



# TENGGELI CHALLENGE 2011

## Rules and Regulations

### 1. Organisation

The "Tenggeli Challenge" is organised by Xtraventure Training and Events Limited (Xtraventure). It will take place in southern Inner Mongolia, China and is expected to have around 80 entrants.

### 2. Definition of the Competition

The Tenggeli Challenge is a 3-day foot race, free style (walking or running), and with food self-sufficiency over a distance of about 90 km (56 miles). Each participant must carry his/her own backpack containing food, sleeping gear and other racing materials.

### 3. Categories of Participants

Individual Race

- Youth (Under 21)
  - Open (21 or Above)
  - Senior (Over 35)
  - Master (Over 45)
- (calculation of age is based on 19 May 2011)  
There are Men' s and Women' s sub-categories in each main category.

### 4. Race Itinerary

- 18 May: Arrive in Yinchuan  
Transfer to desert, administrative and technical formalities
- 19 May: Race Stage 1, with food self-sufficiency
- 20 May: Race Stage 2, with food self-sufficiency
- 21 May: Race Stage 3, with food self-sufficiency  
Transfer to hotel, prize giving ceremony
- 22 May: Transfer to airport / return flight

*A detailed itinerary will be sent to competitors prior to departure.* All participants should arrange their own flight to Yinchuan. Please refer to Part 8 of Race Information for flight details.

Xtraventure reserves the right to modify: the regulations of the Tenggeli Challenge, the aspect of the course, the place and destination in case of forces beyond our control: weather, cataclysm, armed conflict, invasion in any form, lock-out, etc

## **5. Technical and Administrative Verifications**

This takes place on the day before the race start. Participants must present themselves to the race administrators. The participants must meet the administrative and technical requirements. At the control point, an exact list of each participants equipment must be established (i.e. compulsory items, food and personal belongings). The administrators are authorised at any time to check and supervise the participants backpacks. Each element referring to the participant equipment list is strictly personal. In the case of a missing item whether it has being thrown away, lost or stolen, the participant will be penalised. They must therefore inform the organisation of any missing item, failing which penalties could be levied. Each competitor is responsible for his/her own equipment.

## **6. Race Bibs**

During the administrative and technical registration Xtraventure will provide each participant with two breast plates bearing a number, one for the back (to be attached to the backpack) and one for the upper part of the chest (size: approx 22 X 20 cm) and a record card (used to record the competitors' results at each stage). These Race Bibs must be worn by the participants throughout the race and positioned according to the organisation's indications, failing which penalties will be issued. The race marshals may carry out checks at any time. It is formally forbidden to cover the organisation's race numbers with any other lettering. Each participant is obliged to ensure that his/her race bib is clear, entirely visible and in good condition and in the proper place. The organisation will make spare race bibs available in case of loss or damage. Each participant agrees to adhere strictly to this rule, subject to serious penalty in case of violation.

## **7. Race Stages**

There is a time limit for each stage and all participants must complete the stage within the time limit. Any participant fails to finish the stage within the time limit will be disqualified, but will be allowed to continue the race in next stage.

## **8. Check Points**

The water distribution points at both the start and the finish of each stage are compulsory checkpoints. Other checkpoints are located throughout the course of each stage of the race. There are 2 to 6 check points depending on the length of each stage and each competitor must go through them, otherwise penalties will be applied. This allows the marshals to record time and distribute water supplies. Medical assistance will be available at each checkpoint.

## **9. At each Finish Point**

An official time-keeper will take down the daily order of arrival for each competitor. Water is distributed and record card must be marked.

## **10. Ranking**

Each competitor time is indicated in hours, minutes and seconds. The daily race ranking is calculated by adding the time taken to run that stage of the race plus penalties, if applicable. General ranking is calculated by adding together times for each stage of the race.

All complaints must be made in writing to the organization.

## **11. Water Supply**

Xtraventure is responsible for the supply of water for each competitor. Water is typically distributed as follows in each stage:

- 1.5 litres at start of each day
- 2 to 5 times 1.5 litres during the race
- 4.5 litres at finish point

Hot water will be provided to competitors for drinks and frozen dry food. It is forbidden to use the hot water for any washing.

Water will be distributed on the competitors' bivouac each morning before the start of the race. Distribution times will be posted up on the bivouac the night before.

Each participant must manage his/her daily water intake as and when water is distributed and cannot obtain further water supplies at any other time.

## **12. Camp Site**

The campsites will be set up each day on previously chosen sites transformed into camping grounds for the competitors. Competitors must carry their own bivvy gear or a tent for staying overnight in the campsites. Competitors may use their free time to prepare for the night and get medical care, if necessary.

## **13. Medical Assistance**

A medical team specialising in outdoor sports will be in attendance throughout the race with the use of assistance vehicles. It will be posted at check points and at the finish line each day and will ensure that any participants who are suffering from physical or mental exhaustion are brought back to the base camp. The medical team is allowed to remove race bibs and to eliminate any participant they feel physically unfit to continue the race and/or having received vital medical care.

## **14. Dropping Out**

In no circumstances (and at the risk of having to pay the search costs involved) must any competitor leave the race without informing the organisation and signing an official discharge provided by Xtraventure.

In the event a competitor drops out of the race: he/she must inform the organisation and return the race bibs to a race marshal.

Several options are available to participants who wish to withdraw from the race.

- In the case of a serious physical condition, repatriation may be arranged immediately.
- A participant who is in adequate physical condition but wishes to withdraw may elect to :
  - Be driven to the final finish line having signed the official discharge provided by Xtraventure. Subject to feasibility, lodging and meals being at the competitors own expense
  - Be driven by the organisation every morning from the starting point to the campsite.

Competitors who abandon and stay at the campsite will automatically be taken charge of by the organisation. Competitors must hand over their food to the organisation.

## **15. Ground Assistance**

The Organisation reminds all participants that Teggeli Challenge is a race through the Teggeli Desert where climatic and ground conditions can be extreme.

Any outside assistance is strictly prohibited. If a participant is supplied by persons during the race, he/she will be heavily penalised. If a competitor goes far off the race route, necessitating a lengthy search, he/she will be disqualified.

## **16. Insurance**

An insurance policy covering medical evacuation (repatriation) is arranged by the organisation for all entrants throughout the race. The policy covers the following:-

- evacuation on medical grounds and corpse repatriation in the event of death: real costs for all competitors to return to Hong Kong, Beijing and Shanghai. Competitors residing in places/countries not included in the aforementioned list will bear the full costs of returning to home countries from the place of repatriation. They are therefore strongly advised to take out personal insurance.
- necessary fees required for transport in case of death: US Dollars
- payment of medical expenses in China: US Dollars

All competitors take part in the full knowledge of the risks that may be incurred during this type of competition. Since competitors participate of their own free will, the organisation is not responsible for any collapse or accident.

Xtraventure strongly advises participants to take out their own accident and death insurance.

## **17. Weather and Terrain Conditions**

Average temperatures in May:

- Daytime: 86 - 95°F (35°C)
- Night: 45 - 58°F (10°C)

The 90 km (approx) course covers a wide variety of terrain (sand dunes, rocky desert, dry lake basin, etc)

In case of sand storms lowering visibility to zero, the competitors must stop in their tracks and wait for instructions by the Organisers.

The organisers reserve the right to modify the route and the length of the various stages as a result of unfavourable weather conditions or regulations in certain areas.

## **18. Markings**

The race course will be marked by signs, arrows, ribbons, flags and other devices. The course will be marked with devices at intervals at intervals of between 25 and 200 meters depending on terrain and visibility. There are very few natural landmarks along the race route. The participants of the Tenggei Challenge must follow the course as marked by the organizers. In the event that a participant does not see a mark for 150 meters and they are not on the obvious or logical course, they should immediately return to the last known marker to find the correct course.

## **19. Compulsory Equipment for Participants**

### **Food**

Each entrant must provide his/her own food throughout the race. He/she must select the type of food best suited to that individuals personal needs, health, weather conditions, weight and back-pack conditions. Each competitor must have minimum 2,000 calories/day for the first 2 days. 1,000 calories for the last day, otherwise he/she will be penalised. Hot water will be provided at all campsites.

### **Personal Gear**

Competitors must carry at all time the Mandatory Equipment listed in the Mandatory Equipment List; these items may not be carried by any other participant, otherwise he/she will be penalised.

## **20. Registration Fee and Administrative obligations.**

Registration Fee: HK\$4,000 or RMB3,500 or US\$515 per person

Registration Deposit is HK\$1,000 or RMB900 or US\$115 and should be paid with registration form. The balance is due 30 days before the race.

Registration fee includes:

- Transfers on arrival / departure from Yinchuan
- Dinner on 18 May night

- Breakfast on 19 May morning
- Hotel in Yinchuan on 21 May
- Prize presentation banquet on 21 May night
- Water for the duration of the race
- Technical support
- Medical assistance
- Ground support
- Tenggeli Challenge souvenir T-shirt

Xtraventure reserves the right to refuse entry to anyone without justification or reason.

## 21. Cancellation

Cancellations and requests for refunds must be made in writing in order to avoid any misunderstanding. Cancellation refunds will be made on the following basis

- Registration deposit of HK\$1,000 (non-refundable under any circumstances)
- Before 18 April 2010: loss of HK\$800 (or RMB700 or US\$100)
- Between 18 April and 10 May inclusive: loss of HK\$1,200 (or RMB1100 or US\$155)
- After 11 May: loss of all payment

We advise all competitors to take out insurance covering cancellation.

In the event of cancellation of the race, Xtraventure undertakes to reimburse payments already received.

## 22. Errors and Penalties

- List of personal belongings  
Competitors abandoning one or several elements of his personal equipment should inform the campsite marshal. Competitors who cannot justify at any check point the absence of any personal belonging will be severely penalised.
- Food  
Competitors who do not have a minimum 2,000 calories/day for the first 2 days. 1,000 calories for the last day, will receive a 2 hour penalty.
- Race Bibs  
In the event of loss or damage to race bibs, it is essential to advise race officials immediately, or a penalty will be applied. Competitors failing to wear their race bibs may risk elimination from the race. Tampering with race bibs will result in the competitors immediate disqualification.
- Start of race  
Competitors who fail to be present at the starting line when each stage begins will be penalised by the time equivalent to the delay. Exceeding 30 minutes, the competitor will be disqualified and his/her race bibs will be handed over to the steward.

- Checkpoints  
There are checkpoints at the start of each stage, during the stage and at the end of the stage. Competitors must register at all of them. Arrival up to 30 minutes late at the stage start results in a 30 minute penalty, after 30 minutes it will be considered a failure to register, and the competitor will be penalised for failure to check-in. First infraction will be subject to 60 minutes penalty, second infraction will result in 120 minutes penalty and the third time elimination from the race.
- Drugs / Doping  
Any use of illicit drugs by a participant noted by the medical team will result in the elimination of that person from the race.
- Ground assistance  
Any outside assistance is strictly prohibited. Fraudulently receiving outside assistance with food or water will result in a 3 hour penalty the 1st time and elimination from the race on the 2nd occasion. Vital medical assistance (perfusion, plaster cast, etc) will result in a 2 hour penalty the first time, and disqualification on the second occasion. The use of any transportation, either 2 or 4 wheels will result in elimination from the race. Any competitor who mistakenly wanders far off course, necessitating a lengthy search, will be disqualified. The receiving of extra water in particular circumstances (due to lack, loss or leaking bottle), and with the agreement of the stewards, or on the advice of the medical team will result in 30 minutes penalty the first time, 1 hour the second time, and disqualification on the third occasion.
- Water and the environment  
Any water container found on the course will result in a penalty.  
The throwing away of any food packaging or other items on the race route is strictly forbidden and will be penalised.
- Complaints  
All complaints from competitors must be addressed to the Race Director in writing and handed over to the head of the competitors' bivouac during the race. Replies issued within 12 hours.

### 23. Official list of penalties

Reason for penalty	Elimination from Tenggele Challenge	Penalty imposed
No backpack or equivalent	X	
No shelter/bivvy bag/tent, sleeping bag or compass with suitable precision		3 hours/item
No 2000 k/cal for first two days (1000k/cal for last day) or survival sheet		2 hours
No whistle, eating utensils, sun cream, watch, headlamp & batteries		1 hour/item
Personal equipment item missing		1 hour
No race bibs	2nd offence	1st time/warning

Misplacement of race bibs	3rd offence	1st time/warning 2nd time/ 30 mins
Tampering of race bibs	X	
Less than 30 mins late at start of a day's stage		Mins late
More than 30 mins late for start of a day's stage	X	
Exceeding maximum time allowed	X	
Non check-in at check point	3rd offence	1st time - 1 hour 2nd time - 2 hours
Out of time departure checkpoint (water distribution point)		30 minutes
Failure to follow the markings		4 hours minimum
Withdrawal	X	
Doping or use of transportation	X	
Ground assistance	2nd offence	1st time - 3 hours
Receiving of extra water	3rd offence	1st time - 30 minutes 2nd time - 1 hour
Vital medical assistance	2nd time	1st time - 2 hours
Wandering far off course	X	
Abuse of water bottles or the environment (discarded waste)	3rd offence	1st time - 30 mins 2nd time - 1 hour

## 24. Photo coverage

Xtarventure reserves all exclusive rights for photo coverage of the Tenggeli Challenge. Participants must agree that Xtarventure may have exclusive use their identity and individual or collective pictures for anything related directly or indirectly to their participation in the race.

## 25. List of Prizes

- 1<sup>st</sup> prize: trophy and gifts
- 2<sup>nd</sup> prize: trophy and gifts
- 3<sup>rd</sup> prize: trophy and gifts