



ULTRA RUN ASIA

— ULTRA RUN FLORÈS —

2025

RULES AND REGULATIONS (1/4)

SECTION 1 — ORGANIZATION

ULTRA RUN ASIA is organizing the seventh edition of his race, this time in Indonesia, on the island of Florès, a new concept more focused on Raid-Adventure: “ **ULTRA RUN FLORÈS 2025** ” from May 1st to 11, 2025. This seventh edition will bring together at least 10 teams of 3 runners.

SECTION 2 — GENERAL DESCRIPTION

This is a running race by teams of 3 runners (men or women or mixed) in total autonomy over a distance of 300km non-stop day and night, at a free pace with every 25km, water supply points. Runners will be self-sufficient in food during the race. As an exception, it is possible to form teams of 2 runners or even to run solo after agreement.

Total duration of the event : 120 hours maximum.

SECTION 3 — GENERAL REQUIREMENTS

The race will take place in accordance with the Rules and Regulations of the event to which all participants agree to abide by the mere fact of their registration.

SECTION 4 — PARTICIPANT ADMISSION REQUIREMENTS

The race is open to all adults of either sex and of all nationalities who meet the requirements of the Rules and Regulations, and who hold a medical certificate attesting to their fitness for this event and an ECG as per the template on file. The Organization reserves the right to refuse to register a runner without justification.

SECTION 5 — EVENT OUTLINE – SCHEDULE

See details in the online schedule. For the safety of participants, the Organization reserves the right to change the route of the race and to make changes to the outline of the event if necessary.

SECTION 6 — EQUIPMENT

Each runner will be required to have **an equipment complying with the list** below:

- A 20 to 30 liter backpack with water bladder or bottles (3 liters minimum);
- Sticks;
- A sleeping bag;
- One tent per team;
- Thermal blanket + lighter + whistle + knife + mirror;
- Headlamp + flashlight + spare batteries;
- A GPS receiver (watch or smartphone) with spare batteries or external battery;
- Cutlery, plate and cup;
- Food warming bags;
- Natural fire starter;
- A small saucepan;



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- Warm windbreaker (night temperature 15°C);
- T-shirt, racing shorts, shorts or leggings, trail shoes, socks;
- Cap or scarf (daytime temperature 26°C);
- Sun protection (glasses and sunscreen);
- **Small emergency kit;**
- Purifying water pastilles or fluid;
- Lyophilized food or other for the entire duration of the race (120 hours maximum) or 3,000 to 3,500 calories per day;
- Energy products (bars or gel).

SECTION 7 — TRAIL MARKERS

Runners must **imperatively follow the GPS track provided by the Organization** according to the configuration of the race. A large part of the route will follow paths connecting remote villages. It will be marked at intersections with fluorescent and reflective strips as well as painted arrows. Each team will be equipped with a satellite beacon.

SECTION 8 — QUITTING THE RACE

The team is united: it leaves and arrives at 3 runners. The runner who abandons penalizes his team with a duration of 5 hours. He will be stationed or transferred at his own expense according to the needs of the Organization until the end of the race.

SECTION 9 — MEDICAL ASSISTANCE DURING THE RACE

A medical team will be present for the entire duration of the event. They will intervene on the race by assistance vehicles. Any runner put on IV fluids by the medical team will be disqualified. The entire race will be covered by phone. The race director and the medical team will be in permanent contact, 24 hours a day. The medical team will be empowered to disqualify any runner they deem unfit to continue the competition. They will see to their return to a race control point.

SECTION 10 — RANKING

Each runner commits to a team. The classification of the event will be done by team.

SECTION 11 — REWARDS

Each ranked runner will receive a medal, a diploma and the official T-shirt from the race.

SECTION 12-1 — ENTRY FEES

The all-inclusive price Denpasar / Denpasar is € 6,300 per team (€ 2,100 per runner) for an 11-days stay as per the schedule (full board excluding the race and mineral water). International air tickets, as well as assistance and repatriation insurance, are the responsibility of each participant.



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SECTION 12-2 — REGISTERING

Payment of entry fees are to be made by bank transfer with an opportunity to pay in two instalments: with a down payment of € 3,150 when registering and **the remaining balance on February 1st, 2025.**

SECTION 12-3 — ADMINISTRATIVE FILE

Compulsory documents to be returned to the Organization by mail:

- **Rules and Regulations** (completed, dated and signed);
- **Registration Form** (completed, dated and signed);
- **Medical Certificate** (as per the template provided, completed and with an ECG);
- **Assistance and repatriation insurance certificate;**
- **A copy of the passport.**

SECTION 13 — ANNULATION

The repayment schedule is as follows:

- 50% of total entry fees will be retained by the Organization in case of cancellation between 89 and 30 days prior to departure.
- 80% of total entry fees will be retained by the Organization in case of cancellation between 29 and 15 days prior to departure.
- 100% of total entry fees will be retained by the Organization in case of cancellation between 14 and 0 days prior to departure.

It is strongly recommended that each participant purchases an individual cancellation policy.

The Organization reserves the right to cancel the race if the number of runners is not sufficient (less than 30); then the amounts received by the Organization will be reimbursed without other indemnity. **It is recommended that registered runners would wait the go-ahead by the Organization before booking flights.**

In the event of cancellation of the race by the Organization before the start due to security problems in the country or region for political, administrative, climatic (including volcanic eruptions), health reasons, or other cases of force majeure (including attacks and/or acts of terrorism), the sums received by the Organization will be reimbursed without further compensation, less the costs already incurred.

SECTION 14 — RESPONSIBILITIES AND LIABILITY

Each runner enters the event in full awareness of the risk that can be incurred while taking part in the race. As runners take part in the event at their own risk, the Organization accepts no liability for physical problems or accidents.



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As a result, each participant waives any claim against ULTRA RUN ASIA. The Organization does not relieve participants of their individual responsibility. They must comply with the police, customs and health regulations and procedures at all times during the trip.

SECTION 15 — INSURANCES

Each runner has to purchase a personal insurance covering the risks of assistance and medical repatriation for the 11-days stay including running / walking activity. However, in accordance with the French 1984 Sports Law, the Organization has an obligation to advise participants to purchase a personal accident and death insurance.

SECTION 16 — IMAGE COPYRIGHTS

ULTRA RUN ASIA reserves all exclusive rights to use images of participants during the event. Any photo, video or film made during the event may only be used for private purposes unless otherwise authorized by ULTRA RUN ASIA.

LAST NAME:

FIRST NAME:

I have read the Rules and Regulations and I accept all terms and conditions.

DONE IN (CITY):

DATE:

SIGNATURE:

(preceded by the mention "read and approved")



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ULTRA RUN FLORÈS 2025 / REGISTRATION FORM

FROM MAY 1ST TO 11, 2025

DENPASAR DEPARTURE PRICE (11 DAYS)

€ 6,300 per team (€ 2,100 per person)

TEAM NAME

LAST NAMES: (1) _____ (2) _____ (3) _____

FIRST NAMES: (1) _____ (2) _____ (3) _____

T-Shirt Size : (1) S ☐ M ☐ L ☐ XL ☐ (2) S ☐ M ☐ L ☐ XL ☐ (3) S ☐ M ☐ L ☐ XL ☐

▼ Team agrees to participate in “ **ULTRA RUN FLORÈS 2025** ” and pay today a down payment of € 3,150 to ULTRA RUN ASIA (€ 1,050 per person) and **will pay the balance on February 1st, 2025 at the latest.**

▼ Team understands that his registration will be final when **ALL** elements of the registration file listed below have been received.

▼ Payment of entry fees are to be made to ULTRA RUN ASIA by bank transfer (fees paid by the issuer):

Bank: CCM PARIS MONGE - Bank Code: 10278 - Branch Code: 06142

Account N°: 00020343801 - RIB Key: 15

IBAN: FR76 1027 8061 4200 0203 4380 115 - BIC: CMCIFR2A

Done in (city):

Date:

Signatures: (1) _____ (2) _____ (3) _____

FULL REGISTRATION FILE

(Rules and Regulations – Registration Form – Medical Certificate – Assistance and repatriation insurance certificate – Down payment and balance of entry fees – Copy of passport)

TO BE RETURNED TO:

ULTRA RUN ASIA – « LA GABINELLE » – 51 CHEMIN DU COUVENT 84480 BONNIEUX – FRANCE

Mail : asia@ultra-run-asia.com



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OFFICIAL & COMPULSORY MEDICAL CERTIFICATE (1/2)

I, the undersigned, Dr.: _____

Address: _____

Certify that the examination of ☐ Mr, ☐ Mrs,;: _____

Born on: _____ Whose blood type is: _____

Shows a normal physical condition,

Weighs _____ kg, Measures _____ cm,

Has a resting blood pressure of _____ ,

Has a resting heart rate of _____ per minute,

Has undergone a resting electrocardiogram (ECG) of 12 leads free of rhythm disorder, conduction or repolarization.

This ECG must be presented with this certificate.

If you are over 40, an exercise ECG is strongly recommended in addition to the resting ECG. The results may be attached to this medical certificate.

There is no medical and/or psychological contraindication for this individual to take part in a long-distance running/walking competition (about 300km in 120 hours maximum).

His/her compulsory vaccinations DT-Polio are up to date and he/she was informed of required or recommended vaccinations for a trip in Indonesia.

Done in (city):

Date:

Signature and stamp of the physician:



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OFFICIAL & COMPULSORY MEDICAL CERTIFICATE (2/2)

I, the undersigned participant (full name):

Allergies:

Medical and surgical history: _____

Regular or current medical treatment (enter the name of the active ingredient :
INN – International Nonproprietary Name, and not the brand name). **Caution, this
is important medically:**

I certify that the above information is accurate.

Done in (city):

Date:

Signature of the participant: