

# REGULATIONS

## REGATTA WINTER ULTRA-TRAIL® MAŁOPOLSKA 2017

/ver. 27 -04-2017/



### I. AIM:

- promotion of Małopolska's natural assets in Poland and in the world,
- promotion of long distance mountain running races and runners' integration,
- promotion of healthy lifestyle, physical culture and sport,
- increasing an environmental awareness and wildlife conservation.

### II. ORGANIZER AND MANAGEMENT OF THE RACE:

#### Fundacja 4 Alternatywy

ul. Kisielewskiego 59

31-708 Kraków

POLAND

NIP: 6783156051, REGON: 362343691

KRS: 0000572408

Phone: +48 600 053 939

e-mail: fundacja4alternatywy@gmail.com

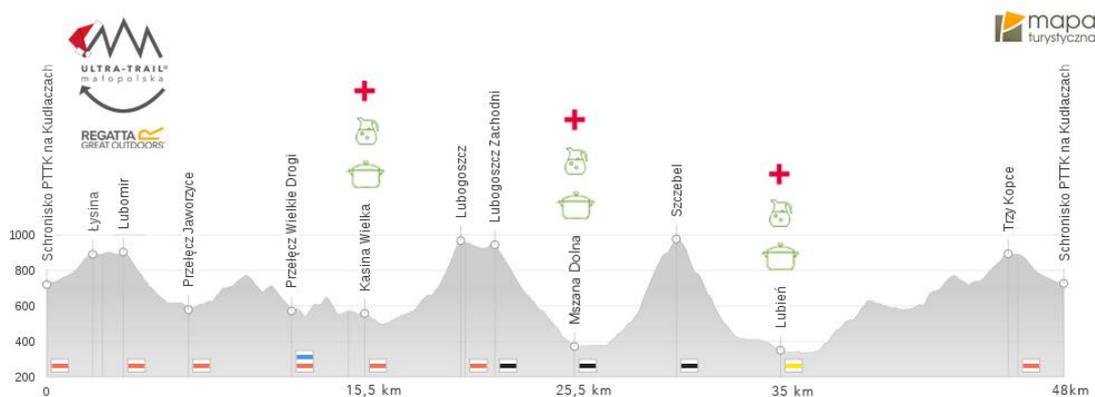
**Paweł Derlatka** is the director and the main initiator of the running races.



### III. DATE, PLACE, RACE ROUTE:

#### 1. WUTM 48

- distance: **c.a. 48 km**;
- ascent/descent: **2 500 +/-**;
- limit of participants: **300 people**;
- time limit: **12 hours**; there are no indirect limits ;
- race office, start point and finish point: **Schronisko PTTK na Kudłaczach, 32-432 Pcim, Poland**;
- opening hours will be announced at a later date;
- briefing: **16th of December 2017 (Saturday) at 7:40 am** near the start line.
- start: **16th of December 2017 (Saturday) at 8 am**.



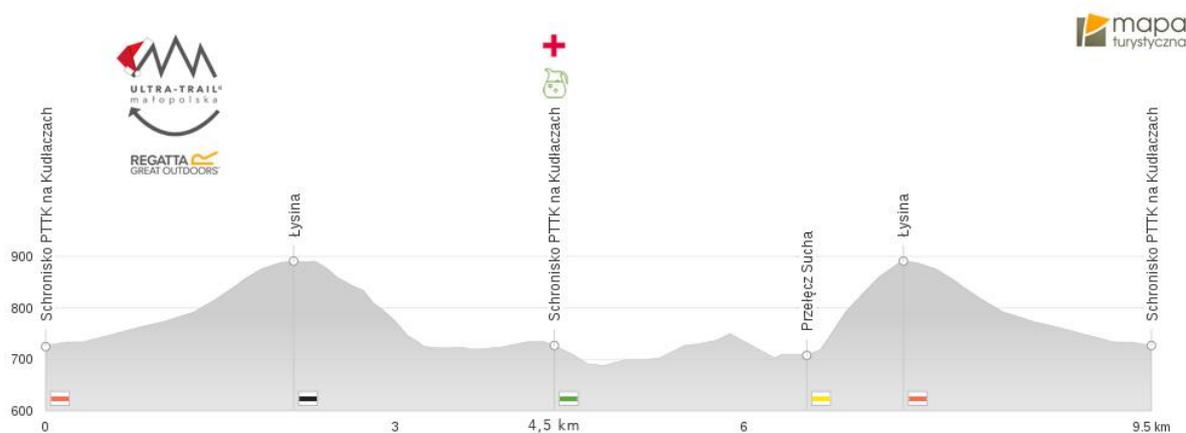
Route reference on [mapa-turystyczna.pl](http://mapa-turystyczna.pl): [link](#)

There will be 3 control points and nutritious / water points:

- **Kasina Wielka** – medic, control and nutritious point;
- **Mszana Dolna** – control and nutritious / water point.
- **Lubień** – control and water point.

## 2. WUTM 10

- distance: **c.a. 10 km**;
- ascent/descent: **450 +/-**;
- limit of participants: **300 people**;
- time limit: **2.30 hours**; there are no indirect limits;
- race office, start point and finish point: **Schronisko PTTK na Kudłaczach, 32-432 Pcim, Poland**;
- opening hours will be announced at a later date;
- start: **16th of December 2017 (Saturday) at 10 am**.



- **Route reference on mapa-turystyczna.pl: [link](#)**
- **There will be 1 water point: Schronisko PTTK na Kudłaczach.**

## IV. REGISTRATION AND FEES:

1. Registrations will be accepted until **9<sup>th</sup> of December 2017**, or until the date when the limit of participants has been met (the date of receipt of the joining fee decides about the acceptance on the race).
2. Only appropriately filled application form and completed payment will be accepted and recognized as a successful registration. The application form can be found on [www.pucharbeskiduwyspowego.pl](http://www.pucharbeskiduwyspowego.pl) website. Payment should be completed between three to seven days from the date the application has been submitted. **Should there be no payment submitted within this timescale the Organizers have a right to remove the applicant from the registration list.**

### Payment details:

Fundacja 4 Alternatywy  
Kisielewskiego 59  
31-708 Kraków  
POLAND

Bank: **Raiffeisen Bank Polska S.A.**  
IBAN: **PL 89175000120000000036284552**  
SWIFT/BIC: **RCBWPLPW**

Please ensure the following details are entered on the payment: name of the race, name and surname, Date of Birth, example: **WUTM 10, John Smith, 1.01.1980**

3. The registration fee depends on the time of registration and submission of the payment:

▪ **WUTM 48**

until 30<sup>th</sup> of June 2017: 125 zł

between 1st of July and 30<sup>th</sup> of September 2017: 150 zł

between 1st of October and 9<sup>th</sup> of December 2017: 180 zł

▪ **WUTM 10:**

until 30<sup>th</sup> of June 2017: 55 zł

between 1st of July and 30<sup>th</sup> of September 2017: 65 zł

between 1st of October and 9<sup>th</sup> of December 2017: 80 zł

▪ 5 zł from every race registration fee will be donated to a charity (supporting homeless animals) – “Człowiek zwierzakowi bratem” initiative.

4. Should you decide to no longer participate in the race there will be 80% refund of the registration fee as long as your resignation take place by the 28.02.2017. Resignation should be emailed to the Organizer on ([fundacja4alternatywy@gmail.com](mailto:fundacja4alternatywy@gmail.com)).

5. As part of the registration fee the Organizer ensures provision of (among other things) the following: ability to participate in the race, bib number, time measurement, medical security, clearly marked running route, drinks and meals before, during and after the race, the deposit box (in the race office), refreshment/nutrition/water points.

6. The Organizer does not provide registration fee refunds for the participants who did not finish the race, was disqualified or did not take part in the race.

7. It is not allowed to share or exchange the starter pack with another person.

8. The Organizer has a right to refuse the registration for the participation in the event.

## V. MANDATORY AND RECOMMENDED EQUIPMENT

During the race each participant must have a mandatory equipment. **Equipment of all participants will be controlled at the registration office and will be selectively checked at the checkpoints and on the routes. Lack of the mandatory equipment will result in disqualification.** Obligatory equipment is considered as a necessary minimum, each and every participant must ensure that the equipment meets their needs.

▪ **MANDATORY EQUIPMENT– WUTM 48:**

- 1) NRC film – at least 140 x 200 cm;
- 2) Headlamp;
- 3) personal cup;
- 4) gloves;
- 5) a minimum of one-litter water bottles or the skin;
- 6) elastic bandage, sterile dressing;
- 7) fully charged mobile phone;
- 8) jacket;
- 9) bib number provided by the Organizer;
- 10) garbage bag provided by the Organizer;
- 11) running-bag or vest;
- 12) hat/cap;
- 13) accident insurance (NNW).

▪ **RECOMMENDED EQUIPMENT– WUTM 48:**

- 1) trekking poles /stick (telescopic or one piece once);
- 2) money (to cover unexpected expenses);
- 3) GPS;
- 4) supply of food,
- 5) non-slip shoe covers or crampons.

▪ **MANDATORY EQUIPMENT– WUTM 10:**

- 1) NRC film – at least 140 x 200 cm;
- 2) Gloves;
- 3) personal cup;
- 4) elastic bandage, sterile dressing;
- 5) fully charged mobile phone;
- 6) jacket;
- 7) bib number provided by the Organizer;
- 8) garbage bag provided by the Organizer;
- 9) hat/cap;
- 10) accident insurance (NNW).

▪ **RECOMMENDED EQUIPMENT– WUTM 10:**

- 1) trekking poles /stick (telescopic or one piece once);
- 2) supply of food;
- 3) non-slip shoe covers or crampons.

Participants are expected to self-assess the situation while they are in the mountains and respond appropriately in the event of the bad weather. The race will take place regardless of the weather conditions, but in the event of natural disasters or other extreme weather conditions which would threaten the safety of the participants - The Organizer reserves the right to shorten the route, change the start time, stop or cancel the race. In such circumstances. The Organizer reserves the right to keep the registration fee and would not provide any reimbursement.

VI. **GENERAL TERMS – CONCERNING ALL RUNS**

1. Each participant of the running race must be fully aware of the length and its specifications, including being aware that the participant's safety depends on the ability to anticipate and overcome problems related to the weather conditions in the mountains, isolation, high fatigue, muscle pain and joint pain.
2. **In order to participate in the race you need to meet the following requirements:**
  - At the day of the start you are age of 18 +;
  - you have appropriately registered for the race and submitted the payment;
  - you declare that you are able to participate in the run and do not suffer from any medical conditions which disqualify you from the participation in the race, acknowledge that participation in the race is associated with a physical effort and entails the risk of natural accidents, personal and physical injury (including death) and damage or loss of assets;
  - you declare a participation in the race at your own risk;
  - declares he/she read the Regulations of the event;
  - you collect a starting package in the race office;
  - you would present at the starting point within the appropriate timescale set in the Regulations.
3. **The participants of the race can be disqualified due to:**
  - the lack of the mandatory equipment,
  - non-compliance with the Regulations .
4. All participants need to be seen and verified in the race office - an identity card is mandatory.
5. During the entire time of the running race the participants should move only along the running route indicated by the Organizer. Bib number must be worn by the participant on the chest or abdomen, and must be constantly visible during the running race.
6. **It is the responsibility of the participants to have an insurance against accidents in the race.** The Organizer is insured against liability to the participants of the running race. The organizer does not provide any life insurance, health or liability in respect of sickness, accident, injury, death or any loss or damage that may occur due to the presence and / or participation in any of the races within the ULTRA-TRAIL → MAŁOPOLSKA. The Organizer reserves the right to consent to medical and paramedical personnel acting on behalf of the

Organizer to provide medical first aid or perform other medical procedures, including transport of the participant at risk to a safe place.

## **VII. LEAVING THE ROUTE**

1. Should you wish no longer to continue with the race, unless you have sustained an injury, you should continue until you reach the control point and nutrition/water point (or reach the asphalt road) and immediately inform the Organizer via phone.
2. Those who do not report that they are leaving the route may be ordered to pay for the costs of an unreasonable search action which might have to be put in place due to lack of the information about the participant's whereabouts.
3. When only possible the Organizer will arrange transport (by car) to the event office for all participants of WUTM 48, who do decide to no longer continue with the race and inform the Organizer about it in the following control / nutrition points: Kasina Wielka, Mszana Dolna, and Lubień or on the road number 28 by Rabka-Zdrój town. The organizer does not provide any transportation for participants who decide no longer continue with the race except those 3 mentioned above places, nor any WUTM 10 participants.

## **VIII. CLASSIFICATION AND RESULTS**

1. Participants of WUTM 48 must visit each checkpoint and provide their bib number. Additionally, the Organizer has portable checkpoints where participants will also be required to provide their starting number. The participants will be fully and successfully signed off if all checkpoints will be signed off. It is the responsibility of the participant to present at the checkpoint.
2. There will be a separate classification for male and female.
3. Information about the results and the winners will be published on <http://ultratrailmalopolska.pl> or [www.facebook.pl/UltraTrailMalopolska](http://www.facebook.pl/UltraTrailMalopolska).

## **IX. FINAL PROVISIONS**

1. The Organizer reserves the right to interpret and amend the Regulations with an obligation to inform the participants of the race about any amendments made. Such information will be provided on <http://ultratrailmalopolska.pl> website or the Official fanpage: ULTRA-TRAIL MAŁOPOLSKA Facebook and it is the responsibility of the participants to ensure they are familiar with any updated and amendments announced there.
2. The participant who accepts the terms and conditions of this Regulation gives his/hers consent to the processing of their personal data information.
  - The personal data information of the participant will be processed in accordance to the Data Protection Act (Dz. U. z 2016 r. poz. 922). The use and processing of the personal data information also includes the publications of the participants name, surname, city and details of the 'club'.
  - The participants accepts that they have a right to access the personal data information held and processed.
  - The provision of the personal data information and consent to their processing is voluntary, but necessary for the participation in the race.
1. The Participant of the event agrees to the free use by the Organizer of the participants 'image' - images / pictures/ videos with the participants for the purposes related to the organization and promotion of the events by the Organizer. The consent applies in particular to the use of the image by posting photos and videos taken with regards to the promotional materials of the Organizer. The agreement also covers the use of captured images, in particular for publishing, reproducing, copying, broadcasting and/or transmitting, provided that any of the above would not affect the good name of the person approving the publication of the image. The consent to the use of the image is not limited by time or territory.
4. Throughout the race the participants should follow the instructions given by the people responsible for security, law enforcement officers and any other people designated by the Organizer.
5. On a public road the race participants should follow the law, rules and regulations of the Road Code.

6. All participants of the race should remain focused and beware when moving along the route run.
7. The Organizer, and any other parties involved in organizing and running of the race are not liable for personal injury, loss of property that may occur before, during or after the races. Participants bear the civil liability and legal responsibility for all damage caused by them. By acceptance of this declaration, participants waive their right to seek legal or civil compensation from the Organizer or parties involved in organization of the race in the event of an accident or damage associated with the race. The Participants acknowledge that in the event of an accident they cannot make any claims against the Organizer.
8. The Organizer does not take responsibility for any belongings left unattended as well as any assets and valuable items left in the lockers and storerooms. It is not recommended that leave any valuable items in the storeroom (available 1 hour before, during the each race and 1 hour after the end of the race).
9. The Organizer does not provide lodging.
10. **The Regulation has been made in two identical copies in Polish and English language versions. In case of doubt, the Polish language version shall prevail.**

## Eco & Fair Play Principles

Each participant of the race is obliged to follow can comply with the rules and regulations of the **Principles of Eco & Fair Play**. Raising public awareness of the natural environment and taking responsibility for them, are the main principles of REGATTA WINTER ULTRA-TRAIL® MAŁOPOLSKA.

The attitude of each participant should protects the environment, preserve the landscape and ecosystem, knowing and recognizing that a man, like any living organism, is part of the natural environment, and subject to its laws.

Participants of the event are obliged to the following:

- to dispose of trash, including used for personal hygiene sanitary only at checkpoints. the Organizer provides the participants with garbage bags and sanitary. Breaking the absolute prohibition of leaving garbage along the route will result in disqualification;
- throughout the run use a private reusable mug. This eliminates disposable of cups;
- to adhere to and follow the principle of respect for themselves, other participants and the environment;
- to adhere to and follow the principle of solidarity over competition, provide assistance to the one in need;
- to keep silence in the woods;
- to apply the principles of Fair Play, do not cheat by descent from a designated routs and shortening routes;
- each competitor must finish the race on his own, support aids are not allowed, with the exception of the hiking sticks; a third party helps on the road is strictly prohibited.