



RACE RULES AND REGULATIONS

1. Organisation

The Fourth Edition of Wenchi Lake Trail is organized by RIA Ethiopia Sports in partnership with Jim McKee.

2. General regulations

The rules of the Wenchi Lake Trail are based on the official rules of the IAAF – WMRA, under its Mountain Running division, and must be understood and respected by all participants at the time of registration.

During the course of the race, participants must follow the directions of the race organizers. Failure to do so may result in disqualification. For more information on the regulations visit the page www.wmra.ch

3. The race

Wenchi Lake Trail Running is held around the Wenchi Crater Lake so participants must be aware of the regulations and limitations arising from competing in a protected environment.

The race will be held on 29th April, 2017, and will cover 17km distance almost fully circling the crater.

The route consists simple mountain trails with constant ups and downs that require some scrambling. The race is held at an average altitude of over 3,000 meters above sea level.

The route of the race will be marked by volunteers and with tape and specific signage created for the race, which will be explained during the race briefing. Runners have a maximum of 3.5 hours to complete the course. The organizers will direct the cuts to ensure compliance with this schedule.

Bad weather is not expected this time of year. However, the organizers reserve the right to change the route or cancel the race, if conditions pose an increased risk of injury to participants or because of unexpected circumstances.



4. Assistance

It is strictly forbidden to receive assistance or supplies during the race outside the points set up by the organizers. It is also prohibited to be accompanied by others who are not participants enrolled in the event. However, at the points of assistance runners may be assisted by their team or escorts as needed.

5. Checkpoints and supplies

The organizers shall establish points of control and supplies of water and other refreshments at the finish). These points are marked clearly on the race map.

6. Registration

The registration period of Wenchi Lake Trail will be between 28th of February to 21st of April 2017 with a maximum limit of 400 participants. Due to this capacity limit, you should complete and submit the Registration Form, signed Race Rules and entry fees soon as possible.

The registration for the event includes: participation in the race (or alternative walk), refreshments, first aid medical care, T-shirt and medal.

7. Monitoring of Race

Participants should wear the bib number given by the organizers at all times in a visible place (on their chest) and it should not be cut, folded, or modified.

The organizers will place controls throughout the race to ensure that runners complete the course, and also register the time it takes for them to finish.

Any runner who leaves the race during the course must inform the nearest control point or any organizing team member.

8. Categories and Awards

The awards ceremony will take place once the race is finished, with award categories for Men and Women.

9. Recommendations

It is strongly recommended that participants are physically fit and wear the right shoes for trail running. You will find more information about the race on www.wenchilaketrail.com



10. Disqualifications

The organizers may disqualify a participant from the race for any of the following reasons:

- Throwing waste on the course and outside designated areas
- Not passing through all the checkpoints
- Not making the entire journey on foot through the spots marked by the organizers
- Not providing assistance to any participant who needs it
- Not wearing a visible bid number on the front part of your chest
- Ignoring the directions of any organizing member
- Receiving additional supplies outside the points established by the organizers
- Showing unsportsmanlike conduct

11. Final

These rules may be amended, modified or improved at any time by the organizers.

Minimum Age: 15 years old (with parental consent) and there is no minimum age for the walk. However, children under 15 years old must be accompanied by a responsible adult.

NOTE: BEFORE THE PARTICIPATION IN THE RACE IT IS MANDATORY TO COMPLETE AND SIGN RACE REGISTRATION FORM AND PAY THE CORRESPONDING REGISTRATION FEE.