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RULES AND REGULATIONS

1. ABOUT

Ayni Andean Race is a multi-sport, solidarity-based multi stage race.

This multi-sport race will take place twice a year in Bolivia, on the Andean Altiplano, at an altitude of between 3,600 and 4,000 meters.

The race will be run individually or in teams of two, over 6 sporting stages, from 5 to 50 km. It lasts 9 days and takes place in three different regions of Bolivia. During these stages, competitors will have to progress in trail running, mountain biking, canoeing and running.

The aim of the race is to complete an exceptional route in the Bolivian Andes, between the mythical Lake Titicaca and the exceptional Salar d'Uyuni, the world's largest salt desert. The race ends with a unique trail at the foot of the majestic Illimani, guardian of the city of La Paz.

This race will take you to some of the world's most important and unique sites, through sporting practices that respect the environment and its people.

By taking part in this sporting event, competitors help to support the local population. We are working with various communities in the highlands and at the foot of the Cordillera Royale. We will define the aid and donations that will be made throughout this solidarity race by the competitors themselves.

The aim of this race is to take in some of the world's most important and unique sites, from a different angle to that of the tourist circuits: a sporting vision of solidarity, with respect for the environment and the local population. Ayni is an original way of promoting Bolivia, through clean sports and sustainable tourism.

2. PROGRAM

Bolivia **Ayni Andean Race** is an event that includes 6 days of competition, 3 different locations and 3 disciplines on the most iconic regions of Bolivian Andes, at an indefinite pace and within a time limit (cut-off times for each stage), check the program below:

DATE	ACTIVITY	DETAILS	LOCATION
Día	OPEN CEREMY Briefing	18:00	Place to be confirmed
Día	KAYAK STAGE 1 S1	Starts at 14:00 Distance: 4 km	TIQUINA, Lake Titicaca at 3860 m.o.s.l. Start and finish line at Tiquina
Día 3	TRAILRUNNING STAGE 2 S2	Starts at 8:00 Distance: 18 kms. Total elevation:	TIQUINA, Lake Titicaca at 3860 m.o.s.l. Finish Line at Tiquina
Día 4	MTB STAGE 3 S3	Starts at 8:00 Distance: 50 kms. Total elevation:	TIQUINA, Lake Titicaca at 3860 m.o.s.l. Start and finish line at Tiquina
Día 5	RUNNING STAGE 4 S4	Starts at 11:00 Distance: 12 kms.	SALT FLATS 3860 m.o.s.l. Finish Line at Fish Island
Día 6	MTB STAGE 5 S5	Starts at 8:00 Distance: 40 kms.	SALT FLATS 3860 m.o.s.l. Starting at Fish Island, finishing at Jirira.
Día 7	REST DAY	Transition Day	UYUNI - UNA
DÍA 8	TRAILRUNNING STAGE 6 S6 CLOSING CEREMONY	Starts at 8:00 Distance: 15 kms. Total Elevation: 1080 D+ 14:00 Clousre	Town of UNA 3860 m.o.s.l. Start and finish line at UNA
DÍA 9		Back to La Paz	

3. COMMITMENT OF THE PARTICIPANTS

To participate in the **Ayni Andean Race** event, it is essential to:

Be fully aware of the duration and specificity of the event and be perfectly prepared for it.

- To have acquired, prior to the race, a real capacity of personal autonomy in outdoor environment that allows the management of the problems induced by this type of events, and in particular:
- Know how to face, without outside help, weather conditions that are very difficult to face at altitude (night, wind, cold, fog, rain or snow).
- Know how to manage, even in case of isolation, physical or mental problems resulting from fatigue, digestive problems, muscular or joint pain, small injuries.
- Be fully aware that the role of the organization is not to help a runner to manage these problems.
- Be fully aware that, for an activity of this type in the mountains, safety depends on the runner's ability to adapt to the problems encountered or foreseen.
- To inform and sensitize the members of the running community, about respect for nature, people and the rules of the race.

4. SEMI-AUTONOMY DURING THE RACE

The principle of an individual race in semi-autonomy is the rule. The events take place on six stages, at an indefinite pace, within the maximum time limits specified for each event.

Semi-autonomy is defined as the ability to be autonomous between two supply points, in terms of food, clothing and safety, allowing adaptation to problems encountered or foreseen (bad weather, physical problems, injuries...).

This principle implies, in particular, the following rules:

Each runner must carry all the mandatory equipment during the entire race. Carry this equipment all together in a backpack (or similar) that will be labeled during the distribution of the race bib and that cannot be changed during the race.

At any time during the race, the race officials can check the backpack and its contents. The runner is obliged to undergo these checks in good spirits, with the risk of being excluded from the race in case of omission. *For more information, please refer to the mandatory equipment section for each distance.

The aid stations offer beverages and food to be consumed on site. The organization only provides non-carbonated water or energy drink to fill water bottles or hydration backpacks. The runner must make sure to have, when leaving each refueling point, the number of drinks and food necessary to keep going until the next refueling point.

It is strictly forbidden the assistance provided by a team of professionals, or any doctor or paramedic outside the organization. The provisioning is strictly reserved for the runners. No assistance is allowed on any section of the race course.

It is forbidden to accompany or be accompanied on any part of the race course by a person not registered in the race and outside the tolerance zones clearly marked in the vicinity of the supplies.

*It is not allowed to be accompanied by a dog or any other animal.

The participant who accepts to be accompanied outside the expressly designated areas contravenes the principle of semi-autonomy. Race officials who witness irregularities are authorized to penalize participants in order to guarantee the spirit of races.

5. MANDATORY EQUIPMENT AND MATERIAL

All participants must have the complete following list of mandatory equipment and material during the race:

DESCRIPTION	S1	S2	S3	S4	S5	S6
Running hydration bag (3 to 5 lts)		Yes		Yes		Yes
Hydration system (At least 500ml)		Yes	Yes	Yes	Yes	Yes
Whistle	Yes	Yes	Yes	Yes	Yes	Yes
Thermal Survival Blanket		Yes	Yes	Yes	Yes	Yes
Self-basic first aid kit	Yes	Yes	Yes	Yes	Yes	Yes
Food reserve		Yes	Yes		Yes	Yes
Hooded waterproof jacket	Yes	Yes	Yes	Yes	Yes	Yes
Sunglasses	Yes	Yes	Yes	Yes	Yes	Yes
Sunscreen	Yes	Yes	Yes	Yes	Yes	Yes
Mountain Bike in good condition			Yes		Yes	
Helmet			Yes		Yes	
At least two spare tubes			Yes		Yes	
Patch kit			Yes		Yes	

Minutes before the start of each stage, random checks will be carried and will be checked again at the finish line. A penalty or even disqualification will be applied to those participants who do not carry all the mandatory equipment (see PENALTIES).

Systematic and/or random checks will be carried out during the race.

It is important to keep in mind that the material imposed by the organization is a vital minimum that every runner must adapt according to his own capabilities. The list could be modified according to weather conditions or environment. The confirmation of mandatory equipment will be announced 24 hours before the delivery of bibs.

In order to reduce plastic waste, no disposable tableware (cutlery, glasses, jugs or bowls) will be distributed at any point of attendance.

Use of poles: If you choose to carry poles, you must keep it from start to finish. It is forbidden to go out without poles and retrieve them during the course of the race. The use of poles may be prohibited in certain areas that will be marked for safety or environmental reasons.

Kayak Gear: Kayak and life jacket will be provided by the organization.

6. DORSALS

The bibs are given individually to each participant with the presentation of:

- A photo ID or passport*.
- Submit equipment and regulatory material for review.
- The bib must be worn on the front, chest or belly and must be permanently and fully visible throughout the race.
- The race bib is the necessary pass to access the buses, supplies, infirmaries, hotels, bag deposit or recovery areas, etc.

7. FINISH BAGS

In the race-pack collection, each participant must deliver their travel bag, which will be transported to the next location with the same bib number.

How to get your bags in each resting location:

- The bags are returned to the runner, a family member or friend, only upon presentation of the race bib.
- As the items in the bags are not registered or controlled, we will not accept claims in this regard. We recommend that you do not put any valuable items in the bags.

8. SUPPLIES, ACOMODATION AND FOOD

The organization guarantees solid and liquid supplies along each race course. The Aid Stations have drinks and food to be consumed on the spot. The organization provides water and energy or isotonic drinks to refill the mandatory liquid bags and individual cups. It is the runner's responsibility to have, when leaving the Aid Station, the amount of drink and food necessary to reach the next Aid Station.

- Only participants wearing a visible race bib have access to the Aid Stations.
- Accommodation is included during all racing days; in some locations camping will be arranged.
- All meals are also included during all racing days.

9. CONTROL POINTS

A check is carried out at all Aid Stations and at some security points.

There are random checkpoints in places other than security checkpoints or Aid Stations.

10. MARKING.

The marking will depend of the location. Details will be provided during the briefing meeting, first day of the program.

11. SECURITY AND MEDICAL ASSISTANCE

All Aid Stations along the route are directly connected to the race security headquarters in La Paz and the closest big town.

The Aid Stations are intended to facilitate assistance to any person at risk, using the organization's own or public means.

It is the responsibility of each participant in difficulty to ask for help:

- Reporting to the help point.
- Calling the race Command Center (CC).
- Asking another participant to ask for help.

All participants must assist any person in difficulty and notify medical or security services.

Eventualities of all kinds, linked to the environment and the race, may justify a delay in assistance.

During the wait, your safety depends on the quality of the products you carry in your backpack. The participant will rely on his own resources to ensure his safety.

The medical professionals and official lifeguards, as well as any person designated by the race management, are authorized to:

- To leave out of the race any participant who is not considered fit to continue the race.
- Evacuate by any means any participant they judge to be in danger.
- Hospitalize any participant whose health condition makes it necessary.
- Any participant who calls a doctor or lifeguard submits to their authority and agrees to accept their decisions.
- An infirmary in the closest location of each stage is available for runners with serious medical problems. Comfort care is based on the decision of the medical staff within the limits of availability.
- All runners who voluntarily venture outside the marked course are no longer under the responsibility of the organization.

11. INSURANCE

All participants must have a personal health and travel insurance specific for this kind of activities, a copy must be delivered to the organization previous the event takes place.

12. ABANDONMENT AND RETURN TO THE FINISH LINE

Unless there is an injury, a runner may only abandon at a checkpoint. There he/she must notify the person in charge of the checkpoint and inform the Race Control Center. In this case, the race bib will be marked as "abandonment".

The return to finish line:

- Transportation will be available at some Aid Stations to take runners returning to the closest town of the stage.
- Participants who abandon at any other supply or checkpoint but whose state of health does not require their evacuation must return as soon as possible and by their own means to the nearest aid station.
- In case of bad weather conditions that justify the partial or total stop of the race, the organization will ensure that all runners are repatriated as soon as possible.

13. AFTER RACE

Runners who have finished their race and wish to extend their stay must have their own accommodation or contact us to arrange it.

14. RANKINGS AND AWARDS

At the end of the multistage competition the first 3 men and the first 3 women of the general classification receive a trophy which will be distributed at the closing ceremony.

15. PENALTIES AND DISQUALIFICATIONS

If a runner violates a rule, the race directors and the team leaders of the Aid/safety points can instantly apply a penalty according to the following table:

NON – COMPLIANCE WITH REGULATION	PENALTIES / DIAQUALIFICATION
Shortcut the route	At the discretion of the Race director
Items missing from the mandatory equipment checklist (no water supply, no waterproof jacket with hood, no survival blanket, no smart phone).	Disqualification
Absence of other mandatory equipment (whistle, self-adhesive elastic bandage, food reserve, long-sleeved shirt).	Penalty of 1 hour and must obtain this item at the point of assistance.
Refusal to have mandatory equipment verified.	Disqualification
Littering (voluntary act) by a competitor or a member of the competitor's team.	Penalty of 1 hour
Lack of respect for others (organization or runners) Note: a participant whose assistants are rude and/or refuse to respect the instructions of the organization will be penalized.	Disqualification
Failure to help a person in difficulty (in need of care)	Disqualification
Assistance outside authorized areas	Penalty of 1 hour
To be accompanied along the route outside the clearly defined tolerance zones in the vicinity of a supply.	15 minutes penalty
Cheating (e.g.: use of a means of transportation, bib sharing)	Immediate lifetime disqualification
Lack of visible dorsal	15 minutes penalty
Wearing a race bib in an inappropriate manner	Penalty of 15 minutes
Dangerous behavior (e.g., sticks with unprotected points facing runners or spectators).	15 minutes penalty
No passing a checkpoint	According to the decision of the race directors
Refusing to comply with an order from race directors, race officials, supply team leader, medical or search and rescue personnel.	Disqualification
Departure from a checkpoint after the time limit.	Disqualification
Use of poles not carried from the start of the race. Penalty of 1hour	Penalty of 15mins

The time penalties are immediately applicable on the spot, i.e. the runner must interrupt his race for the duration of the penalty time. Any other infraction of the rules will be subject to a penalty decided by the Race Directors.

16. CLAIMS

- Any claim involving a change of classification must be sent by e-mail within 24 hours after the end of the event.
- Another claim must be made by e-mail, within a maximum of 10 days after the race has taken place.
- In case of disqualification, the runner is not entitled to reimbursement of registration fees.

17. EXCEPTIONAL CONDITIONS

If necessary, the organization reserves the right to modify at any time the routes, starting times, cut-off times, position of supply and medical stations, and any other aspect related to the smooth running of the events. In case of force majeure, bad weather or any other circumstance that endangers the safety of the participants, the organization reserves the right to:

- Postponing the start of the race
- Modify cutting times
- Change start date
- Adapt the race course
- Cancel the event
- Neutralize the event
- Stop the race in progress

18. ACCEPT THE RULES AND ETHICS OF THE RACE

Participating in the **Ayni Andean Race** event implies full and unreserved acceptance of the race regulations and the document presented below, the ethics of the event and the instructions given by the organization to the participants.

19. RACERS COMMITMENT

To participate in **Ayni Andean Race** it is essential:

- Be fully aware of the duration and specificity of the event and be perfectly prepared for it.
- To have a real capacity for personal autonomy in each environment that allows the runner to handle any type of problem that may arise during this type of event:
- ✓ Know how to face weather conditions and high altitude environment (night, wind, cold, fog, rain) without any kind of assistance.
- ✓ Know how to manage, even alone, physical or mental problems resulting from severe fatigue, such as digestive problems, muscle or joint pain, minor injuries.
- ✓ Be fully aware that, for such an activity in the mountains, safety depends on the runner's ability to adapt to these problems.
- ✓ That runners inform their support team that they must respect nature, people and the rules of the race.

20. RESPECT FOR THE ENVIRONMENT

By participating in **Ayni Andean Race**, participants undertake to respect the environment and the natural spaces traversed. In particular:

- It is strictly forbidden to throw any kind of waste including organic trash on the route. Trash cans/dumpsters are available at each aid station.
- All participants must carry their garbage and wrappers with them until they can throw them into the containers in a supply station.
- You must follow the trails as they are marked, without shortening them.
- No disposable plates (cutlery, cups, and glasses) will be distributed at any checkpoint or Aid Station. This is to reduce plastic waste from runners as well as volunteers. We will provide utensils to eat in aid stations.

NOTE: THIS DOCUMENT CAN BE UPDATED, ANY CHANGE WILL BE INFORMED BY EMAIL.

CONTACT

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