

## **REGULATIONS FOR QUEEN OF THE JUNGLE**

Details of regulations runners need to read and accept before joining Queen of the Jungle races.

### **DISCLAIMER**

I understand that participating in Queen of the Jungle is potentially hazardous, and that I should not enter and participate unless I am medically able and properly trained. In consideration of the acceptance of this entry, I assume full and complete responsibility for any injury or accident, which may occur while I am traveling to or from the event, during the event, or while I am on the premises of the event. I also am aware of and assume all risks associated with participating in this event, including but not limited to falls, contact with other participants, effect of weather, traffic, and conditions of the road. I, for myself and my heirs and executors, hereby waive, release and forever discharge the event organizers, sponsors, promoters, and each of their agents, representatives, successors and assigns, and all other persons associated with the event, for all my liabilities, claims, actions, or damages that I may have against them arising out of or in any way connected with my participation in this event. I understand that this waiver includes any claims, whether caused by negligence, the action or inaction of any of the above parties, or otherwise. I hereby grant full permission to any and all of the above parties to use any photographs, videotapes, motion pictures, website images, recordings or any other record of this event.

### **1. CONDITIONS OF PARTICIPATION**

To participate into Queen of the Jungle, it is essential:

- To be totally aware of the length and specificity of the event and to be perfectly prepared for it
- To have acquired, prior to the race, a real capacity for self-sufficiency in the nature.
- To know how to face, without outside help, climatic conditions which can become very difficult due to the altitude (tropical temperatures, night, wind, cold, fog, rain)
- To know how to manage, even if one finds oneself isolated, physical or mental problems arising from high fatigue, digestive problems, muscular or joint pain, minor ailments...
- To be fully aware, that it is not the role of the organization to help a runner to overcome these problems and that for such an activity in the mountains security depends upon the capacity of the runner to adapt to the problems encountered, or envisaged.

These races are open to anyone, man or women, born in 1995 or before (categories hopefuls to veterans), club member or not.

Each runner declares their knowledge of and accepts the present regulations and agrees to accept them without reserve and to promote the event's ethical charter.

### **2. SEMI AUTONOMY**

The individual principle of racing in semi autonomy is the rule. Semi autonomy is defined as having the capacity to be autonomous between two refreshment posts, not only on the food front but also that of clothing and security, being able to adapt oneself in particular to problems encountered or envisaged (bad weather, physical problems, injuries...).

This principle is implicated in the following rules:

Each runner must have all his obligatory equipment with him at all times during the race. He carries this equipment in a pack tagged at the race-bib distribution and it must not be changed during the course. At any time during the race, the marshals can verify the bag, its weight and/or its contents. The runner is obliged to accept these controls in a friendly manner, at the risk of exclusion from the race.

Refreshment posts have been supplied with drinks and food to consume on the spot. Only plain water (excluding other drinks) is destined for filling-up water bottles or bags. Each runner must be sure to have, upon leaving each refreshment post, the quantity of water and food necessary for them to reach the next refreshment post.

Personal assistance is only tolerated at certain refreshment points, in the zone specifically reserved for this usage and with agreement of the head of post. This assistance can only be assured by one single person, without specific equipment other one than one bag of a volume of 30 litres maximum. All professional assistance (team or professional trainer, doctor or other persons in the medical profession, para-medics...) is strictly forbidden.

It is forbidden, to be accompanied or agree to be accompanied during all or any part of the race by a person not enrolled, outside the tolerance zones indicated close to the refreshment posts.

### 3. ENROLMENT CONDITIONS

A runner taking part in QUEEN OF THE JUNGLE is advised to have finished two 50k trail races or got 3 UTMB points in the last two years.

- For the definition of a trail race: click here [http://i-tra.org/page/259/Definition\\_du\\_trail.html](http://i-tra.org/page/259/Definition_du_trail.html).
- The organisation takes in to account each individual's result (relay or team event included).

### 4. ENROLMENT

Enrolment is exclusively on the Internet with a secured payment by banker's card.

Engagement fees include all the services described in the present regulations...

The registration for any of these races is firm and final and it is not possible to change races.

### 5. CANCELLATION OF AN ENROLMENT

For cancellation before 1<sup>st</sup> September, runners will be refund of 50% of their entry fee.

No refund will be paid for a cancellation after 1<sup>st</sup> September.

## 6. EQUIPMENT

In order to participate in these events, a set of obligatory equipment is required. However it is important to note it is the minimum necessary and that each trail-runner must adapt it according to their needs.

Mandatory gear for race

- GPS device or GPS App on Smartphone with routes and WP
- Mobile phone with option enabling its use in Thailand or Thai SIM Card
- THB 1000 in small bank notes (for food, water and for anticipated return journey to Chiang Mai)
- One headlight torch in good working condition with replacement batteries
- Survival blanket 1.40m x 2m minimum
- Whistle
- Adhesive elastic band enables making a bandage or a strapping (mini 100cm x 6 cm)
- Personal cup or water can
- Stock of water minimum 1.5 litre
- Food reserve
- Micropur water purification tablets (10 units)
- Waterproof wind stopper jacket with hood

Recommended gear

- Walking poles for security on slippery ground in case of rain
- Extra clothing set
- Anti mosquito spray
- Anti chaffing cream
- Sun cream
- Compeed
- Cap and sunglasses

If you decide to use poles, you must keep them throughout the whole of the race... It is forbidden to start without sticks and recover them up along the way. No poles will be allowed in the spare's bags.

Recommended in spare bag

- Lightweight silk sleeping bag
- Microfiber towel
- Shower gel small container, travel toothbrush and paste
- Changing clothes
- Energizing reserve
- Slippers

## 8. RACE BIBS

The race bib must be worn on the chest or the stomach and must be permanently and fully visible throughout the entire race. It must, therefore, always be positioned over any clothing and cannot for any reason be fixed onto the back or a leg. The name and logo of the sponsors must neither be modified, nor hidden.

The race number is the pass necessary to get to the shuttles, buses, refreshment posts, nurses, rest areas, showers, areas for depositing or recuperating spares bags...Except in the case of refusal to comply with a decision taken by a race official, the race bib is never withdrawn, but in the case of retirement, it is deactivated.

## 9. SPARES BAGS

Each competitor receives with his/her race bib, one small bag. Having filled it with the affairs of their choice (for night stage in villages and change) and having closed it, they can deposit it, at the beginning of the race in Chiang Mai at the relevant place. The bag is transported by the organisation to the two night villages, Mae Kha Piang and Kio Bua Ha. When reaching the finish line at each stage, each runner reclaims their bag. When they leave again, they deposit their bag at the area set aside for this purpose. The bag is then taken to the next finish line. When reaching Chiang Dao, each runner reclaims their bag and keeps it.

Only the bags supplied by the organisation will be transported. Sticks are not transportable in these bags. The contents of the bags not having been checked, any complaint about the contents on arrival is not acceptable. It is recommended not to put valuable objects in it.

## 10. RESCUE AND MEDICAL ASSISTANCE

Do not forget, that due to the problems related to the environment and the type of event, one might have to wait for assistance for longer than anticipated. Your security, therefore, depends upon the quality of the materials that you have in your pack.

A runner calling on a doctor or a rescuer submits himself to their authority and undertakes to accept their decisions. The first-aiders and official doctors are authorised especially:

- To put any competitor unfit to continue the event out of the race (by invalidating the race bib).
- To evacuate runners whom they judge in danger, by any means at their disposal.
- To hospitalize at their convenience any runners whose state of health requires it.

Expenses incurred, resulting from emergency assistance or evacuation, are payable by the person rescued who is also responsible for all costs relating to their return from the area to where they were rescued. The only resort is for the runner to constitute and present a dossier to his personal insurance within the deadline given.

Each runner must stay on the way-marked paths, even to sleep. Any runner who voluntarily leaves the way-marked path is no longer under the responsibility of the organisation.

## 11. CONTROL AND REFRESHMENTS POSTS

The race guide and the relevant pages on the internet give a precise list of the refreshment points. There are 9 spots in total. 2 types of refreshments are offered:

- Refreshments of drinks, fruits and energizing bars
- Refreshments of drinks, fruits and food meals (vegetarian and non-veg)

Runners can also buy drinks and food at some shops alongside the track. It is also possible to collect water directly from the rivers by using Micropur purification tablets.

A small pouch is mandatory. Every runner seen throwing down their litter along the route will be penalized. Trash cans are provided in large numbers at every refreshment post and must be used.

## 12. MAXIMUM AUTHORISED TIME AND TIME BARRIERS

The maximum time for the event, for the totality of the course, is fixed at:

- QUEEN OF THE JUNGLE Stage race: 13 hours (Day 1) / 11 hours (Day 2) / 12 hours (Day 3)

The time limits for leaving (time barriers) of the principle control posts will be marked and written in the course guide. These time barriers are calculated to enable participants to reach the Finish in the maximum time imposed, while making possible stops (rest, meal...) To be authorised to continue the event, runners must set off again from the control post before the fixed time limit (whatever their arrival hour at the control post).

Any competitor excluded from the race and wishing to continue his race can only do so after returning his race number, at his own responsibility and in complete autonomy.

In the case of poor meteorological conditions and/or for reasons of safety, the organisation reserves the right to stop the event underway or to modify the time barriers.

## 13. REST AND SHOWERS

At each overnight place (Mae Kha Piang and Kio Bua Ha) are organized accommodation, meals and shower for runners. Accommodation will be organized directly at local family's places and in dedicated areas. Runners will sleep on good mattresses and a blanket as pillow will be supplied. Traditional food and Thai meals (vegetarian and non-veg) will be provided for dinner and breakfast. Shower will be available at different points and by the river (a personal microfiber towel will be available for each runner in the race bag).

## 14. ABANDONMENT, TRANSFER AND REPATRIATION

Except for injury, a runner cannot abandon outside a control post. It means any runner wishing to abandon must reach the closest check point / refreshment points. They must alert the head of post, who will invalidate their race-bib. The runner keeps his invalidated race bib because it is still his pass and its identification.

Repatriation will be organized by QUEEN OF THE JUNGLE at the closure of the post: runners must wait until the post is closed.

In the case of unfavourable weather conditions justifying partial or total closure of the race, the organisation ensures the repatriation as soon as possible of those runners having retired.

In case of abandonment before a control point, it is imperative to return to the previous control point and inform the post leader of one's abandonment. If, during this return, the runner meets the end of race sweepers, it is them who invalidate the race bib. The runner is then no longer under the

organisation's control.

For finishers transfer will be organized from Chiang Dao finish line back to Chiang Mai by local buses. The final destination is Chiang Mai Gate at the south part of the moat.

#### 15. WAY MARKERS

The route will be marked with QUEEN OF THE JUNGLE orange ribbons, arrows and crosses. There will be marshalls at some difficult points. It is imperative that you follow the paths with the markers without taking short cuts and by checking your way at each crossing. There will be a mark at least every 300 meters. If you don't see any marks after 15 minutes, turn around and go the previous one.

#### 16. MODIFICATIONS TO THE COURSE OR TO THE TIME BARRIERS; CANCELLATION OF THE RACE

The organisation reserves the right to modify at any moment the route and the positioning of the rescue and refreshment posts, without warning. In the case of unfavourable weather conditions (important quantities of rain, strong risk of storms....) the start may only be postponed by a maximum several hours, after that time the race is cancelled.

In the case of poor meteorological conditions, and for reasons of safety, the organisation reserves the right to stop the event underway or to modify the time barriers.

In case of cancellation of an event, for whatever reason, decided more than 15 days before the date of the start of the race, a partial refund of the registration fees will be made. The amount of this refund will be fixed so as to allow the organisation to cover all irredeemable expenses committed, up to the date of the cancellation. In case of a cancellation decided less than 15 days before the departure or in case of interruption of the race, for whatever the reason, no refund of the registration fee will be made

#### 17. INSURANCE

##### **Civil responsibility**

The organiser has taken out civil responsibility insurance for the duration of the event. This civil responsibility insurance guarantees the financial consequences of its responsibility, of that of its officials and of the participants.

##### **Individual accident**

Each competitor must, obligatorily, have their own accident insurance which will cover any costs of search and rescue in Thailand. Such insurance can be taken out with any organisation of the competitor's choice.