



WINGS FOR LIFE WORLD RUN | RUNNERS' GUIDE

Welcome to the sixth world and Croatia Wings for Life World Run race. In order for your arrival, preparation and the run itself to go well, read the guide we've prepared for you.

If you still have questions, contact us at:

<http://www.wingsforlifeworldrun.com/hr/hr/kontakt/>,
at the following number: **(+385) 091/111 0212** or find us at the Info desk
in Zadar every Saturday and Sunday

START PACKAGE AND THE BIB NUMBER

Each participant who has paid his/her entry fee on time via e-mail will receive information about their starting number a few days before the run. The start number of each runner is visible both on the starting line and at www.wingsforlifeworldrun.com.

The BIB number has to be placed on the chest and fastened with a safety pin which is included with the number. At the back of each number is a chip which must not, under any circumstances, be detached. Placing the BIB number on some other part of the body may result in the runner not being registered and, in that case, losing his/her official result. Each runner must fill out the medical information at the back of the start number.

1 | TAKING THE START PACKAGE

The start package, which includes the start (BIB) Red Bull number and a memorabilia for the runner can be taken on Saturday, **4th May from 10:00 to 19:00**, and on Sunday, **5th May from 07:00 to 11:00** in the pagodas which will be placed at the seafront (riva). The pagodas will be divided into groups **according to the start numbers**. In order to take the start package, the runner must know his/her start number and have an ID verification.

The start number can be taken by a third person providing that they have a copy or a photo of the runner's ID, or the actual runner's ID. We ask all the runners who will find themselves in Zadar on Saturday to take their packages on Saturday in order to avoid overcrowding on the day of the race.

Underage runners (16 - 18) must come to the race accompanied by a parent or with a signed Waiver of Liability and a copy of their parent's ID. Both documents must be signed by the parent. (You can get the Waiver at www.wingsforlifeworldrun.com or at the place where start numbers are given to participants.)

WHEELCHAIR PARTICIPANTS

Wheelchair participants will be able to take their number during Saturday and Sunday at marked spots. The wheelchair of each participant will be marked with a flag in order to achieve better visibility among the runners. The red flag indicates a

participant who is competing on his/her own (the other runners are thus asked not to push him/her without question), while a white flag indicates participants with accompaniment.



WINGS FOR LIFE WORLD RUN ZADAR - RUNNER ZONES

Each runner will be placed in a zone based on the experience they have entered during the application, and they must respect the zone marked on their start number. The runners enter the zones as is indicated on the map. In case of irregular entry into the start zones, the security has the right to take the runner's number and to remove him/her from the race.

2 | INFO DESK

If you need help or any information, want to tell us something or you have found something - contact the INFO desk where all your questions will be answered. Considering the number of runners, the INFO desk will only deal with emergency and current issues, while all other questions, comments and complaints can be solved via our contact form on the web page of the race.

3 | WINGS FOR LIFE WORLD RUN SHOP

Be it for running or something nice you'd like to remember, you'll be able to buy shirts, caps and other Wings for Life World Run sports equipment on the location.

4 | 5 | WARDROBE

Runners of the first, second, and third zone have been provided with checkrooms marked with ZONE 1, 2, and 3, while the runners of the fourth zone have been provided with one marked with ZONE 4. The runners will exclusively be able to leave their belongings in checkrooms based on the zone marked on their start number.

Due to a big number of runners, rucksacks and bags won't be accepted, but only the runner's bags with personal belongings. When handing in the runner's bag, each runner will get a bracelet with the checkroom number which they have to keep in order to be able to retrieve their bag.

ROUTE AND REFRESHMENT STOPS

All runners must run in the right track of the road, while the Catcher Car will move in the left track, as well as other vehicles participating in the run. Fast runners and wheelchair participants are asked to take caution while taking over slower runners. Due to a big number of people, the runners are asked to be mindful of other participants. Refreshment stops are located at 2.5 km, 5 km, 7.5 km, 10 km, 12.5 km, 15 km, 20 km, 25 km, 30 km, 35 km, and every 5 km from then on.

Toilets (WC) are located at 5 km, 10 km, 15 km, 20 km, 25 km, 30 km, and 35 km. After consuming food and drink, the remaining rubbish is to be placed in bins next to the road.

CATCHER CAR AND RETURN TO THE START

The moment the Catcher Car passes you by, your time is being marked on the global list and the race is finished for you. If you leave the track before the Catcher Car passes you by, your score won't be recorded. You can't continue running because soon after the Catcher Car passes you by, regular traffic will once again be re-established, and you won't be safe if you remain on the road. At the time of the vehicle interception, you have to be in your track, otherwise, each detour from the route can result in your score not being recorded.

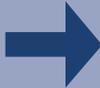
On the left side of the road, across from the refreshment stops, you will be able to see marked bus stops where a bus will be waiting for you to take you back to the start. Depending on where your run has ended, you can keep moving to the next stop or return to the previous. In case the bus isn't at the stop, we ask you to be patient.

The bus will take you back to the start where you and the other runners will be able to follow the run in the rest of Croatia and the world on a big video-screen located on number **6**. The last one racing is the global winner. All the participants must return to the start with an official vehicle for their own safety.

This is what your catcher looks like:



Catcher Car

- 1** BIB NUMBER HANDOUT
- 2** INFO
- 3** WINGS FOR LIFE WORLD RUN SHOP
- 4** WARDROBE 1 | ZONE 1, 2, 3
- 5** WARDROBE 2 | ZONE 4
- 6** LIVE STREAM AND AWARD CEREMONY
-  DIRECTION TO THE ZONE ENTRANCE

