

# HOPE & POSSIBILITY

---

## ULAANBAATAR 2017

**Dear Sir or Madam,**

We truly appreciate your participation in **THE HOPE AND POSSIBILITY MARATHON** to encourage people with disabilities to participate in sports.

The marathon will be held on September 9th, 2017 at the National Park continuously from 8:30 a.m. to 5 p.m. The events will include 3K, 5K, 10K, half-marathon (21K), and full marathon (42K). You can find information about the start time, schedule and, course of your respective event from [www.achillesmongolia.mn](http://www.achillesmongolia.mn), Achilles International Mongolia Facebook page, or contact 7013 3060 starting from September 1st.

We recommend that you arrive about 30 minutes prior to the start of your event in order to properly warm-up your body. The schedule for the day will be strictly followed, so please make sure to be on-time.

### **CAUTIONS:**

1. Place your assigned number placard on the front side of your clothing
2. Do not exchange your assigned number placard with someone else
3. Lost number placards will not be replaced
4. The use of alcoholic drinks, drugs, and tobaccos are strictly prohibited
5. Always run on the right-hand side of the road; use the left-hand side only if you wish to pass someone
6. Do not block the road or create a situation that may be harmful or inconvenient for others
7. Using a shortcut or turning before a designated destination will not count as a completed run
8. You are responsible for your cell phone and valuables at all times
9. Do not be a hindrance to others; please respect yourself and others
10. Unless you are running with a disability guide, you are not allowed to walk/run hand-in-hand and block the road
11. We recommend you do not drink too much water before the start of your event; water station will be set up along the course of the race
12. Do not litter
13. Immediately notify an event organizer or contact the police if you suspect any suspicious

activity such as theft

14. If you see that someone is injured, immediately notify an event organizer
15. If you do not feel well, injure yourself, or need medical attention, immediately notify an event organizer or go to the nearest medical station, where medical professionals will be accessible
16. If you are a person with disabilities or over the age of 55, please get approval from your doctor before participating
17. If you are a person with disabilities, please run only with your assigned guide
18. If you want a guide, please contact 99039680 (Saranchuluun) to make a reservation
19. If you need any assistance while you are running, seek help from someone wearing a VOLUNTEERS T-shirt
20. Please accommodate your attire to the weather of the event
21. If you need to leave your belongings (other than valuables) while running, you must arrive 30 minutes prior to the start of the event so that we can stick the ТЭЭШ (BAGGAGE) part of your number placard on your belongings
22. When you cross the finish line, please let a judge rip off the ШҮҮГЧИД (JUDGES) part of your number placard.

The diagram illustrates the layout of a race number placard. It is a rectangular card with a white top section and a purple middle section. The top section contains the text "HOPE & POSSIBILITY 2017" in purple and orange, with "U L A A N B A A T A R" in orange below it. The middle section features a large white number "00-0999" on a purple background. To the left of the "00" are two purple rectangular boxes representing distance. To the right of the "0999" are two purple rectangular boxes representing numbers. Below the middle section is a white section with logos for "ARIG BANK" (a colorful triangle), "Achilles INTERNATIONAL Mongolia" (a yellow and orange checkered flag), and a grid of age group letters: A, B, C, D, E in the top row and F, G, H, Z in the bottom row. The bottom section is split into two horizontal bands: a green band on the left with "0999" and "ТЭЭШ" (Teeshe) and a purple suitcase icon, and an orange band on the right with "0999" and "ШҮҮГЧИД ӨГӨХ ХЭСЭГ" (Shuugchid Ogok Heseseg) and a grid of letters A through Z. Labels with lines pointing to these sections include "Distance", "Numbers", "Age group", "For luggage", and "For Judge".

# HOPE & POSSIBILITY

# УЛААНБААТАР 2017

## МАРАФОНЫ ЕРВНХИЙ ЗУРАГЛАЛ

### marathon map

