



“HOPE & POSSIBILITY ULAANBAATAR MARATHON- 2025”

Public Run Guidelines

1. Purpose

To unite people with disabilities and the general public through sports and movement, promoting inclusion, equality, and solidarity. The event aims to inspire individuals with disabilities, restore hope, and encourage a healthy lifestyle through physical activity, while supporting their social participation.

2. Organizers

- ✓ Office of the President of Mongolia
- ✓ Delegation of the European Union to Mongolia
- ✓ Achilles International Mongolia NGO
- ✓ University of Internal Affairs

3. Event Date & Organization

When & Where:

- Saturday, September 20, 2025
- Starting from Central Park, the route will follow Dunjingarav Road, Marshal's Bike Path, and return to Central Park.

Participants:

- Open to the general public, individuals with disabilities, and university students.

Structure:

The public run consists of two segments:

- “Hope & Possibility Ulaanbaatar Marathon 2025” supporting people with disabilities
- “Student Run 2025” encouraging youth and citizens to participate.

Registration:

 Online & Phone Registration:


- ✓ Until 24:00 on September 14 via <https://achilles.marathon.mn>
- ✓ September 15–16, 09:00–18:00 via phone: 70131777

 In-Person Registration:

- ✓ September 17–19 at the 1st floor of the State Palace during the Marathon Expo
- ✓ No registration will be accepted on the day of the marathon (September 20)

 Group Participation:

- ✓ Teams, friends, schools, and classes can register collectively and receive bib numbers.
- ✓ For group registration info, contact: 99081118, 80683355

 Student Category:

- ✓ Registration for university students will be managed by the University of Internal Affairs in

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coordination with student councils and organizing committees of respective institutions.

Marathon Expo:

- ✓ The Expo will be held from September 17–19 at the State Palace.
- ✓ During the event, participants will confirm their registration and receive bib numbers and race kits.
- ✓ The Expo also aims to raise public awareness about the marathon, promote understanding of disabilities, shift societal attitudes, and highlight opportunities for inclusion and development through sports.
- ✓ Exhibitions, charity sales, and presentations will be organized by the event hosts, disability advocacy groups, professional organizations, and sponsors.

Health Awareness Day:

- ✓ A health-themed event will take place at the fountain plaza of the National Garden Park during the public run.
- ✓ Activities will promote healthy habits and lifestyles, including:
 - Public fitness and nutrition education,
 - Demonstrations of fitness, spinning, line dancing, yoga, push-ups, kettlebell workouts, and other sports,
 - Sales of vitamins and charity products.

Race Organization:

- ✓ The race route: Central Park → Dunjingarav Road → back to Central Park
- ✓ All race categories will start and finish at Central Park, looping around designated checkpoints.
- ✓ Participants in the 10 km, 21 km, and 42 km races will be timed using chips, and results will be published on the “Hope and Possibility Ulaanbaatar” website.
- ✓ Each checkpoint will have water stations, first aid services, and race marshals.
- ✓ Cheer squads will be stationed along the route.
- ✓ At the 21 km and 42 km checkpoints on Marshal’s Bike Path, runners will be offered porridge, vitamins, and pain relief sprays.

4. Public Run Categories and Awards

Race Types and Divisions:

The public run will be organized into the following categories for both men and women:

- ✓ General Division
- ✓ Para Division (for participants with disabilities)
- ✓ Student Division

No.	Race Type & Division	Age Category	Award Positions
1	Student Run – 5 km	No age category; male/female; general/para	Top 10 finishers
2	Full Marathon – 42.2 km	18–29, 30–39, 40–49, 50–59, 60–69, 70+	Top 3 finishers

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3	Half Marathon – 21.1 km	18–29, 30–39, 40–49, 50–59, 60–69, 70+	Top 3 finishers
4	Public Run – 10 km	18–29, 30–39, 40–49, 50–59, 60–69, 70+	Top 3 finishers
5	Public Run – 5 km	No age category; male/female	Top 5 finishers
6	Para Marathon – 42.2 km	18–29, 30–39, 40–49, 50–59, 60–69, 70+	Top 3 finishers
7	Para Half Marathon – 21.1 km	18–29, 30–39, 40–49, 50–59, 60–69, 70+	Top 3 finishers
8	Para Run – 10 km	18–29, 30–39, 40–49, 50–59, 60–69, 70+	Top 3 finishers
9	Para Run – 5 km	No age category; male/female	Top 5 finishers
10	Handcycle – 21.1 km	No age category; male/female	Top 3 finishers
11	Wheelchair Race – 1500 m	No age category; male/female	Top 3 finishers

Awards & Incentives:

- ✓ For the 10 km, 21 km, and 42 km races (general and para divisions), the top 3 male and female finishers will receive medals, certificates, and sponsor prizes.
- ✓ For the 5 km public run (no age category), the top 5 finishers will receive medals, certificates, and sponsor prizes.
- ✓ Every participant who finishes the “Faith, Hope, Opportunity” marathon will receive a finisher medal, certificate, and sponsor gift.
- ✓ Participants in the 21 km and 42 km races will receive a race shirt and gear bag included in their registration fee.
- ✓ For the Student 5 km run, the top 10 male and female finishers will receive medals, certificates, and sponsor prizes..

Participant Guidelines:

- ✓ All runners must pay the registration fee, confirm registration, and receive their bib number.
- ✓ Each participant may only compete in one race category appropriate to their age group.
- ✓ Participants with disabilities are exempt from the registration fee.
- ✓ Students participating in the 5 km run will register through the University of Internal Affairs or their respective institutions and are exempt from the fee.
- ✓ Senior participants and those with health conditions must undergo a medical check-up before the race.
- ✓ Participants must follow strict discipline, respect event rules, and avoid littering or polluting the environment.
- ✓ All runners must respect each other and follow judges’ decisions. Disputes or disrespect toward officials may result in disqualification.
- ✓ Participants must adhere to the race schedule and ensure their personal safety.
- ✓ Dress appropriately for the weather conditions on race day.
- ✓ Personal items placed in the official race gear bag (with bib number) will be accepted at the baggage tent. Valuables such as wallets and phones will not be stored, and organizers are not responsible for lost items..



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Accessibility Guidelines for Participants with Disabilities:

- ✓ Participants with disabilities may choose any race distance, but may only register for one category free of charge and must receive a bib number.
- ✓ All para participants must undergo a medical check-up before the race.
- ✓ Visually impaired runners must run with a guide. If they do not have one, they must inform organizers during registration to be assigned a guide.

Collaboration Opportunities:

Organizations and individuals can support the event in the following ways:

- ✓ Participate in the run with friends, colleagues, or teams by registering for bib numbers
- ✓ Donate to the marathon or contribute products to the prize pool
- ✓ Join the volunteer team to cheer, assist with logistics, and help organize the event.

Contact Information

Address: Room 315, Tsetsee Gun Building, Sukhbaatar Street-8, 4th Khoroo, Chingeltei District

Phone: 70131777, 99044311, 99081118, 80683355

Website: www.achillesmongolia.mn

Email: info@achillesmongolia.mn

Facebook/Instagram: Hope and Possibility Ulaanbaatar