

Aladağlar Sky Trail

Alaca Long Trail

Conditions and Rules of Participation

1. General Information

The Aladağlar Sky Trail Alaca Long Course is a 53+ km mountain trail run in the Aladağlar National Park, located within the borders of Niğde, Kayseri and Adana provinces, and includes 4,700+ m of climbing.

The run starts from Demirkazık Village at 04:00 on August 10, 2024. Participants must complete the course within 16 hours on a partial qualification basis. Partial qualification means that participants must carry the equipment that will allow them to continue their run safely in the natural conditions they may encounter.

Accommodation Options

Accommodation Location	Contact	Telephone	Possibility
Taurus Guest House	Ahmet Üçer	5367120728	Bed Breakfast / Tent Dinner on request
Oz Safak Pension	Basar Safak	5362303120	Room Breakfast
Aladaglar Camping Bungalow	Recep Ince	5342018995	Bungalow / Tent Breakfast on request
Aladaglar Pilot's Chalet	Alphan Ayilmaz	5322111425	Bungalow / Tiny House / Tent Breakfast and dinner on request
Safak Hostel	Hasan Safak	5378226224	Room Breakfast

2. Conditions of Participation

The run is open to everyone aged 18 and over. However, since the run will take place in mountain conditions, candidates should be experienced in mountain and trail running. For this reason, candidates are expected to have fulfilled at least one of the following prerequisites for pre-registration.

- Completed at least 1 ultra-marathon (>75 km) trail run at a medium or longer distance in the last 4 years*;
 - Completing at least 1 ultra mountain trail run (>42 km and 3000m altitude gain) in the last 4 years;
 - Having at least 1 summit ascent experience of at least 3500 m. at least once in the last 4 years
- Candidates who fulfill at least one of the prerequisites must fill out the application form. Registrations will be processed after the validity of the completed forms is evaluated by the Aladağlar Sky Trail technical committee. The registrations of candidates who do not meet the prerequisites for participation will not be evaluated.

The Aladağlar Sky Trail technical committee reserves the right to cancel the registration in cases where the candidate provides false information about trail/mountain running or mountaineering experience. In this case, the registration fee will not be refunded.

Participants must have a medical certificate valid until 09 August 2024 stating that they are not prevented from running or an athlete's license approved by a sports federation. The relevant documents will be submitted to the organization before the run.

* Mid-distance trail running is a category that includes runs between 75 km and 114 km according to the ITRA scoring level. Successful completion of any ultra-marathon event organized in Turkey or foreign equivalents of these races will be considered valid in this category.

3. Registration

a) Form of registration

Only registered runners can participate in the run and the number of participants is limited to a maximum of 150. The pre-registration system will be open **between** February 07, 2024 at 12:00 (TSI) and July 31, 2024 at 17:00(TSI) and applications will be made through the website www.dazspor.com. During pre-registration, all candidates must fill in the application form completely. Incomplete applications will not be considered. After the pre-registration period ends

All application forms will be evaluated by the Aladağlar Sky Trail technical committee and the registration of the first 150 people who pass the evaluation will be approved.

A country-based quota system will be applied for international participants. A quota of two people is allocated for each country. As a result of the evaluation to be made by the Aladağlar Sky Trail technical committee, the registration of the first two eligible candidates from each country will be automatically accepted.

The applications of our 'Volunteers' who have taken part in the Aladağlar Sky Trail organizations organized in previous years and who fulfill the necessary prerequisites will be evaluated outside the quota of 150 people.

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

Each registration is personalized. No registration transfers or substitution of one participant for another will be allowed.

b) Registration fee

Registration fees;

- Registration fee for Aladağlar Sky Trail Alaca Long Track is 2500.-TL until 3 months before the competition date, 3000.-TL between 3 months and 1 month before, and 3500.-TL from 1 month before.

- Participants whose registration is confirmed are required to make their payments as indicated in the relevant field on the website.

- Participants who have paid the registration fee will be taken into consideration in the creation of the final registration list, and the registration of participants who have not paid the registration fee within the specified time period will be canceled.

The registration fee covers the items listed below:

- Chest number
- Running T-shirt
- Food and beverage support at waypoints along the course
- Post-run meal
- Medal for participants who successfully finish the run

c) Registration cancellation and refund

Registration will be canceled only if the registered runners have a health condition that prevents them from participating in the event. In such cases, participants are required to send a medical report to info@dazspor.com certifying that they have a medical condition that prevents them from participating in the event. Until June 5, 2024, fees for canceled registrations will be refunded within one month. Cancellations after this date will not be refunded.

If the run is suspended or canceled due to bad weather or similar reasons beyond the control of the organization, the registration fee is non-refundable.

4. Delivery of the Running Package

Participants are required to pick up their race packs including chest numbers and other materials from the Race Office in Demirkazık Village on the dates and times indicated below. You can access the location of the race office [from this link](#).

- August 08 and 09, 2024 - 10:00-24:00

5. Program

The run starts at 04:00 on August 10, 2024 in front of Demirkazık Village, TDF (Mümtaz Çankaya) Mountain House. Participants must be at the starting area at least 60 minutes before the start of the run (03:00).

At the start area, there will be places for participants to change their clothes and a bag drop zone. Participants can retrieve their bags at the end of the race by showing their chest number. The organization is not responsible for items left anywhere other than the bag drop zone.

Program	Location	History	Time
Registration-Material Control	Mountain House	08.08.24 Thursday	10:00-24:00
Registration-Material Control	Mountain House	Friday 09.08.24	10:00-24:00
Runner Information-Karasay	Mountain House	Friday 09.08.24	14.00-15.00
Runner Information-Alaca	Mountain House	Friday 09.08.24	15.00-16.00
Pasta party	Chalet Garden	Friday 09.08.24	17.00-19.00
Karasay Start-Material Control	Road in front of Mountain House	Saturday 10.08.24	04.00
Alaca Start-Material Control	Road in front of Mountain House	Saturday 10.08.24	04.00

Karasay Predicted first finish	Road in front of Mountain House	Saturday 10.08.24	08.00
Alaca Estimated first finish	Road in front of Mountain House	Saturday 10.08.24	13.30
After Race Party	Chalet Garden	Saturday 10.08.24	19.30-21.30
Award Ceremony	Chalet Garden	Sunday 11.08.24	11.00-12.30

6. Running Route

Aladağlar Sky Trail Alaca Long Trail starts from Demirkazık village, climbs Karasay and Alaca peaks in Aladağlar National Park and ends in Demirkazık village. The trail, which is 53+ km long and includes 4,700+ m of climbing, mainly passes through the following points:

- - Demirkazık Village
- Sokullupınar
- Karayalak Door
- Steelbuyduran Fork (CP)
- Karasay Ridge
- Karasay Peak (3550 m)(SP)
- Karasay Sackcloth
- Carsak End Intersection
- Emli Orman
- Home of Yellow Memedin (CP)
- Kale Hill Separation
- Mule Rock Separation
- Alaca Plateau
- Teke Kırı (CP)
- Little Alaca
- Alaca Exit
- Alaca Summit (SP)
- Alaca Landing
- Hunter Beli
- Fingerkaya
- Kocadölek (CP)

- Carsak End Intersection
- Eznevit Plateau
- Sakartas
- Sokullupinar
- Demirkazik Village

Except for a limited section, the running track consists of dirt paths and dirt pavement. It will pass through rocky and possibly snowy areas. There is no asphalt surface on any part of the course. On the running route, Demirkazık-Sokullupınar will be marked with flags and the rest of the route will be marked with stone bollards.

7. Waypoints and Time Limits

Aladağlar Sky Trail Alaca Long Trail has 4 waypoints on the route. These waypoints will be timed and food and beverage facilities will be provided at different levels. The time limits listed below have been set for each waypoint. Participants who arrive at the waypoint after the time limit will not be allowed to continue the run.

	STATION	IRTIFA	TOTAL KM	NEXT INST. DISTANCE (km)	TOTAL CLIMBING (m)	NEXT INST. CLIMB (m)	TOTAL DESCENT (m)	NEXT LANDING (m)	TIME LIMIT (duration)	OPPORTUNITIES
Start	Demirkazik Village	1613	0	11,19	0	1615	0	69	-	
1	Steelbuyduran Fork	3159	11,19	9,44	1615	401	69	1795	03:30	Su
2	Yellow Memedin Dormitory	1765	20,63	6,8	2016	1305	1864	94	06:00	Water, Food
3	Teke Kır1	2976	27,43	10,62	3321	778	1958	1651	-	Su
4	Big Dölek	2103	38,05	15,26	4099	628	3609	1117	13:00	Water, Food
End	Demirkazik Village	1614	53,31	0	4727	-	4726	-	16:00	Water, Food

Participants must have enough water (at least 1.5 lt at the exit of the waypoint) and food to sustain themselves between the two waypoints. Food and drinks provided by the organization at the waypoints are only for registered participants with a chest number.

Participants may receive support from 3rd parties in the areas designated by the organization at the intermediate points. The supporters can accompany the participant by running with him/her from 200 m. before to 200 m. after the waypoints. It is forbidden to receive support outside the waypoints.

Participants who are caught in the time limit at intermediate points, who cannot continue due to injury or who voluntarily withdraw from the run will be transported to the finish area accompanied by the organization teams. Due to mountain conditions, transportation to the finish area may require a long walk. Participants who have problems between two waypoints and cannot continue the run should notify the organization as soon as possible and return to the nearest waypoint.

8. Environmental Awareness

The area where the run will take place is an important national park of Turkey. Participants are required to be respectful of the environment, not to throw their garbage around except for the garbage bins at intermediate points and not to destroy the natural environment. Participants who do not pay attention to these issues will be disqualified.

There will be no plastic cups at the waypoints to reduce the amount of litter. Each participant is required to carry their own cups and water containers.

9. Safety and Health

In case of bad weather conditions (e.g. heavy fog, rain and storms), the organization reserves the right to make changes, which may include stopping, shortening or canceling the run in order not to endanger the participants and to allow them to run in healthy conditions. In case of such changes, participants will be informed before or during the run at intermediate points. Participants are obliged to comply with the decisions made.

Medical support and search and rescue teams will be present at important intermediate points throughout the race and where the organization deems necessary, provided that their locations are announced before the race. These teams may, if they deem necessary, subject participants to a health check and may prevent participants from continuing the run if they believe that there is an obstacle to running or a health risk. Participants are obliged to comply with the decisions made.

10. Mandatory Materials

It is mandatory for participants to have the materials listed below with them during the run:

- Trail running shoes (must be suitable for mountain running and in good condition)
- Chest number (must be visibly attached to the garment)
- Whistle
- Mobile phone (organization and emergency phone numbers must be registered)
- Emergency blanket
- Head torch and spare batteries (in working condition)
- Water container with a capacity of at least 1.5 lt. (2 lt. recommended) (must be full at waypoint outlets)
- Food (e.g. energy gels or bars)
- Cups (no plastic cups at intermediate points)
- Top outer layer garment with long sleeves and hood made of waterproof (recommended min. 10,000 Schermer) and breathable material suitable for bad mountain weather conditions
- Waterproof lower outer layer garment that completely covers the legs
- Long sleeve top inner layer garment
- Glove
- Beanie, bandana or hat
- Sketch (to be provided by the organization)
- Elastic, self-adhesive bandage (min. 1 m)

These materials can be checked when handing in the chest number and at any point during the run. Any participant who is found not to have any of the compulsory equipment as a result of the check will be disqualified and will not be allowed to continue the run.

In addition to the above list, it is recommended to have the following materials on hand:

- Sunglasses
- Sunscreen
- Leggings
- Baton

Participants running with batons are required to carry their batons with them throughout the race, they cannot leave their batons at any point.

11. Disqualification and Penalties

The behaviors listed below are *direct* grounds for *disqualification*:

- Not passing through any intermediate point.
- Taking shortcuts or using shortcuts (e.g. vehicles).
- Receive support except at intermediate points.
- Leaving a participant who needs help alone and not helping them.
- Destroying the natural environment or littering.
- Refusing to be checked by medical staff and officials.
- Failure to comply with decisions (e.g. not to continue the race), warnings and instructions given by medical personnel, search and rescue teams or the organization.
- Not having mandatory materials or refusing to have them checked by the organization.

Disqualified runners are not allowed to continue the run. Runners with batons will be given an additional 1 hour time penalty if they drop their baton before finishing the run.

12. Results

Partial results during the run and final results afterwards will be published on the [Aladağlar Sky Trail](#) website.

After the run, the ranking will be done according to the following groups:

- Male/Female General
- Male/Female 40- (1985-2006)
- Male/Female 40+ (1984 and before)

13. Awards

The Aladağlar Sky Trail Alaca Long Course does not offer any financial reward. A finisher's medal will be awarded to each participant who has successfully completed the run within the time limits.

The categories that will be awarded medals at the end of the run are as follows.

- Male/Female General
- Male/Female 40-

- Male/Female 40+

The award ceremony will be held on Sunday, August 11, 2024 at 11:00 am at Demirkazık Mümtaz Çankaya Mountain House.

14. Use of Visual Materials

Registered participants are deemed to have given permission for their photos and videos taken during the event to be used by the organization for promotional purposes.

15. Disclaimer

Candidates who will voluntarily register for the Aladağlar Sky Trail Long Course-Alaca Ultra Sky Marathon are deemed to have accepted the conditions and rules of participation and any changes that may be made to these rules. Participants are required to sign the following waiver before starting the race.

I am the undersigned

- I have read the participation conditions and rules of the Aladağlar Sky Trail Alaca Long Track,
- Participation in the Aladağlar Sky Trail Alaca Long Track involves serious risk of injury and death,
- I have sufficient training and experience to complete runs in a mountain environment similar to the Aladağlar Sky Trail Alaca Long Course in a healthy way; I have experience of running, climbing and route finding in bad weather in high mountains with a sense of space,
- That I will study and understand the route, the passes, the main features of the route, the support points, the checkpoints before the run,
- I know my limits and have the experience to make the decision, when necessary, not to start or complete the run, without risking the health of other runners or my own health,
- That I don't use doping substances,

- During the run;
 - That I would follow the route and the signs carefully,
 - I will always carry the necessary materials with me and allow the controls to be carried out,
 - I will be aware of the runners running with me and will make the necessary warnings in undesirable situations such as dropping stones, stumbling, slipping, etc,
 - That I will not leave a participant who needs help alone and that I will help them,
 - I will comply with the decisions to be made by the health and search and rescue teams and the organization,
 - I will respect the environment and will not destroy the natural environment,
 - That I am fully responsible for my own safety and any injuries that may occur and that the organization cannot be held responsible,
 - That the organization cannot be held responsible for any material and moral damages and accidents that I may be exposed to,
 - I will be fully and solely responsible for any material and moral damages that I may cause to persons or their assets
- I accept, declare and waive.