

# CDO-DAHILAYAN 57K & 80K ULTRAMARATHON

## RACE DETAILS

<b>Date</b>	:	September 8, 2012
<b>Assembly Time</b>	:	
80K (solo/relay)	:	11:30 p.m. (September 7)
57K	:	2:30 a.m.
<b>Gun Start</b>	:	
80K (solo/relay)	:	12:00 a.m. (September 8)
57K	:	3:00 a.m.
<b>Venue</b>	:	City Hall, Cagayan de Oro
<b>Registration Fees</b>	:	

- 1.) 80K SOLO – Php 3,000 includes: Carbo-Loading Party, Race Bib Timing Chip, Finisher's Jacket, Finisher's Shirt, Finisher's Medal, Lunch, Dropzone Fun Ride, and shuttle ride back to CdO.
- 2.) 57K SOLO – Php 2,000 includes: Carbo-Loading Party, Race Bib Timing Chip, Finisher's Jacket, Finisher's Medal, Lunch, Dropzone Fun Ride, and shuttle ride back to CdO.
- 3.) 80K RELAY (3-MEMBER TEAM: male/female/mixed) – Php 1,500 per person includes: Carbo-Loading Party, Race Bib Timing Chip, Finisher's Shirt, Finisher's Medal, Lunch, and Dropzone Fun Ride.

\*All Participants will be given Certificates of Participation.

**Race Briefing & Carbo-Loading Party:** September 6, 2012 at 5:00 p.m.  
Buffalo Grill Restaurant, Don A. Velez St., Cagayan de Oro City

**Prizes:** 80K SOLO: Champion - Php 10,000 cash (male & female), Top 10 Placers - Medals  
57K SOLO: Champion - Php 5,000 (male & female), Top 10 Placers - Medals  
80K Relay: Champion - Php 5,000 (team), Top 3 Teams - Medals

### **Route / Landmarks :**

80K: Assembly at City Hall (Start Line) – Gaerlan St. – Velez St. – Provincial Capitol – Lico-an – Kauswagan Bridge – Kong Hua School – Savemore – Kauswagan National Highway – Jollibee Bulua – Macapagal Road – ABS-CBN Station – Canitoan Bridge – Oro Chamber Bldg – SM City CDO – Xavier Estates - Taguanao Road – Indahag – CDO-Bukidnon Boundary Line – Brgy. Gango – Brgy. Kinawe – Brgy. Kili-og – Libona Municipal Hall – Camp 09 – Agusan Canyon – Del Monte Plantation Compound – Camp Philips (Football Field) – Camp 08 – Pineapple Fields – Brgy. Mampayag – Dahilayan Adventure Park (Finish Line).

80K Relay Points: Team Member # 1 – City Hall (Start Line) to Indahag  
Team Member # 2 – Indahag to Libona Municipal Hall  
Team Member # 3 – Libona Municipal Hall to Dahilayan Adventure Park (Finish Line).

57K: Assembly at City Hall (Start Line) – Gaerlan St. – Velez St. – Rodelsa Circle – Tomas Saco St. – Corpus Christi School – Aluba – Taguanao Road – Indahag – CDO-Bukidnon Boundary Line – Brgy. Gango – Brgy. Kinawe – Brgy. Kili-og – Libona Municipal Hall – Camp 09 – Agusan Canyon – Del Monte Plantation Compound – Camp Philips (Football Field) – Camp 08 – Pineapple Fields – Brgy. Mampayag – Dahilayan Adventure Park (Finish Line).

### **Aid Stations:**

1. Aid stations will be provided every 5 kilometers along the race route.
2. A Medical Station will also be available at the Del Monte Plantation Compound.

### **Support Vehicle:**

Each runner is allowed to have a support vehicle provided:

- a) The vehicle must post the Official Support Vehicle ID which will be distributed along with the participant's race kit.
- b) The support vehicle must leapfrog the runner at all times; pacing/trailing the participant is not allowed.
- c) Participant is not allowed to go inside the vehicle at any time during the race.

**Required Gears:**

1. Headlamp/Flashlight. Each participant will be checked at the starting line. Those without such item will NOT be allowed to start.
2. Hydration system (e.g. hydration belts, camel backs, handheld bottles) to last at least 5 kilometers.
3. Trail/Light Food (e.g. snack bars, energy gels, etc.)

**Recommended Gears:**

1. Cushioning Shoes.
2. Running caps, headgears, visors, and arm warmers.
3. Loose change or small bills.
4. Mobile Phone.
5. Race bib holder/belt for the 80K relay team.

**Check-in Baggage Counter:**

A mobile check-in baggage counter will be provided at the Start Line. Items checked in can be claimed at the Finish Line.

## RULES & REGULATIONS

1. All Participants are required to complete and sign the Official Entry form. Submission of the signed Official Entry form or participation in the race as a registered Participant (even in the absence of a genuine signature in the Official Entry form) shall serve as conclusive confirmation of (a) the Participant's consent to the Waiver/Release printed in the Official Entry Form and (b) the Participant's agreement to abide by the rules and regulations of the ***CdO-Dahilayan UltraMarathon***.
  - 80K SOLO Documentation Requirement:
    - Proof of marathon completion (e.g. medal, certificate, picture)
  - 57K SOLO Documentation Requirement:
    - Proof of marathon completion (e.g. medal, certificate, picture) OR Medical Certificate for Non-Marathoners.

The Organizers reserve the right to deny participation to those who cannot comply.

2. While every reasonable precaution will be taken by the Organizers to ensure the Participants' safety, it is understood that Participants run at their own risk and the Organizers shall be not be responsible or held liable for any injury, disability or death arising from training or occurring during participation in the race.
  - Participants are strongly encouraged to undergo medical check-up and/or consult medical practitioners prior to registration and before the actual race day.
3. All participants must wear the assigned Bib Number on his/her chest throughout the race. 80K RELAY TEAMS will be issued 1 race bib per team. Each member of the team must pass on the team's race bib to the next member at the designated relay point.
4. For MINORS, a written and signed Parental Consent along with the Official Entry Form Waiver/Release must be submitted.
5. Cut-off time for all Participants is 3:00 p.m. on September 8, 2012. After which, Participants may continue on the footpath at their own risk.

6. A Participant must retire from the race immediately, if required to do so by any member of the official medical staff, Race Director, Marshal and/or Security Officer.
7. A Participant is allowed to have a support vehicle, provided:
  - a) The vehicle must post the Official Support Vehicle ID which will be distributed along with the race kit.
  - b) The support vehicle cannot stay in front, beside, or behind the Participant. It must instead leapfrog the runner at all times.
  - c) Participant is not allowed to go inside the vehicle at any time during the race.
8. Bandit runners and unregistered pacers will be strictly prohibited.
9. Pets, bicycles, in-line skates, prams, push carts, shoes with built-in or attached rollers are not allowed on the course other than official support, medical, and other designated vehicles.
10. Participants must run against the flow of vehicular traffic.
11. Once registration has been duly processed, there will be no entry fee refund for Participants who for whatever reason do not eventually take part in the event.
12. There will be no entry fee refund if the event is cancelled on account of force majeure or for causes beyond the reasonable control of the Organizers.
13. The Organizers reserve the right to use any photographs (including those of Participants), motion pictures, recordings or any other media records of the event for any legitimate purpose, including commercial advertising, without giving monetary consideration to any Participant.
14. The Organizers reserve the right to limit and/or refuse entries upon their discretion. It also reserves the right to alter, amend, or make any changes or any of the rules as set prior to holding the race.
15. Assigned race bibs are strictly non-transferable. The Organizers will not entertain nor be in any way responsible for any disputes arising from incomplete entry details.
16. Participants who commence before the actual start time will be disqualified.
17. All winners must be physically present to receive their awards and prizes during the awarding ceremony. The Organizers shall reserve the right to forfeit the prizes (whether in cash or in kind) of winners who are not physically present during the awarding ceremony.
18. For all other Participants, disputes and appeals regarding the results must be submitted in a written format, including electronic mail within 3 days of race day. Organizers reserve the right not to entertain any dispute or appeal after September 10, 2012.
19. The Organizers reserve the right to require the Participant to present official documents necessary to support the disputes or appeals made.
20. The Organizers' decision is final.

***I have read and agreed to the above Rules & Regulations of the CDO-Dahilayan Trail Ultra Marathon.***

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Printed name over signature

