

**RAIFFEISEN BANK BUCHAREST MARATHON,  
9<sup>th</sup> edition, October 8<sup>th</sup> - 9<sup>th</sup>, 2016  
EVENT INFO & RULES**

**ORGANIZERS**

**BUCHAREST RUNNING CLUB ASSOCIATION** IN PARTENERSHIP WITH THE **ROMANIAN ATHLETICS FEDERATION** AND **BUCHAREST CITY HALL**

Address: Bucharest, Str. Atena, nr. 20, sector 1

E-mail: [info@abrc.ro](mailto:info@abrc.ro)

Event website: [www.bucharest-marathon.com](http://www.bucharest-marathon.com)

Related websites: [www.abrc.ro](http://www.abrc.ro), [www.voluntarinsport.ro](http://www.voluntarinsport.ro)

FB/BucharestMarathon

**DATE & VENUE**

Bucharest, start and finish in *Piata Constitutiei*, Saturday, October 8<sup>th</sup> and Sunday, October 9<sup>th</sup> 2016

**RACES**

**Adult Races**

**Date – Sunday, October 8<sup>th</sup>**

All adult races and the Teen's Race will be held on Sunday, the weekend of the event. Please visit the dedicated page on the official website for the race schedule.

**Wheelchair Race**

(running distance options: 42.195 km; 21.097 km or 3.6 km)

**Marathon**

42.195 km – course details below

**Half-marathon**

21.097 km – course details below

**Marathon Relay**

42.195 km – 4 runners x 10.548 Km, course details below.

**Fun Race 3.6 km**

One lap around the Parliament Palace and Izvor Park. Runners aged 18 and older, no age limit.

**Teen's Race 3.6 km**

One lap around the Parliament Palace and Izvor Park. Teenagers aged between 13 and 17 years.

**Kids' Race**

Date: Saturday, October 8<sup>th</sup> 2016 – Piata Constitutiei and Unirii blvd

The kids' races include a series of competitions, split by age groups and running distances (0.85 - 1.4 km), as part of the Bucharest Marathon event.

Children aged between 5 and 12 years can enter the race.

Children aged 13 years and older are invited to enter the Teen's Race (3.6 km). Participation is free, subject to conditions described below.

**IMPORTANT!** Entering the race shall be subject to presentation of the child's birth certificate (or copy thereof) and a medical certificate attesting to the child's physical fitness.

When registering for the race, all children aged below 18 years shall be accompanied by a parent, tutor or teacher who will sign a declaration certifying the adult's accountability for the child's participation in the race.

At race kit pick-up, parents shall present the child's birth certificate and the medical fitness certificate or the doctor's consent in order to register for the race.

Only children presenting their birth certificates can be awarded prizes.

The organizers will not retain any such personal documents, birth certificates or IDs, which they must check and then return to the document holders.

Children will run by themselves, without their parent or tutor/adult, except for disabled children. All children aged 18 years or younger should bring recyclable materials (paper, plastic bottles etc.) when registering for the race; funds raised from recycling such materials will be donated for tree planting in the Children's Forest (*Padurea Copiiilor*).

Teenagers aged 13 years or older who enter the Teen's Race – 3.6 km can register by either:

- Paying a registration fee identical to the Fun Race fee, or
- Presenting a declaration issued by their school or a sports organization (association, federation), including the organization's logo and contact data, the teacher's name, signature and contact data, attesting that the minor is a member of a sports club, association or team and qualifies for free participation in the Teen's Race, as part of the Bucharest Marathon event.

Schools, high schools and sports or education institutions may certify and register groups of children by submitting the aforesaid documents and bringing recyclable materials for each child. Registration for the **Kids' Race: online registration is open until Monday, October 5<sup>th</sup>**

After this date, we will post on our website the number of remaining race kits (BIB number + T-shirt).

Maximum number of entries for the Kids' Race: 3,500.

Children who want to register for the Kids' Race (additional to children who registered online, up to a maximum of 3,500) can do so ONLY on race day, at Sport Expo, SATURDAY, October 8<sup>th</sup>, between 7:00 am and 11:00 am.

Children who registered online will have their race kit saved for them on Saturday, October 8<sup>th</sup>, BUT ONLY until 10:00 am. After this time, it will be redistributed to those present and willing to run.

KIDS' RACES START AT 10:30 am, by age groups

**AVERAGE SEASONAL TEMPERATURES** Minimum/maximum temperature: 18 C°

#### **TECHNICAL DESCRIPTION OF THE RACE**

The course (AIMS/IAAF certified) is fully asphalted and marked at each km.

For additional details and course map, please visit the course map page on the official website:  
<http://www.bucharest-marathon.com/traseu>

#### **CORRIDORS AND START SECTORS FOR RACES HELD ON SUNDAY, OCTOBER 9<sup>TH</sup>:**

The first running corridor at the Start area (runners lined up at the start, with *Piata Constitutiei* to the left) is designated for the start of all races: Teen's Race, Fun Race, marathon, half-marathon and marathon relay.

The start corridor will be split into start sectors. Each runner receives a BIB number based on their personal best, as indicated in the statutory declaration filled in during the online registration.

Each runner will start the race from the sector corresponding to their personal best indicated upon online registration: first start sector – athletes with disabilities and elite athletes, followed by sectors split by projected running times for marathon, half-marathon and relay runners.

Access to the start sectors: please check each entry point from *Piata Constitutiei* to the start corridor and enter the sector that has been assigned to you according to your running number, as shown on the sign placed at the entry point to the start sector. The start corridors follow the street and are split by start sectors.

The second running corridor at the Start area (for runners lined up at the start, with the Parliament Palace to the right) is designated for the finish of the Teen's Race and Fun Race, as well as for the second crossing of marathon, half-marathon and marathon relay runners through the start gate when they reach km 17.6 (look for the signs "laps/ture – right" and "finish/sosire – left" placed 300 m before the start/finish gate).

Runners with disabilities and wheelchair runners take priority in the start area, in front of the other participants.

The start sectors and corridors will be clearly signposted.

The announcer will invite all runners to line up at the start, according to their corresponding sector and corridor. The access to the start corridors and sectors will be allowed starting with 8:00 am.

**Start corridors**

		MARATHON	HALF-MARATHON	RELAY 10K + 10K + 11.1K + 11.1K
SECTOR / START TIME	RACE / COLOUR	BIB NUMBER	BIB NUMBER	BIB NUMBER
A1 - 09:30	Wheelchair - Marathon	W1 - W10		
A1 - 09:30	Wheelchair - Half-marathon		W11 - W20	
A2 - 09:30	Elite Athletes, Marathon	1 - 100		
B - 09:30	Marathon	101 - 999		
B - 09:30	Relay			R1a/b/c/d to R700a/b/c/d
B - 09:30	Half-marathon		5000 - 5999	
C - 09:30	Marathon	1000 - 1999		
C - 09:30	Relay			R1a/b/c/d to R700a/b/c/d
C - 09:30	Half-marathon		6000 - 6999	
D - 09:30	Marathon	2000 - 2999		
D - 09:30	Relay			R1a/b/c/d to R700a/b/c/d
D - 09:30	Half-marathon		7000 - 7999	
E - 09:30	Marathon	3000 - 3999		

<b>E - 09:30</b>	<b>Relay</b>			R1a/b/c/d to R700a/b/c/d
<b>E - 09:30</b>	<b>Half-marathon</b>		8000 - 8999	
<b>F - 09:30</b>	<b>Marathon</b>	4000 - 4999		
<b>F - 09:30</b>	<b>Relay</b>			R1a/b/c/d to R700a/b/c/d
<b>F - 09:30</b>	<b>Half-marathon</b>		9000 - 9999	

### TERMS OF ENTRY – MARATHON, HALF-MARATHON, RELAY

To enter the Marathon, Half-marathon and Relay races and pick up the BIB number, each participant must:

- 1) be aged 18 years or older on the race day;
- 2) pay the registration fee;
- 3) have an ID on them for identity check;
- 4) agree to take full responsibility for their participation. The organizer shall not be held liable for any injury or damage that runners may sustain during the race.
- 5) enter no other race during the event; only one registration shall be valid.

### REGISTRATION, TERMS AND FEES

Runners can register online for the adult races: Marathon, Half-marathon, Relay and Fun Race (including persons with disabilities) until **Monday, September 26<sup>th</sup>**.

After this date, we will post online the number of remaining race kits, if any. Runners can register for the remaining slots (the difference between the maximum numbers below and the number of online registrations) at Sport Expo. The maximum number of participants allowed in the races is:

- Marathon: 1,400 runners
- Half-marathon: 3,800 runners
- Marathon relay: 750 teams, namely 4 x 750 = 3,000 runners
- Fun Race: 2,200 runners
- Teen's Race: 2,000 runners
- Kids' Race – 3,300 runners
- Jogging in Diapers SAMAS – 350 participants

Organizers may change these limits; such changes will be announced on the website, FB, by newsletter.

### Terms and schedule for race kit pick up and registration at SPORT EXPO

Sport Expo is an exhibition area where various brands present and sell running and sports gear, nutrition products, leisure goods.

NGOs and charities promoted by RBBM will also be present.

Runners can pick up their race kit at Sport Expo.

#### Terms:

Registered runners must submit:

1. the registration confirmation letter, printed and signed. The letter can be downloaded from the website, along with the statutory declaration.
2. ID card or any other ID document (to be presented to the organizers and returned immediately to the holder)

#### Schedule:

- Friday – October 7<sup>th</sup>, 2016: 1:00 pm – 8:00 pm (new registrations and/or race kit pick-up)

- Saturday – October 8<sup>th</sup>, 2016: 11.00 am – 8:00 pm (new registrations and/or race kit pick-up)
- Sunday – October 9<sup>th</sup>, 2016:
  - 7:00 am – 7:30 am (race kit pick up ONLY for registered runners who can prove they arrived in Bucharest on the morning of October 9<sup>th</sup>)

## REGISTRATION FEES

Fees are paid in RON at the NBR exchange rate on the registration day.

	Marathon	Half-marathon	Relay	Fun Race	Teens Race	Persons with disabilities
Until 1/03/ 2016	€38	€22	€82	RON 35	RON 35	Free
Until 1/06/2016	€44	€29	€99	RON 35	RON 35	Free
Until 26/09/2016	€50	€36	€115	RON 40	RON 40	Free
8-9/10/2016, Sport Expo	€56	€43	€132	RON 45	RON 45	Free

The fee for each race is inclusive of the amount to be donated to partnering NGOs. All funds that are raised from runners who support a cause at the Fun Race, as well as the Pasta Party fees will be donated.

The causes associated with this event, for which the runners can make donations, are: Hospice Casa Sperantei, United Way, Little People, Light into Europe, WWF, FOR, HHC, Viitor Plus, Casa Agar- Touched Romania

## SERVICES INCLUDED IN THE RACE KIT – for MARATHON, HALF-MARATHON, RELAY

- BIB number
- Chip rental and timing
- Refreshment Points
- Sponge Points
- Deposit Bag
- Changing Tents
- Finisher Medal
- Toilets
- Official magazines
- Official T-shirt
- Medical Aid
- Participation Certificate

## **SERVICES INCLUDED IN THE REGISTRATION PACKAGE – for the FUN RACE, TEEN’S RACE AND KIDS’ RACES.**

- BIB number
- Refreshment points at finish
- Finisher Medal
- Official T-shirt
- Medical Aid
- Toilets

### **REGISTRATION OPTIONS**

#### **a) Online**

Online registrations are open until a specified closing date. For details, please visit the section

#### ***Registration terms and fees!***

**Online payment** by credit/debit card is preferred. Our bank details:

Asociatia Bucharest Running Club

Address: Bucuresti, Str. Atena, nr. 20, sector 1

CUI/CIF: 21585951

Bank: Raiffeisen Bank - Bucuresti - Ag. Dorobanti

IBAN RON: RO91 RZBR 0000 0600 1730 8502

IBAN EUR: RO37 RZBR 0000 0600 1730 8504

IBAN USD: RO96 RZBR 0000 0600 1730 8509

SWIFT: RZBRROBU BIC:

RZBR

Payment details: “BM 2016 – RACE\_NAME”

#### **b) Payment by bank transfer (PO):**

step 1. register online

step 2. make the payment by PO

step 3. send the PO to register@abrc.ro

After the payment is confirmed, the registration administrator validates your registration.

Companies/legal entities that want to issue one payment order to include all fees for their participants shall take the following steps:

1. each runner registers online for the race of their choice

2. a contact person sends the list of registered runners and the invoicing details to invoice@abrc.ro; the invoice for registering all runners on the list is then issued and sent back via e-mail. The list must include the participants' name, surname and race. The company pays by PO, the representative then sends a copy of the PO and the list of registered runners by e-mail to register@abrc.ro for validation, adding invoice@abrc.ro in carbon copy.

**c) Cash payment** exclusively at Sport Expo, subject to availability of slots posted on the website after online registration closing.

#### **ATTENTION !**

The registration becomes valid and final after the payment is made and confirmed as received by the organizer and after you appear as validated on the runners' list posted on the website. The registration is automatically cancelled and deleted if the payment is not finalized within five business days from registration date. Runners can check their registration status on the Runners' List posted on the website.

#### **b) At Sport Expo**

Runners who did not register and pay online can go to Sport Expo to register and pick up the race kit, subject to availability of BIB numbers. They need:

1. Receipt attesting they paid cash for registration;
2. Statutory declaration including the runner's name, surname, date of birth, e-mail address and signature;
3. ID card or other ID documents (to be presented to the organizers and returned immediately to the holder).

#### **ATTENTION!**

No registrations for adult races are accepted on race day!

#### **REGISTRATION FEE REFUND, REGISTRATION CHANGES and IMPORTANT DEADLINES FOR RUNNERS**

Registration fees are non-refundable (this includes runners who registered, but did not participate in the race).

Runners are allowed to change the race they chose initially or the members of the relay team against a EUR 10 fee/person, plus the fee difference (if they choose to register for a longer race, with a higher fee).

Runners who want their NAME printed on the BIB NUMBER MUST register until **August 24<sup>th</sup>**.

Runners who want to get a technical T-shirt in the size of their choice must register until **August 24<sup>th</sup>** – this option is available exclusively for long races runners: (marathon, half-marathon, relay)

We DO NOT guarantee the size of the T-shirt for participants who register after this date. At Sport Expo, runners who registered after this date will receive T-shirts on a "first in, first served" basis.

#### **EXCEPTIONS AND FREE REGISTRATIONS**

Marathon, Half-marathon, Relay, Fun Race and Teen's Race runners who were on the podium at the previous edition (1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> places) may register for free at the next edition of the event, exclusively for the same type of race that they won in the previous year.

Runners whose image appears in the foreground of the official poster at the current edition of the event may register for free at this edition, exclusively for the same type of race they attended the previous year.

To benefit from this free entry, you need to register online and send an e-mail with the explanation and the request at [info@abrc.ro](mailto:info@abrc.ro) within maximum five days from registration, for validation. Closing time: September 26<sup>th</sup>. The registration fee will not be refunded in case the payment was already made.

#### **COURSE AND START TIMES FOR ADULT RACES ON SUNDAY, OCTOBER 9<sup>TH</sup>**

The start time of the competitive races - Marathon, Half-marathon, Marathon Relay – is 9:30 am on Sunday, October 9<sup>th</sup>, from *Piata Constitutiei*.

The course runs as follows: Blvd. Libertatii - Piata Francofoniei - right turn on Calea 13 Septembrie - Piata Arsenalului - right turn on Str. Izvor - left turn on Str. B.P. Hasdeu - right turn on Splaiul Independentei - right turn on Blvd. Libertatii - left turn on Blvd. Natiunile Unite - right turn on Splaiul Independentei - Piata Unirii - right turn to Blvd. Unirii - left turn at Fantana Mare - left turn past Unirea Shopping Center - left turn on Str. Halelor - Splaiul Independentei - right turn on Calea Victoriei - right turn on Blvd. Dacia, up to the junction with Str. H. Coanda - turn to Calea Victoriei - right turn to Piata Victoriei - at the junction with Str. Sevastopol, turn on Calea Victoriei - right turn on Str. Stirbei Voda - left turn on Str. Ion Campineanu - right turn on Calea Victoriei - right turn on Splaiul Independentei - Piata Operei - right turn on Blvd. Regina Elisabeta - to Cercul Militar National, turn on Blvd. Regina Elisabeta - Piata Operei - Splaiul Independentei - Eroilor Bridge - bridge crossing and U-turn back to Splaiul Independentei - Izvor Bridge - right turn on Blvd. Libertatii - right turn on Calea 13 Septembrie - Piata Arsenalului - left turn on Sos. Panduri - right turn on Sos. Panduri - at the junction with Str. Prof. Dr. Francisc Iosif Rainer, U-turn back to Sos. Panduri - at the junction with Calea 13 Septembrie, continue along Blvd. Tudor Vladimirescu - at the junction with Calea Rahovei, U-turn back to Blvd. Tudor Vladimirescu - right turn on Calea 13 Septembrie - Piata Francofoniei - right turn on Blvd. Libertatii - to Piata Regina Maria, U-turn back to Blvd. Libertatii - Piata Constitutiei - right turn to Blvd. Unirii - Piata Unirii - Piata Alba Iulia - right turn to Blvd. Burebista - at the junction with Str. Popa Stoica Farcas, U-turn back to Blvd. Burebista - Piata Alba Iulia - right turn to Blvd. Decebal - Piata Muncii - Blvd. Basarabia - at the junction with Blvd. Chisinau, U-turn back to Blvd. Basarabia - right turn to the National Arena park - tour around the National Arena - exit the park and turn right on Blvd. Basarabia - Piata Alba Iulia - Piata Unirii - right turn past Unirea Shopping Center - left turn on Str. Halelor - Splaiul Independentei to Piata Operei - at Piata Operei, U-turn back to Splaiul Independentei - right turn to Blvd. Libertatii - finish in Piata Constitutiei.

This course will be closed to traffic on Sunday, October 9<sup>th</sup>, between 6:30 am and 4 pm.

The Teen's Race and Fun Race are scheduled for Sunday, October 9<sup>th</sup>, starting from *Piata Constitutiei*: the Teen's Race at 8:25 am, the athletes with disabilities in the Fun Race at 8:28 am and the Fun Race at 8:30 am, following the course: Blvd. Libertatii, Calea 13 Septembrie, Izvor street, Hasdeu street, Splaiul Independentei, Blvd. Libertatii.

The allowed course limit is 3:30 pm.

Until reopening time, public transport lines with routes on the race course will be diverted.

The maps of the race courses are available at <http://bucharest-marathon.com/traseu/>

## **TIMING**

The timing for the marathon, half-marathon and relay races will be provided by a specialized company: Champion Chip – Data Service. The timing system keeps the time for each runner and registers each passing over the tartan mats – at the start, along the course and at the finish line. The check points are placed at start/finish and along the course, at undisclosed locations, in cooperation with the Romanian Athletics Federation.

## **ATTENTION!**

Any runner missing or skipping a check point will be automatically disqualified.

All runners are required to wear the BIB number on the front of the T-shirt and attach the electronic chip as shown on the chip package. Any runner not wearing the BIB number on the T-shirt or wearing a different BIB number instead of the one received from the organizer or not wearing the chip throughout the race as indicated in the instructions will be disqualified. Changing or replacing the BIB number on the race day in case of loss or exchanging BIB numbers among runners is not allowed. Failure to observe these rules leads to disqualification.

## **ATTENTION!**

Runners who did not return the chip from past races can register to the current event by paying an extra EUR 10 fee (the chip value). Runners who do not return the electronic chip for two consecutive races will be banned from future races.

## **TIME LIMIT – TRAFFIC REOPENING**

The time limit for the marathon race is 6 hours.

Runners crossing the finish line after this time limit will not be included in the ranking of their race.

All roads will be reopened to traffic after this time limit and the organizers will no longer guarantee the safety of the runners.

## **RANKING – PARTICIPATION CERTIFICATE for MARATHON, HALF-MARATHON, RELAY**

The official ranking will be available at <http://www.bucharest-marathon.com> within 48 hours from race completion. The Participation Certificate will specify the position in the "official ranking". According to international rules – IAAF – the "official ranking" is based on the "official time" recorded for each runner. The "official time" is measured from the moment of the official start until the moment of crossing the finish line. The real time, measured between the moment of crossing the start line (after the official start) and the moment of crossing the finish line, will also be mentioned on the participation certificate of each runner. This time cannot be used in the "official ranking".

## **OFFICIAL PRIZES**

Prize money will be offered only for the Marathon, Half-marathon and Relay races.

The prizes will be presented in RON to Romanian residents and in EUR to foreign citizens.



Fun Race 3.6 km, Teen's Race 3.6 km, Kids' Race 1.6km and 0.8 km and SAMAS Jogging in diapers will not offer prize money. The prizes for these races will consist of products and services.

Age group category winners – Masters (Veterni) – will be offered diplomas; only for Marathon Race.

**IMPORTANT:**

**A runner can only be awarded one prize for one category. No participant is allowed to run more than one race or receive prizes in more than one category.**

**NOTE FOR ACCEPTING PRIZE MONEY:** Race winners shall send a message containing their full name, contact data, address, zip code, bank name and address, IBAN code, CNP, copy of the ID card/passport to [prize@abrc.ro](mailto:prize@abrc.ro) and [office@abrc.ro](mailto:office@abrc.ro), no later than **October 25<sup>th</sup>, 2016**. Race winners who do not send their contact data and bank details by this date cannot claim their prize money.

Note to all foreign or Romanian runners: prize money and bonuses shall be subject to the 16% income tax.

**PRIZES FOR SCHOOLS AND HIGH SCHOOLS WITH THE LARGEST NUMBER OF PARTICIPANTS**

**The first 3 schools and 3 high schools/colleges with the largest turnout at the event will be awarded prizes**

**IMPORTANT!**

The schools must provide evidence of the number of students present at the start line on the race day. All schools and high schools shall take pictures of their participants in front of the event poster, next to Sport Expo/ *Piata Constitutiei*, featuring all students, in order to be included in the ranking. The pictures shall be sent to [dana.marcu@abrc.ro](mailto:dana.marcu@abrc.ro). The prizes will be granted within two weeks from the event.

**PRIZE CATEGORY – Funny costumes!**

Runners are invited to take this opportunity of celebration in Bucharest and wear character costumes or items representing the cause they support throughout the entire race!

The event organizers and partners offer 3 diplomas and prizes for the funniest costumes! Costume runners must come up to the main stage right after they finish the race so that the organizers can examine the costumes and offer them a diploma. Only runners who come to the organizers (at the main stage) can be identified and awarded.

**THE DIPLOMATS' MARATHON AND HALF-MARATHON CHAMPIONSHIP, 2<sup>ND</sup> EDITION AT BIM 2016**

Prizes will be awarded to the first 3 women and 3 men to finish the Marathon race, registered in the Diplomats' Championship;

Prizes will be awarded to the first 3 women and 3 men to finish the Half-marathon race, registered in the Diplomats' Championship.

**AWARD CEREMONY**

The Bucharest Running Club Association will organize the awarding ceremony in *Piata Constitutiei*, on the race days (October 8<sup>th</sup> and 9<sup>th</sup>), between 10:30 am and 3:30 pm.

On October 8<sup>th</sup>, Contrapunct and singers from partner record labels will perform on stage for the children, as part of the award ceremony.

On Saturday, October 8<sup>th</sup>, a theater play will be performed on stage – starting at 9 pm.

Two stages will be set up on October 9<sup>th</sup> – one at the start/finish line and another one in *Piata Constitutiei*, with two announcers commenting throughout the entire running event.

A concert will be held on October 9<sup>th</sup>, at 2:30 pm, after the award ceremony.

A warm-up class (aerobics) will be held on both days – October 8<sup>th</sup> and 9<sup>th</sup>, before race start, from 9:30 am to 10 am (October 3<sup>rd</sup>) and from 8:00 am to 8:30 am (October 4<sup>th</sup>).

**CHANGING TENT, DEPOSIT BAGS FOR RUNNERS' PERSONAL ITEMS**

A changing tent will be set up near Sport Expo, providing runners with a place to change clothes before and after the races.

At start number pick up, runners will be given a deposit bag and a sticker bearing the same start number; place the sticker on the deposit bag before leaving the bag at the wardrobe.

Deposit bags can be left off at the changing tent before start and picked up after race finish, based on the start number. Only bags with a sticker number matching the runner's start number will be accepted.

**NOTE:**

- In the changing tent area, priority will be given to marathon, half-marathon and relay racers.

- The changing tent is guarded by the staff/collaborators of ABRC and partnering NGOs. We recommend that you don't leave any valuables in the deposit bags. Organizers shall not be held liable for the theft, damage or loss of any personal items.

## TOILETS

The toilets are located in the Start / Finish area, on both sides of *Piata Constitutiei* (20 toilets on each side). Additionally, 2-4 toilets are placed at every refreshment point, sponge point and relay change over point.

## REFRESHMENT POINTS AND SPONGE POINTS

As per IAAF/AIMS rules, a refreshment point will be set up every 5 km, namely at approximately 5/10/15/20/25/30/35/40 km and at the finish line.

Sponge points will also be arranged every 5 km: 5/12.5/17.5/22.5/27.5/32.5/37.5. Runners are kindly asked to dispose of plastic bottles or cups in the area close to the refreshment and sponge points, so as to make it easier to clean up afterwards.

Each marathon, half-marathon and relay racer will receive a sponge in the race kit, at registration.

Refreshment points and sponge points (refreshment point = RP; sponge point= SP)

- RP km 4.3 / 25.8 (next to the large fountain, in Piata Unirii);
- SP km 7.3 (at the entry on Blvd. Dacia, near Golden Tulip hotel);
- RP km 10.15 (in front of C-tin Tanase Theater, across from Odeon Theater);
- SP km 12.25 (Splaiul Independentei, before turning right on Blvd. Kogalniceanu);
- RP km 15.2 / 39.8 (Blvd. Kogalniceanu - next to the entrance to the Opera);
- SP km 18.1 (Calea 13 Septembrie, on the left hand side, in the mid-street platform - upstreet from the first entrance to the Parliament Palace);
- RP km 19.8 (next to I.G. Duca School - at the street crossing);
- SP km 22.4 (Blvd. Tudor Vladimirescu, on the return way - after Green Gate office building and before Lukoil gas station);
- SP km 26.8 / 36.6 (inside Blvd. Unirii, next to the square - close to the junction with Traian street);
- RP km 29.7 (Piata Muncii subway stop, before entry to Blvd. Basarabia - former refreshment point from 5 km);
- SP km 31.8 (Blvd. Basarabia, on the alley leading to the National Arena - for the entry to/exit from the National Arena);
- RP km 35.4 (Piata Alba Iulia square - next to CEC Bank).

## RELAY CHANGE OVER POINTS

- km 10.55 (Calea Victoriei, on the return way - next to BCR and CEC Bank Palace - across from the History Museum);
- km 21 (after the junction with 13 Septembrie - on Blvd. Tudor Vladimirescu, near the entrance to the indoor parking of Senior Software office building);
- km 32.1 (National Arena, at the lap start point - former sponge point from km 7.5)

## FIRST AID – DROP OUT

First Aid points will be located in the Start/Finish area, in a SMURD field hospital. Ambulances will also be stationed at the following points:

- National Arena (on Blvd. Basarabia)
- Calea Victoriei (at the end of the street, in *Piata Victoriei*)
- Blvd. Eroilor (on the bridge)
- Calea 13 Septembrie x Panduri and T. Vladimirescu
- *Piata Alba Iulia*
- *Piata Constitutiei* (at the finish line)

Ambulances stationed at the first aid points will be called in and sent out on course by the Operations Center. The Operations Center is headquartered in *Piata Constitutiei* and will be notified by marshals and observers on the course in case of accidents. The ambulances will immediately report on the course to pick up the injured runners.

Runners who drop out of the race are advised to make their way to the refreshment or sponge points and wait there for the sweep-up bus. They can also reach the start/finish area by public transport.

## First Aid Info

Every participating runner shall write the following info on the back of the start number for their own safety in case of accidents.

#### PERSONAL DATA

Name: \_ \_\_\_\_\_ \_ Surname: \_ \_\_\_\_\_

Language: \_ \_\_\_\_\_

Age: \_\_\_\_\_

Blood Type: \_ \_\_\_\_\_

Allergy to Medicine: \_ \_\_\_\_\_

#### CONTACT PERSON IN CASE OF EMERGENCY

Name: \_ \_\_\_\_\_ \_ Surname: \_ \_\_\_\_\_

Language: \_ \_\_\_\_\_

Mobile Phone Number: \_ \_\_\_\_\_

Supplementary Mobile Phone Number: \_ \_\_\_\_\_

#### VEHICLES ON THE COURSE

No vehicles are allowed on the course, except for the organizer's bicycles or vehicles and wheelchairs. Offenders will be sanctioned according to the law and their vehicles will be seized by the local police.

#### PARKING

The parking lot nearest to the Start/Finish is *Piata Unirii*, 1 km from the Start area, entry point behind Unirea Shopping Mall; the parking fee is the equivalent of EUR 0.6/hour;  
The nearest subway stations are *Izvor* (0.5 km from the Start area) and *Piata Unirii* (1 km from the Start area).  
The course will be closed for traffic from 6:30 am on race day.

#### COPYRIGHTS

By entering the competition, all participants authorize the organizers and the event partners to use and reproduce any video-audio material or statement containing still or moving images of the participants. Organizers may share these materials with third parties without the participants' consent; this right remains valid without geographical or time limitation.

Have a great run and lots of fun!  
Bucharest Running Club Association