

Aladağlar Sky Trail Short Course - Karasay Sky Marathon Rules and Regulations

1. General Information

Aladağlar Sky Trail Short Course - Karasay Sky Marathon is a sky run, taking place in the Aladağlar National Park, located in Niğde, Kayseri, and Adana provinces. The distance is about 34 km and the elevation gain is 2,800+ m.

The race starts on August 10, 2024 at 7:00 a.m. in Demirkazık Village. Participants should finish the route in 10 hours in a semi-sufficient way: they should carry equipment that is necessary to ensure the safety of their run for possible weather conditions.

2. Participation

The event is open to anyone at least 18 years old on race day. For pre-registration participants are expected to have trail and sky running experience and must meet at least one of the prerequisites listed below:

- To complete at least 1 registered ultra-marathon race (longer than 42 km) in the past 4 years*;
- To complete at least 1 registered sky run (longer than 20 km with a minimum of 1300 m altitude gain) in the past 4 years;
- To have the experience of climbing a summit of 3000 m in the past 4 years.

Participants meeting one pre-requisite or more will then need to fill the application form. Entries will be considered once the validity of the participant's information is vetted by the Aladağlar Sky Trail technical committee. Entries that fail to meet the participation requirements will not be assessed.

Aladağlar Sky Trail technical committee reserves the right to cancel any approved registration if the participant is discovered to submit the false declaration about her/his trail/mountain trail running or mountaineering experience. No refund will be made in such cases.

Registered participants are required to provide either a valid medical certificate indicating that the person can participate in long distance runs until August 15, 2024, or a valid license issued by a sports federation. These documents will be checked by the organization before the race.

* Successful completion of any ultra-marathon event organized in Turkey or its international equivalent will be considered valid in this category.

3. Registration

"Only registered runners can participate in the race, and the number of participants is limited to a maximum of 150. The registration system will be available between February 7, 2024, at 14:00 (GMT+3) and August 9, 2024, at 17:00 (GMT+3), and applications will be made through the DazSpor website.

The organization reserves the right to register additional athletes under certain conditions.

Each registration is individual. It is not allowed to transfer registrations to another person or allow someone else to run in place of a registered participant."Additional registrations can be made by the organization under special circumstances.

Registration is personal: it cannot be transferred, and the organization will not allow another person to run on behalf of a registered participant.

a) Registration fee

- The registration fee for Aladağlar Sky Trail Short Course - Karasay Sky Marathon is 3 months prior to race day: **70 €**, 1 month to 3 months prior to race date: **85 €**, and from 1 month to race day **100 €**.

- Participants, whose pre-registration are vetted by Aladağlar Sky Trail technical committee should pay the registration fee within 10 weekdays.

- Registration of the participants that fail to do so will be cancelled.

Registration fee includes:

- Race bib

- Race t-shirt

- Assistance and refreshments along the route

- Refreshments after the race

c) Cancellation

The cancellation of registration is only possible if the participants have a health concern or an injury that will prevent them from participating in the race. In such cases, the participants should obtain a medical report indicating their health conditions and email it to aladaglarskytrail@ordos.org.tr. The registration fee will be fully refunded within 30 days if cancelled before June 5, 2024. No refund will be made for cancellations thereafter.

Registration fees will not be refunded should the race be cancelled or interrupted due to reasons beyond the control of the organization, such as bad weather conditions.

4. Distribution of Race Packs

Race packs, including the race bibs, will be distributed at the registration area, ORDOS Nevzat Öntaş Mountain Hut, in Demirkazık village (Niğde province) on the dates listed below. Precise location of the registration area is at: <https://goo.gl/maps/FhfPhQohSx52>.

- August 08th and 9th, 2024 – 10:00-24:00

5. Race Start

The race starts on August 10, 2024 at 07:00 a.m. at ORDOS Nevzat Öntaş Mountain Hut, Demirkazık. Participants are required to be at the start area at least 60 minutes before the start time: before 06:00 a.m.

There will be changing rooms and a bag deposit at the arrival/finish line. The deposited bags can be retrieved at the end of the race by showing the race bib. The organization cannot be held responsible for any items left unattended in or outside of the bag deposit area.

6. Race Route

Aladağlar Sky Trail Short Course - Karasay Sky Marathon starts from Demirkazık village, reaches to Karasay peak, and ends again at Demirkazık village. 34 km long course, involving 2,800+ m climbing, passes through the following locations:

- Nevzat Öntaş Mountain Hut (Demirkazık village)

- Sokullupınar

- Karayalak Valley
- Çelikbuyduran Fork (Çelikbuyduran Checkpoint)
- Karasay Peak (3550 m)
- Emli Forest
- Sarı Memed High Plain (Sarı Memed Checkpoint)
- Sokullupınar
- Nevzat Öntaş Mountain Hut (Demirkazık village)

Most of the route is on a single-track trail with scree and rocky terrain. Depending on the seasonal conditions there may be some hard snow passages.

The route will be visibly marked. Any departures from the official marked route entails disqualification.

7. Checkpoints and Time Limits

There are 2 checkpoints along the race route. Water, cold and hot beverages and various snacks will be available. Each checkpoint has a time limit listed below. Participants who arrive at a checkpoint after the designated time limit will not be allowed to continue and will stop at the checkpoint.

No	Station	Total Distance (Km)	Distance To	Total Ascent (M)	Ascent To
			Next Station (Km)		Next Station Ascent (M)
Start	Demirkazık Köyü	-	11.19	-	1615
1.	Çelikbuyduran Çatal	11.19	9.44	1615	401
2.	Sarı Memedin Yurdu	20.63	13.38	2016	835
Bitiş	Demirkazık Köyü	34.01	0.0	2851	-

When leaving a checkpoint, participants should have sufficient water (at least 1,5 L) and food until the next one. The refreshments at the checkpoints are only for the consumption of the runners carrying a visible race bib.

Participants can get external support at the designated areas in the checkpoints. Supporters can accompany the participants for 200m before and after a checkpoint. Getting assistance outside the checkpoints is subject to penalty.

Participants who withdraw from the race at checkpoints will be accompanied to the finish area. Please take note that arriving to the finish area may take several hours of walking on mountain trails. Participants who abandon the race between two checkpoints should inform the organization as soon as possible and reach the closest checkpoint.

8. Environmental Awareness

The race takes place in an important natural park of Turkey with a delicate ecosystem. Participants are therefore required to fully respect the natural environment, not to throw away rubbish, and harm the natural habitat. Acting otherwise will lead to disqualification.

To reduce the amount of garbage, there won't be any plastic cups at the refreshment points. Participants are required to carry their own drinking cups and water bottles.

9. Health and Safety

In case of bad weather conditions, such as dense fog, heavy precipitation or storm, the organization reserves the right to make last minute changes to prevent potential hazards or difficult conditions for the participants. This may include suspending or cancelling the race or making modifications to the route. The participants should obey these decisions. Any change in the course or suspension will be announced to the participants before the race, or at the checkpoints during the race.

Medical and search-rescue teams will be present at the main refreshment stations and important points determined by the organization. Their exact location will be announced before the race. Medical and search-rescue personnel reserve the right to check the health conditions of participants during the race and decide to stop their race if deemed necessary for health reasons. The participants should obey these decisions.

10. Mandatory Equipment

During the race, the participants are obliged to carry the mandatory items listed below:

- Trail running shoes
- Race bib (should be visible all times)
- Whistle
- Mobile phone (organization and emergency numbers should be present)

- Emergency blanket
- Head lamp with spare batteries
- Water bottle with a capacity of at least 1 L (should be full before leaving the stations)
- Food (e.g. energy gels or bars)
- Cup (there won't be plastic cups at refreshment points)
- Waterproof (minimum recommended: 10,000 Schmerber) and breathable outer long sleeve top shell, with a hood, capable of withstanding the bad mountain weather
- Waterproof outer bottom shell which covers the legs completely
- Long sleeve thermal top
- Gloves
- Hat, cap or bandana
- Map (supplied by the organization)
- Self-adhesive elastic bandage (min. 1 m)

These may be checked before distributing the race bib and at any point during the race. Participants without any of the mandatory items will be disqualified and will not be allowed to continue the race.

In addition to the mandatory equipment listed above, it is strongly recommended to carry the following material:

- Sun glasses
- Sun cream
- Trail Gaiters
- Poles

Participants running with poles should carry them throughout the course; they cannot leave the poles at any intermediate point, or they will be penalized.

11. Disqualification and Time Penalties

The following actions lead to immediate disqualification from the race:

- Not passing from any of the checkpoints.
- Taking a short cut or using a vehicle.
- Getting support except designated refreshment points.
- Failing to help a participant in difficulty.

- Throwing away rubbish or harming the natural habitat.
 - Rejecting to be checked by the medical personnel.
 - Not obeying the decisions given by the medical personnel or organization.
 - Not carrying the mandatory items, or rejecting their check by the organization.
- Disqualified participant will not be allowed to continue the race.

For participants running with poles, leaving them at an intermediate point before finish is subject to 1 hour time penalty.

12. Results

Results will be ranked in the following categories:

- Men/Women Overall
- Men/Women 40- (1985-2006)
- Men/Women 40+ (1984 and older)

13. Prizes

There are no cash prizes. Each participant who completes the race within the maximum time limit will be given a finisher medal.

Non-monetary prizes shall be awarded to the first 3 participants in the following categories:

- Men/Women Overall
 - Men/Women 40-
 - Men/Women 40+
- The Awards Ceremony will be held on Saturday, August 11, 2024 at 11:00 a.m. at Demirkazık Mümtaz Çankaya Mountain Hut.

14. Rights of Visual Material Use

The participants authorize the Organization to freely use any images and videos depicting them during the event.

15. Waiver of Responsibility

Voluntary registration and subsequent participation in Aladağlar Sky Trail Short Course - Karasay Sky Marathon indicates full acceptance of the rules and any changes they may have to undergo. Participants must sign below declaration and

waiver of responsibility before the race. I,
..... hereby certify that,

- I have read the rules and regulations of the Aladağlar Sky Trail Short Course - Karasay Sky Marathon .
- I am aware of the risks of serious injury or death whilst participating in the Aladağlar Sky Trail Short Course - Karasay Sky Marathon .
- I have the necessary training and experience to compete in a healthy way a similar run in a mountain environment as Aladağlar Sky Trail Short Course - Karasay Sky Marathon and have experience of scrambling on similar mountains to those featured in Aladağlar Sky Trail Short Course - Karasay Sky Marathon and confirm that I am capable of safely negotiating moderate rock-climbing terrain in all but the most severe weather conditions.
- I will interpret the pre-event course map and elucidate the main features and passage points, such as marshalled support locations, road crossings and time cut-offs (this does not mean map-memory and full navigational competence – this is a waymarked course).
- I know my limitations and I am experienced enough to make a reasoned decision whether to start the event and/or to retire from the event rather than jeopardize my own or other people's safety.
- I do not use doping substances.
- During the race:
 - I will diligently concentrate and follow way marking.
 - I know how to be aware of others around me and can take necessary precautions and warnings with my footfall on the mountain to minimize the hazard of rock fall, slips and trips.
 - I will carry the mandatory equipment with me all the time and allow them to be checked at any time by the organization.
 - I will obey all the decisions given by the medical, search/rescue teams and the organization.
 - I will not leave alone and help a participant in difficulty.
 - I will respect the natural environment and will not harm the natural habitat.

- I accept full responsibility for my own safety and for any injury sustained during the event. These are not the responsibility of the event organizer, their agents or the landowners.
- I exempt the organizers from any liability, whether civil or criminal, for damage to persons and/or property caused by or to me.