

ANNEX NO. 1 OF THE DN. 5 July 2022

Please be advised that due to the improvement of the course of the competition, by the decision of the Organizer z on July 5, 2022 to the competition regulations of the 10th edition of the Lower Silesian Running Festival Mountain has the following changes:

Items 3 & 5

All competitors must be verified in person at the Competition Office.

The competitor must have a **QR CODE** and an identity card with photo (ID card, passport, driving license) to check the date of birth and identity. The competitor personally signs a declaration on his health and about no contraindications to participate in running competitions.

Pts. 5 & Nutrition & External Support & 2

External support (family, friends, coaches, etc.) is only allowed in designated check-out points (up to a maximum of 50 m). Support support is provided not allowed on points:

- Bieg 7 Szczytów / Super Trail / **Ultra Trail / Golden Mountains Trail** A1 Przełęcz Gierałtowska 9 KM
- Bieg 7 Szczytów / Super Trail - A3 Międzygórze GOPR 53 KM
- Ultra Trail / Złoty Marathon / Golden Half Marathon - B1 Łądecka Przełęcz

Pts. 7 & 1 MANDATORY EQUIPMENT

. Mandatory equipment for participants of the 7 Summits Run, Super Trail, K-B-L, Ultra Trail:

- ID card or passport
- active phone throughout the competition (including roaming)
- NRC foil
- a water cup (it will not be on points of disposable cups!)
- a water container with a minimum capacity of 1 liter
- windproof jacket
- a hat or a multifunctional headscarf
- flashlight (after dark, does not apply to the Ultra Trail route)

- route map (it can also be uploaded to the phone - provided it is there active during the entire run)
- bib number + chip - provided by the organizer
- **TRACK from the organizer (only for the Run 7 Summits and Super Trail route)**

Pts. 8 & 3

Opening hours of the deposit / repack warehouse:

Thursday (14/07/2022): 12: 00-**18: 00**

Friday (15/07/2022) 10:00 - 18:00, 20:00 - 24:00 *

Saturday (16/07/2022) **5:30 - 6:00, 08:00 - 23:00 ****

Sunday (07/17/2022) 08:00 - 12:00

* Collection of bags from A4 point from 11:00 and from point A8 between 22:00 - 24:00

** Collection of bags from point A13 from 18:00

Packets left at the points will be available in Łądek-Zdrój, (ul. Orła 7, Łądek-Zdrój)

Item §9 IMAGE - information:

The dissemination of the image is based on the consent of the person photographed or filmed, as referred to in art. 81 sec. 1 sentence 1 of the Law on law copyright and related rights. The license to disseminate the image is declaration of will expressed within the meaning of Art. 60 of the Civil Code.

Statement of will - permission to disseminate the image cannot be freely withdrawn after expressing and implementing the Event, because in accordance with Art. 61 § 1 sentence 2 of the Civil Code, the cancellation of the declaration is effective if it has occurred at the same time as this statement or earlier. Processing of personal data (Your image) in the light of the GDPR takes place when registering the Event sports activities pursuant to Art. 6 sec. 1 lit. f) GDPR, according to which: processing is lawful when it is necessary for legal purposes

legitimate interests pursued by the controller or by a third party.

The organizer has a fully legitimate interest in popularizing sport, including through film and photo coverage of sports events.

ANNEX NO. 1 TO THE TENT FIELD REGULATIONS OF 5 July 2022

Point 6. In the field it is prohibited to:

burning fires,

use of open fire in tents,

grilling outside the designated area,

connecting to the existing electrical network,

interfering in any way with the surrounding greenery,

devastation of the campsite infrastructure,

disturbing order at the campsite,

littering the area of the campsite,

Entry by cars and motorhomes