

## **REGULATIONS**

on holding the charity run “jüregimniñ jeñimpazy”  
as part of the Heart Center Foundation Run project.

### **1. Purpose of the Run**

“jüregimniñ jeñimpazy” (hereinafter – the Run) is a **charity event initiated by the Heart Center Foundation** as part of an awareness campaign on organ transplantation in Kazakhstan and the prevention of cardiovascular diseases. The aim of the Run is to promote a healthy lifestyle and raise public awareness about the importance of heart disease prevention. The Run features three distances: 10 km, 3 km, and 1 km.

The Run is held to promote the prevention of cardiovascular diseases and to raise public awareness about the need for heart disease prevention. In this regard, **timing chips will not be used** during the Run.

### **2. Organizer of the Run**

The organizer of the Run is the **Heart Center Foundation**, the first endowment fund in Kazakhstan implementing healthcare projects. The Foundation develops and supports initiatives aimed at the long-term development of cardiology and cardiac surgery.

Mission of the Foundation:

We promote the development of cardiac surgery and cardiology services in Kazakhstan by uniting science, education, and public outreach.

### **3. Date of the Run**

August 10, 2025, from 05:30 AM to 12:00 PM.

### **4. Venue of the Run**

The Run will take place in Astana, Kazakhstan.

Meeting point and starting location: the square in front of the Nur Alem Pavilion-Museum.

### **5. Distances and Participants**

Participants are admitted to different distances depending on their age:

- 10 km
  - Participants aged 15 and older
- 3 km
  - Participants aged 8 to 18 (without adult supervision)
  - Participants 18 and older (registered individually)
- 1 km
  - Participants aged 8 to 18 (without adult supervision)
  - Participants 18 and older (registered individually)
  - Children under 8 may participate only when accompanied by an adult (the adult is considered the official participant)

The current route map is available on the Run website: [hcf.kz](https://hcf.kz)

### **6. Registration of Participants**

**6.1.** Registration is available at [hcf.kz](https://hcf.kz) from **May 1, 2025**, until **August 10, 2025**, or until 5,000 participants are registered.

**6.2.** The participation fee for the Run is as follows:

- 13,000 KZT (thirteen thousand tenge) for participants in the 10 km distance
- 10,000 KZT (ten thousand tenge) for participants in the 3 km distance
- **7,000 KZT** (seven thousand tenge) for participants in the 1 km distance

**6.3.** A participant's registration is considered successful only after confirming the terms of participation in the Run, submitting the required waiver, and paying the participation fee in accordance with Clause 6.2 of these Regulations.

## **7. Participation Admission**

Only participants **with official participant wristbands**, provided in the starter kit, will be allowed to participate.

## **8. Starter Kit**

**8.1.** Starter kits will be distributed from **August 7 to August 9, 2025**, between **10:00 AM and 8:00 PM**, at the UMC Heart Center, located at 38 Turan Avenue, Astana.

**8.2.** The starter kit for participants over the age of 18 will be issued only upon presentation of the following:

- An identity card or passport
- A health waiver form
- Proof of payment of the participation fee (verified by the Organizer at the time of kit distribution)

All documents must be provided in printed form.

**8.3.** The starter kit for participants aged 8 to 18 will be issued only upon presentation of the following:

- A copy of the child's ID card, passport, or birth certificate
- A copy of the parent's or guardian's ID card or passport
- A signed consent form from the parent or guardian allowing the child to participate in the Run
- Proof of payment of the participation fee (verified by the Organizer at the time of kit distribution)

All documents must be provided in printed form.

**8.4.** The starter kit may be collected by the participant or by another person who presents all the required documents and a copy of their own ID/passport. However, if the kit is collected by someone else, the Organizer is **not responsible** if the participant receives it in an incomplete or damaged state and is subsequently not allowed to participate.

**8.5.** If a participant fails to collect their starter kit for any reason, they **will not be allowed** to participate in the Run as per Section 7.

## **9. Finisher medal and thank-you letter**

Each participant will receive a thank-you letter in the starter kit, and upon completing the distance, a commemorative medal of the Run.

## **10. Rules of Participation**

### **10.1. Participants are prohibited from:**

- Using any mechanical means of transportation
- Participating under the influence of alcohol or drugs
- Participating with strollers
- Participating with animals
- Obstructing the movement of other participants along the course
- Interfering with the event Organizers
- Stopping on the course
- Violating the official Run regulations, including: starting before the official start signal, starting after the start zone has closed, or starting from outside the designated start zone

The Organizer reserves the right to **disqualify** participants for violating the rules.

Participants confirm that in the event of rule violations by themselves or their family members, they take **full responsibility** for all consequences, including (but not limited to) harm to health, property, or public order.

Children under the age of 8 are only allowed to participate **with an accompanying adult**, who is considered the official participant. The adult is **fully responsible** for the child's behavior and safety during the Run.

**10.2.** The Organizer is not responsible for the participants' personal belongings and does not provide storage facilities.

## **11. Force Majeure**

In the event that the Run is officially prohibited by government authorities or local administrations of the Republic of Kazakhstan, the Run may be **rescheduled or canceled**, depending on the circumstances.

Further instructions will be announced by the Organizer **within 10 working days** of the official notice.

## **12. Media Accreditation**

Media accreditation must be completed in advance. To apply, send the following information to **pr@hcf.kz**:

- Name of media outlet
- Full names of journalist, camera operator, and/or photographer
- Contact phone number
- Email address

## **13. Final Provisions**

The Organizer reserves the right to make changes to these Regulations for holding the Run.