

## **Participants must adhere to the rules and regulations set forth by the race organizers**

- Race Location
  - **Start Point** = Liberty Round About, Gulberg
  - **Finish Point** = Liberty Round About, Gulberg
- Race Timings
  - **Start Time** (All Categories) = 5 30 am
  - **Arrival Time** (All Participants) = 5:00 am – 5:30 am
- All participants must receive/collect their Bib Stickers/numbers before or Race Day from ABL Regional Office Kasuri Road. BIB Collection Dates 22<sup>nd</sup> – 25<sup>th</sup> September 2026.
- Each participant will be issued a unique bib number which must be pasted on the front of their running attire i.e., in front side of shirt (abdominal area).
- Issued/allotted Bib numbers are non-transferable and must not be altered in any way.
- Participants are expected to display sportsmanship and respect towards fellow runners, race officials, and spectators.
- Any form of abusive language, harassment, or unsportsmanlike behavior will result in immediate disqualification.
- Participants should avoid obstructing or impeding the progress of other runners.
- No religious or political slogans or banners of any kind are allowed by all participants and race officials.
- No firearms, explosives or any form of weapon or harmful equipment will be allowed. Anyone found in possession of such item will be refused entry/participation.
- First aid stations will be located at the start/finish area and Rescue 1122 paramedics will be provided alongside the race.
- Decision of Race Judges, Officials and Jury will be final in case of any dispute regarding race positions or any disqualification.
- Participants should dress appropriately and be prepared for any varying weather conditions.
- Participants are encouraged to carry personal identification and information regarding any medical conditions or allergies.
- Hydration stations will be available at regular intervals along the racecourse
- Please ensure you are familiar and in use of your running shoes to and avoid using brand new shoes for the race
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- Participants must familiarize themselves with the route prior to the race. Routes available on ABL webpage and social media platforms.
- Car Parking will be available at Monal Parking Plaza and Liberty Market Parking Area.
- Littering on the racecourse is strictly prohibited and will leave a bad impression. Participants should make every effort to leave the race area clean and free of debris.