

VIII Hyundai ultraMarathon Bieszczady 90 km Rules and Regulations

I Purpose of the event

- to integrate the environment of extreme and mountain runners and their families and friends,
- to promote tourism and running in Bieszczady Mountains with the respect of the natural environment and wild life and to promote Bieg Rzeźnika Foundation and OTK Rzeźnik Club.

II Organizer

- Bieg Rzeźnika Foundation

III Distance

- distance: approx 90 km (55 miles)
- about 3980 meters of height gain (D+3980m/D-3980m)
- I-TRA point gained: 4

The above parameters may vary from the Runners' measuring devices

IV Date, venue and course descriptions

1. The start of the race will take place on Saturday October 9, 2020 at 11:00 pm (23:00) from Cisna
2. Hyundai ultraMarathon Bieszczady 90km starts in the center of Cisna and follows the part of Grand Bieszczady Beltway towards Ustrzyki Górne (approx. 1km), then follows the path on the slope towards Przysłup. After 6 kilometers the trail turns right to the path ascending Małe Jasło 1103 m.a.s.l.). It turns left at the top and follows red marked tourist trail passing Duże Jasło (1153 m.a.s.l.) to reach Okrąglik (1101 m.a.s.l.). On top of Okrąglik the route turns left to border tourist trail heading to Balnica. Before reaching Balnica, the route descends from the border mountain range towards Solinka (approx 27km) and runs on 3 kilometers long gravel road towards Żubracze, going round Hyrlata peak and then to ascend it. Before reaching Żubracze the route turns right to the blue marked tourist trail and ascends to Berdo peak (1041 m.a.s.l.). From Berdo peak the trail runs to Hyrlata (1103 m.a.s.l.), Rosocha (1084 m.a.s.l.) and descends to Roztoki Górne (approx 40 km). From Roztoki the trail runs on asphalt road to Roztoki Mountain Pass (approx. 41km, 801 m.a.s.l.) and again ascends following blue marked tourist trail to Okrąglik (1101 m.a.s.l.). The route turns right (approx 43 km) and follows the border to cross yellow marked tourist trail in the area of Rabia Skała (approx 51 km, 1199 m.a.s.l.). Runners should bear in mind the route will pass the springs with fresh drinkable water located on Slovak side. It is worthwhile to fill the water flasks. One spring can be found before Płasza (ok.47km, 1163 m.a.s.l.) the second one just after passing the peak (approx 49 km). Both on the right hand side of the path. The route turns left on Rabia Skała to follow the yellow marked tourist trail and descends to Wetlina where the second refreshment post is located. From the refreshment post the route follows yellow marked tourist trail. From this point the route will not be marked by Organizer, as it enters the National Park. After reaching Orłowicz Mountain Pass (approx 63km, 1095 m.a.s.l.) the route turns left to red marked tourist trail and descends towards Smerek where the second

refreshment post is located. From this point the route follows red marked tourist trail right up to finish line. The route ascends to Okrąglik, passing Fereczata peak (approx 76 km, 1102 m.a.s.l.) , turns right towards Cisna. Red marked tourist trail ascends to Jasło (1153 m.a.s.p.), Szczawnik (1098 m.a.s.l.) and Małe Jasło (1097 m.a.s.l.) and then descend to the finish line near Cisna village sports playground.

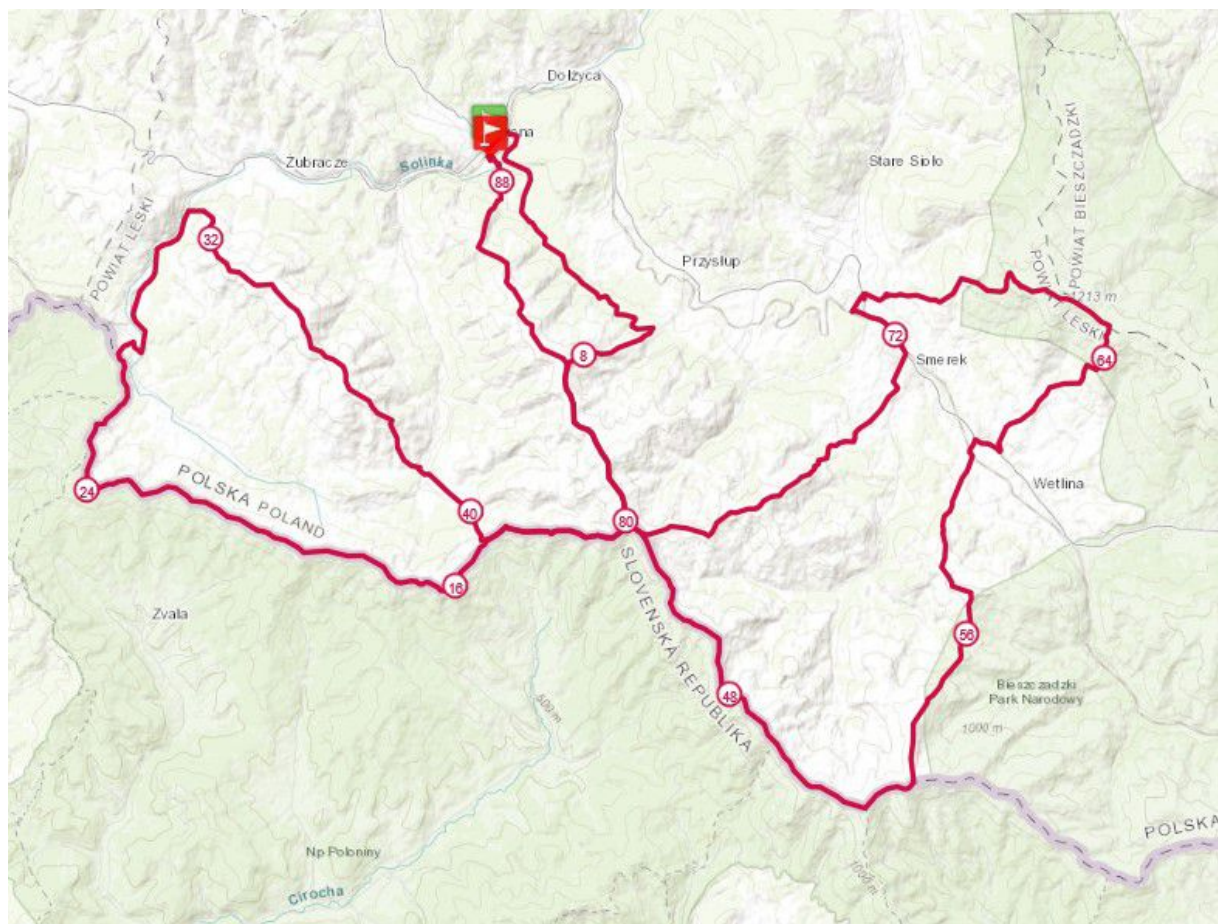
There are natural obstacles such as loose stones, branches, roots on the race course. There may be windbreaks or mud along the route.

3. Trail map:

<https://tracedetrail.com/en/trace/trace/102000>

1. Track:

http://www.maratonbieszczadzki.pl/wp-content/uploads/2020/10/ultraMaratonBieszczadzki_90km_2020.zip





V Time limits

1. Time limit of the race is 18 hours
2. There are 4 checkpoints (**the time limit applies to the time you leave the post**):

Name of the post (kilometer)	time elapsed from the Race start	Limit (the actual time of a day)
Przelęcz Roztoki II (41km)	+8h00min	7:00
Wetlina (59km)	+12h00min	11:00
Smerek (72km)	+15h00min	14:00
Cisna (90km)	+18h00min	17:00

1. Runners who fail to leave the chekpost within the limit time will be disqualified and will not be allowed to continue the race. The Organizer will provide transportation to the finish line after the last Runner arrives at this spot.

VI Terms of participation

3. Race is open to Runners:
 - o who are at least 18 years old as of race day
 - o who will sign a statement of a good health with no contradiction to participate in the run. The form to sign will be available in the Race Office. The medical certificate signed by a physician is not required.
 - o who will register and pay the entry fee
 - o who will collect the race kit (with bib and chip for measuring time) from the Race Office
 - o who will be present at the starting line at the time set in the regulations along with the bib and the chip for measuring time.

Notice! The race kit may be collected by a third party. The person collecting the race kit in behalf of a Runner must submit signed statement and the copy of runner's id.)

4. Registration form should include name and surname, PESEL (personal identification number), e-mail address, telephone number, postal address and optionally club affiliation and the invoice data (if invoice is required)
5. Registration may be completed by filling the form available on www.maratonbieszczadzki.pl or at the Race Office providing the number of participants' limit would not be exceeded earlier on.
6. The number of participants is limited to 370 runners.
7. If the number of participants' limit is exceeded, Runners will be placed on the reserve list. Runners from the main list must pay the entry fee within the 7 days. If the fee is not paid within this period of time, the participants will be removed from the starting list. They may re-enter the registration and be would placed on reserve list.

VII Entry fee

1. Entry fee for VIII Hyundai Bieszczady ultraMarathon 90 km is as follows:
 - o 160 PLN – if paid before January 31, 2020
 - o 180 PLN – if paid before April 30, 2020
 - o 200 PLN – if paid before July 31, 2020
 - o 230 PLN – If paid before September 10, 2020
 - o 250 PLN – If paid after September 10, 2020 or at the Race Office (but Organizer cannot guarantee getting a full package race kit).
 - o Optionally: commemorative t-shirts are available at cost of 50 PLN if ordered before September 10, 2020.

The date of entry fee payment is the date on which the full amount of money is credited to the Organizer's account, in accordance with the above mentioned rates.

2. Entry fee should be paid via BlueMedia or via bank transfer bill to:

Fundacja Bieg Rzeźnika ul. Kaczyniec 10/2 44-100 Gliwice 40 1090 1766 0000 0001 3262 6085 SWIFT: BIGBPLPW, IBAN PL40109017660000000132626085

Code number given after the registration is completed should be written as a payment description.

3. A partial refund of the entry fee is possible before August 31, 2020 however a handling fee of 50 PLN will be charged. It is also possible to transfer the entry fee to another Runner before August 31, 2020 with a handling fee of 25 PLN being charged. After August 31, 2020 the entry fee will not be refunded or transferred to another person. The commemorative t-shirt purchase fee is not refundable.

VIII Benefits

The entry fee will guarantee:

- the ability to start in the Race,

- water or isotonic drinks, provided at the refreshments post along the race route (as specified in point IX)
 - a light meal served at the finish line,
 - basic medical service and GOPR protection during the Run,
 - a unique possibility to run through Bieszczady National Park – part of the route (provided that the conditions regarding access to the routes by the Bieszczady National Park are met),
 - the additional benefits are possible depending on the sponsors obtained.
- In addition, everyone who finishes the Race will receive commemorative medals. We do not guarantee that participants paying the entry fee after September 23, 2020 will receive full package race kit.

IX Refreshments/Checkposts

- Refreshment post will be provided with water, drinks and small snacks.
- Refreshments / Checkpost will be situated on
 - o Roztoki Mountain Pass I (15 km)
 - o Solinka (28 km)
 - o Roztoki Mountain Pass II (41 km)
 - o Wetlina (59 km)
 - o Smerek (72 km)
- Roztoki II (41 km) is also the place where Runners will be able to change their shoes, clothes, have their own food, equipment etc. Organizer provide special bags with personal bib for or all needed items that can be drop before race start, and those bag will be transported to Roztoki II refreshment post.
- There might be some additional checkposts, which the exact location will not be announced to public before the race.

Important note: the runners must have their own drinking cup during the race.

X Awards and classifications

1. During the VIII Hyundai ultra Marathon Bieszczady 52 km the following classifications will be conducted:

- a. general category of women and men
- b. the age category of women and men:
 - o age group 18-29 years
 - o age group 30-39 years
 - o age group 40-49 years
 - o age group 50-59 years
 - o age group 60 plus

2. Statuettes and financial prizes are provided for the first three Runners in general categories of women and men. Within the age categories, statuettes are provided for the first three Runners in the categories of women and men. Awards do not duplicate, i.e. Runners awarded in the general classification will not be awarded in age categories. The organizer reserves the right to introduce additional classifications and prizes. The amount of cash prizes in general categories will be announced in a separate statement.

3. Electronic time measurement is the basis of classification. There will be checkpoints along the course of the race, which register the appearance of a competitor at a given point. Failure to register the Runners' appearance at a given point may result in disqualification. Runners are required to exercise due diligence, that includes being registered at checkpoints, in particular by properly mounting the measuring chip and running through measuring mats.
4. The classification of Runners is based on gross measured time (calculated from the moment of the starter's shot)
5. The Runners' decoration will take place on Saturday, October 10, 2020, at about 5 pm, near the Race Office. The exact time will be given in a separate announcement.
6. Awards and prizes may only be received during the decorations on the closing ceremony.

XI Safety

2. The obligatory briefing for Runners will be available online no later than the day before the start of the Race.
3. The Runners are required to independently assess the weather situation in the mountains, thereby matching their outfits and responding in the event of worsening weather. The organizers reserve the right to suspend or interrupt the Race in the event of a storm, other extreme weather conditions, natural disasters or other factors that prevent the safe conduct of the competition.
4. On the route the Runners should pay special attention to walking tourists.
5. **In case of dropping out of the Race, the Runners must notify the Race staff (by phone or in another effective way). Otherwise, the Organizer may be forced to launch a search action that will be at the expense of the Runner who has failed to provide information about resignation from the Run.**
6. When using public roads, Runners must obey the rules of the road.
7. Runners must have obligatory equipment at all times during the Run, which is
 - emergency foil blanket
 - charged and active telephone – the telephone number should match the number provided on the application form
 - cup, beaker or any other drinking container
 - minimum 200 ml of water or any other drink (at the starting line and when leaving the refreshment / checkpoint)
8. The use of walking poles is allowed on the course of the Race.

XII Environmental protection rules

The nature protection rules should be followed throughout the entire route of the Race. In particular it is prohibited to

- littering the area (i.e. abandoning nutrient packaging, bottles, cups - all rubbish should be left at checkpoints),
- getting off the race route – Runners must stay on the trail at all times.
- disturbing the silence.

Runners who violate these rules will be disqualified.

XIII Personal data and image protection

1. The administrator of personal data of competition participants is the organizer of sports competitions - "Bieg Rzeznika" Foundation with headquarters in Gliwice, ul. Kaczyniec 10/2, (hereinafter: the "Organizer") entered in the Register of Entrepreneurs kept by the District Court in Gliwice, 10th Commercial Department of the National Court Register, under number 0000501777.
2. Personal data processed by the Organizer are the following: name, surname, date of birth, image, personal identification number, postal address, e-mail address, citizenship, mobile phone number, club affiliation.
3. By registering for the competition, the Runners accepts the rules and agrees to the personal data being processed by the Organizer. The agreement includes in particular the processing of personal data for the following purposes:
 - name, surname, health information, postal address, e-mail address, telephone number and personal identification number for the purposes of participating in the competition;
 - name, surname and image for the purpose of publishing them on television, radio, internet or in printed form to inform about the results of the competition and for marketing and promotional purposes;
 - e-mail address for the purposes of sending by the Organizer information on competitions organized by the Organizer and for promotional and marketing purposes;
 - personal identification number for the purposes of participation in draws carried out as part of the registration procedure for events and competitions organized by the Organizer.
4. The Organizer transfers the personal data of participants – name, surname, telephone number, personal identification number, e-mail address – to entities processing personal data acting on behalf of the Organizer in order to keep records for the competition, as well as operating the draw system for selected races, measuring time and results publication.
5. The Organizer also provides personal data such as: name, surname and e-mail address - to official sponsors and partners, but only for purposes related to promotion and marketing as well as co-organization of the competition.
6. The Organizer will not transfer personal data to countries outside the European Union that are the headquarters of the entities listed in point 4) of Regulation (EU) 2016/679 of the European Parliament and of the Council. In the event of their transfer to third countries, the transfer will take place using appropriate safeguards referred to in Article 46 of the General Data Protection Regulation and the participant will be entitled to obtain a copy thereof at the following location: "Bieg Rzeznika" Foundation 44-100 Gliwice, ul. Kaczyniec 10/2.
7. The Organizer will store personal data no more than for 10 years.
8. The Runner has the right to withdraw consent to the processing of personal data by the Organizer at any time.

9. Providing the data covered by this statement is voluntary, but necessary to participate in the competition and in the draw.
10. The Runner is entitled to request from the administrator access to his personal data, rectification, deletion or limitation of processing and to object to the processing, as well as to transfer data, if it results from applicable law.
11. The participant has the right to file a complaint to the supervisory body in the event of the personal data being processed against the law.
12. If you have any questions regarding the processing of personal data by the Organizer, please contact our Data Protection Officer at +48 537 637 675.

XIV Final provisions

1. The exact opening hours of the Race Office will be given in a separate announcement.
2. The race course, whenever goes off the tourist trail, will be marked by the Organizer.
3. Runners who short cut or simplify their route during the Race, or use the outside support are at risk of disqualification. In particularly justified cases, the organizer may withdraw the disqualification of a Runner or impose a time penalty at his own discretion, taking into account the degree of violation of the regulations.
4. During the Race, all Runners must have their bibs attached to the front of the starting shirts. Covering the bib in part or in whole or its modification is prohibited under the penalty of disqualification.
5. At any time during the Race, the Organizer has the right to equip the Runner with a track recording device (so-called tracker). From this moment the Runner is required to continue the Race with the device turned on. Failure to accept, turn off or disrupt the device may result in a time penalty or disqualification.
6. After the Race is finished, a random doping control may be carried out. The Runner designated by the Commission must submit the doping control under the threat of disqualification.
7. Runners will have the opportunity to deposit their personal belongings for the duration of the Race. The deposit can only be picked up on the basis of the Runner's bib. In case of losing the bib or fails to collect on the day of the Race by 18:00, the Organizer is discharged from any liability for giving the deposit to someone else. Note: it is forbidden to leave valuable items and documents in the deposit. The Organizer is not responsible for any loss or accidental destruction of items left in the deposit.
8. The Organizer does not provide Runners with accident insurance.
9. Violations of the regulations, in particular those related to safety, nature protection or competitive spirit, may result in the imposition of time penalties or, in serious cases, disqualification. Each time, the decision to impose the penalty and its form remains at the discretion of the Race Organizer.
10. The Organizer reserves the right to make changes to these regulations, in particular to change the route. Runners who have submitted an application will be kept informed of any changes in the regulations (via information on the website, on Facebook or by e-mail).
11. Only the Director of VIII Hyundai ultraMaraton Bieszczady 14km is entitled to a binding and final interpretation of these regulations.

12. Questions regarding the Regulations and the Run should be sent via e-mail to the address biuro@biegrzeznika.pl.