

**REGULATIONS**  
ULTRA-TRAIL® MAŁOPOLSKA 2019  
31.05-02.06.2019  
/ver 02.04.2019/



**I CEL:**

**II AIM:**

- promotion of Malopolska'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.

**I. ORGANISER 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 ROUTES:**

- Event Office operating hours: 30.05.2019 (Thursday): 17.00 – 21.00, 31.05.2019 r. (Friday): 14.00 – 21.00;  
Event Office location: Szkoła Podstawowa nr 1 w Kasince Małej im. W. Broniewskiego, 34-734 Kasinka Mała 513;
- UTM 10 Bartek Czajkowski Memorial ONLY: operating hours: 02.06.2019 (Sunday): 08.00 – 09.30 AM;  
UTM 10 Event Office location: Baza szkoleniowo-wypoczynkowa „Lubogoszcz”; 34-734 Kasinka Mała.

**1. UTM 240**

- distance: **ca. 240 km**;
- ascent/descent of: **circa 14000 m +/-**;
- limit of Participants: **40**;
- time limit: **58 h**;
- start and the finish line: **Baza szkoleniowo-wypoczynkowa „Lubogoszcz”; 34-734 Kasinka Mała, [MAP](#)**;
- start: **31.05.2019 (Friday), 7.00 AM**.

**12 control points and nutritious / water points:**

1. Mszana Górna Łętowe - control and nutritious / water point, circa 33 km;
2. Jurków – control and nutritious / water point, circa 69 km;
3. Lubomir – control and nutritious / water point, circa 94 km, **DROP BAG**;
4. Lubień – control and nutritious / water point, circa 104 km;
5. Rabka Zaryte – control and nutritious / water point, **TIME LIMIT: 24h (01.06.2019, 7.00 AM)** – time to leave the control point, circa. 119 km;
6. Obidowa – control and nutritious / water point, circa 133 km; **DROP BAG**;

7. Przełęcz Knurowska - water point, circa 152 km;
8. Lubań – control and nutritious / water point, circa 164 km;
9. Zasadne - control and nutritious / water point, circa 183 km, **DROP BAG**;
10. Rzeki - control and nutritious / water point, circa ok. 195 km;
11. Obidowa – control and nutritious / water point, circa 213 km, **DROP BAG**;
12. Rabka Zaryte – control and nutritious / water point, circa 226 km;

## 2. UTM 170

- distance: **acc. to ITRA 171,9 km**;
- ascent/descent of: **acc. to ITRA 8180 m +/-**;
- limit of Participants: **80**;
- time limit: **46 h**;
- start and the finish line: **Baza szkoleniowo-wypoczynkowa „Lubogoszcz”**; 34-734 Kasinka Mała, [MAP](#);
- start: **31.05.2019 (Friday), 17.00**;

### 10 control points and nutritious / water points:

1. Lubomir – control and nutritious / water point, circa 21 km;
2. Lubień – control and nutritious / water point, circa 31 km;
3. Rabka Zaryte – control and nutritious / water point, **TIME LIMIT: 11 h (01.06.2019, 4.00 AM)** – time to leave the control point, circa 46 km, **DROP BAG**;
4. Obidowa – control and nutritious / water point, circa 60 km;
5. Przełęcz Knurowska - water point, circa 79 km;
6. Lubań – control and nutritious / water point, circa 91 km;
7. Zasadne - control and nutritious / water point, **TIME LIMIT : 24 h (01.06.2019, 17.00)**, circa 110 km, **DROP BAG**;
8. Rzeki - control and nutritious / water point, circa 122 km;
9. Obidowa – control and nutritious / water point, circa 140 km;
10. Rabka Zaryte – control and nutritious / water point, circa 153 km;

## 3. UTM NA RATY 170 – staged race

- distance: **acc. to ITRA 172,8 km**;
- ascent/descent of: **acc. to ITRA 8190 m +/-**;
- limit of Participants: **30**;
- time limit: **30 h**;
- start and the finish line: **Baza szkoleniowo-wypoczynkowa „Lubogoszcz”**; 34-734 Kasinka Mała, [MAP](#);
- start: **31.05.2019 (Friday), 7.00 AM**.

- **Control points and nutritious / water points:**

### **STAGE I (circa 60 km) - TIME LIMIT 13 h - 20:00**

- start: **31.05.2019 (Friday), 7.00 AM**.
2. Lubomir – control point and nutritious / water point, circa 21 km;
  3. Lubień – control point and nutritious / water point, circa 31 km;
  4. Rabka Zaryte – control point and nutritious / water point, circa 46 km;
  5. Obidowa – stage finish, circa 60 km.

### **STAGE 2 (circa 80 km) - TIME LIMIT 16 h - 23:00**

- start: **01.06.2019 (Saturday), 7.00 AM**;
- 7. Przełęcz Knurowska - water point, circa 79 km;
- 8. Lubań – control point and nutritious / water point, circa 91 km;

- 9. Zasadne - control point and nutritious / water point, circa 110 km;
- 10. Rzeki - control point and nutritious / water point, circa 122 km;
- 11. Obidowa – stage finish, circa 140 km.

#### **STAGE 3 (circa 30 km) - TIME LIMIT 6 h - 16:00**

- start: **02.06.2019 (Sunday), 10.00 AM;**
- 13. Rabka Zaryte – control point and nutritious / water point, circa 153 km;
- 14. Lubogoszcz – stage finish, circa 170,1 km.

#### **4. UTM 105**

- distance: **acc. to ITRA 103,2 km;**
- ascent/descent of: **acc. to ITRA 5580 m +/-;**
- **5 ITRA points, 5 UTMB points;**
- limit of Participants: **150;**
- time limit: **27 h;**
- start and the finish line: **Baza szkoleniowo-wypoczynkowa „Lubogoszcz”; 34-734 Kasinka Mała, [MAP](#);**
- start: **31.05.2019 (Friday), 17.00;**
- **6 Control points and nutritious / water points:**
  - 1. Lubomir – control and nutritious / water point, circa 21 km;
  - 2. Lubień – control and nutritious / water point, circa 31 km;
  - 3. Rabka Zaryte – control and nutritious / water point, **TIME LIMIT: 12 h (5.00)** – time to leave the control point, circa 46 km, **DROP BAG;**
  - 4. Obidowa – control and nutritious / water point, circa 60 km;
  - 5. Obidowa – control and nutritious / water point, circa 76 km;
  - 6. Rabka Zaryte – control and nutritious / water point, circa 89 km, **DROP BAG;**

#### **5. UTM 64**

- distance: **acc. to ITRA 61,3 km;**
- ascent/descent of: **acc. to ITRA 3880 m +/-;**
- **3 ITRA points, 3 UTMB points;**
- limit of Participants: **200;**
- time limit: **16 h;**
- start and the finish line: **Baza szkoleniowo-wypoczynkowa „Lubogoszcz”; 34-734 Kasinka Mała, [MAP](#);**
- start: **01.06.2019 (Saturday), 8.00 AM.**
- **3 Control points and nutritious / water points:**
  - 1. Lubomir – control and nutritious / water point, circa 21 km;
  - 2. Lubień – control and nutritious / water point, **TIME LIMIT: 8 h (16.00)** – time to leave the control point, circa 31 km;
  - 3. Rabka Zaryte – control and nutritious / water point, circa 46 km, **DROP BAG;**

#### **6. UTM 45**

- distance: **acc. to ITRA 45,5 km**
- ascent/descent of: **acc. to ITRA 2540 m +/-;**
- **2 ITRA points, 2 UTMB points;**
- limit of Participants: **300;**
- time limit: **12 h;**
- start and the finish line: **Baza szkoleniowo-wypoczynkowa „Lubogoszcz”; 34-734 Kasinka Mała, [MAP](#);**
- start: **01.06.2019 (Saturday), 8.00 AM;**

- **2 Control points and nutritious / water points:**
  1. Lubomir – control and nutritious / water point, circa 21 km;
  2. Lubień – control and nutritious / water point, circa 36 km;

## 7. UTM 35

- distance: **acc. to ITRA 36,4 km**,
  - ascent/descent of: **acc. to ITRA 1960 m +/-**;
  - **2 ITRA points, 2 UTMB points**;
  - limit of Participants: **300** ;
  - time limit: **9 h**;
  - start and the finish line: **Baza szkoleniowo-wypoczynkowa „Lubogoszcz”; 34-734 Kasinka Mała, [MAP](#)**;
  - **start: 01.06.2019 (Saturday), 8.00 AM.**
- **1 Control point and nutritious / water point:**
    1. Lubomir – control and nutritious / water point, circa 21 km;

## 8. UTM 10 – BARTEK CZAJKOWSKI MEMORIAL

- distance: **circa 10 km**;
- ascent/descent of: **750 m +/-**;
- limit of Participants: **300** ;
- time limit: **2 h**;
- start and the finish line: **Baza szkoleniowo-wypoczynkowa „Lubogoszcz”; 34-734 Kasinka Mała, [MAP](#)**;
- **start: 31.05.2019 (Friday), 17.00.**
- **start: 02.06.2019 (Sunday), 10.00 AM.**
- **1 control point and nutritious / water point:**
  1. Mszana Dolna

## IV REGISTRATION AND FEES:

1. Registrations will be accepted until **17.05.2019** or until the date when the limit of participants has been met (the date of receipt of the joining fee decided about the acceptance on the event).
2. Only appropriately filled application form and completed payment will be accepted and recognized as successful registration. The application form can be found on <https://e-gepard.eu> website. **Payment should be completed in 7 days from the date the application has been submitted.** Should there be no payment submitted within this timescale the event organisers has a right to remove the applicant from the registration list.

**Payment details:**  
**Fundacja 4 Alternatywy**  
 ul. Kisielewskiego 59  
 31-708 Kraków  
 POLAND

Bank: **Raiffeisen Bank Polska S.A.**  
 IBAN: **PL92175000120000000036284595**  
 SWIFT/BIC: **RCBWPLPW**

Details to be provided on the transition: name of the race, name and surname, Date of Birth, example: **UTM – 105, John Smith, 1.01.1980**

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

	<b>-31.01.2019</b>	<b>01.02.2019 – 31.03.2019</b>	<b>01.04.2018 – 17.05.2018</b>
<b>UTM 240</b>	250 zł	330 zł	370 zł
<b>UTM 170</b>	220 zł	290 zł	340 zł
<b>UTM 170 NA RATY</b>	370 zł	430 zł	520 zł
<b>UTM 107</b>	180 zł	210 zł	250 zł
<b>UTM 64</b>	160 zł	180 zł	230 zł
<b>UTM 48</b>	150 zł	170 zł	200 zł
<b>UTM 30</b>	110 zł	140 zł	180 zł
<b>M 10 BARTEK CZAJKOWSKI MEMORIAL</b>	70 zł	80 zł Including 10 zł for <b>Fundacja NAGLE SAMI</b>	95 zł Including 25 zł for <b>Fundacja NAGLE SAMI</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.
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 31.03.2019. Resignation should be emailed to the Organiser on (fundacja4alternatywy@gmail.com).
  5. As part of the registration fee the Organiser ensures provision of (among other things) the following: ability to participate in the race, time measurement, bib number, medical security, clearly marked running route, the deposit box (in the race office), refreshment/nutrition/water points and drinks and meals and after the race.
  6. The Organiser 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. It is not allowed to share or exchange the starter pack with another event
  9. The Organiser has a right to refuse the registration for the participation.

#### **V MANDATORY AND RECOMENDED EQUIPMENT**

During the race **each participant must have a mandatory equipment. Equipment of all participants may be controlled at the registration office, at the start area, at the checkpoints, on the routes and at the finish line.** Obligatory equipment is considered a necessary minimum, each and every participant must ensure that the equipment meets their needs.

#### **MANDATORY EQUIPMENT – UTM 240, UTM 170 and UTM 170 NA RATY (STAGED RACE)**

1. identity document,
2. NRC film – at least 140 x 200 cm,
3. two headlamps,
4. two sets of battery for the headlamps,
5. personal cup,
6. a minimum of two-litter water bottles or the skin,
7. elastic bandage, sterile dressing,
8. power bank,
9. fully charged mobile phone,
10. hooded waterproof jacket,
11. bib number provided by the organizer,
12. garbage bag provided by the organizer,

13. running-bag or vest,
14. hat/cap or shawl,
15. whistle.
16. **track (a .gpx file) downloaded in any tracking device.**

#### **MANDATORY EQUIPMENT – UTM 105 and UTM 64**

1. identity document,
2. NRC film – at least 140 x 200 cm,
3. headlamp,
4. personal cup.
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 or shawl,
13. **track (a .gpx file) downloaded in any tracking device.**

#### **MANDATORY EQUIPMENT – UTM 45 and UTM 35**

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

#### **MANDATORY EQUIPMENT – UTM 10 BARTEK CZAJKOWSKI MEMORIAL**

1. identity document,
2. NRC film – at least 140 x 200 cm,
3. personal cup.

#### **RECOMMENDED EQUIPMENT – ALL RACES**

1. trekking poles /stick (telescopic or one piece once),
2. money (to cover unexpected expenses),
3. supply of food.

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 Organiser reserves the right to shorten the route, change the start time, stop or cancel the race. In such circumstances. The Organiser reserves the right to keep the registration fee and would not provide any reimbursement.

## VI GENERAL TERMS - CONCERNING ALL RACES

1. Each participant must be fully aware of the length and specificity of the run, including being aware that his safety depends on the ability to predict or overcome problems related to the weather conditions in the mountains, isolation, severe fatigue, muscle and joint pain. The participant remains alone and must be self-sufficient between two control and nutrient / irrigation points - he/she should have adequate preparation for running.
2. Assistance from third parties is only allowed at control and nutrient / irrigation points under the following conditions:
  - a) It does not make it difficult to use the checkpoint and nutritional / irrigation for other competitors.
  - b) It is made within a distance of not more than 50 meters from the checkpoint and nutrient / irrigation.
  - c) Only the competitor uses the nutritional equipment, they are not used by third parties (supporters) - this also applies to the preparation / serving of meals and drinks.
  - d) Wastes generated by third parties (helpers) are taken away by them.
  - e) The participant is responsible for breaking the rules resulting from these Regulations by third parties (supporter).
3. **In order to participate in the race you need to meet the following requirements:**
  - 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 ULTRA-TRAIL® MAŁOPOLSKA together with your Eco & Fair play Malopolska, see Annex 1 to the Regulations;
  - you collect a starting package in the race office;
  - you would present at the starting point within the appropriate timescale set in the Regulations
4. During the entire time of the running race the participants should move only along the running route indicated by the Organiser. Bib number must be worn by the participant on the chest or abdomen, and must be constantly visible during the running race.
5. **It is the responsibility of the participants to have an insurance against accidents in the race.** The Organiser is insured against liability to the participants of the running race. The Organiser 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.
6. The Organiser reserves the right to consent to medical and paramedical personnel acting on behalf of the Organiser 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 Organiser 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 Organiser will arrange transport by car to the starting point for all participants who do decide to no longer continue with the race and inform the Organiser about it in the following control / nutrition points: Lubomir, Obidowa, Lubień or on the road number 28 by Rabka-Zdrój town.

## VIII PENALTIES

1. For breaking any point of the Regulations, the Organiser may impose on the participant the following penalties in a form of : warning, not allowing to part take in the run, addition of 10 minutes to the final time, addition of 30 minutes to the final time, disqualification. The penalties in the form of adding minutes to the final time add up.
2. Lack of mandatory equipment:

- a) On the start: The Organiser may impose a penalty of not being allowed to take part in the run.
  - b) At any point of the route or at the finishing line: The Organiser may impose a penalty of adding 10 or 30 minutes to the final time for each missing element of mandatory equipment or a penalty of disqualification if four or more elements of obligatory equipment are missing.
3. In the event of a violation of the rules set out in the appendix RULES Eco & Fair Play, the Organizer may impose on the participant a penalty in a form of: warning, not allowing to take part in the run, disqualification etc .
- a) In the event of violation of the personal dignity of another person (a participant, a volunteer, the representative of the Organiser, a supporter) by a competitor or supporters , the Organiser has the right to impose a penalty of warning at the first instance, followed by a disqualification of the competitor at the subsequent incident.
  - b) The penalty of not allowing to take part in the run may be imposed in the event of violation of the personal dignity of another person (a runner, a volunteer, the representative of the Organiser, a supporter) by the competitor or supporter before the start of the competition (including in the competition office, in the mandatory equipment control zone, in the start zone).
4. Information about the imposed penalties, added minutes to the final time and disqualification shall be published on the Organizer's website at <http://ultratrailmalopolska.pl> or on the official Facebook / UltraTrailMalopolska website

## **IX CLASSIFICATION AND RESULTS**

1. Participants must visit each checkpoint and provide their starting number. Additionally, the Organiser 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. The classification will be conducted separately for women and men as well as in categories defined by the Organizer.
3. Information about the results and the winners will be publicized on <https://ultratrailmalopolska.pl> website or [www.facebook.pl/UltraTrailMalopolska](http://www.facebook.pl/UltraTrailMalopolska).

## **X 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: [www.facebook.pl/UltraTrailMalopolska](http://www.facebook.pl/UltraTrailMalopolska) and via the following websites: [i-tra.org](http://i-tra.org), [duv.org](http://duv.org), [e-gepard.eu](http://e-gepard.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 ULTRA-TRAIL® MAŁOPOLSKA. 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.

## **XI 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 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. 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 route run.
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 (available 1 hour before, during the each race and 1 hour after the end of the race)..
7. All objects in deposit and drop-bags not collected within 14 days of the end of the competition are allocated to the Organizer's statutory objectives.
8. The Organiser does not provide lodging.

**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

1. 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 our event.
2. All races as part of the Ultra-Trail® Małopolska runs through the areas of four forest districts: Nadleśnictwo Myślenice, Nadleśnictwo Limanowa, Nowy Targ Forest District and Kroscienko Forest District as well as through the Gorce National Park.
3. Competitors of the runs whose routes lead through the Gorczański National Park, ie UTM 240, UTM 170, UTM 170 NA INSTITUTIONS and UTM 105 are obliged to comply with the **Gorczański National Park Rules**.
4. 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.
5. Participants are obliged to the following:
  - to dispose of trash, including used for personal hygiene sanitary only at checkpoints. the Organiser 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. Third party help based on the terms set out in the Regulations is allowed in the nutrition points