

# **REGULATIONS OF THE MARATHON "Aral Sea Marathon 2025"**

## **1. General description of the project.**

Eco-marathon on the bottom of the Aral Sea is one of the most extreme and isolated marathons in the world! This year it is open to the general public. The marathon is timed to coincide with the World Day to Combat Desertification and Drought, aimed at drawing attention to the environmental disaster in the Aral Sea region and the need for reasonable use of water resources. The entire marathon route is laid along the dried bottom and along the rest of the water resources of the Aral Sea.

## **2. The main objectives of the event:**

- Attracting the attention of the world community to the environmental disaster of the Aral region;
- Formation of a responsible attitude among citizens of Uzbekistan to the use of water resources;
- Systematic involvement of citizens in physical education and sports to strengthen the health of the population;
- Development of running movement;
- Promotion of a healthy lifestyle among the population;
- Popularization of sports;
- Creating conditions for motivation to engage in physical education and sports;
- Improving the level of sports tourism in the Republic of Uzbekistan and the Autonomous Republic of Karakalpakstan.

## **3. Event Organizers**

3.1. The organizers of the event are:

- Ministry of Ecology of the Republic of Uzbekistan.
- LLC "ProRun"

## **4. Place and date of the Competition.**

4.1. Date: June 22, 2025

4.2. Venue: The bottom of the Aral Sea near the yurt camp, located 250 km from the city of Muynak.

## **5. Event information**

5.1. As part of the program of the event, the following races will be held:

- for a full marathon distance of 42 km 195 m;
- 21 km, 10 km, 5 km.

A safari tour to the venue, a visit to the ship cemetery in the city of Muynak, the canyons of the Aral region will also be organized. Along

Upon arrival at the yurt camp, participants and guests will enjoy a cultural and entertainment event and a briefing.

5.2. Cultural and entertainment events are designed for informal recreation of participants and guests, including educational and interactive areas.

### 5.3. Disciplines of the event:

№	Name	Distance	Completion Time Limit	Age of participants
1	Marathon	42 km 195 m	7 hours	18+
2	Half marathon	21 km 097 m	4 hours	18+
3	10 km	10 km	2 hours	18+
4	5 km	5 km	1 hour	18+

#### 5.3.1 Discipline "Marathon"

- Distance: 42 km 195 m.
- The track runs in a circle from start to finish. The route map is posted on the [aralseaecomarathon.com](http://aralseaecomarathon.com) website.
- Persons over 18 years old (inclusive) with the start number of the event are allowed to participate. Participation is possible only with the following package:
  - A running backpack with the ability to attach a water vessel with a volume of more than 500 ml;
  - Whistle;
  - A hat made of breathable fabric that protects from the sun;
  - Sunglasses;
  - Long sleeve made of moisture-wicking fabric;
  - It is allowed to use poles for trail running and Nordic walking;
  - 8 energy gels;
  - Salt tablet or diluted isotonic (200 ml).
- Each participant must have his own set of equipment.
- The organizers do not provide inventory.

### 5.3.2 Discipline "Half marathon"

- Distance: 21 km 097 m.
- The track runs in a circle from start to finish. The route map is posted on the [aralseaecomarathon.com](http://aralseaecomarathon.com) website.
- Persons over 18 years old (inclusive) with the start number of the event are allowed to participate. Participation is possible only with the following package:
  - A running backpack with the ability to attach a water vessel with a volume of more than 250 ml;
  - Whistle;
  - A hat made of breathable fabric that protects from the sun;
  - Sunglasses;
  - Long sleeve made of moisture-wicking fabric;
  - It is allowed to use poles for trail running and Nordic walking;
  - 4 energy gels;
  - Salt tablet or diluted isotonic (200 ml).
- Each participant must have his own set of equipment.
- The organizers do not provide inventory.

### 5.3.3 Discipline "10 km"

- Distance: 21 km.
- The track runs in a circle from start to finish. The route map is posted on the [aralseaecomarathon.com](http://aralseaecomarathon.com) website.
- Persons over 18 years old (inclusive) with the start number of the event are allowed to participate. Participation is possible only with the following package:
  - Whistle;
  - A hat made of breathable fabric that protects from the sun;
  - Sunglasses;
  - Long sleeve made of moisture-wicking fabric;
  - It is allowed to use poles for trail running and Nordic walking;
- Each participant must have his own set of equipment.
- The organizers do not provide inventory.

### 5.3.4 Discipline "5 km"

- Distance: 5 km.
- The track runs in a circle from start to finish. The route map is posted on the [aralseaecomarathon.com](http://aralseaecomarathon.com) website.
- Persons over 18 years old (inclusive) with the start number of the event are allowed to participate. Participation is possible only with the following package:

- Whistle;
  - A hat made of breathable fabric that protects from the sun;
  - Sunglasses;
  - Long sleeve made of moisture-wicking fabric;
  - It is allowed to use poles for trail running and Nordic walking;
  - Each participant must have his own set of equipment.
  - The organizers do not provide inventory.
- 5.4. The event is held using the timingsense certified transponder timing system. The final results are calculated according to the "dirty" time (gun time) from the moment of the starting shot or other approved signal informing about the "Start" command to cross the starting line, in accordance with the international rules of athletics competitions.
- 5.5. Limit of participants of the event: 300 people; Marathon slot limit: 100 people.

## **6. Race Track**

- 6.1. The route of the event is located near the rest of the Aral Sea.
- 6.2. The length of the distance from start to finish according to the stated discipline in paragraph 5.3.
- 6.3. The main surface of the track: sand and pebbles.
- 6.4. Start location: Aral region yurt camp.
- 6.5. Finish location: Aral region yurt camp.
- 6.6. Throughout the distance, there are food points for participants every 5 km. Catering outlets offer:
- water;
  - fruit;
  - isotonic;

## **7. Conditions for participation in the event**

- 7.1. Amateur runners and professional athletes from 18 years old and older are allowed to participate. The age category of the participant is indicated when registering on the [aralseacomarathon.com](http://aralseacomarathon.com), [prorun.uz](http://prorun.uz) website or in the corporate application submitted in accordance with the established forms and rules.
- 7.2. Corporate applications are accepted by e-mail [info@prorun.uz](mailto:info@prorun.uz). All details about the payment and details of corporate participation will be sent in a response letter.

7.3. The age of the participant is determined by the number of full years as of the date of the event - June 22, 2025.

7.4. By taking part in the competition, the participant confirms that he regularly undergoes medical examinations to ensure the safety of participation in the race, has no medical or other restrictions that may endanger or limit his participation in the race. The registered participant also confirms that his state of health allows him to participate in the competition, and assumes all risks and negative consequences associated with the violation of this condition.

7.5. The participant of the competition is obliged to confirm his state of health by providing a medical certificate issued based on the results of the examination by a physical culture and sports dispensary or other medical institution licensed for medical activities in the field of physical therapy and sports medicine. The certificate must contain a conclusion on the permission to participate in athletics competitions for a specific distance and date of the race and be issued for participation in this competition.

7.6. The Participant is fully responsible for the authenticity of the medical certificate, its receipt in accordance with the procedure established by law on the basis of a medical examination in an authorized medical institution, and assumes all negative consequences associated with the violation of this condition.

## **8. Sign up**

8.1. Registration for participation in the event is carried out on the websites [aralseacomarathon.com](http://aralseacomarathon.com) and [prorun.uz](http://prorun.uz) in the Aral Marathon tab.

8.2. Registration of participants for the event ends at 23:59 (Tashkent time) on 10.07.2025 or earlier, if the limit on the number of participants is reached.

8.3. Electronic registration can be closed ahead of schedule when the maximum number of participants in the competition is reached.

8.4. When registering, the participant is obliged to indicate personal data in accordance with the identity card, including the name and surname in Latin.

8.5. A participant is considered registered if he has filled out the registration form, paid for participation and received a confirmation email.

8.6. Registration of a participant is canceled if false, inaccurate or incomplete data was provided during registration for the competition. In case of cancellation of registration, the funds are not refunded.

8.7. Additional registration on the day of issuance of start numbers and on the day of the event is not carried out.

8.8. Paid registration for the competition cannot be canceled, the registration fee is not refundable under any circumstances.

8.9. A sign of admission of a participant to the event is the issuance of a starter package and the appearance of the selected discipline in the list of participants.

## **9. Redesign of the slot**

9.1. Re-registration to a third party is not carried out.

9.2. Re-registration for another distance is not carried out.

9.3. If the participant has expressed a desire to change the chosen discipline for any reason, he is obliged to re-register and make payment in accordance with the regulations, paying the registration fee at the set price on the [aralseacomarathon.com](http://aralseacomarathon.com) website and [prorun.uz](http://prorun.uz) in the Aral Sea Marathon tab. The amount for registration for a previously selected distance is not refundable under any circumstances. Re-registration to a third party and transfer of the slot to another person is prohibited.

## **10. Issuance of starter packs**

10.1. Starter packs will be issued at the yurt camp on June 21, 2023 at 20:00.

10.2. Admission of a participant to the marathon and receipt of a starter package is carried out upon personal submission of the following documents to the organizers of the competition:

- original identity and age document;
- receipt of the participant, filled out according to the sample posted on the [aralseacomarathon.com](http://aralseacomarathon.com) website, together with a copy of the ID or passport;
- a medical certificate according to the sample posted on the [aralseacomarathon.com](http://aralseacomarathon.com) website, with an ECG and the seal of the issuing institution, the signature and personal seal of the doctor;
- sports insurance that covers possible insured events when participating in the marathon, including, but not limited to, injuries and deaths.

10.2.1. In the absence of an identity card, medical certificate or insurance, the participant is not allowed to participate in the competition, the start number and package are not issued, the registration fee is not refundable.

10.3. The surname, first name and patronymic (if any) specified by the participant during registration on the [aralseacomarathon.com](http://aralseacomarathon.com) website and [prorun.uz](http://prorun.uz) in the Aral Sea Marathon tab must correspond to the passport data. Otherwise, the participant may be denied admission to the marathon.

10.4. Starter packages are issued only to registered participants upon presentation of the documents specified in clause 10.2.

10.5. The marathon starter package includes:

- start number;
- individual chip for timing;
- information booklet;
- a branded bag;
- finisher's medal;
- a T-shirt with the symbols of the event.

## **11. Restrictions, prohibitions, disqualification**

11.1. Participants who are under the influence of alcohol or drugs are not allowed to participate in the marathon and are subject to disqualification.

11.2. The medical officer accompanying the event has the right not to allow the participant to start or remove him from the race on the basis of a visual inspection (in agreement with the chief judge and the race director).

11.3. The following designations are used in the final protocols:

- DNS (Did Not Start): the participant did not go to the start.
- DNF (Did Not Finish): The competitor did not cross the finish arc.
- DQ (Disqualified): the participant is disqualified.

11.4. A participant can be disqualified and his results canceled both during the marathon and after it by the decision of the chief judge and the marathon working committee.

11.5. The organizers reserve the right to refuse registration to a participant if there are reasonable doubts about his physical ability to cover the distance or if his participation poses a threat to life and health. In this case, the participant will be sent an explanation of the reasons by e-mail, and the paid entry fee will be refunded in full.

11.6. Reasons for disqualification:

11.6.1 The start is not from your cluster or not at your distance.

11.6.2 Start before the official start of the discipline or after the closing of the start according to the program of the event.

11.6.3 An athlete may be disqualified for unsportsmanlike conduct by decision of the Chief Referee in accordance with paragraph 125.5 of the IAAF.

11.6.4 Use of mechanical means of transportation.

11.6.5 Lack of control marks (chip reading) at any intermediate point of the distance.

11.6.6 Start with the number registered to another participant.

11.6.7 Participation in a distance for which he was not registered.

11.6.8 Accompaniment of the participant along the distance by a person who is not a participant of the event.

11.6.8 Starting, participating or finishing with children in strollers, special backpacks and other devices for carrying children.

11.6.9 Use of equipment or objects that may interfere with or harm other participants.

11.6.10 Overcoming the distance not according to the marking of the track.

11.6.11 Shortening (cutting) the distance.

11.6.12 Overcoming the distance without a personal start number or hiding the number under clothes.

11.6.13 Overcoming the distance with more than one number.

11.6.14 Damage to the chip of the electronic timing system.

11.7. If the final protocol does not contain data on the passage of checkpoints by the participant, information confirming the fact of his presence on the route can be considered. The decision to consider such information is made by the chief judge and the working commission.

## **12.Services for participants:**

12.1 Participants will receive the following services as part of the marathon:

- Transport: Logistics are provided to the marathon site from the city of Nukus and back.
- Meals: Participants will receive 4 meals a day, for an additional fee specified at check-in.
- Accommodation: One night in a yurt camp, for an additional fee indicated at check-in.
- Starter Pack: Includes the necessary materials to start.
- Timing: Individual accounting of the participant's time.
- Results: The results of the participants will be included in the final protocol.
- Track service: Catering service is provided.
- Photo service: A service for automatically searching and providing photos.
- Videography: Videography at some sections of the distance.
- Electronic certificate: The certificate of participation will be available in the prun live application.
- Medal: A finisher's medal is awarded.
- Facilities: Changing rooms, cloakroom, toilets are available for participants.
- Entertainment program: A cultural and entertainment program is provided.



## 13.Event Participation Fee

13.1. The amount of payment for participation in the marathon:

For individuals		
Date	Distance	Cost
until June 10, 2025	Marathon (42 km 195 m), Half Marathon ( 21 km 097 m), 10 km, 5 km.	1,500,000 soums, including transfer from the city of Nukus to the yurt camp and back, without meals and placement.
from June 11 to June 18, 2025	Marathon (42 km 195 m)	5,000,000 soums, including transfer from the city of Nukus to the yurt camp and back, without meals and placement.
Additional services		
Until June 22	Nutrition	The price will be indicated at registration on the site
Until June 22	Accommodation in a yurt	The price will be indicated at registration on the site

13.2 The participation fee is paid after filling out the registration form in Latin letters on the website [aralseaecomarathon.uz](http://aralseaecomarathon.uz) or [prorun.uz](http://prorun.uz)

13.3 Payment methods:

- on-line bank cards of Visa International, MasterCard, Uzcard, Humo payment systems.
- All the necessary information for payment of corporate members will be sent by a response letter after filling out the form on the [aralseaecomarathon.com](http://aralseaecomarathon.com) website

13.4. If a running event is cancelled, the participation fee will not be refunded.

13.5. It is not possible to cancel the paid registration and return the money.

13.6 A participant who has paid the registration fee as an individual must cover the distance in the T-shirt of the event. Otherwise, it will be disqualified and the services provided by the organizer in accordance with clause 12 will be canceled without the possibility of refund.

## 14.Safety and responsibility of participants

14.1. To ensure the safety of spectators and participants, the event is held with the involvement of the National Guard, the Ministry of Internal Affairs, the Ministry of Emergency Situations and others.

14.2. Participants are required to independently monitor their health and undergo a medical examination to identify contraindications to prolonged physical activity.

14.3. During the race, participants are provided with emergency medical services along the entire course and in the start-finish area.

14.4. The organizers are not responsible for loss of life, injury, loss of or damage to the property of participants, as well as for any physical damage that occurred before, during and after the event.

## **15. Insurance of participants**

15.1. The organizers recommend that participants have a life and health insurance policy against accidents.

15.2. Voluntary insurance is carried out on the basis of an agreement between the participant and the insurance company.

## **16. Photo and video shooting**

16.1. The organizers take photos and videos of the event without restrictions.

16.2. The organizers reserve the right to use the received materials for advertising and other purposes related to the events.

## **17. Conditions for Changing and Canceling Running Events**

17.1. The event may be cancelled or modified due to extraordinary, unforeseen and insurmountable circumstances that could not have been foreseen, avoided or overcome, and which are beyond the control of the Organisers. Such circumstances include:

- Natural disasters (earthquake, flood, hurricane).
- Wind gusts over 15 m/s.
- The air temperature is below -25°C or above +45°C.
- The amount of precipitation is 20 mm or more in 12 hours or less.
- Events recognized as emergency by the Ministry of Emergency Situations of the Republic of Uzbekistan.
- Fire.
- Mass diseases (epidemics, pandemics).
- Strike.
- Military actions, terrorist acts, sabotage.
- Transportation restrictions, prohibitive measures of states, international sanctions.
- Acts, actions or inaction of state authorities and local self-government.
- Other circumstances beyond the control of the Organizers.

17.2. In the event of the occurrence or threat of the occurrence of the above circumstances, due to which the event is subject to cancellation or change,

Participants are notified by SMS to the phone number or e-mail address specified during registration.

17.3. The organizers reserve the right to change the program of the event or cancel it.

17.4. In case of cancellation of the event or change of its program, the registration fee is not refundable.

## **18. Terms of Event Financing**

18.2. Payment of entry fees, expenses for business trips of nonresident participants (travel, accommodation, meals, per diem) is carried out by the sending organizations or the participants themselves.

## **19. Registration of results**

19.1. The results of the participants are recorded using:

- Electronic timing system.
- Video recording systems.

19.2. Preliminary results are published on the prorun.uz website and in the prorun live app within three days after the end of the competition.

19.3. The final protocol will be posted on the prorun.uz website after receiving the final protocol from the Secretariat of the Panel of Judges.

19.4. The final protocol is final and not subject to change.

19.5. The Organizing Committee does not guarantee a personal result for the participant in the following cases:

- Damage to the electronic timing chip.
- Place the start number in a different location than the recommended one.
- Loss of the start number.
- Disqualification of the participant.

## **20. Awarding the winners**

20.1. Participants who took from 1st to 3rd place among men and women are awarded.

20.2. Winners and runners-up must arrive at the awards department 15 minutes before the start of the award ceremony specified in the event program. In case of absence of a participant at the award ceremony, his title is retained, but the prize fund and award products are canceled.

## **21. Claims**

21.1. The participant has the right to submit a claim, which will be considered by the panel of judges, consisting of the chief judge, the senior judge of the start and finish zone and the chief secretary.

Possible reasons for a claim:

- Influence on the distribution of prizes.
- Inaccuracies in the measurement of time.
- Disqualification for unsportsmanlike conduct. Claims

that can be ignored:

- Incorrect personal data (name of the city, running club).

21.2. Claims and appeals are accepted only from participants.

21.3 Methods and deadlines for filing claims

Claims affecting the distribution of prizes are accepted in writing from the moment the winners are announced until the official award ceremony. Revision of prizes after the ceremony is possible only if violations that have not been detected earlier are detected. The decision on the review is made by the Director of the Competition.

Rules for filing claims:

- Claims are considered until 13:00, June 23, 2024 at the email address [appeal@prorun.uz](mailto:appeal@prorun.uz).
- The claim must contain: last name, first name, start number, distance, the essence of the claim and evidence (photo, video, tracker).
- Anonymous claims will not be accepted.

Review procedure:

- Claims are considered according to the rules of World Athletics for 2023-2024.
- All claims are considered within 60 minutes after the participant makes a deposit of 3,000,000 soums. The award ceremony may be postponed by 60 minutes.
- In case of disagreement with the decision of the panel of judges, the participant can file an appeal within 5 working days from the date of receipt of the judge's decision. The appeal will be considered in accordance with the Arbitration Rules of the Tashkent International Arbitration Center (TIAC) at the Chamber of Commerce and Industry of Uzbekistan, number of arbitrators: 1 (one), Arbitration language: Russian.
- The decision of the TIAC arbitrators is final and not subject to review. All costs associated with the arbitration shall be borne by the guilty party.

## **22.Final provisions**

22.1. This Regulation is an official invitation to participate in the Event.

22.2. All cases and situations that are not described in this document will be considered by the Organizers individually, taking into account the relevant

laws and regulations at the level of the republic, region and municipality, as well as on the basis of this Regulation.

22.3 The organizers and volunteers are not responsible for the lost belongings of the participants.

22.4 Communication with volunteers in the position of etiquette, in case of non-compliance with etiquette, the volunteer has the right to provide assistance.