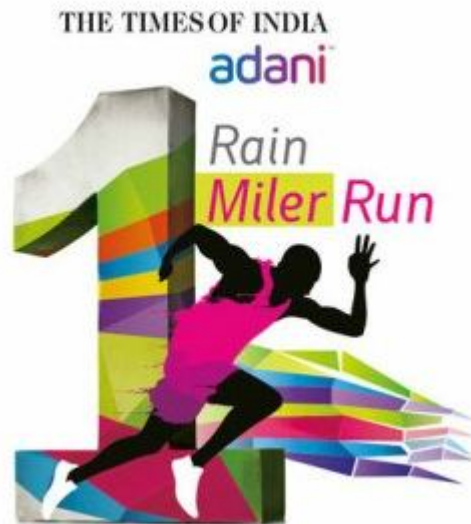


# TOI Adani Rain Miler Run



**DATE:** SUNDAY JULY 13TH, 2014

**START TIME:** 5:30 A.M.

**WHERE:** SABARMATI RIVER FRONT, VALLABHSADAN

**EVENT:** 1 Mile Running Race

**WHEN:** Sunday, the 13th of July, 2014 at 5:30am

Wave Starts to be determined and will be by age groups

**WHERE:** Sabarmati River Front, Vallabhsadan

**WHO:** Ages 8 and up, including individual, family, couple and corporate entries **Age Groups:** 8-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60 & above

**COST:**

- Individual between 20-59yrs Rs.400/-
- 8-19yrs and 60+ Rs.300/- \*Proof of age is required at packet pick-up

- Family participation or couples Rs.300/- per person \*All names must be on the same entry for for this discount.

**REGISTRATION:** Click here for details of locations and registration/waiver forms.

**PACKET PICK-UP:** Sports Club,  
Nr Sardar Patel Stadium  
Navrangpura, Ahmedabad  
Friday, 11th July 2014, between 12pm to 9pm.

**COURSE:** To be finalized and will be posted on our website and social media.

**TRAINING:** While LS Sports will not be offering group training for this event, we will be posting workouts to help you get prepared on our FACEBOOK page.

**PRIZES:** Rs.400,000/- approximately.

**FAQs:** Please refer to our F.A.Q's page with frequently asked questions about registration and triathlon.

## **ABOUT THE MILE**

The mile run is 5,280 feet or exactly 1,609.344 meters and is considered to be the shortest of the mid-distance foot races.

A great distance for proving your strength, power & ability to run fast for established long distance runners, new comers & young ones alike.

History shows that the mile run began in England as the distance for gambling races. It continues to be the only imperial distance race on the track and field racing circuit.

The current world record in the mile is held by male, Hicham El Guerrouj of Morocco at a time of 3:43:13 and Russia's Svetlana Masterkova, holding the women's record of 4:12:56

While there are no individual standing championship races with the mile run (road races), it is a distance that continues to grow and capture more attention throughout the world as an excellent test of speed and an entry level distance for runners.

Less than 1400 people have ever run a sub 4:00 mile in the world.

# FAQS & RULES OF THE RACE

## FAQS FOR THE RACE

**Q: Will race-day registration be available?**

**A:** No. There will not be registration available race day.

**Q: If I am unable to participate in the race, may I get a refund?**

**A:** No. There will be absolutely no refunds or transfers of entry to another participant.

**Q: If I am unable to participate in the race, may I give my entry to a friend?**

**A:** No. If someone else races under your name causes an accident or causes injury or damage, you may be liable in part for those damages.

**Q: How do I train for an event like this?**

**A:** While this distance takes little amount of training to *complete*, to *compete* takes discipline with training that includes speed work, strength training, short and mid-distance training. Although LS Sports will not be providing group training for this race, we will be posting workouts throughout the month to help you prepare on our **FACEBOOK** page that you can use.

**Q: How do I confirm my entry?**

**A:** Once registered, participants who sign up for training plan will be contacted within 72 hours. Those who are not signed up for program will receive a confirmation update within a couple weeks.

**Q: Can someone pick up my race packet for me?**

**A:** YES. They must have a copy of your ID and written permission to pick up your packet.

**Q: Is there any upper or lower age limit for each race and what age group do I participate in?**

**A:**

1. No upper age limit. The youngest you can be to race is 8 years of age. The age you are on the current day of racing is the age group you will compete.
2. If you are 45 years of age and NOT 46, you will participate in the age group of 20-45 years old. To participate in the age group of 46+, you must actually be 46 years of age. This includes with any other age grouping.

**Q: Is there a time limit?**

**A:** There is no time limit, however, this is a running race and we do request that the mile takes no longer than 15 minutes to complete.

**Q: What is the Application Fee for the race?**

**A:**

1. Individual between 20-59yrs Rs.400/-
2. 8-19yrs and 60+ Rs.300/- \*Proof of age is required at packet pick-up
3. Family participation or couples Rs.300/- per person \*All names must be on the same entry for for this discount.

**Q: What justifies as a "family" in the "family category?"****A:** 3 family members entered in the category. A family is defined as the following:

Father/Mother & son/daughter

Father & son/daughter (can be 2 sons/2 daughters)

Mother & son/daughter(can be 2 sons/2 daughters)

**Q: Where can I register for the race and how do I pay?**

**A:**

1. Cash or Demand Draft at local registration - LS Sports Office, Decathlon or Sports Club
2. If you are from out of town, please contact us for registration and payment details

**Q: When, how and from where do I collect my Race Packet?**

**A:** DETAILS TO COME

**Q: Any medical precautions I should take for the event?**

**A:** If in any doubt, get permission from your doctor for participation.

**Q: How will I know what my final time and place is?**

**A:** The results will be announced 1 hour after all the waves are done with & all participants have completed their race.

## **RULES APPLIED TO THE MILE RACE**

### **RUNNING:**

- A participant must run or walk the entire portion of the run course. Except for reasons of safety and when no advantage is gained, all runners shall follow and remain within the prescribed course.
- A participant who gains forward progress by crawling or otherwise violates this Section shall be disqualified.
- Knowledge of the Course: The responsibility of knowing and following the prescribed course rests with each participant.
- Illegal Equipment: Any participant who at any time wears or carries a headset, radio, headphones, personal audio device, or any other item prohibited shall be subject to a time penalty.
- A participant may carry a water bottle on the run portion of the course, provided that such container is not made of glass. Glass containers are prohibited.
- Athletes are responsible for their own physical health and for their own medical supervision.
  
- By entering into this competition, an athlete specifically releases LS Sports (and its perspective members, directors, officers, employees, volunteers, contractors or agents) from any liability to the extent permitted by law for any loss, injury or damage that may be suffered in relation to or as a result of participation in such competition.
- There shall be as many officials at this competition as are necessary for its orderly and efficient operation, and compliance with these rules. The size of the race and the level of competition both play a role in determining the number of officials to be used at an event. In some cases, the number of officials conducting an event may be reduced significantly.
- In hot weather, an athlete competing in a long distance road run may compete without a top shirt.
- A competitor may compete in bare feet or with footwear on one or both feet. The purpose of shoes for competition is to give protection and stability to the feet and a firm grip of the ground. Such shoes, however, must not be constructed so as to give the competitor any unfair additional assistance, including the incorporation of any technology which will give the wearer any unfair advantage, such as a spring or similar device. A shoe strap over the instep is permissible.
- When bib(s) are provided, every competitor shall wear them, as indicated in these rules, when competing. If one bib is provided, it must be worn visibly on the front. When two bibs are provided, they must be worn on the singlet, front and back. If a singlet is not worn, the bibs should be worn on the shorts, front and back. No athlete shall be permitted to participate in any competition without the appropriate bib. Bibs are to be worn as issued (cutting or folding numbers is not permitted). Not wearing an assigned bib is grounds for disqualification.
- During the progress of an event a competitor who has received any assistance whatsoever may be disqualified by the Referee. "Assistance" is the conveying of advice, information or direct help to an athlete by any means, including a technical device.

- No competitor, after voluntarily leaving the track or course, shall be allowed to rejoin a race either for the purpose of gaining a place or to pace or to assist another competitor. The competitor shall be recorded as not finishing the event. A competitor attempting to re-enter the race shall be disqualified.
- All competitors are responsible for knowing the starting time of the event(s), for knowing the registration or check-in method utilized at the start (for some or all of the competitors), and for being at the starting line at the appointed time for instructions and the start of the race.
- Ten to fifteen minutes (or as otherwise specified) before the start of the race, all entries should be closed and the athletes directed to the starting line for final instructions and the start of the race.
- The athletes shall assemble on the start line in the manner determined by the organizers.
- In races which include a large number of competitors, a five-minute, three-minute and one-minute warning before the start of the race should be given. False starts in road races should not be recalled.
- The Starter shall report to the Referee any misconduct by any competitor(s) at the start. The Referee shall have the authority to disqualify such competitors.
- Running courses shall be adequately marked at strategic points to keep the competitors on course.
- Any competitor who has been found by the Referee and/or Jury of Appeal to have gained an unfair advantage by intentionally shortening the route of the race ("cutting the course") shall be immediately disqualified from the competition.
- Prize Money - upon receiving any prize with LS Sports: \*Prize cheque will be given on next day of event from office of LS Sports. \*Mandatory to bring age proof & PAN card copy while collecting winners cheque. In case of no PAN card the tax deducted will be as per rule. You will have to sign a receipt on receiving the cheque.

## COMMON RULES BROKEN

**Unsportsmanlike-Like Conduct:** Foul, harsh, argumentative or abusive language or other unsportsmanlike conduct directed at race officials, USA Triathlon officials, volunteers, spectators or fellow athletes is forbidden.

**Penalty:** Disqualification

**Headphones:** Headphones, headsets, walkmans, ipods, mp3 players, or personal audio devices, etc. are not to be carried or worn at any time during the race. (this will be enforced with athletes who are racing for place/prizes)

**Penalty:** Forfeit of prize and awarded place

**Race numbers:** All athletes are required to wear race numbers at all times during the run. Numbers must face the front and be clearly visible at all times. Numbers may not be cut or folded or altered in any way. DO NOT transfer your number to any other athlete or take a number from an athlete that is not competing.

**Penalty:** Variable time penalty for missing or altered number, Disqualification.

**Abandonment:** All personal equipment and belongings taken out onto the course must stay on the athlete the entire time. No garbage, clothing, etc. shall be thrown on the course.

**Penalty:** Variable time penalty

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## **LINKS**

RACE RESULTS: <http://rpsports.co.uk/toiadani2014/index.php>