

## **DHL CARPATHIAN MARATHON**

### **2019 Cheile Gradistei - Fundata Resort, Brasov, ROMANIA**

### **RACE GUIDE**

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## **Introduction**

At its 10th edition in 2019, the DHL Carpathian Marathon offers a memorable experience to any runner who ventures to explore an area considered to be one of the last wild regions in Europe. Dedicated to both competitive and beginner runners and offering both individual and relay formats, DHL Carpathian Marathon is the top mountain running event in Romania.

The event is scheduled for June 22nd, 2019. For the entire duration of the event, the host of the Race Village is Cheile Gradistei Fundata Resort, Brasov county (GPS 45.453381, 25.300852). Find out how to get there by [clicking here](#).

Find out all the information through the official website, <https://www.maratondhl.ro/>.

## **General specifications**

### **Event Rule Book**

Please make sure that you read, understand and agree with all official documents related to the registration and participation in the event. Enrolment in the race implies implicit consent to the rules of the race, the terms and conditions of participation described in the Rule Book and the instructions given in this guide. The Rule Book can be downloaded here: [download link](#).

### **Health status**

It is the responsibility of each competitor to ensure that he / she is in good health to participate in the event and has an appropriate level of physical training. By choosing to join the DHL Carpathian Marathon, the participants take full responsibility for their health throughout their participation in the event. We recommend that you have a pre-event medical check stating that you are fit for exercise. The risk of not doing this medical check rests entirely with each participant or, if the participant is a minor, the risk lies with legal parents / guardians.

### **Parking**

**Parking spaces in the Race Village are limited.** Although we have taken steps to ensure sufficient parking spaces will be available on race day, please join up with friends that registered for the race and family members into as few cars as possible and take enough time to park and then prepare for the race.

## Race number collection / Registration

All participants are expected to pick up their race numbers on June 21st and 22nd, from the Info & Registration Office. Runners who have not received their participation packs through DHL courier service can pick them up from the Info & Registration Office in the Race Village, according to the [schedule](#) posted on the official website.

Please provide your own Statutory Declarations (completed and signed) that can be downloaded here: [Adult](#) | [Parent / Legal Guardian](#).

Team captains are asked to provide all the Statutory Declarations of their team members.

## Using the Race number

Please do not bend the race number and wear it throughout the competition on your chest, visible. Any other way to wear the race number can influence the timing chip functionality and can invalidate the final result.

## Access

While supporters will be able to enjoy many of the event facilities and services, some areas or services will only be available to runners. Runners will be able to access these areas on the basis of the race number received at Registration. Please keep your race number for the duration of the event.

## Technical briefing

The latest route information will be communicated during the technical briefing, which will take place just before the start of the race. Please listen carefully and follow the instructions given at the technical briefing. Check the official schedule [here](#).

## Equipment

It is very important to prepare properly, with adequate trail running equipment and have a charged phone that you can seal / protect against humidity. We also recommend that you have a GPS device on which you upload the GPX / KML track maps that will be emailed to you approximately 2 days before the start of the race. If you have not received the GPX / KML maps, you can request them at the Info & Registration Office.

Posting routes on any platform is **strictly forbidden** given the status of some of the roads crossed (protected areas, private areas, etc.).

All runners must wear a raincoat during the race.

## Getting ready for the start. Start times. Start procedure

Please be present in the vicinity of the starting line at least 25 minutes before the start of the race and follow the indications in the starting area to position yourself properly in the area corresponding to the route you have entered. Runners must enter their designated Start areas and once they enter, they can no longer leave the area.

Start time / timing procedure is "Chip Time". The actual (net) time of each participant will be taken into account, from the time of passing the start line to the time of passing the finish line.

Separate starts are given from 10:30, at 1-2 minutes intervals, for runners on the Marathon 42k, followed by those on the Half Marathon 21k route and then the first wave of runners on the Relay 7k route. The start of the Kids Races will take place at 16:30. Please consult the schedule on the official website: [click here](#).

Any deviation from the start procedure described above will be announced at the technical briefing before the start of the race.

## Relay exchange

All participants registered in Relay races 6 x 7 km or 3 x 7 km will have to run, one by one, the same 7 km route each, the start / finish area being organized in the Race Village, at Cheile Gradistei Fundata. Relay exchange is done close to the start / finish line, in a special area, marked accordingly. Competitors waiting for the exchange must follow the indications of the start referee and not prevent in any way the other teams in their exchange procedures. Exchanging the relay involves passing the timing belt to the next team member who will run in the race. The timing belt must be work properly, attached to your ankle.

**Important!** There is no set order for runners to start in the race. Only the final team result will be indicated on the official results. Individual relay times will not be available.

## Time limits

**Time limits are available in this guide, in the section containing the technical description of the routes.**

Time limits will be determined by the length of each route and route characteristics. Time limits can be changed to allow the event to unfold safely. Any variation will be communicated during the technical briefing before the official start of the race. If a runner finishes the race after the maximum allowed time, he will be ranked as DNF (did not finish).

Additionally, intermediate time limits can be assigned at certain points on the route. Any runner who will not reach these points that have allocated time limits or who does not seem able to reach these points, in the opinion of the referees, will be stopped from continuing the race, will be asked to leave the route and will be ranked as DNF (did not finish). This procedure is for the sole

purpose of ensuring the safety of the participants and the crew who assist the race.

The refusal to withdraw from the route when asked to do so by officials may endanger both the participant and the rescue teams and members of the organizing team. The refusal to withdraw from the route leads to the automatic disqualification of the participant, the organizer not being responsible any more for the participant's safety. If a participant refuses to stop despite the referees' indications and after this decision a rescue or intervention operation takes place to evacuate the participant from the route, the costs associated with this intervention will be borne by the participant and imputed to him. Also, in such a situation, the participant becomes directly responsible for any injury suffered by a member of the organizing team during the rescue and / or evacuation operations of the participant.

### Public roads and tourist tracks

DHL Carpathian Marathon will offer a wide range of landscapes and will include a high level of freedom of running. However, we will share some routes with tourists, vehicles and sometimes animals. Please ensure to give priority where appropriate.

Moreover, sometimes the race routes will intersect public roads. Please understand that stopping the traffic is not always possible and that it is appropriate to always respect traffic laws in these situations.

### Feed & Hydration Points

Please make sure that you are properly hydrated throughout the event and that you plan your water reserves properly.

The Positioning of Feed Points (PA) and Hydration Points (PH) along the route is available in this guide, in the section of the technical description of the routes. All Feed Points will have water, sports drink and a wide range of products: a wide selection of fruits, glucose, etc. GoldNutrition Energy Products will also be available. Hydration Points will have water and sports drink.

Please be aware that in order to provide you with the highest level of comfort, we have placed these points also in areas that are very difficult to supply. Please show respect for other runners and use the products provided responsibly.

### Event raffle

All runners enrolled in the race will automatically participate in the raffle of the event. The draw will take place according to the official schedule and is addressed only to those present on the spot, who are the rightful holders of the race number announced during the raffle. The draw is done through the [www.random.org](http://www.random.org) website.

### Behaviour

We expect all runners to behave in a fair-play manner during the race and not use, at any time, an

abusive language, disregard the officials or violate the rules of the event.

The following actions are specifically forbidden and may result in disqualification from the race:

- Throwing away water bottles or packaging;
- Participating without the race number visible on the chest;
- Using any means of transport during the race;
- Deviating from the official route; and/or
- Smoking on any of the routes.

### Safety and Emergencies

Any type of emergency can be reported directly to the officials via the emergency phone numbers. Emergency numbers will be printed on the race numbers.

Medical interventions will be available in the Race Village. The route will be supervised by specialized mountain rescue teams.

### Supporting participants

No outside assistance, including physical assistance, should be provided under any condition by any person who is not a participant or is not part of the official organization team.

## Race Village

For the entire duration of the event, the host of Race Village will be the Cheile Gradistei - Fundata Resort, a mountain resort and a unique sports base in Romania, reaching the Olympic standard. Several international competitions have been hosted by this resort. The complex is located on a plateau that offers exceptional views of the Piatra Craiului Mountains and the Bucegi Mountains.

In the Race Village participants will have access to a wide range of facilities, described below.

### Info & Registration Office

The Info & Registration Office is the reference point whenever you have questions that are not answered via the official website or this Guide. The Info & Registration Office team is ready to give you support and solve any situation you are facing. The Info & Registration Office is also the place where you can pick up the race number / participation package, according to the official schedule.

### Wardrobe / baggage room

The wardrobe / baggage room will be hosted on the 2nd floor of the Info & Registration Office. Please limit yourself to a package size that can fit into the official storage bags of 45 cm x 35 cm and 3 kg maximum. We reserve the right to refuse packages that exceed these technical features. A maximum of 200 baggages will be accepted.

### Pasta Bar / Catering

**After completing the race, please head out to the Pasta Bar in the centre of the Race Village where you will be served a delicious portion of pasta offered by Barilla. Please show the voucher you received alongside your finisher medal.**

In the event that the weather conditions will not allow us to respect the location mentioned above, we will direct you to an alternative location, protected from rain.

### Massage

The "Terapie prin miscare" and Medlife team of specialists will be offering massage services at the event. The physiotherapy service will be available until 18:00. Since the service is offered free of charge, the "first come - first served" principle will be applied. Reservations are not possible.

### Coffee Zone by Julius Meinl

Enjoy the atmosphere of the event, socialize, relax and savour a delicious Julius Meinl coffee in the specially designed area, in the center of the Race Village.

### Photo Corner by Ruvix

Pass by the Ruvix tent to capture a special photo, printed on the spot.

### Chill-Out Zone / Relaxation Zone

A special relaxation area will be available for runners and supporters, in the Race Village. If you want to relax after the race or interact with the other participants, this is the place to visit. The Pasta Bar will be open in the Chill-Out Zone. The official results of the event will also be displayed here. In addition to the areas of interest mentioned above, here you will have access to the activation area of sponsors and partners of the event: Gold Nutrition (selection of products and special offers), Buff (selection of products), i-Body (presentation of the innovative i-Body system and Metabolic Age Testing), Conservation Carpathia Foundation (activity presentation), DHL Express CIS (promotional gifts).

### Medical assistance by Medlife

A fixed medical point with a doctor will be available in the Race Village, near the Finish line. Standard interventions and regular consultations are available in this area until 19:00. On the course there will also be an ambulance and mountain rescue teams who can intervene in case of injury. The emergency telephones are indicated on the race numbers.

### Paralympic Sports Day by Kaufland Romania

Participate in sports activities with paralympic athletes, find out their story and desire to successfully represent Romania at the Paralympic Games in Tokyo 2020. Participates in all 5 sports workshops organized in Race Village during the day, collects stamps on the official flyer received at

registration, then submit it to the Info & Registration Office and enter the special lottery where you can win the Tokyo Olympics and Paralympic Mascots. Paralympic sportspeople invite you to play blind football, table tennis, goalball, archery and field tennis. Participate, get involved and join the paralympic athletes on this special day!

**Please consult the area map to identify important points for you. If we encounter unfavourable weather conditions on the day of the race, some activities can be repositioned. Please follow the signs in the Race Village.**







## The Routes

Routes will be cleaned and marked completely the day before the race. Routes can undergo marginal changes in an attempt to offer the most intense but also the safest moments of mountain running, while paying attention to the environment. Under normal circumstances, the differences will not exceed +/- 10%. Please be aware that the published or announced distances may be different from those recorded on your personal devices. There are a number of reasons why this may happen: technology differences, personal settings, etc.

Access on the routes outside the race is strictly forbidden given the status of some intersected roads (protected areas, private areas, etc.).

Routes can be substantially modified if this is required for safety reasons. These changes will be announced at the technical briefing that will take place before the start of the race.

### Route markings

On the route you will find the following markings:

- Red and white tape;
- Signal poles painted in reflective colours;
- Paint spots (colour will be indicated at the technical briefing, before the race starts).

If you have not encountered any markings for a maximum of 300 meters, you may not be on the right track. Please come back to the last identifiable marking and find the right route.

### Route details

All routes start and end in the Race Village, at Cheile Gradistei Fundata Resort.

### Feed and Hydration Points

>Marathon 42k: PA 1 (km 6), PA 2 (km 12), PA 3 (km 16), PH 1 (km 21), PA 1 (km 27), PA 2 (km 33), PA 3 (km 37)

>Half marathon 21k: PA 1 (km 6), PA 2 (km 12), PA 3 (km 16)

>Relay 7k: PA 4 (km 4,5)

### Time limits

>Marathon 42k: entry to the second 21k lap is denied after 15:00 (4h 30m after start); Finish (after 9 hours DNF status is applied)

>Half marathon 21k: Finish (after 9 hours DNF status is applied)

>Relay: the last relay start is allowed up to 18:00





