

BEFORE-THE-RACE ANNOUNCEMENT
ŁEMKOWYNA ULTRA-TRAIL® 150
13-14.10.2018

RACE OFFICE

Race Office will be located in Pijalnia Główna, Nowotarskiego 9/3, 33-380 Krynica-Zdrój. The verification of the required equipment and starting package pickup will be proceed on Friday (13:00-23:00).

Additionally on Thursday (17:00-22:00) there is a possibility to pickup starting packages in Krosno Race Office - Arena Krosno, ul. Bursaki 29, 38-400 Krosno.

In order to make things easier we kindly ask you to go directly to INTERNATIONAL DESK fill in and sign a declaration form and then pickup a starting package. **Please, remember that you need to show us all required equipment before you get your BIB. So remember to take all required equipment with you to the Race Office.**

DEPOSITS

The participant of the ŁUT 150 can leave 2 deposits in Krynica Zdrój: one for the aid station in Chyrowa 80km (plastic bag dimensions about 45x50cm, in every starting package) and one for the finish (own rucksack/bag about the similar capacity or big plastic bag).

It will be possible to leave deposits in the truck, close to the Competition Office between 22:00-23:00 or next to the start area (between 23:15-23:30).

Deposit reclaim in Chyrowa – at the ski station -Chyrowa-Ski (80 km), according to the starting number.

Deposit reclaim in Komańcza – at the finish line, according to the starting number.

SIGNPOSTS

Entire route, besides the short part from Chyrowa, is going along with Main Beskid Mountain Trail (red). Additionally the route will be tagged with:

- 1) hanging tapes (on trees, bushes, poles, fences and so on), 10 cm wide, purple colour with the ŁUT logotype - additionally with silver reflecting tape;
- 2) a pole about 70 cm high, with purple flag and silver reflecting tape (in open areas, where hanging tapes is problematic);
- 3) horizontal signs - arrows painted in orange colour on roads;
- 4) signposts with red and silver reflective tape.

More detailed information about signposting will be described on the briefing.

TIME LIMITS AND AID STATIONS

Łemkownyna Ultra-Trail® 150	KM	TIME LIMIT	TIMING	HOT MEAL	FOOD	DRINKS
Krynica Zdrój - START	0,0	Saturday, 0:00	OK	-	-	-
Ropki Siwejka	19,6	Saturday, 5:00	-	-	OK	OK
Wołowiec – Chatka na Wołowcu	42,5	Saturday, 10:40	OK	OK	OK	OK
Hałbowska Pass	64,2	Saturday, 15:10	-	-	OK	OK
Chyrowa SKI	80,9	Saturday, 19:00	OK	OK	OK	OK

Iwonicz Zdrój – Plac Dietla	102,2	Sunday, 00:30	-	-	OK	OK
Puławny Górne - Kiczera SKI	121,0	Sunday, 04:40	OK	OK	OK	OK
Przybyszów – Chata w Przybyszowie	136,3	Sunday, 08:00	-	OK	OK	OK
Komańcza - FINISH	150,0	Sunday, 11:00	OK	OK	OK	OK

On our tables at aid stations you will find:

- water, sport drinks, coke, hot tea and coffee – in all aid stations
- salty snacks, peanuts, dried fruits, biscuits – varieties of there in all aid stations
- fruits - every aid station
- hot meals - Wołowiec: chicken and vegetable soup, Chyrowa: tomato soup, Puławny Górne (pumpkin soup, baked potatoes), Przybyszów (borscht).

At the finish line you will have hot meal including tomato soup and local pearl barley risotto with pumpkin, kale and pulled pork (vegan versions available).

At the finish line you will also find your deposit, hot shower and sauna from our Sponsor – Vingberg.

SAFETY

In case of the injury of yourself or other competitor, an accident or any other problems we ask for contact with:

- 1) rescue number to the Organiser: +48 733 869 222
- 2) Mountain Volunteer Search and Rescue - phone number : +48 601 100 300
- 3) Direct contact with the Staff at the aid stations.

Moreover we are recommending to install the free **Rescue** application on the phone.

This application enables very fast location of a person who use it and helps the lifeguards to find an accident victim.

More about the application here: <http://ratunek.eu/>

REQUIRED EQUIPMENT

In accordance with the rules, the following equipment is required:

- Backpack or running belt
- Water tank with capacity minimum 1 litre
- Headlamp with charged batteries
- An extra lamp with charged batteries
- Rescue blanket NRC – minimum sizes 140x200cm
- Whistle (can be built in backpack)
- Elasticated bandage + sterile bandage
- Valid ID card or passport
- cash - minimum 50PLN
- Charged mobile phone, with active roaming, with added Organiser and Mountain Rescue numbers
- Route map (given by the Organiser)
- Race bib, must be worn clearly visibly all the time
- Full gloves
- Hat or buff
- Long running pants or leggings (acceptable 3/4 long with socks – the whole leg must be covered)
- Long sleeves blouse

- Raincoat with a hood
- Shoes meant for mountain trail running
- Red, back light

Please consider that without the verification of the required equipment mentioned above the starting number won't be released.

The competitor who don't have required equipment on the route will be disqualified (this is not applicable to cash which can be spent during the race).

RESIGNATION FROM CONTINUING THE RACE

We remind you that in case of the resignation from continuing the race, the competitor should possibly quickly notify the Organiser of this fact, doing so by:

- 1) calling the Organiser +48 733 869 222 or
- 2) personally – at one of the aid stations.

The Organiser is reserving the right to surcharge for rescue operation of the competitor which won't complement this obligation, as a result of what the action will be started aimlessly.

Competitor who decide to quit the competition will be picked up only from aid stations. It isn't applicable in case of injury and situations where competitor can't move on their own feet.

ONLINE BRIEFING/WEBINAR

Online briefing consists important issues the route, it's crucial issues, logistic or answers on the most frequent asked questions.

Online briefing will be recorded and uploaded on the YouTube service (not later than October 10th), so that it could be watched anytime.

ADDITIONAL GADGETS COLLECTION (BACKPACKS, T-SHIRTS, HIGH5 GELS, BUS TICKETS)

Please remember that collecting your BIB you will not get the stuff you ordered before (backpack, t-shirts etc.). To get them you need to go to our store which will be located right next to the race office. All participants will also get free HIGH 5 EnergyGel over there.

Remember that you don't need physical ticket to get on a bus you already ordered and paid for. We have the name list in every bus and it is enough to be on the list.

EXPO

In our stores, next to the Race Offices In Krosno and Krynica Zdroj, you will find Ęmkogadgets (caps, bells, backpacks, t-shirts), required equipment (survival blankets, whistles, bandages), Columbia apparel (t-shirts, tights, gloves, beanies) and HIGH5 supplements (Zero tablets, Energy and IsoGels, Protein Recovery).

Thanks to great logistic improvement about our Race Office in Krosno, this year we can invite you to our EXPO. Number of brands and products available will be much better than in previous years. You will find such companies and products as:

Beskidzki Topór	Biegamy.Pro	Buff
Deadly Sins	Glass Studio Habrat	Inov-8/Ultimate Direction/napieraj.pl
LEDHQ.PL - Latarki LEDLENSER	Scarpa, Grivel, Julbo	Petzl
Runnabe	Ultra-Trail® Hungary	Zimowy Ultramaraton Karkonoski im. Tomka Kowalskiego

See you soon!
Organizers