



2023 CHAMPIONSHIP FINAL

Last Update: 28 August 2023

1. Race Regulations

Race Day: Saturday, 2 December 2023

Race Venue: Bumi Perkemahan Sekipan Tawangmangu (Karanganyar)

Race Distance: approx 77 km (5000 elevation gain)

Sunrise 5:09 am / Sunset 17:41 pm

05:00 am - ATM Championship Race Start Women

05:00 am - ATM Championship Race Start Men

07:00 am - SikSOROGO Lawu Ultra Mass Participation Race Start

1.1. The ATM Championship Final race will logically follow ALL standard race regulations of the SikSOROGO Lawu Ultra as organised and managed by the Event Management Team. Participants in the ATM Final race are therefore expected to obey the instructions of the race director and his team at all times during the race.

Link: <https://siksorogo.id/en/rule-and-regulation/>

In addition for ATM Finalists:

1.1.2 Indemnity clause: Any person taking part in the ATM Championship Final race must do so willingly and must follow the race regulations, and instructions by the race director, at all times. Runners must have appropriate medical, travel and accident insurance cover, and are required to sign a waiver attesting to the fact that they are in good health and fit for the physical effort required for participating in long distance running races. Kuai Sports Promotions Ltd, as promoter of the ATM Championship series, declines all liability if health problems or injuries are experienced during an event promoted under the Asia Trail Master Championship series. In addition, participants will state not to prosecute the SikSOROGO Lawu Ultra Event Committee and will release the Event Committee and everybody related with the Event Committee from all responsibility for damages or losses that may arise during the event SikSOROGO Lawu Ultra 2023.

1.1.3 Weather: the race will proceed rain or sunshine. Note that it gets chilly at altitude.

1.1.4 Mandatory Gear check-in will be performed at the Race Pack Collection & Briefing on Friday afternoon. There may also be gear checks during the race! Please note the 'mandatory' in 'mandatory gear' : you cannot show an item on the list: no run, and no discussion about it. Please check the mandatory gear list beforehand.

1.1.5 No shortcuts, runners should run on designated marked trails only. This will prevent impact on the mountain's ecosystem. Anyone caught violating on purpose is absolutely disqualified and out of the race.

1.1.6 No race bib, no run. Your bib must be worn and visible all the time during the race.

1.1.7 Drop bags should be handed in before Friday, 17:00 local time. During the race, the drop bag will be at WS 5.

1.1.8 Runners should check-in their respective bib number at the latest 30 minutes before gun start, and follow the start procedure

1.1.9 Cut-off times: please be aware of the cut-off times at WS 2 (8 hours) and WS 5 (17 hours). Female runners have 1 extra hour at each station.

2. Extra regulations for ATM Finalists-only

2.1. Men and women start together at 5 am local time. The start procedure ends at 5:10am. After that time, late-comers are officially marked as DNS and will not be permitted to still start the race

2.2 All Finalists are required to wear their national team running shirt, which will be provided beforehand, during the race. Wear your country's colours with pride!

2.3 All Finalists will receive a GPS tracking device which must be returned to the ATM supervisor after the race

- 2.3.1 When a runner goes off course, the race director:
- will immediately aim to contact the runner if his or her safety is threatened
- if his or her safety is not directly jeopardised, the race director will only aim to contact the runner after he or she went off course for more than 1 km, and instruct the runner to return to the point where he/she went off course. A runner who shortcuts in this situation will be penalised by 1 hour.

2.4 All Finalists should download the GPX course file onto their sports watch and/or mobile phone as part of the mandatory gear. No excuses for 'getting lost'.

2.5. All Finalists are permitted to help their teammates during the race. It's part of team tactics. This includes passing water, food etc but bear in mind that mandatory gear checks during the race are for everyone and "I gave my bottle to X" is no excuse not to have something

2.6. Only natural leg power is allowed. Any kind of automatic or mechanic aids are prohibited.

2.7 All participants should behave in a sporting manner at all times and shall permit any faster runner to overtake without obstructing.

2.8 All participants are required to help others, regardless of the team, who find themselves in an emergency, even if it comes at the expense of a good race result

2.9 The race result determines the outcome of the 2023 ATM Championship. The winners, male and female, are the new ATM Champions

- 2.9.1 The race result is based on race gun time and not on personal net time. He/she who crosses the finish line first wins.

2.10 The ATM Country Team Result will be based on the accumulation of the best finisher times of the first 3 male and 3 female runners of each team

2.11 Podium placers, top 10, are required to attend the podium ceremony on Sunday at the race venue

2.12 All Finalists agree that photos and video footage will be taken of them during the event and distributed via social media and other media channels

2.13 All Finalists agree to have a profile photo taken at a designated spot during Race Pack Collection and immediately after the finish line

2.14 All Top placers in the race result agree to be available for media interviews after the finish

Additional notes & advice:

- You can use trekking pole if you wish to do so.
- If you decide not to continue the race, you should inform the visible crew and walk to the nearest AID Station or DNF Point. If you are injured and

cannot walk, call the emergency number printed on your bib

- If you have complain or protest against cheating, violation of rules and misconduct (ex. contacts, shouting on trails, tampering of markers, disrespect to the locals and personnel, etc.) you should address the race officials at the finish, and put it into writings within 1 hour after you crossed the finish line. There will also a loyalty fee to be paid, which you will get back if your protest is deemed valid.

Mandatory gear list

- Hydration Pack or belt - minimum carry 1 liter of water/energy drink
- Headlamp - with extra battery
- Whistle
- Jacket - water proof/wind proof
- Emergency blanket
- Snack items: energy gels, bars etc
- Cellphone - with local SIM and fully charged battery
- GPX Course File download on sports watch and/or smartphone
- MedKit - First-Aid kit for LBM, stomach-ache, headache, emergency blanket, etc.
- Extra Money - for emergency transportation & snacks/drinks at a local store