



## IN SHORT

# RULEBOOK - WINGS FOR LIFE WORLD RUN 2015

### What is the Wings for Life World Run?

It is a global race, run along set tracks, that starts at 11am UTC on 3 May 2015 in over 35 locations worldwide. Everyone starts at the same time, regardless of ability, age or gender. There is no set time, distance or finish line.

The finish line approaches from behind. A catcher car sets off, driving at a regulated speed, at each location at 11.30am UTC, and when it passes a participant (either running or in a wheelchair), that person's race is over.

### What sort of pace will the Catcher Car drive at?

When they set off (30 minutes after the runners), the catcher cars will do 15km/h. This will increase, at exactly the same time all over the world.

11.00 UTC - RACE START

11.30 UTC - CATCHER CAR START - PACE of 15km/hr (approx. 9.3 mph)

12.30 UTC - PACE INCREASE: 16 kph (9.94 mph)

13.30 UTC - PACE INCREASE: 17 kph (10.56 mph)

14.30 UTC - PACE INCREASE: 20 kph (12.43 mph)

16.30 UTC - PACE INCREASE to 35 kph (approx. 21.75 mph) until the final participant is passed.

Participants will be transported back to the start area by organised shuttles.

### Who wins?

There will be local male and female winners, but the global champions will be the last two runners, one male and one female -to be caught by the catcher car. Results for genders and age groups will be ranked by distance, NOT by time.

### Where is the Wings for Life World Run located?

There are 35 locations globally. Some locations will start in the middle of the night and run towards sunrise, others will start in the evening and run into the night, others will run only in the day or in the night. It all depends on what time 11am UTC is locally.

Each track is different, naturally. Race organisers will sign the route that participants must follow - leaving the route results in disqualification.

### Who can take part?

Everyone considered to be a legal adult in the country they are running in. Each location is different, so check the location page. In competing alongside the runners, wheelchair-user participants can use only an 'everyday' wheelchair that is moved manually.

### What will happen on the day?

Participants should arrive at the location they registered for in enough time to check in, pick up their participants bag, fill in their race number and get to their starting position by AT THE LATEST 10.30am UTC. Only participants who have checked in and have their race number will be able to race.



The race number holds the timing tag, activated by passing the catcher car at the start of the race, identifies the participants. It must be worn on the front, be kept flat (not folded!), and have all the participant's medical details filled in on the back need.

Starting positions are based on personal best times. Those who provide no personal best (PB) times will start farthest from the start line.

Participants can run or walk. When the catcher car approaches, race staff will ask participants to run on the side of the road.

Along the track, approximately 5km apart, will be refreshment stations provided by the race staff, but participants are responsible for their nutrition and hydration throughout the race. There will be medical teams both behind the catcher car and at some refreshment stations.

**Wanna read more details? Check out the big rulebook!**