



RULE BOOK

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Section 1 – Basic Regulations

1.1. Description of the Event

The Wings for Life World Run (the “Event”) is made up of multiple simultaneous road running races around the world (each an “Event Location”). All Participants, in all Event Locations, regardless of age, or gender will start at the same time (11.00 a.m. UTC, 13h00 Local Time on May 5, 2019). There is no set race distance, time, or finish line. The finish for all Participants will be reached when each Participant is overtaken by the Catcher Car that will be on course at each Event Location.

At exactly 11.30 a.m. UTC, 13h30 Local Time, the Catcher Car will cross the start line and drive the Race Track. Each Catcher Car in every Event Location will start at the same time and maintain the exact same pace. Over time, each Catcher Car in every Event Location will increase pace simultaneously until the final Participant is passed and a global winner is declared. (See chart below for details regarding the pace of the Catcher Car). The overall winners of all races worldwide will be the final female and final male Participant who covers the greatest distance before being passed by the Catcher Car. Local winners will also be determined.

11:00 UTC – Race Start (13h00 Local Time)

11:30 UTC – Catcher Car Starts on Course – Pace: 14 km/hr (8.69 miles/hr)

12:00 UTC – Pace Increase: 15 km/hr (9.32 miles/hr)

12:30 UTC – Pace Increase: 16 km/hr (9.94 miles/hr)

13:00 UTC – Pace Increase: 17 km/hr (10.56 miles/hr)

13:30 UTC – Pace Increase: 18 km/hr (11.18 miles/hr)

14:00 UTC – Pace Increase: 22 km/hr (13.67 miles/hr)

14:30 UTC – Pace Increase: 26 km/hr (16.15 miles/hr)

15:00 UTC – Pace Increase: 30 km/hr (18.64 miles/hr)

15:30 UTC – Pace Increase: 34 km/hr (21.12 miles/hr)

1.2. Description of the Track

Each Event Location will have a separate track (each a “Race Track”). Participants must proceed along the route marked by the Organizer (track and km/mi signage will be available). Despite the Organizer’s efforts at providing similar Race Tracks, variations between Race Tracks are inevitable and will not be taken into consideration when determining the winners of the Event.

1.3. Participation / Minimum Age

The Event is open to all individuals who are at least 16 years of age or older on race day. Organizer will reserve the right to require proof of age and identity for any Participant.

In the Wings for Life World Run, only the usage of “everyday life” wheelchairs is allowed; such wheelchairs are specified as follows: It is moved manually by its user by pushing the handrims with the hands (no sticks are allowed). It must have two big rear wheels in the back (20”-26”), two small wheels in the front (3”-7”), two push rims, and two brakes. The diameter of each push rim can only be 15% smaller than the diameter of rear wheel rim. It can be a folding or a rigid/non-folding wheelchair. The weight of the chair needs to be between 7 and 25 kg and the user needs to sit in an upright position (90 degrees). It is strongly recommended for Tetraplegic people to have an anti-tipper. The disposition of the rear wheel has to be between 0°- 8°.

Participants seeking additional aids, services, or modifications to the Event’s policies, practices, and/or procedures, will require prior clearance from the Event, verified by the Race Staff during the Race Pack Collection . If, due to a disability, Registrant seeks any sort of auxiliary aid or service or modifications to the Event’s policies, practices, and/or procedures, he or she should make such a request via the provided contact form during the registration process and, in any event, with as much advanced notice as possible. While the Event is committed to providing Registrants with appropriate reasonable auxiliary aids and services and/or modifications to the Event’s policies, practices, and/or procedures, requests only made close to the Event race date or on the date of the Event may not be able to be granted. This process also applies to individuals participating in the Wings for Life World Run (e.g., a Participant wishes to push a companion using a wheelchair or assist a Participant who is blind (such Participants will then have to start in section 4 pursuant to point 2.3 of the Rule Book). In all instances, it is at the Organizer’s sole discretion to provide and/or allow such additional aids. No travel or other costs whatsoever will be refunded should access to the race be denied.

Participants will be divided into male and female categories in each race as well as in age groups for information purposes.

By participating in the Event, the Participant represents that he or she does not have any condition that would prevent him or her from safely participating in the Event or would pose a present risk to others in his or her doing so. It is also recommended that any Participant participating in the Event should consult his or her medical practitioner prior to participation. Furthermore, each participant agrees that he or she is not otherwise prohibited from participating in the Event for any reason.

Should you have any further or specific questions regarding this Section, please confer with your Organizer by filling out the form under www.wingsforlifeworldrun.com/contact.

Section 2 – Event

2.1. Race Pack Collection

Each Participant will be required to show identification, to hand out the accurately filled out and signed “Participant Disclaimer”, where applicable, and to present payment confirmation to the Race Staff prior to the race during the Race Pack Collection near the respective starting line. Guardians must sign in case of legal minority. More details regarding the specific locations and schedules concerning the Race Pack Collection will be announced on www.wingsforlifeworldrun.com in due time. People who do not collect their race packs will not be able to participate in the race.

2.2. Race Number

During the Race Pack Collection, each Participant will receive a unique race number. This race number, which will include the Participants’ timing tag, must be worn at ALL TIMES during the race on the front of the Participant so that all information on the race number is clearly visible. For Participants in a wheelchair a pole with a flag will be provided by the organizer onto which the timing tag needs to be attached; the race number must be worn as well on the front of the Participant. The back of the race number will contain a medical information form that must be filled out completely and truthfully by the participant. The race number is not to be folded, torn, or altered in any way. Failure to comply may result in disqualification of the Participant and removal from the race. Any Participant who quits or leaves the race early for any reason MUST return their race number to appointed race staff. Race numbers may NOT be transferred to another person or race location.

2.3. Start / Starting Position

Participants in the Wings for Life World Run will be positioned at the start in sections by personal best marathon, half-marathon or 10-km-run finish times. Faster runners will be positioned in the front of the start area closest to the start line. Those who do not provide a finish time will be included in the final start position farthest from the start line.

START

SECTION 1

Marathon up to 3 hour 00 min

Half Marathon up to 1 hour 30 min

10km run up to 40 min

Wings for Life World Run over 30 km

SECTION 1

Wheelchair Marathon up to 2 hour 00min

Wheelchair Half Marathon up to 1 hour 00min

Wings for Life World Run over 30 km

SECTION 2

Marathon 3 hour 00 min – 4 hour 00 min
 Half Marathon 1 hour 30 min – 2 hour 00 min
 10km run 40min – 50 min
 Wings for Life World Run from 20 – 30 km

SECTION 3

Marathon 4 hour 00 min – 5 hour 00 min
 Half Marathon 2 hour 00 min – 2 hour 30 min
 10km run 50min – 60 min
 Wings for Life World Run from 10 – 20 km

SECTION 4

Marathon over 5 hour 00 min
 Half Marathon over 2 hours 30 min
 10km run over 60 min
 Wings for Life World Run up to 10 km
 and all Participants with no time

SECTION 2

Wheelchair Marathon 2 hour 00min – 2 hour 30min
 Wheelchair Half Marathon 1 hour 00min – 1 hour 20min
 Wings for Life World Run from 20 – 30 km

SECTION 3

Wheelchair Marathon 2 hour 30min – 3 hour 00min
 Wheelchair Half Marathon 1 hour 20 min – 1 hour 40 min
 Wings for Life World Run from 10 – 20 km

SECTION 4

Wheelchair Marathon over 3 hour 00min
 Wheelchair Half Marathon over 1 hours 40min
 Wings for Life Word Run up to 10 km
 and all Participants with no time

All Participants are required to be in their assigned start area at least 15 minutes prior to the start of the race. Any Participant arriving at the start area after this time will be positioned in the back of all start groups.

All Participants will start at once in a mass start. Start position will be based on gun time (the time from when the actual race clock begins), however all Participants must cross the start line to activate their timing tag (located in the race number) and be considered an active Participant in the race. Organizer is not responsible for any malfunctioning of timing tags.

2.4. Execution of the Race

The following rules apply to the Wings for Life World Run: the official start time at all Event Locations around the world will be 11.00 a.m. UTC, 13:00 Local Time, on May 5, 2019. (e.g.: UK will start at 12:00 local time; Germany Munich will start at 13:00 PM local time, USA Florida will start at 7:00 AM local time, Taiwan will start at 7:00 PM local time, etc.).

All Participants must proceed along the official Race Track as marked by the Organizer. Leaving the Race Track for any reason will result in disqualification from the race. Race Organizer and its personnel, police, security, course marshals, and volunteers (together, the

“Race Staff”) will assist all Participants to stay within the marked Race Track and follow the proper Race Track route.

A Participant will finish when the Catcher Car passes them. The Catcher Car will contain the timing equipment that will trigger the timing tag in the Participant’s race number as he or she is passed. Results will be ranked in finish order by distance, NOT by time.

Once passed, Participants are out of the Race and must proceed back to the main Event area as directed by the Race Staff. For details, please check the local website for each race at www.wingsforlifeworldrun.com. Participants are asked to consider the local weather conditions and temperatures for the return transport.

Any questions to the Organizer should be made in writing within 24 hours of the start of the race and should be sent to the following address: results@wingsforlifeworldrun.com. All decisions of the Organizer (Race Management) are final and binding.

Subject to the Terms of Participation, the Organizer reserves the right to change the details of the Event, such as the date, start time, Race Track, distance and/or amenities offered in connection with the Event.

All rules are subject to changes. Please check for online announcements on www.wingsforlifeworldrun.com as well as this Rule Book on a regular basis for more details. If specifically requested via the contact form by the user, the Organizer shall endeavour to e-mail such information as reasonably practicable.

2.5. Catcher Car for the Race

The following apply to the Wings for Life World Run, the Catcher Car for the Race is the moving finish line. Participants on the Race Track in front of the official Catcher Car” are considered in the race. Race Staff will notify Participants when the Catcher Car is approaching them from behind and ask Participants about to be overtaken to move to the right hand side of the road in countries with right-hand traffic and to the left hand side of the road in countries with left-hand traffic in order to allow the official Catcher Car to pass safely. Anyone not complying with race official instructions will be automatically disqualified from the race. Once passed by the official Catcher Car the Participant will be marked as finished. Results will be ranked in finish order by distance, NOT by time.

2.6. Determination of the Results

For the Wings for Life World Run, there will be a results list per race as well as a single global results list available following the race at www.wingsforlifeworldrun.com.

Results for each race and global will be organized as follows:

- a) Overall Men and
- b) Overall Women
- c) Men and Women by age categories (for informational purposes only; no awards are given for age group divisions):

Women: 16-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

Men: 16-17, 18-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

The Organizer reserves the right to divide the Participants into further groups.

In the case of an exact tie, the Participants will receive the same ranking. In case of an exact tie between award winners, the Organizer will award both such Participants the awards as described in the Terms of Participation.

Organizer reserves the right to disqualify a participant and remove such participant from the Event as set forth in the Terms of Participation.

2.7. Disqualification / Removal from the Event

At any time during the Wings for Life World Run, Organizer reserves the right in its sole discretion to disqualify and remove any Entrant for any failure to observe the Terms of Participation or the Rule Book or where applicable any other kind of illegal or inappropriate behaviour, including but not limited to: his/her behaviour at the Event or any Event-related activities at any point is disruptive, may or does cause damage to person, property or the reputation of the Organizer; providing false information on the entry forms; for unsportsmanlike conduct; competing with an unofficial number or race tag; competing with an official number or race tag assigned to another person or from another Event; transferring or attempting to transfer an official number or race tag to, or to obtain such number or tag from, another person; being paced during the race by a person not entered in the Event and for medical or safety reasons. In the event that a winning Entrant is disqualified, the award will be forfeited and/or may be donated or awarded to an alternate winner. No refund will be granted to any disqualified Participant for any reason. Individuals disqualified from an Event will be removed from the official results.

Section 3 – Event Notes

3.1. Refreshment Stations

Refreshment stations will be located along the Race Track at approximately every 3km. Refreshment stations will include at least basic items such as water, isotonic/sports drink, fruit, tea/soda, as appropriate for the location and weather. Refreshment station locations and items may vary per race. Details per race will be available to Participants prior to race day. Each Participant is responsible for his/her nutrition and hydration intake and management throughout the race.

3.2. Medical Care

The organizing medical team in cooperation with a first aid organization will monitor and provide medical care. They will be located directly behind the Catcher Car and at all refreshment stations. The medical staff on duty has the right to remove any Participant showing signs of injury or excessive strain from the race.

3.3. Pacing, Communication and Prohibited Items

Aside from that provided by Race Staff, no assistance of any kind may be provided to Entrants, except in such cases explicitly allowed for the Event as an accommodation and verified by the Race Staff during the Race Pack Collection. This includes pacing by a coach, friend or family member, even if this person is officially entered. No equipment such as strollers, bicycles or inline skates may be allowed on track to aid Participants in any way. **The use of electric wheelchairs or other electric or motor-driven vehicles, mobility devices or aids is forbidden on all Race Tracks, including for Children and Teenager Competition races.** The use of electronic devices such as iPods, MP3 players, radios, cell phones, headphones, or any similar devices is discouraged due to safety concerns. The Organizer is not liable for any incidents caused by the use of such devices. If a Participant is directed to cease using such devices by the Race Staff during an Event, the Participant must do so promptly. Participants are not allowed to run with friends or family who are not officially registered in the race. Pets are not allowed on the Race Track for safety reasons.

Participants may not damage any property in or around the Race Track or Event area. Littering of any kind by a Participant or spectator is strictly prohibited. Those caught littering may be disqualified and asked to leave the Event area immediately and/or reported to local authorities.

Race Staff is not responsible for any items brought to the Event site. Participants should maintain possession of their belongings at all times. The loss, damage, or theft of any items left in changing rooms or common areas are not the responsibility of Race Staff.

3.4. Doping Prohibition

You are prohibited from using any substance for the purpose of enhancing your performance at the Event and are not allowed to use any substance or procedures prohibited by any local laws or the International Association of Athletics Federations ("IAAF") as published under <http://www.iaaf.org/about-iaaf/documents/anti-doping>. Participants should check with their physician to ensure medication that they are taking is not a prohibited substance. The Organizer reserves the right to ensure compliance with the doping rules.

3.5. General

To the extent permitted by law, Organizer reserves the right to change the Terms and this Rulebook from time to time and such changes will be available on

www.wingsforlifeworldrun.com. In the event of any conflict between this Rulebook and the Wings for Life World Run Terms for Participation, the Wings For Life World Run Terms for Participation shall prevail.

Race Management alone is responsible for enforcing all rules and regulations. Any internal or external images, either still or moving, are not admissible as evidence.

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