



## COMPETITION RULES

### KILIMANJARO PEAK ULTRA 2025

#### 1. APPLICATION – VALIDITY

(1) The KILIMANJARO PEAK ULTRA (now called KPU) is an event organized by PLAN B event company GmbH.

(2) Current changes to the Competition Rules will be published on the Internet at <https://www.kilimanjaro-peak-ultra.com>. They are part of the contract between the organizer and the participant in the version valid at registration.

#### 2. TYPE OF EVENT / CONDITIONS OF PARTICIPATION

What is the KILIMANJARO PEAK ULTRA, who is allowed to take part and what can you expect?

The event is open to participants aged 18 and older. The KILIMANJARO PEAK ULTRA is an extreme race featuring sections in high-altitude mountain terrain. This race is only suitable for individuals with experience running in challenging conditions. Covering the distance at this altitude is incredibly demanding. Indeed, it's a test of endurance and skill.

The greatest challenge of the KPU is the high altitude. Proper acclimatization is essential for minimizing the risks associated with altitude-related illnesses such as acute mountain sickness (AMS), high-altitude cerebral edema (HACE), and high-altitude pulmonary edema (HAPE). Only participants who are well acclimatized have a realistic chance of successfully completing the race. Participants are strongly advised to spend adequate time acclimatizing to high altitudes before the event.

The technical difficulties on the race route are limited to a few passages with loose scree and rock debris and short sections with steps, rocks, and snow, which can be climbed safely in the usual conditions. The most difficult part is, also technically, between Kibo hut and the summit.

Nevertheless, the race route requires a minimum of alpine experience. It leads to a summit altitude that always represents an extreme physical challenge and can also be subject to adverse weather conditions. Therefore, participants must possess strong navigation skills, even in poor weather or low visibility, and be capable of using topographical maps (provided online by the organizer).

Furthermore, conscientious preparation, including prior acclimatization and a clever race plan that ensures sufficient reserves for the long downhill, is required.

Feeling unwell, injured, or not in peak condition? Don't take unnecessary risks. Instead, focus on recovery and start preparing for next year's event.

By signing these competition rules, you confirm that you are fully fit and prepared to participate in this demanding race and acknowledge the challenges of high-altitude conditions.

The points listed here are not exhaustive; they provide examples, and an overview of what participants can expect.

#### ATTENTION

Please check before travelling to Tanzania:

- Visa requirements
- Vaccinations required
- Protective measures against various tropical diseases

#### 3. SELF-RELIANCE

Thorough medical examinations are mandatory for all participants before the race. The aim is to ensure that each participant is properly acclimatized and physically able to complete this challenge safely.

Participants must remain self-sufficient throughout the race. Meaning runners must navigate independently without external assistance and always carry adequate food, water, and a first aid kit.

#### 4. COURSE

Most of the trails are smooth and enjoyable, but they do require some focus, especially on the downhill sections.

There are three main checkpoints on the route: Mandara Hut (2.720 m), Horombo Hut (3.720 m) and Kibo Hut (4.700 m). The most difficult part is, also technically, is between Kibo hut and the summit.

Good weather is not guaranteed. If adverse conditions comprise competitor safety, we may need to adjust sections of the course on short notice. Stay updated by visiting: <https://www.kilimanjaro-peak-ultra.com/route/>.

#### 5. CLASSIFICATION CATEGORIES

KPU classification:

- MEN
- WOMEN
- MASTER MEN and MASTER WOMEN (age over 40 years)
- SENIOR MASTER MEN and SENIOR MASTER WOMEN (age over 50 years)
- GRAND MASTER MEN and GRAND MASTER WOMEN (age over 60 years)

In the age classes, the cut-off date is the start day of the event. If the minimum number of participants of 15 starters per category is not reached, the affected participants will be scored together with another category.



## 6. CLOTHING / EQUIPMENT

Weather conditions can change quickly in the high mountains. Therefore, all competitors must wear or carry in their running backpacks the following clothing and equipment. We will carry out checks on the start line and at the control points. Competitors who do not have all of the items listed below may be subject to time penalties or disqualification.

**EACH PARTICIPANT** must carry:

- **Closed trail running shoes** with a grip sole, suitable for running in alpine terrain
- **Shoe spikes** for glacier and/or now snow passages (minimum 0.75 cm long steel spikes)
- **Waterproof jacket** with a water column of minimum 10.000 mm.
- **Warm clothing** (long trousers or leggings/leg warmers, shirt and arm warmers or long-shirt) as isolating intermediate layer under overcoat (basic rule: no skin may be visible!)
- **Warm Gloves** and **hat**
- **Insulated jacket (Primaloft, down, or similar)**
- **Wind- & waterproof cover-pants**
- **Running backpack** (better to take a bigger one)
- **Foldable cup** for drinks and food at the food stations and in the finish area
- **Water tank** with a minimum holding capacity of **2 liters**
- **Labeling** of the carried food with the start number
- **ID Card**
- **Emergency equipment** (1x compress 10x10, 2x bandage packages, 2x gloves, 1x triangular bandage, 4x adhesive plasters, emergency whistle, rescue blanket)
- **Navigation watch** with saved GPS track of the selected route or **alternatively route maps** in printed version. Maps are provided by the organizer online for printing
- **Mobile phone** with stored number for emergency calls (it must be ensured that the phone can make calls abroad)

**Check your gear!** (you'll spend lot of time in high altitude & alpine terrain. You're clothing will be different from a normal ultra run)

Don't forget to also bring sun cream, oil-based skin cream to combat chafing, a pair of sunglasses, poles and plenty to eat and drink. Furthermore, we recommend a separate foldable bowl for the food at the food stations.

## 7. START NUMBER

You will receive your start number, which is unique to you and cannot be transferred to other people, at the registration desk. Please bring along your ID Card and a signed copy of the declaration of liability (will be sent to you about 2 weeks prior to the start). You also need to confirm the online briefing to get the start number. Your race number must be always worn visibly during the race and must not be taken off.

## 8. TIMING

The time measurement is based on GPS- and electronic trackers. If it becomes lost, please immediately inform a member of staff at one of the checkpoints and the Race Office.

## 9. BRIEFINGS / START

The **course briefing will take place online** (here all special features of the course will be communicated). Each participant will receive the link to the briefing together with the latest information by mail about 10 days before the start. This briefing must be viewed and confirmed. Only then will the start number be handed out at registration. A final briefing will be held within the last 12 hours prior to the start.

On the day of the race, the starting line-up will begin 45 minutes before the official starting time. 15 minutes before the starting signal there will be the last news in the starting area.

## 10. NEUTRALISED START

In case of a neutralised start, runners are not permitted to overtake the lead vehicle during this time.

## 11. COURSE SIGNPOSTING

We will make sure you find your way along the course. The route will be signposted by our experienced team using chalk spray, signs, barrier tape, flags, etc. Please be aware that other runners may knock off these markings, disappear or be hard to see in darkness or snowfall. Once the time cut-off has passed the course is closed to all runners.

## 12. CHECKPOINTS AND REFRESHMENT STATIONS

There are 3 huts on the way up and also 3 huts on the way down. These will be the control points and refreshment points.

Refreshment points:

Drinks, fruits and more are available at each aid station, and hot food and hot drinks are also available at selected stations. The exact location of the aid stations /huts can be found on the respective course map.

Checkpoints:

All participants will be scanned at the checkpoints.

## 13. TIME CUT-OFFS / FINISH

If a competitor reached a checkpoint after the time cut-off, he/she will be withdrawn from the race. Runners who have been taken out of the race due to an exceedance of the time limit are excluded from the official ranking.

Details on the time cut-offs can be found in your information pack. Please be aware that the organisers reserve the right to change the time cut-offs. People who have the right to remove competitors from the race are: the race director, course director, members of staff at the checkpoints and refreshment stations, the medical crew and the officials trailing the field.

## 14. WITHDRAWING FROM THE RACE

What should you do if, for whatever reason, you are forced to withdraw from the race? Inform the Medical Crew. If you fail to do this, it may result in an expensive and complicated search mission being launched to find you. You will have to bear the costs of any such search mission. Please be aware that runners who have withdrawn from the race are not automatically entitled to a transfer.

## 15. TIME PENALTIES AND DISQUALIFICATION

Nobody in a trail running race wants to get handed a time penalty of between 5 and 120 minutes, or even be disqualified. It's not a nice thing, especially as in such cases your start fee will not be refunded. All you have to do to avoid this happening is make sure you pay attention to a few simple points.

Basically, most of it is common sense. Don't take part in the race if you're not physically fit enough and, of course, don't dope. Adhere to all the KPU rules, meet the requirements listed in point 2 of these competition rules, follow the instructions given by race staff, respect the rules on public roads, make sure you have all your essential equipment with you at all times and comply with all checks. On top of that, make sure you keep the environment clean, help each other in emergency situations, don't take any short-cuts, make sure you pass through all the checkpoints, wear your start number in a clearly visible position at all times and don't tamper with it. Last but not least, be fair and friendly to staff, race organisers and your fellow competitors.

## 16. MEDICAL EMERGENCIES

### Start/finish area:

Your health is our number one priority. An hour before the official start time and an hour after the last runner reaches the finish area, a Medical Crew will be on-site. Please use their services if you need to. **Important:** Arrive at the medical area in plenty of time, as it can get very busy. Competitors who fail to consult the Medical Crew early enough may forfeit their right to medical treatment. All participants are responsible for confirming their fitness to compete before the event.

### During the race:

Safety is our top priority. Members of our Medical Crew and/or local emergency services will be positioned at points along the course until the last runner has passed. If you encounter difficulties, please call the Medical Info Hotline or ask another competitor to do so. In acute situations, ask other competitors for first aid. Every runner is obliged to assist others in a medical emergency. Don't worry, any delay caused by helping another runner will be deducted from your overall race time.

### Terrain and environmental conditions:

The natural environment often involves unpredictable circumstances that may delay or prevent immediate medical assistance. Participants are responsible for knowing their limits and making informed decisions about whether to continue. Please abandon the race early rather than too late, preferably at a checkpoint or refreshment station. If you have recently passed one and are unable to continue, return to the nearest station. The Medical Crew has the authority to withdraw participants from the race if their health or safety is at risk.

### Acclimatization:

The greatest challenge of the KPU is the high altitude. Proper acclimatization is essential for minimizing the risks associated with altitude-related illnesses such as acute mountain sickness (AMS), high-altitude cerebral edema (HACE), and high-altitude pulmonary edema (HAPE). Only participants who are well acclimatized have a realistic chance of successfully completing the race.

**Participants are strongly advised to spend adequate time acclimatizing to high altitudes before the event.**

That can be done also by using hypoxic training systems.

### Checkpoint at 4.700 m:

At an altitude of 4.700 m, all participants must undergo a brief medical assessment at a designated checkpoint. This examination is mandatory and aims to ensure that competitors are fit to continue the race at high altitude. The Medical Crew will assess key health indicators, such as oxygen saturation, heart rate, and general physical condition. **Participants who do not pass the medical assessment may be withdrawn from the race to ensure their safety.**

### Powers of the Medical Crew:

The Medical Crew may:

- Perform medical examinations.
- Verify that participants have the necessary safety equipment.
- Transport participants off the course using appropriate means and arrange for their transfer to the nearest hospital if necessary.
- Withdraw competitors from the race if their health or safety is at risk.

### Additional risks:

Due to the high-altitude nature of this event, participants are at risk of altitude sickness and exposure to extreme weather conditions. Symptoms of altitude-related illnesses (e.g., headache, nausea, confusion, or shortness of breath) must be taken seriously, and medical assistance should be sought immediately. Proper acclimatization and preparation are vital for ensuring safety and reducing risks.

Please note: Participants are responsible for all costs incurred from rescue services (e.g., helicopter evacuations, ambulance transport), apart from those performed by the event's Medical Crew. It is the participant's responsibility to have appropriate insurance coverage. All participants must sign the liability waiver during registration to confirm their understanding and acceptance of these risks.

## 17. LIABILITY WAIVER

By participating in the KILIMANJARO PEAK ULTRA (KPU), all competitors agree to the following liability waiver:

### 1. Personal Responsibility:

Participants acknowledge that they are competing at their own risk and are responsible for their own health, safety, and preparation, including but not limited to proper acclimatization, physical fitness, and appropriate equipment.

### 2. Assumption of Risk:

Participants understand that the KPU takes place in a challenging natural environment that includes high altitude, unpredictable weather, and difficult terrain. They accept full responsibility for any injuries, illnesses, or damages that may occur before, during, or after the event.

### 3. Medical Emergencies:

While the event provides on-site medical services, participants agree that medical assistance may be delayed or unavailable in remote areas. Participants waive any claims against the organizers or Medical Crew for delays or the inability to provide immediate assistance.

### 4. Costs of Rescue and Treatment:

Participants acknowledge that they are responsible for covering all costs related to rescue operations, medical treatment, or emergency evacuations that are not performed directly by the event's Medical Crew. This includes, but is not limited to, helicopter evacuations and ambulance transport.

### 5. Insurance Coverage:

It is the participant's responsibility to ensure they have adequate personal insurance that covers high-altitude racing, emergency medical treatment, and evacuation.

### 6. Waiver of Claims:

By signing the liability waiver, participants agree to waive any and all claims against the event organizers, sponsors, Medical Crew, volunteers, and associated parties for injuries, illnesses, damages, or losses incurred during the event, except in cases of gross negligence or willful misconduct.

## 18. PROTECTING THE ENVIRONMENT / NATURE

Trailrunners respect the environment. Therefore, please throw away any rubbish only at the refreshment stations and under no circumstances damage or pollute the natural surroundings on purpose.

## 19. DOPING

Any runner found to have doped will be immediately disqualified. Medical procedures not permitted include intravenous infusions (without a Therapeutic Use Exemption), even in cases of stress-induced dehydration.

Working on the basis of the WADA rules, the race doctor will decide whether or not individual medical treatments are justified. Doping controls may be carried out at any time.

## 20. EXTERNAL HELP

Outside help (from spectators, coaches or other participants) is generally not allowed! This also means that it is forbidden to accept drinks or food from helpers on the course. Exceptions:

1. at the official aid stations you are allowed to accept food and/or drinks from helpers. Attention. Please note point 20!
2. in case of injuries or other emergency situations you are allowed to accept help at any time (in the form of food, drinks and/or warm clothing).

## 21. THE KILIMANJARO PEAK ULTRA RULES

- The KILIMANJARO PEAK ULTRA takes place on tarmac roads, forest roads, walking paths and alpine trails, which are not closed, to the public.
- Competitors must always adhere to the rules of the road in the respective country. All competitors must follow instructions given by the rangers and the course marshals.
- Please be aware that away from the marked course there is serious danger of falling. That is why short-cuts (including "cutting" switchback corners, etc.) and alternative routes are strictly forbidden. Competitors take part in the event at their own risk.
- At unclear or dangerous points on the course, please proceed with the appropriate caution. The organizer is entitled to take additional measures in order to secure dangerous sections. However, the organiser is not obliged to do so.
- It is forbidden for competitors to receive assistance from a member of their support team who is in a vehicle or on a bicycle. Any disturbance caused to the race as the result of accompanying vehicles of any kind may result in the competitor who is receiving support being given a time penalty or being disqualified from the race. Any accompanying vehicles found to be on sections of the course closed to public vehicles will automatically lead to the disqualification of the competitor receiving support.
- For environmental reasons, members of support teams assisting individual competitors are strictly forbidden from polluting or damaging the natural surroundings. This includes any form of spraying or painting along the course. Any such action will result in the immediate disqualification of the competitor who was the recipient or the intended recipient of this support.
- Any competitor who disposes of food wrappers, cups, etc. by throwing them away in nature instead of at the refreshment stations will be disqualified.
- Competitors who begin the race with poles must keep them all the way through to the finish, Vice versa, competitors who begin the race without poles are not allowed to be given poles during the race.
- Mechanical connections between two runners are prohibited for safety reasons.
- All competitors must behave in a considerate, sporting and fair manner.

### ATTENTION:

IN CASE COVID-19-RELEVANT OFFICIAL REGULATIONS ARE DEFINED, WE RESERVE THE RIGHT TO HOLD THE EVENT UNDER THEN APPLICABLE RULES IN ORDER NOT TO ENDANGER THE ENTIRE EVENT.

THE SPECIAL COVID-19-RULES WILL BE ANNOUNCED 14 DAYS BEFORE THE EVENT AT THE LATEST!



## 22. PROTESTS AND JUDGES

Every competitor has the right to lodge a complaint and name witnesses at the Race Office in the finish area if they believe another competitor has breached the race rules or if they are not willing to accept a decision made by the race director. Such protests must be made no more than one hour after finishing the race. A panel of judges will deal with the protest within 24 hours. All named witnesses must appear in person. There is a protest fee of € 100. This protest fee will be retained by the event organizer if the protest is rejected. The infractions listed above leading to time penalties or disqualification are just an example of some of the rule violations which may be punished by the race organizer.

## 23. CANCELLATION OF PARTICIPATION BY RACE ORGANIZER

Up until the official end of the event, the race organiser reserves the right to cancel a competitor's participation, in line with the legal provisions set out in Articles 324, 241 Paragraph 2 of the German Civil Code. Any such cancellation shall be carried out according to the provisions set out in Article 346 of the German Civil Code.

**The race management and organizing team reserves the right to make changes to these competition rules.**

