇒ One person each from the volunteers and the organizer Ingo Schulze. Any decisions by this runner forum will be valid.
- ⇒ If the problem involves any person being part of this forum, he/she will not be part of the decision process.

**Paragraph 47 Doping**

The „H-B-L“ as a sports event is not organized via a national or international federation. Nevertheless the organizer of the “H-B-L” insists on the fact that each participant adheres to the internationally valid Anti-Doping rules. For this an accordingly prepared undertaking is to be submitted to the organizer with the final delivery of the registration of the “H-B-L” by each participant. During the competition each determined offence against the rule stated above, is punished with the immediate disqualification. The participant has to leave immediately.

**Paragraph 48 Animals**

Please, don't bring dogs and cats to the “H-B-L”

**To refresh your memory regarding all paid dues to the organization**

Starting fee	1080 €	1,35 € times 800 km
Starting fee for stage runners	per day 55 €	up to 6 days
Late entry fee	100 €	as of June 01 <sup>st</sup> 2011
Fee for personal helpers without a vehicle	per day 20 €	280 € for 14 days
Fee for personal helpers that will not be available to the organization	per day 35 €	490 € for 14 days
Fee for personal vehicles that are available to the organization	00 €	
Return of deposit with timely application	50 €	until Mai 31 <sup>st</sup> 2011
Deposit	200 €	until Mai 31 <sup>st</sup> 2011

**Application and further Informations:**

Race director: Ingo Schulze  
 Address: Hauptstrasse 52, 72160 Horb - Nordstetten  
 Tel.: 0049 (0) 7451 / 461 Fax: 0049 (0) 62 47 56 Mobil: 0171 / 42 51 435  
 Email: [ultralauft@schulze.de](mailto:ultralauft@schulze.de) Internet : [www.ischulze.de](http://www.ischulze.de) or [www.deutschlandlauf.com](http://www.deutschlandlauf.com)

Horb, Monday, May 17, 2010  
 Race director Ingo Schulze

**Translated into English by:**

Thomas Schulze, Horb a. N., Susanne and Peter Bartel, Berlin, Angela Ngamkam, Darmstadt

Please note: these notes are a translation and are for your guidance only. If you are unclear you should refer to the original German document.