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**Regulations**  
**Series of running races for 5 and 10 km**  
**NOWA HUTA W CZTERECH SMAKACH 2019**  
/version: 15.01.2019/

**NOWA HUTA W CZTERECH SMAKACH** it is a series of 4 trail running races during 4 seasons of the year, that take place in different parts of Nowa Huta. In 2019 competition will be conducted on distance 10 km (individual and teams: Krakow Running Derby and Expat League) and on distance 5km (individual).

**I Goals of running competition NOWA HUTA W CZTERECH SMAKACH:**

- Promotion of Howa Huta values
- Integration of runners
- Promotion of active and healthy way of living

**II Competiton organizers and management**

**Fundacja 4 Alternatywy**

ul. Kisielewskiego 59  
31-708 Kraków  
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Competitions manager **Paweł Derlatka**.

**III DATE, PLACE, RACE ROUTES OF NOWA HUTA W CZTERECH SMAKACH COMPETITION**

**WINTER – 23rd of FEBRUARY 2019 / PRZYLASEK RUSIECKI**

- distance: **approximately 5 km / approximately 10 km ;**
- time limit: **1 hour / 2 hours;**
- **race office, start and finish:** Przylasek Rusiecki, OSP Przylasek Rusiecki, ul. Rzepakowa 13A Kraków
- **race office working hours:** 23rd of February 2019 from 08:30 to 09:40 AM (Saturday);
- **start: 23rd of February 2019 (Saturday), 5 km run at 10:00 AM, 10 km run at 10:10 AM.**

**There will be 1 refreshing point.**

**SPRING – 15th of JUNE 2019 / YACHT CLUB POLSKI KRAKÓW W NOWEJ HUCIE**

- distance: **approximately 5 km / approximately 10 km;**
- time limit: **1 hour / 2 hours;**
- **race office, start and finish:** YACHT KLUB POLSKI KRAKÓW, 31-979 Kraków, os. Mogiła Przystań nad Wisłą
- **race office working hours:** 15th of June 2019 from 08:30 to 9:40 AM (Saturday);
- **start: 15th of June 2019 (Saturday), 5 km run at 10:00 AM, 10 km run at 10:10 AM.**

**There will be 1 refreshing point**

#### **SUMMER – 24th of AUGUST 2019 / ŁĄKI NOWOHUCKIE**

- distance: **approximately 5 km / approximately 10 km;**
- time limit: **1 hour / 2 hours;**
- **race office, start and finish:** square by Nowohuckim Centrum Kultury (al. Jana Pawła II 232, 31-932 Kraków) at the starting gate;
- **race office working hours:** 24th of August 2019 from 20:30 to 21:40 (Saturday);
- **start: 24th of August 2019 (Saturday), 5km run at 22:00, 10 km run at 22.10.**
- **mandatory equipment: headlamp**

**There will be 1 refreshing point**

#### **AUTUMN – 5th of OCTOBER 2019 / STADION MIEJSKI HUTNIK KRAKÓW**

*+ winners decoration in general classification – women, men, teams on 10km distance*

- distance: **approximately 5 km / approximately 10 km;**
- time limit: **1 hour / 2 hours;**
- **race office, start and finish:** Stadion Miejski Hutnik Kraków, ul. Tadeusza Ptaszyckiego 4, 30-979 Kraków
- **race office working hours:** 5th of October 2019 from 08:30 to 09:40 AM (Saturday);
- **start: 5th of October 2019 (Saturday), 5 km run at 10:00 AM, 10 km run at 10:10 AM..**

**There will be 1 refreshing point.**

#### **IV REGISTRATION**

1. Applications for registration will be accepted until there are 5 days left before race start or when the amount of entries will reach its limit (date of registration is considered to be the date of participation fee payment). Application for registration can be done for every particular race or per package of races according to the fee table.
2. Successful application will be considered correctly submitted application form on web-site <http://www.e-gepard.eu> and payment of participation fee on bank account of Organiser. Payment must be done within 7 days after submitting application form. Registration that haven't been payed within 7 days after application submission can be removed by organizing committee from the participants list.
3. Teams (4 participants: 2 women and 2 men) willing to participate in team classification on 10 km distance race route must do the following: each participant must register individually; captain must send an email to [fundacja4alternatywy@gmail.com](mailto:fundacja4alternatywy@gmail.com) or [fundacja@ultratrailmalopolska.pl](mailto:fundacja@ultratrailmalopolska.pl) declaring First Name and Last Name of team members and Team Name.

#### **IMPORTANT:**

Registering in e-gepard system, when you choose package, it is important to declare your participation in current race of the series. For example: Jan Kowalski chooses participation in 4 runs in series, therefore pays for 4 races, and in e-gepard registers for the upcoming/current race. Once registration will be opened for next races organizing committee will automatically include in the starting list and mark it as payed.

**Payment details:**

Fundacja 4 Alternatywy

ul. Kisielewskiego 59

31-708 Kraków

Account Number: 36 1750 0012 0000 0000 3628 4633

Title of payment: distance 5 km or 10 km and indication of particular race by writing season of the year / package name, First Name and Last Name

For example: 5 km – WINTER, Jan Kowalski OR 10 km – Packagex4, Jan Kowalski

**Individual registration for race, distance approximately 10 km:**

	21 days before start	20-5 days before start	Packages		
WINTER	45 zł	55 zł	150 zł	120 zł	80 zł
SPRING	45 zł	55 zł			
SUMMER	45 zł	55 zł			
AUTUMN	45 zł	55 zł			
<b>TOTAL</b>	<b>180 zł</b>	<b>220 zł</b>			

**Individual registration for race, distance approximately 5 km:**

	21 days before start	20-5 days before start	Packages		
WINTER	30 zł	40 zł	90 zł	75 zł	50 zł
SPRING	30 zł	40 zł			
SUMMER	30 zł	40 zł			
AUTUMN	30 zł	40 zł			
<b>TOTAL</b>	<b>120 zł</b>	<b>160 zł</b>			

5 zł from the each and every payment will be donated by the Organiser to the a charity (supporting homeless animals) – „Człowiek zwierzakowi bratem” initiative.).

Honored Blood Donors receive 10% discount on entrance fee. Discount is only valid upon presenting Honored Blood Donor ID, and it hasn't been more than a year since last blood donation - according to the policies of our partner - „Dawcom w Darze”.

4. Within participation fee Organizing committee provides participants with the following: ability to participate in the race, time measurement, bib number, medical security, clearly marked running route, refreshment drinks and snacks, deposit box in race office and memorial medal.

5. Organizing committee doesn't do refunds.

6. Organizing committee doesn't allow possibility to rewrite starter package or give to another person, nor it is not allowed reassigning participation fee to another races.

7. Organizing committee can reject registration form of participant and his eventual participation.
8. Competition will be conducted regardless of weather conditions, however, in the event of natural disasters or other extreme weather situations jeopardizing the safety of participants. Organiser has a reserved right to shorten route, change hours of start, interrupt or cancel the competition and no refunds will be done.

## **V CONDITIONS OF PARTICIPATION**

1. In competition can take part individuals that fulfill following criterias:
  - Is at least 18 years old on the day of the race start.
  - will register via registration form and pay participation fee on time according to section IV of this Regulations.
  - declare that is capable to participate in running competition and doesn't have any severe health issues/condition. Declare understanding that competition has physical endeavour and has potential risk of accidents like body injuries and trauma (including death) and damages of belongings.
  - declare that takes part in competition under his/her responsibility and risk.
  - will take starter pack in race office.
  - will be at start in determined place according to section II of this Regulations.
  - will treat other participants (competitors, volunteers, organizing committee) of the event with respect and will be driven by solidarity over competition, providing help to those who need on the race route.
2. All competitors must be personally verified before start in race office – competitor must have with them an ID that will confirm their identity.
3. During all competitions competitors must run strictly on the route that was marked by organizing committee. Bib number must be worn on chest or stomach area and must be visible throughout the competition. Every participant must finish race relying on his own force, help during race is forbidden.
4. Competitor can be disqualified in situations violating the regulations.
5. Accident insurance is at the discretion of the participants of the run. The organizing committee is insured against civil liability towards participants/competitors of the run.

Organizing committee doesn't provide any insurance on life, health and civil liability in case of disease, accident, injury, death and damages that can be caused by participating in any of the runs from the series of NOWA HUTA W CZTERECH SMAKACH. The organizer reserves the right to allow medical and paramedical staff acting on behalf of the Organizer to provide first medical help or to perform other medical procedures, including transport of the injured participant in a safe place.

## **VI PENALTIES**

1. If there will be violation of fair-play rules by competitor, it includes inappropriate behaviour against other person (competitor, volunteer, organizing committee, fan, observer). Organizer is entitled to warn competitor during first occurrence of such misbehaviour, after second occurrence of misconduct organizer is entitled to penalize competitor by disqualifying from the run.
2. Information about disqualification must be published on organizing committee web-page <https://ultratrailmalopolska.pl> or on official Facebook page /NowaHutawczterechsmakach.

## **VII CLASSIFICATION AND RESULTS**

1. Classification will be separated for women and men on distance of 10km and 5km. It is also foreseen classification for teams on 10km distance: KRAKOW RUNNING DERBY.
2. In general classification of women and men, only competitors that will finish 4 races in series of runs in 2019 on distance of 10 km will be classified.
3. Rules of team classification: KRAKOW RUNNING DERBY
  - Team consists of 4 participants – 2 women and 2 men.
  - changes in teams in the following races are allowed with certain rules: Teams will be classified only if 2 (1 man and 1 woman) participants will finish series of 4 races.
  - 1 participant can represent only one team during series of 4 runs.
  - sum of finish times will create result of the team.
  - if one of the team members doesn't finish race, time limit will be added to team's result.

- in order for team to be classified 4 participants must take part in the race.
  - only teams that will take part in all 4 races on distance of 10 km of “Nowa Huta w czterech smakach” series will be classified.
4. In frame of KRAKOW RUNNING DERBY there is also foreseen EXPAT LEAGUE, additional classification for teams, in which at least 3 out of 4 team members must be expats (professional who left mother country in order to work in Poland).
  5. Results of general classification will be announced after end of all 4 races on 10km distance in series of NOWA HUTA W CZTERECH SMAKACH: WINTER, SPRING, SUMMER, AUTUMN. Information with the results and winners will be published on [www.facebook.pl/NowaHutawczterechsmakach](http://www.facebook.pl/NowaHutawczterechsmakach) and [www.ultratrailmalopolska.pl](http://www.ultratrailmalopolska.pl).

## VIII PROCESSING OF PERSONAL DATA

1. The administrator of personal data is Fundacja 4 Alternatywy with its registered office in Kraków, ul. Kisielewskiego 59, 31-708 Kraków.
2. In all matters related to the processing of personal data by us and to exercise your rights, you can contact us at the following e-mail address: [fundacja4alternatywy@gmail.com](mailto:fundacja4alternatywy@gmail.com) or in writing to our headquarters address.
3. Personal data will be processed in order to organize and promote our events, based on consent and our legally justified interest which is the promotion of our events.
4. The data processing also includes the publication of: name, surname, town, club and citizenship as well as dates of birth and sex on the Organizer's website: [ultratrailmalopolska.pl](http://ultratrailmalopolska.pl), official profile of the competition on Facebook: [NowaHutawczterechsmakach](https://www.facebook.com/NowaHutawczterechsmakach) and via the following websites: [eopard.eu](http://eopard.eu).
5. Personal data will be stored for an unlimited period of time.
6. The participants have the right to request access to their data and the right to demand their rectification, deletion or restriction of their processing. It may also exercise the right to object to us against data processing and the right to data transfer.
7. The participant may exercise the right to withdraw consent. Withdrawal of consent will not affect the lawfulness of the processing, which was made on the basis of consent before its withdrawal.
8. In connection with the processing of personal data, the participant has the right to lodge a complaint to the body supervising compliance with the provisions of personal data protection - the President of the Office for Personal Data Protection.
9. The provision of the personal data information and consent to their processing is voluntary, but necessary for the participation in the race.
10. The Participant agrees to the free use by the Organiser of the participants ‘image’ - images / pictures/ videos with the participants for the purposes related to the organisation and promotion of the events by the Organiser. The consent applies in particular to the use of the image by posting photos and videos taken with regards to the promotional materials of Organiser. 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.

## IX FINAL PROVISIONS

1. The Organiser 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 <https://ultratrailmalopolska.pl> website or the Official Facebook fanpage: [NowaHutawczterechsmakach](https://www.facebook.com/NowaHutawczterechsmakach) and it is the responsibility of the participants to ensure they are familiar with any updated and amendments announced there.
2. 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 Organiser.
3. On a public road the race participants should follow the law, rules and regulations of the Road Code.
4. All participants of the race should remain focused and beware when moving along the race route.

5. The Organiser, and any other parties involved in organising 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 Organiser or parties involved in organisation 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 Organiser.

6. The Organiser 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.