RULES AND REGUALTIONS ŁEMKOWYNA TRAIL 100

GENERAL DESCRIPTION
Łemkowyna Trail 100 is a mountain race which runs along Main Beskid Trail, a tourist trail. To complete the race, a competitor must run (walk) the entire route. The race is timed.

ORGANISER
The race is organised by FUNDACJA ULTRA, ul. Parkowa 19/14, 38 - 400 Krosno
KRS: 0000592521, NIP: 6842642133, REGON: 36326307200000

DATE, PLACE, PROGRAMME
The race will take place between 17^{h} – 18th October 2026.
Race office: to be announced by 1st September 2026.
Start line: Iwonicz-Zdrój.
Finish line, closing, award ceremony: Komańcza.

COURSE
The race follows the route of the main Beskid Trail from Iwonicz-Zdrój to Komańcza.
Distance: approx. 102 km
Elevation change: +2870m/-2820m

The organizer reserves the right to change the course paramteres according to public institutions instructions, for safety reasons or in case of vis maior situations which causes abnormal problems and threats organizing the event.

CHECKPOINTS AND AID STATIONS
The course will include four aid stations, at least two of which will also serve as checkpoints.

Moreover, the organiser reserves the right to set up additional aid stations and checkpoints which can be moved along the entire route.

TIME BARRIERS, RACE CAPACITY
The entire race must be completed within 22 hours.
Time limits applicable at aid stations will be provided once the final locations of these points are determined. These limits determine the time by which the athlete must leave the aid station.

Maximum number of runners: 500
The organizer reserves the right to add 20 runners at his discretion
The organizer reserves the right to change the maximum number of runners.

ENTRY
In order to enter Łemkowyna Trail 100, competitors need to be in good physical condition and a clean bill of health (without medical contraindications to take part in mountain ultra runs) and have the necessary experience in mountain runs.

Formal entry requirements are as follows:
- accepting the rules and regulations and registering by completing the registration form
- at least 18 years of age no later than the day before the competition
- payment of the entry fee before the limit of places is reached or registration closes
- collecting the start pack, in person, in the race office within working hours
- signing a declaration stating that you are of good health and that you enter the race at your own risk
- signing a declaration permitting the use of personal data of the runner
- signing a declaration permitting free use of the runners' photo (video) image

- on time arrival at the race start line with complete obligatory equipment
- positive result of obligatory equipment checking

Detailed registration procedure has been explained at the website: http://www.ultralemkowyna.pl/en/entry

The organizer reserve the right to cancel the registration submitted by a competitor disqualified in any other event organized by Fundacja Ultra. In such case the entry fee will be refunded.

RACE RULES

Competitors cover the entire distance on foot only.
Competitors move along the marked route only.
Each competitor is obliged to observe road traffic regulations.
Each competitor is obliged to observe the general rules applicable within forest areas.
Each competitor is obliged to observe the epidemic rules set by the Organizer as well as the official regulations binding in Poland.
It is strictly forbidden to leave rubbish behind, destroy plants or engage in any other activities which may harm nature.
Pacing and muling is entirely forbidden. Third parties' help is only permitted within the areas defined by the organizer. These areas would be indicated by the organizer in the technical announcement.
Competitor should attach the runner number in a visible place at the front.

Competitors will be classified in female and male categories. The best performers will be awarded prizes.

SAFETY, COMPULSORY KIT

Competitors enter the race at their own risk and in case of injury or material loss they will not lodge any claims to the organisers. By taking part in the race, each competitor declares that their health condition allows them to engage in this type of physical activity. Competitors are obliged to exercise extreme caution at race office, start/finish zones, when crossing paved roads and railway tracks; while running on paved roads competitors are obliged to observe warning signs placed by the organisers, as well as adhere to the instructions given by police and security staff. While using public roads, runners bind themselves to use the pavement or –as second choice – the left roadside. If there is no such possibility, runners use the left side of the road and give the right of way to vehicles on the road.

Due to safety reasons, each competitor is obliged to have the following compulsory equipment with them during the race:
- backpack/hip bag
- water container (1 litre minimum)
- drinking cup (120ml minimum) to receive drinks at aid stations (water bottles and flasks are not allowed)
- head lamp with fully charged batteries
- replacement torch with fully charged batteries (torches integrated in phones or other devices are not allowed)
- survival blanket –140x200cm minimum
- whistle (can be an integral part of the backpack)
- elastic band + sterile dressing
- valid ID or passport
- cash – 50 PLN minimum
- charged mobile phone with roaming enabled, it is obligatory to save the organiser's emergency number and GOPR (Volunteer Mountain Rescue Services) phone number
- course map
- runner number – in a visible place – throughout the entire course
- full hand gloves
- hat/buff
- long trousers or leggings (3/4-length with long socks are also acceptable, but it is important that the leg is completely covered)
- long sleeve top – minimum 150 grams
- waterproof jacket with hood
- footwear appropriate for mountain runs
- red backlight (lamps on phones are not allowed)

- turned on GPS tracker if delivered by the Organizer.

Moreover, the organizer recommends competitors to upload GPX track of the route or the digital map to their devices.

Organizer reserve the right to conduct the checking of the compulsory kit before, during or just after the race. Failure to have any of the above elements of the compulsory kit will result in the competitor being disqualified (does not apply to cash which may be spent during the race and medical materials which may be used if needed). From dusk till dawn, red light has to be turned on and placed in a visible place on the back of the runner or the backpack.

WITHDRAWAL, INJURIES

If you want to withdraw from the race during the run, you should, as far as possible, do so in one of the checkpoints and inform the checkpoint staff about your withdrawal. If you cannot notify the checkpoint staff it is necessary to inform the organiser by calling the emergency number provided in your start pack. If not injured, transportation will be available only at checkpoints to Komańcza.

If a competitor requires medical or emergency assistance, they should, as far as possible, inform the organiser at one of the checkpoints or by calling the emergency telephone number. Each competitor, upon seeing that a fellow competitor requires assistance, is obliged to provide such assistance to the extent possible and call the emergency number in order to inform the organiser about the location, injury type and runner number of the injured competitor.
In case of withdrawal from the race, a competitor has to collect the deposit from the finish line, in person. Upon email request it is possible to send the deposit to the competitor at his/her expense.

ENTRY FEE

Competitors pay the entry fee of:

Payment date	**ŁT 100**
until November 30, 2025	409 PLN
December 1, 2025 – May 15, 2026	479 PLN
May 16, 2026 - September 9, 2026	539 PLN
from September 10, 2026	609 PLN

The organizer reserves the right to apply promotional discounts to reduce the entry fee.

The date when the full fee has been received in the organiser's bank account or the date and hour of online payment (provided by Blue Media S.A.) will be considered the payment date.

The fee should be transferred to the organiser's bank account:
Holder of the account: Fundacja Ultra
Address: Parkowa 19 /14, 38 – 400 Krosno, POLAND
IBAN number: PL 62 1090 2590 0000 0001 4381 7968
BIC/SWIFT: WBKPPLPP
Bank name: Santander Bank Polska S.A.

Please provide your name, surname, course (ŁT 100) in the title of your transfer, f.e. 'Jack London, ŁT 100' or 12-digit registration code.

Moving a runner to other courses is allowed until October 1st 2026 (from a longer course to a shorter one – without reimbursement of the excess payment, from a shorter course to a longer one – with additional payment of the difference in fee) and only if there is space on the starting list of the particular course.

Transcription of the paid package to another participant will be possible until October 1st 2026. For this purpose, the competitor to whom the package is being transcribed must fill out a form in the B4SPORT ONLINE system, paying a handling fee of PLN 50 and the difference between the current and paid package price. At the moment when the new competitor is already registered, the competitor relinquishing the package should write an e-mail to: kontakt@ultralemkowyna.pl. In the email, the names of the competitors making the transaction between themselves should be included.

Should runner decide not to start, a portion of the fee will be returned by transfer to the bank account or with use of Blue Media payment system. If the competitor wishes to cancel his registration, cancellation must be notified by e-mail to kontakt@ultralemkowyna.pl Depending on the date of resignation, the fee shall be returned in the following amount:

CANCELLATION DATE:	REIMBURSEMENT:
until February 28, 2026	**80%**
from March 1, 2026 to June 30, 2026	**60%**
from July 1, 2026 to September 14, 2026	**40%**
from September 15, 2026 to October 1, 2026	**20%**
after October 1, 2026	**0%**

On participant's request a VAT invoice may be issued for entry fee. Invoices shall be issued only in the month of payment and the data of the buyer must be identical with the data of the person who made the payment. By accepting the rules and regulations, participant agree to be sent invoices without the buyer's signature and by electronic means.

Should you have any doubt, please contact the organizer before the payment.

TRANSPORTATION BEFORE AND AFTER THE RACE, DEPOSITS AND DROPPING BAGS
Tickets for transportation to the start and after the race will be available for purchase until 21 days before the race online at www.sklep.ultralemkowyna.pl. Afterwards there will be no possibility to buy tickets.

Finish line deposit (60 liters max.) may be submitted not earlier than 1 hour before the start of the race and not later than 30 min before the start of the race.

In Komańcza the bags will be released in marked zones only upon showing the runner number. A depositt which was not collected during the race may be sent by courier to the designed address, on participant's request filed at kontakt@lemkowyna.pl no later than 1st November 2026. The participant covers all expenses thereof. Sending out the deposits and dropping bags will occur no later than 15th November 2026. Afterwards all deposits and dropping bags will be passed for charity or destroyed.

Detailed hours and zones of submitting deposits and dropping bags will be given not later than one month before the race.

RACE OFFICE
Head office and race office precise addresses will be published on the official website of the event.

SERVICES PROVIDED
As part of the entry fee, the organiser provides the following:

- refreshments on the course
- recovery meal at the finish line
- timing service
- runner number
- a surprise for all finishers
- prizes for best competitors
- medical assistance and mountain rescue on the course

In case of an increase in the consumer price index in the first half of 2026 by more than 10% compared to the first half of 2025, according to the data of the Polish Central Statistical Office, the Organizer reserves the right to resign from some services.

IMAGE PROTECTION, PERSONAL DATA

By entering the race, competitors agree to have their image published free of charge in materials related to the race, i.e. in particular in reports from the race and promotional publications related to the race and its Partners.

The condition for participation in the race is also consent to the processing of personal data of the participant provided in the application form, by the personal data controller within the meaning of the Act on personal data protection of May 10, 2018 and the General Data Protection Regulation No. 2016/679 of 27 April 2016 (RODO), which is the Fundacja Ultra with the seat at Parkowa 19/14, 38-400 Krosno, for the purpose and to the extent necessary for the implementation of the sporting event, including publication of participant's data on start lists and results and sending the participant's result to the telephone number indicated during registration.

The participant has the right to request access to data, rectification, deletion or limitation of processing and opposition to processing, as well as the right to transfer data. Providing personal data is voluntary, but necessary and necessary to participate in a sports event.

Participant's data may be provided to cooperating entities during the event and related actions, based on relevant entrustment agreements. These entities mean in particular: timing system company, fast payment company and Internatiol Trail Running Association.

Personal data will be kept for the period necessary to carry out the event.

The participant has the right to lodge a complaint to the President of the Office for Personal Data Protection when he / she considers that the processing of personal data concerning a participant violates the provisions of the General Regulation on Personal Data Protection No. 2016/679 of 27 April 2016 or the provisions of the Act on Personal Data Protection of 10 May 2018.

The administrator may process personal data in connection with the organization of the event Łemkowyna Trail also in cooperation with other people, eg. volunteers, who are carrying out activities related to the organization and the event.

POSSIBLE CHANGES TO RULES AND REGULATIONS

In case Polish and English version of regulations are different, the Polish version is in power. Amendments to rules and regulations will be published on the race website: www.ultralemkowyna.pl
Competitors are obliged to read the amendments to the regulations.