

1. You must complete the marked course on foot under your own power.
2. Your race number must be visible at all times on the outside of your clothing and on the front of your body over your belly or chest. It must not be worn on your pants or leg. Do not cover your race number with any backpack strap or article of clothing.
3. You must not fold, cut or change your race number in any way. It must be worn as is, unfolded.
4. If you need First Aid help on the course you must use the phone numbers on your Race number to contact the Race Office who will arrange to retrieve you. Support crews are allowed to enter the event course to collect injured runners.
5. You must stay on the marked course. Shortcuts are not permitted. If you get lost, return to the last sighted marking.
6. You must carry your own Mandatory Gear at all times during the event. Random gear checks will be performed during the event. Any participant without the mandatory gear will not be able to proceed until they arrange for the missing item to be replaced. For the sake of fairness to other runners, there will also be a penalty ranging from a minimum time penalty of 30 minutes per item to disqualification based on the severity of the breach.
7. You must obey directions of checkpoint staff or course marshals and withdraw from the race if you miss any time cut-offs at checkpoints or on the course.
8. Littering is prohibited.
9. You must obey any information signs such as track closures, etc.
10. Leave gates as you find them. If closed, you may open a gate to pass through but it is your responsibility to close the gate after you.
11. The participant is responsible for the actions of their support crew. Support crews must comply with all instructions from event staff and officials. The participant may be penalised or disqualified for actions or breaches of the rules by their support crew.
12. Support crews must obey all road rules and drive within the speed limits.
13. Support crews must follow the instructions of all checkpoint staff, road marshals, and road traffic controllers
14. Support crews must not eat the provided food at checkpoints. The food is for the competitors only.
15. Outside assistance is not permitted. You must not receive outside assistance at any other points on the course. Assistance from event staff is fine.
16. Support crews and non-race participants are not permitted to run with or pace runners.
17. Pacers are not permitted.
18. Support crews are allowed to enter the event course to collect runners.
19. The event organizers are not responsible for the safety or whereabouts of the support crew.
20. The event organizers reserve the right to discourage and/or penalize behavior that is considered unsporting.
21. Breaking any of the rules may incur a time penalty, disqualification or pre-race withdrawal. Any such penalties are at the organizers' discretion and are final.
22. If a participant would like to cancel registration, it is possible to ask for a refund until 1.3.2020. by sending e-mail request to: race@dubrovniktrail.com. Participation fee will be refunded, but reduced by 60% (system and bank fees). After 1.3.2020., refund is not possible.

For your safety, you must carry a set of mandatory gear at all times whilst in the event. The weather can change very quickly so be prepared for any conditions.

Item	Description	74K	36K	7K
Mobile phone in working order with fully charged battery	Mobile phone coverage over the course varies from excellent to non-existent at certain areas. If you need to buy a new phone or a pre-paid SIM card or borrow a phone, T-com is preferable as it works on approximately 90% of the course.	YES	YES	NO
Whistle	Any kind of whistle	YES	YES	NO
Emergency Space Blanket	Emergency Space Blanket	YES	YES	NO
Basic First -aid kit	Sterile gauze, adhesive bandages, bandages	YES	YES	NO
Drinking cup	There will be no drinking cups available at the aid stations	YES	YES	YES
Water Bottles or Bladders, 1 Litre Capacity	Water Bottles or Bladders with a capacity to carry 1 Litre of water	YES	YES	NO
Head torch	every torch is OK as long as the batteries are full	YES	–	–

MANDATORY ITEM PROVIDED BY THE ORGANISERS

The following items are collected at race check-in

Item	Description	74K	36K	7K
Race number (BIB)	Must be worn on your front, over your belly or chest and be visible at all times (safety pins are also provided in your race pack). The race number must NOT be worn on your pants or leg. It must be worn as is, unfolded. A recommended method of securing your race number is to use a race belt which allows you to easily have your number visible over the top of your outermost item of clothing. You will need to provide your own race belt if you choose to do this.	YES	YES	YES

OTHER RECOMMENDED ITEMS

Item
Anti-chafe Body Glide / body lubricant
Sunscreen
Cap or sun hat
Spare socks
More substantial first aid kit (sterile dressings, roll of strapping tape, blister care such as blister block patches, antiseptic wipes and any relevant personal medications).
Anti-chafe Body Glide / body lubricant