



INTERNATIONAL CHARITY RACE REGULATIONS

LEGAL RUN 2024 Meshchersky Park

to support the Podari Zhizn (Grant the Gift of Life) charity foundation

VENUE AND TIME OF THE RUN, DISTANCE

Date and time: 18 May 2024, 08:30 to 13:30.

Venue: Meshchersky Park, Moscow.

How to reach the location:

By public transport:

From Solnechnaya railway Station independently on foot, tiled path. Travel time is 10 min.

By train (from Kievsky station) to Solnechnaya railway station, then walk to Novomeshchersky passage.

From Solntsevo metro station on foot. Travel time from Solntsevo metro station is 20 min. It is less than 2 km away from the starting point.

By car

A large [parking lot #1](#) located on Novomeshchersky Proyezd is reserved for car drivers. This parking lot is available for all park visitors, its capacity is 500 spaces, but it is traditionally 50% full of park visitors. Therefore, we recommend park your cars at parking [lots #3](#) and [#4](#) or using public transportation (see above).

We have marked the nearest parking lots, but please note that the number of places is limited. We recommend arriving in advance.

Attention! Parking along Novomeshchersky Proyezd is prohibited, as informed by the relevant signs. Tow trucks will work. Choose the official parking lots indicated on the scheme.

Start/finish point: *Starting camp*

The Race program includes the following distances with recording of results:

- 5 km race;
- 10 km race.

Time limit for the distance of 5 km - 45 minutes. Time limit for the 10 km distance - 1.5 hours

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RACE PROGRAM

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08:30	Opening of the start/finish camp, opening time of changing rooms and locker rooms
8:30 - 10:45	Giving numbers to registered members.
10:30 - 10:45	Warm-up
10:45 - 10:55	Members' lining up in the starting area
11:00	Mass start for the 5 km and 10 km distances
12:30	Closing the 5 km and 10 km distance
12:30	Award ceremony for winners and runners-up at the 5 km and 10 km distances
13:30	Official closing ceremony

RECORDING OF RESULTS

Absolute winners (places 1-3) are determined by their arrival to the finish (gun time). For the rest of the members, the result is recorded by the chip.

Award categories:

1. Men and women, below 40 y.o.
2. Men and women from 40 y.o.

The age is determined as at 31 December 2024.

Each race member gets an individual chip, attached to the inner side of the bib number.

The chip may not be bent in half, twisted, neither may its protective layer be torn off, nor may the chip be placed on the side or suspended on waist bands. Otherwise the chip may fail to operate when passing the checkpoints. The bib number with the timing chip should be attached on the chest using 4 pins from the member's starting kit. The number must be attached to the chest. The chip is disposable, so it should not be returned after the race is completed.

A member's result on the distance starts counting when the member crosses the starting line. The protocol with results will be available online at the official website of the Race <http://legal.run>

GENERAL TERMS AND CONDITIONS

Everyone aged 18-60 who has transferred the starting charitable contribution to the Grant the Gift of Life foundation is allowed to take part in the Race. A person issued a starting kit on the Race day is deemed to be the Race member.

The total number of the Race members in both distances is limited and makes 1,500 (one thousand five hundred) persons.

On 21 June 2016, Order No. 134n of the Ministry of Health of the Russian Federation took effect, superseding the previous order dated 9 August 2010, No. 613n. This regulatory document states that a medical certificate of admission to physical exercising is the ground to admit a person engaged in physical exercising to the relevant physical activities.

By registering for the competition, the member confirms that he/she assumes the responsibility for his/her state of health, that he/she has no contraindications that preclude from taking part in the competition, and completely releases the competition organizers from liability for potential damage to health that may occur during the competition.

PREPARING FOR / CONDUCTING THE RACE

The Race shall be prepared and conducted by the Organizing Committee (hereinafter, the "Organizing Committee," the "Organizers"). The main judging panel shall be approved by the Organizing Committee.

The Organizing Committee approves these Race Regulations, and, where necessary, amends them without the need to agree such with the Race members. The duties of the Organizing Committee shall be restricted by:

- Ensuring registration of members online at <http://legal.run>
- Agreeing the Race venue and the distance with the Meshchersky park administration
- Providing the judging and recording of results
- Arranging medical support for the Race and other actions stipulated by the Member Package, as indicated in these Race Regulations.

TERMS OF REGISTRATION

The member registration takes place at <http://legal.run> within the period **from 08 April 2024** until the maximum number of Race members is registered for both distances (1,500 persons).

The starting kit is issued on the Race day, **18 May 2024**.

Applications to take part in the Race are not accepted on the event day!

The charitable registration fee (hereinafter, the "fee") is **4,500 rubles** (four thousand five hundred rubles) for both distances from 08 April 2024 up to and including 1 May 2024. From 02 May 2024 up to and including the date when the maximum number of the Race members is registered for both distances (1,500 persons) – 5,000 rubles (five thousand rubles). The Race participants shall pay the fee by completing a dedicated payment form on the website of the Grant the Gift of Life foundation during registration at <http://legal.run>. A person who has submitted an application online and paid the fee shall be deemed duly registered. A person assigned a starting number on the Race day is deemed to be the Race member.

The fee is not refundable in case the registration and/or participation in the Race is cancelled. Re-registration to another person is not permitted.

When being assigned the number, a member must sign an Application under which he/she shall fully release the Organizers from liability for potential damage to health that may occur during the Race. The application form shall be provided by the Organizers. Citizens of other countries are recommended to have a health insurance that covers participation in sports races.

PRIZE MONEY

Awarding for 10 km distance, men and women:

- Category 1 Men: places 1-3, below 40 y.o.;
- Category 2 Men: places 1-3, from 40 y.o.;
- Category 1 Women: places 1-3, below 40 y.o.;
- Category 2 Women: places 1-3, from 40 y.o.

All the finishers of the race will be awarded commemorative medals.

Awarding for 5 km distance, men and women:

- Category 1 Men: places 1-3, below 40 y.o.;
- Category 2 Men: places 1-3, from 40 y.o.;
- Category 1 Women: places 1-3, below 40 y.o.;
- Category 2 Women: places 1-3, from 40 y.o.

All the finishers of the race will be awarded commemorative medals.

Traditionally, the Organizing Committee also awards a special prize for the *"Biggest Corporate Racing Team"*.

MEMBER PACKAGES

Prior to start:

- bib number
- individual chip
- a parcel for delivery of belongings into the locker room
- operation of the locker room
- men's changing room, women's changing room

At the distance:

- drinking points, toilets
- medical assistance on the track and at the start/finish point
- time recording for 5 km and 10 km (finish protocol)

After finish:

- commemorative medal
- personal result online right after the finish

DISQUALIFICATION

The Judging Panel reserves the right to disqualify a member if:

- a member has run under the registered number of another runner;
- a member has shortened the distance;
- a member has run the distance for which he/she did not apply for;
- a member has used an improvised vehicle;
- a member has started the race prior to the official start;
- a member has started the race after closing of the starting area;
- a member has finished after closing of the finishing area;
- a member has started the race not from the starting area;
- a member has run without the bib number.

INFORMATION

For details about the Race visit <http://legal.run>

The Organizing Committee shall not be liable for information at other information resources.

These Race Regulations may be amended or terminated by the Organizers at their sole discretion, without preliminary notice to members and payment of any compensations whatsoever.

THESE RACE REGULATIONS MAKE AN OFFICIAL INVITATION CALL TO TAKE PART IN THE RACE

WE ARE WAITING FOR YOU!



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