

REGULATIONS
I PROMOTE ULTRA-TRAIL® MAŁOPOLSKA
21-23.05.2021
/ver. 16.05.2021/



I. AIM:

- promotion of Małopolska's natural assets in Poland and in the world,
- promotion of long distance mountain running races Ultra-Trail® Małopolska,
- promotion of healthy lifestyle and physical culture,
- increasing an environmental awareness and wildlife conservation.

II. ORGANIZERS AND MANAGEMENT OF THE RACE

Organizer:

Fundacja 4 Alternatywy

ul. Kisielewskiego 59

31-708 Kraków

POLAND

NIP: 6783156051, REGON: 362343691

KRS: 0000572408

Phone: +48 600 053 939

e-mail: fundacja@ultratrailmalopolska.pl

Co-organizer:

Fundacja Hala

NIP: 6783182427, REGON: 384808581

KRS 0000812308

III. DATE, PLACE, RACE ROUTES:

The participants can collect their runner's number at the Baza Szkoleniowo-Wypoczynkowa "Lubogoszcz", 34-734 Kasinka Mała in the starting area. The participant receives their number and starts the run at the moment of his choice in the time interval specified for each route. The runner's number can be collected only in person on the basis of a completed participant card (Annex 2 to the Regulations).

1. UTM 240

- distance: **circa 240 km**;
- ascent/descent of: **circa 14000 m +/ 14000 m-**;
- limit of Participants: **60**;
- time limit: **60 h**;
- start and the finish line: **Baza szkoleniowo-wypoczynkowa „Lubogoszcz”; 34-734 Kasinka Mała, [MAP](#)**;
- bib number and GPS tracker pick up and start: **21.05.2021 (Friday), 6.00-8.00 AM**;
- **ELIGIBILITY REQUIREMENTS:** completion of 150 km race - a conformation is required, during your sign up process please send us a conformation of the completed 150km race. In your email please include the following information: the name of the race and the year of completion - to the address: fundacja@ultratrailmalopolska.pl.

5 control points and nutritious / water points:

1. Przetęcz Rydza-Śmigłego - circa 68 km;

2. Przełęcz Jaworzyce (pod Lubomirem) - circa 96 km;
3. Obidowa – circa 137 km;
4. Zasadne - circa 187 km (**DROP BAG**),
5. Obidowa – circa 216 km,;

2. UTM 170

- distance: **circa 172 km**;
- ascent/descent of: **circa 8870 m +/- 8870 m -**;
- limit of Participants: **80**;
- time limit: **46 h**;
- start and the finish line: **Baza szkoleniowo-wypoczynkowa „Lubogoszcz”**; 34-734 Kasinka Mała, [MAP](#);
- bib number and GPS tracker pick up and start: **21.05.2021 (Friday), 16.00-18.00**;
- **no drop bags**;
- **ELIGIBILITY REQUIREMENTS**: completion of 100 km race - a conformation is required, during your sign up process please send us a conformation of the completed 150km race. In your email please include the following information: the name of the race and the year of completion - to the address: fundacja@ultratrailmalopolska.pl.

4 control points and nutritious / water points:

1. Przełęcz Jaworzyce (pod Lubomirem) circa 21 km;
2. Obidowa – circa 62 km;
3. Zasadne – circa 112 km, (**DROP BAG**);
4. Obidowa – circa 141 km.

3. UTM 105

- distance: **circa 103 km**;
- ascent/descent of: **circa 5580 m +/- 8870 m -**;
- limit of Participants: **100**;
- time limit: **27 h**;
- start and the finish line: **Baza szkoleniowo-wypoczynkowa „Lubogoszcz”**; 34-734 Kasinka Mała, [MAP](#);
- bib number pick up and start: **21.05.2021 (Friday), 16.00-18.00**;
- **no drop bags**;

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

1. Przełęcz Jaworzyce (pod Lubomirem) – circa. 21 km;
2. Obidowa – circa 60 km;
3. Obidowa – circa 76 km

4. UTM 64

- distance: **circa 61 km**;
- ascent/descent of: **circa 3900 m +/- 3900 m -**;
- limit of Participants: **100**;
- time limit: **16 h**;
- start and the finish line: **Baza szkoleniowo-wypoczynkowa „Lubogoszcz”**; 34-734 Kasinka Mała, [MAP](#);
- bib number pick up and start: **22.05.2021 (Saturday), 7.00-9.00 AM**;
- **no drop bags**;
- **control point and nutritious / water point**: Przełęcz Jaworzyce (pod Lubomirem) – circa. 21 km;

5. UTM 45

- distance: **circa 45 km**;
- ascent/descent of: **circa 2540 m +/- 2540 m -**;
- limit of Participants: **100**;
- time limit: **12 h**;
- start and the finish line: **Baza szkoleniowo-wypoczynkowa „Lubogoszcz”**; 34-734 Kasinka Mała, [MAP](#);
- bib number pick up and start: **22.05.2021 (Saturday), 7.00-9.00 AM**.
- **control point and nutritious / water point**: Przełęcz Jaworzyce (pod Lubomirem) – circa. 21 km;

6. UTM 35

- distance: **circa 36,4 km**,
- ascent/descent of: **circa 1960 m +/- 1960 m -**;
- limit of Participants: **100**;
- time limit: **9 h**;
- start and the finish line: **Baza szkoleniowo-wypoczynkowa „Lubogoszcz”**; 34-734 Kasinka Mała, [MAP](#);
- bib number pick up and start: **22.05.2021 (Saturday), 7.00-9.00 AM**;
- **control point and nutritious / water point**: Przełęcz Jaworzyce (pod Lubomirem) – circa. 21 km;

7. UTM 10 – BARTEK CZAJKOWSKI MEMORIAL

- distance: **circa 10 km**;
- ascent/descent of: **750 m +/- 750 m**;
- limit of Participants: **100** ;
- time limit: **2 h**;
- start and the finish line: **Baza szkoleniowo-wypoczynkowa „Lubogoszcz”**; 34-734 Kasinka Mała, [MAP](#);
- bib number pick up and start: **23.05.2021 (Sunday), 9.00-10.00 AM**.
- **control point and water point**: Mszana Dolna – circa. 4,5 km;

IV. REGISTRATION AND FEES:

1. Registrations will be accepted until **16.05.2021** 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 on <https://www.e-gepard.eu/> website and completed eCard payment there, or bank transfer (not concerning UTM 240 – eCard payment on <https://www.e-gepard.eu/> only) will be accepted and recognized as successful registration. **Payment should be completed in 3 days from the date the application has been submitted, but not later than 16.05.2021.** Should there be no payment submitted within this timescale the even organizers has a right to remove the applicant from the registration list.

Payment details:

Fundacja 4 Alternatywy
ul. Kisielewskiego 59
31-708 Kraków
POLAND

Bank: **BNP Paribas S.A.**
IBAN: **PL92175000120000000036284595**
SWIFT/BIC: **PPABPLPK**

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:

	- 31.12.2020	01.01.2021 – 31.03.2020	01.04.2020 – 16.05.2020
UTM 240	300 zł	380 zł	420 zł
UTM 170	250 zł	320 zł	370 zł
UTM 105	200 zł	230 zł	270 zł
UTM 64	180 zł	200 zł	250 zł
UTM 45	160 zł	180 zł	210 zł
UTM 35	120 zł	150 zł	190 zł
UTM 10 BARTEK CZAJKOWKI MEMORIAL	75 zł	85 zł Incl. 15 zł for Fundacja NAGLE SAMI	100 zł Incl. 30 zł for Fundacja NAGLE SAMI

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

- 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 30.04.2021. Resignation should be emailed to the Organizer on (fundacja4alternatywy@gmail.com).
- As part of the registration fee the Organizer ensures provision of (among other things) the following: ability to participate in the event, bib number, medical security, clearly marked running route, on the longest routes there will be points with bottled drinks and pre packed bars, as well as bottled drinks at the finish line, a souvenir medal and a gift (for those who completed the run)
- Time measurement is for statistical purposes only. Participants interested in obtaining ITRA points were required to conduct their own time measurement (by use of watch trace or other GPS device)
- The Organizer does not provide registration fee refunds for the participants who did not finish the event, was disqualified or did not take part in the event.
- It is not allowed to share or exchange the starter pack with another person.
- It is not allowed to share or exchange the starter pack with another event
- The Organizer has a right to refuse the registration for the participation.

V. RECOMMENDED EQUIPMENT

RECOMMENDED EQUIPMENT – UTM 240 and UTM 170

- identity document,
- NRC film – at least 140 x 200 cm,
- two headlamps,
- two sets of battery for the headlamps (not applicable for USB charged headlamps),
- personal cup,
- a minimum of two-liter water bottles or the skin,
- elastic bandage, sterile dressing,
- power bank,
- fully charged mobile phone,
- hooded waterproof jacket,
- running-bag or vest,
- hat/cap or shawl,

13. whistle.
14. **track (a .gpx file) downloaded in any tracking device,**
15. trekking poles /stick (telescopic or one piece once),
16. money (to cover unexpected expenses),
17. supply of food.

RECOMMENDED 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. waterproof jacket,
9. running-bag or vest,
10. hat/cap or shawl,
11. **track (a .gpx file) downloaded in any tracking device,**
12. trekking poles /stick (telescopic or one piece once),
13. money (to cover unexpected expenses),
14. supply of food.

RECOMMENDED 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. waterproof 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,
12. trekking poles /stick (telescopic or one piece once),
13. money (to cover unexpected expenses),
14. supply of food.

RECOMMENDED EQUIPMENT – UTM 10 BARTEK CZAJKOWSKI MEMORIAL

1. identity document,
2. NRC film – at least 140 x 200 cm,
3. personal cup,
4. trekking poles /stick (telescopic or one piece once),
5. money (to cover unexpected expenses),
6. supply of food.

VI. GENERAL TERMS - CONCERNING ALL RACES

1. 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 event will take place regardless of the weather conditions, but in the event of natural disasters or other extreme conditions which would threaten the safety of the participants - The Organizer reserves the right to shorten the route, change the start time, stop

or cancel the event. In such circumstances. The Organizer reserves the right to keep the registration fee and would to provide any reimbursement.

2. 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.
3. **Due to the ongoing COVID-19 pandemic, the Organizer reserves the right to cancel the event should there be a change in the law forbidding the event from taking place. In such case, the Organizer will offer an option of a refund of 70% of the fee paid, or an option of to transfer and use the fee at another Organizer's event, or to transfer the fee to a charity : „Człowiek zwierzakowi bratem”.**
4. Assistance from third parties is allowed.
5. **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 event 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 event, 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 event at your own risk;
 - declares he/she read the Regulations of the event;
 - you collect a bib number;
 - you would present at the starting point within the appropriate timescale set in the Regulations
6. During the entire time of the running event the participants should move only along the running route indicated by the Organizer. Bib number must be worn by the participant on the chest or abdomen, and must be constantly visible during the running event.
7. **It is mandatory for participants of UTM 240 and UTM 170 races to have an insurance against accidents in the event. It is the responsibility of the participants of remaining races to have an insurance against accidents in the event.** The Organizer is insured against liability to the participants of the running event. The Organizer 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 events.
8. The Organizer reserves the right to consent to medical and paramedical personnel acting on behalf of the Organizer 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 event, 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 Organizer 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. The Organizer does not guarantee a transport for the participants who choose to end their , at any point of the route, which is outside of the nutrition points located on the longest route.

VIII. PENALTIES

1. In the event of violation of the rules set out in Annex 1 to these Regulations, the RULES of Eco & Fair Play, the organizer may impose a penalty of disqualification on the participant, i.e .:
 - a. the breach of the personal dignity of another person by a participant or persons providing permitted support to the participant has occurred during the event, the Organizer has the right to impose a warning penalty in the case of the first event, disqualification in the case of the second or subsequent event.
 - b. the violation of the personal dignity of another person by the participant or persons providing permitted support occurred prior to the event commencement , the penalty of prohibition participation in the event might be imposed.

IX. CLASSIFICATION AND RESULTS

1. The organizer does not plan to perform ratings to each category. Time measurement will be carried out solely for statistical purposes.
2. Time measurement is for statistical purposes only. Participants interested in obtaining ITRA points are required to conduct their own measurement (by usage of watch trace or other GPS device).
3. The achieved times will be published on the website ultratrailmalopolska.pl in alphabetical order, no earlier than 48 hours from the end of the event

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 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, official profile of the competition on Facebook: www.facebook.pl/UltraTrailMalopolska and via the following websites: i-tra.org, duv.org, 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 Organizer of the participants 'image' - images / pictures/ videos with the participants for the purposes related to the organisation and promotion of the events by the Organizer. 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 Organizer 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 Organizer.
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 Organizer, 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 Organizer 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 Organizer.

6. The Organizer 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 to leave any valuable items in the storeroom (available 1 hour before, during the each race and 1 hour after the end of the race). The flat-rate shipping cost in Poland is 25 PLN
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 Organizer 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 protect 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 Organizer 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 route and shortening routes;
 - each competitor must finish the race on his own, support aids are not allowed, with the exception of the hiking sticks;

I PROMOTE ULTRA-TRAIL® MAŁOPOLSKA		BIB NUMBER
GIVEN NAME	SURNAME	

1. I declare that I am over the age of 18. I declare that I am able to participate in the run and I do not suffer from any medical conditions which disqualify me 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. I declare a participation in the race at my own risk. I declare I read the Regulations (including personal data processing regulations information) and I accept all terms and conditions; I certify that, to the best of my knowledge, during the last 14 days preceding the submission of the statement: a) I am not infected with COVID 19; b) I am not in quarantine or under epidemiological supervision. In the event that I experience symptoms of COVID-19 infection within 14 days from the date of my participation in the event, I undertake to immediately inform the local sanitary and epidemiological services of this fact, as well as the Organizer at the following e-mail address: fundacja@ultratrailmalopolska.pl and take necessary steps as indicated by GIS <https://www.gov.pl/web/koronawirus>.
2. I agree to the processing of my personal data provided in the registration form, to enable the Organizer to complete the registration process, publish the start list and the results of the run, promote and organise the events, by the Organizer: Foundation 4 Alternatywy, based in Cracow, at ul. Kisielewskiego 59, 31-708 Kraków. The use and processing of the personal data information also includes the publications of the my image for information, marketing and promotional purposes of the Organizer. I am aware that the provision of the personal data information and consent to their processing is voluntary, but necessary for the participation in the event. I agree to the free use by the Organizer of the my - images / pictures/ videos for the purposes related to the organisation and promotion of the events by the Organizer. The consent applies in particular to the use of the image by posting photos and videos taken with regards to the promotional materials of Organizer. 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.

Date	Statement confirmation 1 (signature)	Consent 2 (signature)
.....05.2021		