

# RULES AND REGULATIONS ŁEMKOWYNA ULTRA-TRAIL® 70



## GENERAL DESCRIPTION

Łemkowyna Ultra-Trail® 70 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 24th October 2020.

Race office, briefing: Krosno

Start line: Chyrowa

Finish line, closing, award ceremony: Komańcza.

Start hour: 24<sup>th</sup> October, 07:00 AM.

Closing hour: 24<sup>th</sup> October, 8:00 PM.

A detailed schedule with race office working hours, exact time of technical briefing will be given at least 3 months before the race.

## COURSE

The race follows the route of the main Beskid Trail from Chyrowa to Komańcza.

Distance: approx. 70 km

Elevation change: +2520m/-2520m

The organizer reserves the right to change the course parameters 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 three 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.

Details of the aid stations will be announced at least one month before the race

## TIME BARRIERS

The entire race must be completed within 13 hours.

Cut-off times at particular checkpoints will be announced at least one month before the race.

Maximum number of runners: 530

The organizer reserves the right to add 15 runners at his discretion

The organizer reserves the right to change the maximum number of runners.

## ENTRY

In order to enter Łemkowyna Ultra-Trail® 70, 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
- in case of lottery – a successful draw

- at least 18 years of age no later than 24th October 2020
- payment of entry fee within 6 days from the start of registration
- 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 on receiving the start pack

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

### **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.

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 100m from the official aid stations.

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
- 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 (provided by the organiser)
- 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 180 grams
- waterproof jacket with hood
- footwear appropriate for mountain runs

- red backlight (lamps on phones are not allowed)

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

Compulsory kit is needed on receiving the start pack. 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 from 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**

Entry fees are as follows:

<b>Payment date</b>	<b>ŁUT 70</b>
until 31st January 2020	PLN 250
1st February 2020 – 31st May 2020	PLN 270
1st June 2020 – 19th September 2020	PLN 290

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 (ŁUT 70) in the title of your transfer, f.e. 'Jack London, ŁUT 70'

It is not possible to pass the start pack to another person. Moving a runner to other courses is allowed until 19th September 2020 (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.

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](mailto:kontakt@ultralemkowyna.pl) Depending on the date of resignation, the fee shall be returned in the following amount:

<b>CANCELLATION DATE:</b>	<b>REIMBURSEMENT:</b>
till 31st January 2020	80%
1st February 2020 - 31st May 2020	60%
1st June 2020 - 19th September 2020	40%
after 19th September 2020	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 from 10th December 2019 until 19th September 2020 in online store at [www.sklep.ultralemkowyna.pl](http://www.sklep.ultralemkowyna.pl). Afterwards there will be no possibility to buy tickets.

Finish line deposit (60 liters max.) may be submitted in race office and before the start of the race.

In Komańcza the bags will be released in marked zones only upon showing the runner number. A deposit 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](mailto:kontakt@lemkowyna.pl) no later than 1st November 2020. The participant covers all expenses thereof. Sending out the deposits and dropping bags will occur no later than 15th November 2020. 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, ACCOMODATION**

Head office and race office precise addresses will be released no later than one month before the race. The organiser will provide basic (own mattress and sleeping bag needed), free of charge accommodation on Saturday night (24th/25th October) in Komańcza.

#### **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 medal for all finishers
- prizes for best competitors
- course map
- medical assistance and mountain rescue on the course
- one night basic accommodation (with your own mattress and sleeping bag)
- transportation of the deposit bag (60 liters max.) to the finish line in Komańcza

#### **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, Quartz Programme, association Athletes for Transparency, Ultra Sports Science Foundation, Ultra-Trail® World Tour, Ultra Cup Poland.

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 Ultra-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](http://www.ultralemkowyna.pl)

Competitors are obliged to read the amendments to the regulations.