



## Baikal Ice Marathon

*"For preservation of clean water"*

**XI edition on March, 01, 2015**



XI edition of Baikal Ice Marathon is held in the year of 2015, which represents the **culmination** of the UNESCO International decade for actions '**Water for Life**' (2005-2015). The actions though should continue further on every level of life of human civilization.

*"For our world, consumed by egoistic aspiration, it is necessary to review and overcome all divides and antagonistic barriers on our way... To achieve optimistic scenario, of primary importance is the education of younger generation from "child's pot". Children should grow with understanding of the holiness of water, value of each water droplet that carries an element of life, contains the mind and memory of entire world..."* - Professor Victor Dukhovny, World Water Council Board Member .

### XI Baikal Ice Marathon Statutes & Rules

#### 1. The Baikal Ice Marathon is aimed at:

- Ecologically sustainable development of Lake Baikal area,
- Promotion of responsible tourism and healthy mode of life in Lake Baikal area;

#### 2. Organizer

«Absolute Siberia Ltd. under coordination with Organizing Committee of the "Winteriad-2015" International Baikal Winter Games Festival organizes XI-th edition of Baikal Ice Marathon (hereinafter referred to as "BIM". Race Director: Mr. Alexei Nikiforov.

#### 3. Date, time, course, place of holding of BIM

The BIM foot race will take place on March, 01, 2015 on Lake Baikal. The BIM course to be laid between the lakes' 2 opposite sides. Depending on the ice conditions and those of the race course, the starting line of the Baikal Ice Marathon will be located either in the settlement of Listvyanka on the western shore of Lake Baikal or near the stations of Tankhoy or Pereyomnaya on the eastern shore of Baikal. Final location of the starting point shall be indicated a day before the commencement of BIM. Finish line of the BIM shall be located on the opposite shore, dependent on the starting line spot. The start time of BIM is – 09:00 a.m. if the start line is fixed on the western shore; 10:30 a.m. local time if the start line is on the eastern shore.

#### 4. Distances of BIM

Full marathon – 42 km 195 m; half marathon – 21 km; 15 km (for those who will undergo through BIM special training course – see cl.12.2)

#### 5. Admittance and Participation

**5.1.** Admitted to participate in and run the course of the BIM are those physically fit being 18 years or older who have:

**5.1.1.** former experience of running a long distance - full or half marathon, triathlon, ultra-marathon; who is registered as the BIM runner and paid for the participation in the BIM.

**5.1.2.** short distance (5-10 km) running experience, and are able without damage to their health take part in running competitions held in extreme cold temperatures ( as low as – 30 Centigrade) with elevations over 460 meters above sea level, and who underwent through 5-days BIM training course preceding the XI BIM, and who paid this BIM package fee.

## **5.2. Registration procedure**

**5.2.1.** To be registered as the BIM runner, one has to apply for participation filling in pre-registration form, indicating one's long distance running experience, and providing official protocols that can testify such a former running experience (the last foot race a runner took part prior the BIM should not be earlier than 3 years before the XI BIM commencement). Filled in application is to be sent to the e-mail of Organizer: [events@absolute-siberia.com](mailto:events@absolute-siberia.com). The application form has to be fully completed; incomplete or inexact filling in the form can result in failure to be finally admitted to and run in the BIM. If an applicant provides false information as regards previous running experience in the application form, and once such information becomes clear to the Organizing Committee, such an applicant will not be admitted to the BIM. In some cases, the Organizer can delegate the right to pre-register runners to its authorized representative in other countries.

**5.2.2.** After considering the application form sent by a runner, the Organizer ("Absolute Siberia Ltd.") will reply the runner with notification that he/she either succeeded in pre-registration or failed to go through the pre-registration. In case of refusal to pre-register the applicant as a potential runner in the BIM, the Organizing Committee reserves the right not to accept any complaints from such an applicant and stop any further correspondence with this applicant.

**5.2.3.** If a runner's BIM application was accepted and this runner was pre-registered for the BIM run, the runner will be notified thereof. Then the runner will receive from the Organizer the invoice for the BIM runner package payment issue. The pre-registered runner shall do payment, according to the invoice and BIM runner package cost, within 10 days after the invoice receipt by the runner. In case, the above payment is not made by the runner during above indicated time period, the Organizer will, without any prior notification, cancel pre-registration of such a runner, and pass the previously reserved space of this runner to another applicant, who had applied later than the registration deadline, but may qualify for the BIM (same terms and payment conditions will apply). The Organizer may also notify the runner who successfully passed through pre-registration that he/she can be invoiced by an authorized agent of the XI BIM for the participation in the BIM. The runners should not issue any payment to any of possible agents before the receipt of the confirmation from the Organizer that the BIM Organizer authorizes such an agent.

**5.2.4.** The issue of payment as per clause 5.2.3. for the BIM runner package by the pre-registered runner is regarded both as this runner's registration at the BIM foot race and the runner's full agreement with the present statutes and terms of the XI-th BIM.

**5.3.** The number of the runners in the BIM is limited. Registration deadline is October, 25, 2014. Applications sent by the runners later than the deadline are subject to be considered separately by the Organizer even though such an applicant may qualify for the run in the BIM. Depending upon availability of running space of the BIM, and once the limit of running space is reached the Organizer reserves the right to stop registration any time before the above indicated deadline.

## **6. BIM foot race rules**

**6.1.** Control time for the full marathon distance is 6 hours, half marathon distance – 4 hours, 15 km distance- 3 hours.

**6.2.** The full marathon and half marathon runners who fail to cross the 21 km mark point of the BIM course within 4 hours after the start are disqualified, and have to get on hovercraft, snow mobile or any other transport admitted to serve the BIM course for further transportation to the corresponding shore.

**6.3.** At any times when a judge or physician of the Baikal Ice Marathon states a runner is evidently unable to continue foot race or meet the course deadline/control time, the runner must on request immediately stop participation, remove the start number and move to the available vehicle for a further transfer to the finish line.

**6.4.** Once the BIM starting line is on the western shore (in Listvyanka), runners in the BIM, after completing their distance, and reaching the finish line at the eastern shore, upon first request of the judge/ any of the BIM organizing committee, and within 10 minutes after such a notice should take seat in the indicated vehicle for a transfer back to the start line/ opposite shore of Baikal. Those who do not follow such a request will immediately be disqualified, and then take their transfer to the start line/opposite shore of Baikal in the last turn (after the last BIM runner finishes the BIM).

**6.5.** Final admittance to the ice course of the BIM shall take place on the starting day of the BIM and in accordance with the BIM Pre-start standing order (see Cl. 13).

**6.6.** Runners showing visible signs of alcohol intoxication, drug or dope use, whose behavior is beyond the bounds of decency/common sense law (euphoria, poor coordination, memory loss, slurred speech, confusion, impaired balance, loss of muscle coordination, evident rudeness/aggressiveness), who refuse/fail to follow orders/requests of the Organizers before, at the start or after the start shall immediately be disqualified. No any complaints shall be accepted or refunds made, in such cases.

**6.7.** Anyone ejected from the BIM or disqualified due to the reasons indicated in clauses 6.4., 6.6. will be automatically excluded or suspended from any of the next editions of BIM (depending upon the severity of the connected action).

**6.8.** Individual start number of the runners of BIM should be placed, well fixed on the runner's chest. If a runner, at the start or during the BIM, fails to have the start number or it is not properly fixed on the chest disabling the marathon judges or anyone from the support team to clearly see the start number on the runner's chest, the judge will have the right not to register the result of such a runner that will eventually lead to the runner's disqualification.

## **7. BIM Financing, Participation Cost, Cancellation**

**7.1.** The funds made available by the Organizer to hold the BIM cover organizational costs of the BIM such as salaries, application processing & operational costs, expenditures for laying and marking the marathon course on the ice and its checking, transportation of participants to the BIM starting line, support and safety team direct costs, judges work, use of hovercrafts or any other vehicles that can be used for safe transfer on the ice, feed stations operation, start numbers and award fund - cups, medals, certificates, rent of the conference hall for the award ceremony, first aid medical insurance, accommodation and meals as a part of the 2-days runner package.

**7.2.** The cost of participation at the BIM for the Russian runners (citizens of Russian Federation) is lower than the cost applied to the foreign runners thanks to the extra funds the Organizer raises from sponsorship sources and/or its own funds available to support the Russian runners, minimize their registration, and start fee.

**7.3.** The cost of participation / running in the BIM for the foreign runners is fixed in the amount of the BIM basic runner package cost and is:

**7.3.1.** - EURO 545 per each runner who runs BIM distance of 42 or 21 km. The cost includes: registration and start fee, 2 nights accommodation on twin room sharing basis with 2 breakfasts, one lunch on March,28, and 2 dinners including Award Reception party; arrival group transfer on February,28,01, 2015 from the airport to the hotel, and departure group transfer from the hotel to the airport on March,02,2015, as well as transfer to the BIM starting line on the day of its commencement (single room supplement -EURO 95 per person; 1 runner accompanying person cost sharing room with the runner - 260 euro). Other participation terms and costs can apply to late applicants.

**7.3.2.** – EURO 1235 per each runner accepted to run 15 km distance after undergoing through BIM training course ( special 6-days “BIM Training to Run” package – request full details of the program). The cost of this package is same for foreign and Russian nationals.

**7.4.** In case if a registered runner due to any reason cancels his/her participation in the BIM, or fails to timely arrive to the start because of own personal fault or any reason not dependent on the Organizer, the amount indicated in clause 6.2. is non-refundable, but can be partially used as the registration/start fee in the XII-th BIM.

## **8. Drink and feed stations. The BIM Course, weather and recommendations**

**8.1.** Drink and feed points en route the XI-th Baikal Ice Marathon course shall be located at 10, 15, 21,27,32,37 km mark points. The feed & drink ration includes tea, non-gas water, nuts, dried fruits, chocolates, cheese. The feed stations/point logistics and intervals though can slightly be changed depending on the BIM course conditions the night before the Baikal Ice Marathon commencing. If such a change occurs, the participants of the BIM shall be informed thereof at the pre-start registration/briefing or even at the starting line.

**8.2.** Near the eastern shore, the BIM course can be covered with fresh layer of snow (from 15 to 25 cm thick and up to 500 m long); in some places that are closer to the western shore there can be sections of open/naturally polished ice surface from 35 m to 400 m long; in other places there can be fields of so-called “kolobovnik” – sections of the «pan” or “plated” ice with granular tops of blurred color, frozen in the surface, which represent significant difficulty to run or even walk smoothly and require carefulness in fast moving on them.

Lake Baikal has over 20 general and locally formed winds, and weather here is notoriously difficult to predict. The wind can be very changeable: blow in the race direction as well as into the runners' backs or at a low height (south-eastern wind). Under the low air pressure, local Siberian “khius”-wind can blow, which being though not very strong, is very biting and piercing. Considering the wind chill, sharp gusts of the “khius”-wind even with – 10 Celsius can at some times freeze one's face during the run or penetrate to one's body through any of tiny openings or holes in sports wear cloths. During the last three editions of BIM, after 13:00 / 30-km course mark the Angara wind– a stable strong transverse wind would sometimes start blowing, that can significantly cool down the body of already tired athlete streaming with perspiration. It is very important to make sure that you can stay warm, dry and wind proven in just about any conditions. “Pack up” your body the most appropriate way for the run but in safe, cold wind protecting manner.

The average air temperature range in the 1-st decade of March in the area of Baikal Ice Marathon course: from – 14 below zero to – 27 below (eastern shore) Centigrade near the starting line and at time of starting, from – 7 down to – 14 in the middle of the Baikal Ice course, from – 12 up to + 1 Centigrade closer to the western shore after 02 p.m.

**8.3.**Runners are strongly recommended to wear and have the following or similar cloths/equipment: long distance running shoes with carbide spikes like Icebug or any solid alloy crampons twisted in soles; or average warm sport shoes with put on brackets that have strengthened bobbins( like Yaktrax Pro) and fixing straps, in order to provide

for maximum cohesion, better stability and safety while running on ice; sun glasses, wind proof light jacket, gloves and wool cap, face mask/ ski bonnet, face protective cream.

## 9. Awards

Winners of the IXI-th Baikal Ice Marathon (full marathon and half-marathon distances both in male and female groups) will be awarded with Baikal Ice Marathon-2015 Winner Cups and medals.

2-nd and 3-rd place winners shall be awarded with Baikal Ice Prize Cups and medals.

Some other testimonial awards such as the Cup of Baikal Ice Appreciation, Baikal Ice Partner Cup and commemorative medals of Baikal Ice Marathon-2013 for the notable performance during the foot race shall be awarded to runners chosen by the Organizing Committee members.

All the BIM runners who finish their marathon distance within the control time shall be awarded with commemorative medals of the Baikal Ice Marathon and certificates.

## 10. Conservation of Clean Waters

Baikal Ice Marathon is held on the frozen waters of southern Lake Baikal – the world's deepest, largest in volume (22 % of the world's surface water) and oldest – over 20 million years - freshwater lake that supports unique animal and plant life (¾ are endemic species) . Well of the Planet Earth, Sacred Sea, Siberia's Pearl or Treasure of the World are few of the names that respectfully and with reverence refer to Lake Baikal. And in first turn, the Baikal is a live body of Great Water - the beginning and the continual of life on Earth.

Throughout entire run in the Baikal Ice Marathon or stay on the shore of the sacred Baikal we urge not to throw away on to the surface any piece of rubbish and anything at all, keeping in mind both cleanness of water and landscape's natural beauty.

One can leave the rubbish, used cans, cups etc. at any of the feed stations on the Baikal Ice course, give it away to any one from the Baikal Ice Marathon support or rescue team, or carry with you until you encounter any of the latter. Disqualification can be applied as punishment for those who violate the above request.

## 11. Safety

Safety of the runners during the Baikal Ice Marathon will be ensured by the Baikal Regional Rescue and Accident Service staff, use of the hovercrafts, availability of doctor. Each of the runners will also be provided with personal medical insurance valid from start and until the finish of the Baikal Ice Marathon.

## 12. Preliminary/brief schedule of the BIM

**12.1.** Full marathon and half marathon runners (basic 3 days/2-night runner package) schedule:

- **February, 28, 2015** – between 08:00 a.m. and 11:30 a.m. all runners gather at the Irkutsk airport for a transfer to the hotels located near the BIM fixed start. En route- have lunch. Upon arrival – checking in at the hotels followed by pre-start briefing and start numbers distribution. 19:30 – pasta dinner. Overnight.

- **March, 01, 2015** – after breakfast pre-start zone gathering of runners transfer to the BIM stating line. Start of the BIM accordingly. Before 18:30 – end of the BIM culminating with award ceremony and reception dinner.

- **March, 02, 2015** – transfer of the runners back to Irkutsk.

**12.2.** 15 km runners (admitted to run in the BIM after undergoing through of the BIM Training to Run course schedule:

- **February,25 2015** -- 12:00 –meet at the airport for further transfer to the BIM training lodge locate near Baikalsk with lunch en route. Upon arrival – checking in at the hotel followed by a briefing lecture on the training course schedule and features. After dinner – a lecture on Lake Baikal eco-system peculiarities.

- **February, 26-February,28, 2015** – 3 days of training course program under expert guiding of experienced marathon runner. Preparation for the admittance to the start in the BIM and training these days will include series of short and longer runs in the taiga-woods and on the ice of Lake Baikal (blood pressure measured after each run) combined with acclimatization sessions to achieve good balance of myogenic tonus – skiing the Sable Mountain downhill at the alpine center, warming up at the Ice Steam bath.. Every evening – presentations and lectures.

- **March, 01, 2015** – after breakfast pre-start zone gathering of runners transfer to the BIM stating line. Start of the BIM accordingly. Before 15:30 – end of the BIM culminating with award ceremony and reception dinner.

- **March, 02, 2015** – transfer of the runners back to Irkutsk ( on request your stay can be prolonged or an optional tour program can be arranged on prior request).

### 13. Pre-start standing order of the BIM

**13.1.** The pre-start zone of the BIM is at the hotels where runners will stay.

**13.2.** BIM start line is to be fixed one day before the BIM commencement.

**13.3.** Pre-start registration and briefing, distribution of BIM start numbers shall take place at the hotels the runners will stay on February, 28, 2015 from 17:00 to 19:00.

**13.4.** During the pre-start registration together with the start numbers/bibs each BIM runner will receive a plastic bag having an attached tag with a number that corresponds to the runners' start number/bib and his/her distance in the BIM. This plastic bag with a number tag attached is to be used by a runner before the race begins on March, 01, 2015, to put in the change cloths that a runner may require after finishing the distance of the BIM race on March, 01, 2015. The overall weight of the cloths should not exceed 3 kilos. We urge you to refrain from putting any other items, belongings, valuables other than change cloths. The BIM Organizer shall not bear any responsibility for any loss of your other belongings put into the change cloth plastic bag by the runner in violation of the present clause term.

**13.5.** Runners should be at the pre-start zone (hotel lobbies) at 08:20 a.m. on March, 01, 2015.

**13.6.** Before boarding the transport vehicles for a transfer to the starting line runners should put their start numbers on, have them well fixed and clearly visible on their chest; and be prepared for getting on their vehicles assigned to them for a transfer to the starting line. .

**13.7.** Boarding the transport vehicles to the starting line is to begin at 08:30 a.m. if the BIM starting line will be fixed in Listvyanka (western shore) or at 09:00 a.m. if the BIM starting line is fixed near Tankhoy on the eastern shore of Baikal. Each runner is to board the vehicle he/she will be assigned to in accordance with the boarding name list. The runners will be notified of the details of their transport assignment list during the briefing on February, 28, 2015. The BIM runners will have to strictly follow the details of this transport boarding list. Accurate and correct vehicle boarding by the runners at the pre-start zone is regarded to be an integral part of the final admittance to the start of the BIM.

**13.8.** Runners who fail to arrive to the pre-start zone and board the above mentioned assigned vehicles in time shall be removed from the BIM race and disqualified, and no complains or refunds shall be accepted or done by the Organizer.

**13.9.** Departure to the BIM starting line on March, 01, 2015 is at 08:40 a.m. , if the start is from Listvyanka, and at 09:10 a.m. if the start is to be near Tankhoy.

**13.10.** Upon arrival at the start line and before getting off their transfer vehicles runners are requested to take their plastic bags with personal change cloths and put them into the transport vehicle as below:

- full BIM runners – vehicle #1,
- half BIM runners – vehicle #2,
- 15 km BIM runners-vehicle #3.

**13.11.** Five minutes after arrival to the start line all runners will be invited to get off the transfer vehicles, and walk to the start line. Near the start line, runners shall be kindly then requested to show their reverence for Baikal: using a ring finger sprinkle the milk from the cups in to 4 sides of the Earth and drink the remaining content; or alternatively after the sprinkling just put the milk to the lips and then gently emptying the rest out on to the ice. A couple of minutes after this reverence for Baikal ancient ritual the sound from the handy loud speaker will mark the start of the jubilee XI edition of Baikal Ice Marathon "For preservation of clean water".

**13.12.** Runners must follow the BIM official announcer/ referees' instructions at the pre-start zone and at the start line. Runners whose conduct at the pre-start zone or at the start line disturbs the time schedule and general order will be removed from the start and disqualified.

### 14. Official languages

The official languages of the Baikal Ice Marathon are Russian and English languages.

### 15. Final conclusion

**15.1.** Aimed at providing maximum safety and comfort of the runners during the BIM, the Organizer reserves the right to change time and place, order of the activities/ measures in the BIM.

**15.2.** The present BIM Statutes and Rules in no way can be regarded as an obligation of the Organizer to approve or confirm any person for participation in the BIM.

