



**Regulations 12. Lower Silesian Mountain Running Festival  
Łądek-Zdrój, July 18-21, 2024**



**§ 1.**

**GENERAL INFORMATION**

1. **Regulations – these Regulations.**
2. **Goal of the event:**
  - a. promotion of sport and physical activity.
  - b. promotion of mountain running.
  - c. selection of the best mountain runners.
  - d. promotion of the Kłodzko Land in Poland and abroad.
  - e. promotion of environmental awareness.
  - f. assistance in returning to physical activity interrupted due to applicable restrictions.
3. **Event** – event called 12. Lower Silesian Mountain Running Festival (DFBG) **July 18-21, 2024**, Race Headquarters/Race Office: Dom Zdrojowy, Orla Street 7, Łądek-Zdrój 57-540.
4. **Entry Fee** – mandatory fee that covers the cost of participation in the Competition. Its payment is mandatory for the validity of the Entry. Race Packs may differ in price depending on the date of payment or the amount of additional benefits selected by the players. Entries made after 17th July 2024, do not guarantee the receipt of all benefits by the participant. The entry fee includes:
  - medal for each finisher;
  - medical aid and mountain rescue service (GOPR);
  - drinks and food at the aid stations along the course,
  - post-race meal (not for Trojak Trail);
  - gifts from sponsors (according to the sponsors' discretion);
  - trophies and prizes for the best runners.
5. **Participant/Competitor** – adult runner (must be 18 years of age or older on race day) who correctly filled up the entry form available on the website [www.dfbg.pl](http://www.dfbg.pl) or registered in person at the Race Office (during pre-race registration if there are available places). People over 15 years of age can take part in the Trojak Trail Run (under the written supervision of legal guardians). The Trojak Trail Race - Family Team Classification is open to persons of 12 years of age and older. The organizer does not provide any casualty insurance policy. He/she pays the Entry Fee before the start of a given edition of the race in the amount as stated in the Regulations and legibly signs the Statement before the start. The Organizer dissuades persons whose health



does not allow intense physical effort from participating in the Competition. The Participants bear responsibility for assessing their physical ability and health. The entry form will be made available on 15.11.2023 at 9:00 a.m. at [www.dfbg.pl](http://www.dfbg.pl).

He/she legibly signs the Statement before the start (in the case of minors - the starting package is collected by the person's legal guardian, who must sign an appropriate declaration obtained from the race office staff. The declaration must be downloaded from the competition website and delivered in person). Each Participant, after arriving at the race location, should report to the Race Office and confirm the start (in person with an identity card). **THE COMPETITOR MUST VISIT THE RACE OFFICE IN PERSON FOR THE REGISTRATION.** When registering via the website or signing in person, the competitor declares his health condition and the lack of contraindications to participate in running competitions. In case of any doubts about the health condition, the organizer recommends a medical consultation and tests before registration. Participants run at their own risk.

6. Race packs can only be picked up at the [race office in Łądek-Zdrój](#).
7. The organizer does not provide any casualty insurance policy.
8. **Race organizer:**

**Fundacja MARATONY GÓRSKIE**

Wrzosowa Str. 11

57-350 Kudowa-Zdrój, Poland

Phone +48 513 423 887

[biuro@maratonygorskie.pl](mailto:biuro@maratonygorskie.pl)

[www.maratonygorskie.pl](http://www.maratonygorskie.pl)

Supporting company: Eksploris Piotr Hercog.

In case you have any questions concerning the Regulations and the Competition, please send an email to [biuro@maratonygorskie.pl](mailto:biuro@maratonygorskie.pl) or call +48 513 423 887

## § 2.

### CONDITION OF PARTICIPATION

1. In order to apply, a Participant must accept the Regulations and mark the required consent boxes. Correct completion of the application form on the competition website and payment of the Entry Fee is considered as valid ENTRY. In the event of vacancies, the Participant may register for the race at the Race Office during specific office opening hours before a given start and will meet all participation conditions.
2. Entries made after 15th July 2023 do not guarantee the receipt of all benefits by the participant.

### § 3.

## RACES

### 1. Seven Summit Run – ca. 240 KM



- a. **Course:** Łądek-Zdrój – Śnieżnik – Spalona – Jamrozowa Polana – Kudowa – Szczeliniec Wik. – Wilcza Przełęcz – Bardo – Łądek-Zdrój
  - b. **Start 18th July (Thursday) 2024, 18:00 p.m.**, Łądek Zdrój – Park located opposite to the Spa Hotel Dom Zdrojowy Wojciech
  - c. **The maximum number of participants for particular races:** 400 persons
  - d. **Cut-off time:** 52 hours
  - e. **Aid stations:** 15
- f. **Drop bags:** Participants may drop off their drop bags with items they will need at particular stages of the race (1 drop bags up to 4 kg per person). On the course, the drop bags will be accessible at the following aid stations: A4 – Długopole Zdrój, A8 – Kudowa-Zdrój. A13 – Bardo
- g. **Classification:** Competitors who, for various reasons, will be forced to retire from the race will be classified in the Super Trail 130 race, provided that they reach at least the finish line of ST130 in Kudowa-Zdrój. This also applies to competitors who will retire in a further part of the course. They will be entitled to receive a medal for finishing the ST130 race (to be collected only in the race office - during the event), but their results will not be taken into account during the prize giving ceremony for that race. Competitors from the 7 Summits Run who cross the finish line in Kudowa-Zdrój within the limit specified in these regulations, but do not reach the finish line in Łądek-Zdrój within the limit or leave the route, receive the number of ITRA points awarded according to the classification for 130 km.

### 2. Super Trail – ca. 130 KM



- a. **Course:** Łądek-Zdrój – Śnieżnik – Spalona – Jamrozowa Polana – Kudowa-Zdrój
  - b. **Start 18th July (Thursday) 2024, 18:00 p.m.**, Łądek Zdrój – Park located opposite to the Spa Hotel Dom Zdrojowy Wojciech
  - c. **The maximum number of participants for particular races:** 350 persons
  - d. **Cut-off time:** 27 hours
  - e. **Aid stations:** 7
- f. **Drop bags:** Participants may drop off their drop bags with items they will need at particular stages of the race (1 drop bags up to 4 kg per person). On the course, the drop bags will be accessible at the following aid stations: A4 – Długopole Zdrój, A8 – Kudowa-Zdrój.
- g. **Transport:** The race organizer provides transportation from the finish line in Kudowa-Zdrój to Łądek-Zdrój (departures according to the Organizer's bus timetable published in the Race Manual).

### 3. K-B-L – 110 KM



- a. **Course:** the race follows the second part of the course of Seven Summit Run starting from Kudowa-Zdrój via Bardo to Łądek-Zdrój
  - b. **Start 19th July (Friday) 2024, 20:00 p.m.**, Kudowa Zdrój – Park located opposite the Park Zdrojowy, Teatr Pod Blachą, Kudowa-Zdrój
  - c. **The maximum number of participants for particular races:** 500 persons
  - d. **Cut-off time:** 26 hours
  - e. **Aid stations:** 7
- f. **Drop bags:** Participants may drop off their drop bags with items they will need at particular stages of the race (1 drop bags up to 4 kg per person). On the course, the drop bags will be accessible at the following aid stations: A13-Bardo.
- g. **Transport:** The race organizer provides transportation from the finish line in Łądek-Zdrój to Kudowa-Zdrój (booking of the bus is required during enrolment – against additional fee of PLN 40), departure: Łądek-Zdrój – Friday, 17:15).

### 4. Ultra Trail – 68 km



- a. **Course:** Łądek-Zdrój – Przeł. Gierałtowska – Czernica – Rozdroże Zamkowe – Złoty Stok – Łądek-Zdrój
- b. **Start 20th July (Saturday) 2024, 4:00 a.m.**, Łądek-Zdrój – Park located opposite the Spa Hotel DOM ZDROJOWY WOJCIECH
- c. **The maximum number of participants for particular races:** 750 persons
- d. **Cut-off time:** 14 hours
- e. **Aid stations:** 5 (offering water, isotonic drink, cake, fruit) on the course, ca. every 10KM -15km.

### 5. Golden Marathon – 45 km



- a. **Course:** Łądek-Zdrój – Przełęcz Łądecka – Złoty Stok – Orłowiec – Łądek-Zdrój
- b. **Start 20th July (Saturday) 2024, 8:00 a.m.**, Łądek-Zdrój – Park located opposite the Spa Hotel DOM ZDROJOWY WOJCIECH
- c. **The maximum number of participants for particular races:** 750 persons
- d. **Cut-off time:** 9 hours
- e. **Aid stations:** 3 (offering water, isotonic drink, cake, fruit) on the course, ca. every 10KM.

6. Golden Mountains Trail - GTS - 33km



- Course:** Łądek-Zdrój – Przełęcz Gierałtowska – Stary Gierałtów – Łądek-Zdrój
- Start 19th July (Friday) 2024, 15:00 p.m.,** Łądek-Zdrój – Park Zdrojowy przy DZ Wojciech
- The maximum number of participants for particular races:** 750 persons
- Cut-off time:** 7 hours
- Aid stations:** 2 (offering water, isotonic drink, cake, fruit).

7. Golden Half-marathon – 21 km



- Course:** Łądek-Zdrój – Przeł. Łądecka – Łądek Zdrój
- Start 20th July (Saturday) 2024, 11:00 a.m.,** Łądek-Zdrój – Park located opposite the Spa Hotel DOM ZDROJOWY WOJCIECH
- The maximum number of participants for particular races:** 950 persons
- Cut-off time:** 5 hours
- Aid stations:** 1 (offering water, isotonic drink, cake, fruit) on the course, ca. 10KM.

8. Night Trail – 15 km



- Course:** Łądek Zdrój - Przełęcz Gierałtowska - Karpno - Łądek-Zdrój
- Start 19th July (Friday) 2024, 22:00 p.m.,** Łądek-Zdrój – Park located opposite the Spa Hotel DOM ZDROJOWY WOJCIECH
- The maximum number of participants for particular races:** 750 persons
- Cut-off time:** 4 hours
- Aid stations:** 1 (offering water, isotonic drink, cake, fruit).

9. Trojak Trail – ca. 10 km



- Course:** Łądek-Zdrój –Trojak Mountain – Łądek-Zdrój
- Start: 21st July (Sunday) 2024, 10:00 a.m.,** Łądek-Zdrój – Park located opposite the Spa Hotel DOM ZDROJOWY WOJCIECH
- The maximum number of participants for particular races:** 750 persons
- Cut-off time:** 3 hours
- Aid stations:** 1 (offering water, isotonic drink, cake, fruit) on the course, located on the 4. and 6. KM

The exact courses and profiles of the races will be published in the **COURSES** section - the final course will be made in June 2024.



## § 4.

### ENTRIES AND ENTRY FEE

1. Entry fee:

paid by 21st January 2024 / paid: 22nd January 2024 - 31st March 2024 / paid: 1st April 2024 - 16th June 2024 / paid after 16th June 2024:

- Seven Summit Run - 240KM – 570 PLN/ 600 PLN/ 640 PLN/ 680 PLN
- Super Trail 130 - 130 KM –360 PLN / 390 PLN / 420 PLN/ 445 PLN
- K-B-L – 110 KM – 325 PLN / 355 PLN/ 385 PLN / 415 PLN
- Ultra Trail – 68 KM - 265 PLN/ 290 PLN/ 320 PLN / 345 PLN
- Golden Marathon – 45 KM – 210 PLN/ 235 PLN / 260 PLN / 285 PLN
- Golden Mountains Trail - 33 KM -179 PLN/ 215 PLN / 240 PLN /265 PLN
- Golden Half-marathon 21 KM – 170 PLN/ 195 PLN / 220 PLN/ 245 PLN
- Night Trail 15 KM – 140 PLN/ 165 PLN / 190 PLN/ 215 PLN
- Trojak Trail – 10 KM – 90 PLN/ 100 PLN / 110 PLN / 120 PLN
- Kids Trail - PLN 30 (payable at the Competition Office on July 21, 2024).

Until June 16, 2024, you can also purchase technical t-shirt - 85 PLN and running sleeves 59 PLN.

2. The entry fee can be paid via the online payment system or by wire transfer to the bank account of:

**Fundacja MARATONY GÓRSKIE**

ul. Wrzosowa 11

57-350 Kudowa-Zdrój

Tel. +48 513 423 887

mBank 89 1140 2004 0000 3802 7717 9361

IBAN: PL89 1140 2004 0000 3802 7717 9361

SWIFT: BREXPLPWMBK.

In case of payment by wire transfer, please indicate the code received during the entry in the payment transfer order.

3. The Entry Fee is not valid if the Participant hasn't completed the entry form, if the Fee is paid after the deadline or after the maximum number of Participants has been reached.
4. After enrolment and payment of the entry fee, the competitor's details will be published in the entry list on the event's website. After the bank account is credited with the payment, the competitor will be marked in the list as the person with confirmed payment (Entry Fee - confirmed).
5. The entry form will be no longer available after the maximum number of Participants correctly registered and with paid Entry Fee has been reached.
6. Entries made after 17th July 2024, do not guarantee the receipt of all benefits by the participant.
7. **Refund of the entry fee** In the event of cancelling your participation in the race the entry fee will be refunded to the bank account of the sender according to the following schedule:

by 31th December 2023	80 %
1st January - 30th April 2024	60 %
1st May - 15th June 2024	40 %
after 15th June 2024	0 %



The refund of the Entry Fee has to be mailed to [biuro@maratonygorskie.pl](mailto:biuro@maratonygorskie.pl)

**8. Transfer of entry to another competitor**

It is possible to transfer the entry fee to another competitor until 30th June 2024 against a handling fee of PLN 25.

How can I transfer my entry? Information is provided [HERE](#)

**9. Change of the distance (race)**

A competitor who has enrolled and paid the entry fee may move his/her entry to another race distance – upon notifying the Organizer by email – however, no later than by 30th June 2024. The Organizer is not able to offer refund of the entry fee in the case moving the entry to a shorter race distance. When moving the entry to a longer distance race, the competitor is obliged to pay the difference in the entry fee (applicable at the time of making the payment). There is no possibility of crediting the difference in the entry fee against the price of the ordered running t-shirt. Moving entries between particular races is only possible if there are still available places for the given race. How to move the entry to another race distance? Information is provided [HERE](#)

10. The organizer does not refund the entry fee to persons who have not finished the race or did not participate in the race, and does not transfer the entry fee to other/future races.
11. The race pack can be picked up in the Race Office by another person but without race number and chip.
12. The Organizer does not transfer the Entry Fee to other competitions and does not send race packs.
13. Shortening or modification of the race course, change of the race schedule, or cancelling the Races after they have started are not the reasons for the refund of the Entry Fee to the Participants.
14. Persons who purchased the race t-shirt can pick it up at Race Office. This can be done in person or by somebody else upon presentation of a written authorization. The race t-shirt can be sent by mail against an additional fee of PLN 30. If you wish your t-shirt to be sent to you, please submit such request before 18th July 2024. Following that date, no t-shirts will be sent

## § 5.

### **RULES OF COMPETITIONS**

1. By collecting the starting number and signing the declaration that He/She has read this publication, the competitor consciously declares that he or she understands the idea of the competition, the risks it involves, and declares that he or she is taking part at his or her own risk. The organizers are not responsible for what may happen to a competitor on the race route, start or finish line.
2. Your photo and personal data (name, surname, age, city, club) may appear in photographic or video materials published on our website, facebook page, press, radio, television and other media.
3. If you fail to comply with our regulations during this year's competition or if you take actions leading to a negative image of the competition, your entry in the following year may be rejected.
4. In the event of non-compliance with the instructions given by the race staff, medical services and the need to undertake a rescue operation, you will be charged with its costs.
5. Each competitor is obliged to comply with the regulations in force in landscape parks and nature reserves.
6. On sections of routes running on public roads, the provisions of the Road Traffic Law apply. On these sections, the competitor is obliged to exercise particular caution and is obliged to drive in accordance with the provisions of the Road Traffic Law. A competitor must obey traffic regulations.



## 7. Environmental Protection

A part of the courses runs through the Stołowe Mountains National Park, nature reserves, and landscape parks that are a wildlife habitat. We expect all participants to exercise utmost care for the protection of environment:

7.1 Don't step off the marked trail. In the nature reserves „Śnieżnik Kłodzki“, „Wodospad Wilczki” and in the Stołowe Mountains National Park it is prohibited by law. Staying on the trail is aimed at protecting nature and prevents further erosion of tourist trails.

7.2. Due to limiting the use of plastic, there will be no disposable cups at the aid stations, and meals after the race will be dispensed to the competitors' own containers. It will be possible to buy bowls and cups in a store in the Race Office.

7.3. Collecting flowers, animals, mushrooms and stones is prohibited.

7.4. Shortening the route is prohibited and causes potential devastation of the natural environment.

7.5. Do not throw any litter, used gels packages, tissues etc. along the course. At each checkpoint there will be a litter bin where you can throw away unnecessary items.

7.6. Please first use the toilets at the aid stations/checkpoints (marked on the diagram with the symbol). Do not leave any tissues or toilet paper along the course.

7.7. To minimize energy consumption and greenhouse gas emissions, we suggest using public transport, including buses provided by the Organizer. Organizer's buses will run according to a specific timetable, which will be indicated in the Race Manual.

Competitors breaking these rules will be disqualified

## 8. Respect others

8.1. The race course is not private and is not closed for the duration of the competition. Remember that other tourists and athletes have the full right to use it. Overtake competitors or other people only in places where it is safe and does not pose a threat to you or the person being overtaken. On sections of routes running on public roads, the provisions of the Road Traffic Law apply.

## 9. Medical aid during the competition

9.1. To ensure safety, the Organizers provide medical aid during the competition. This does not change the fact that the competitors must individually assess their capabilities, current mental and physical state and independently assess the risk of participation in the race. You are responsible for yourself and you start at your own risk.

9.2. The Mountain Volunteer Rescue Service (GOPR) as well as a physician and medical rescue team are present throughout the event. Medical assistance is always available at the stations marked with the first aid symbol and on the rest of the course, medical team arrives when needed. All checkpoints have telephone communication with the race headquarters and on-call doctor.

9.3. Please note that it may take a long time for rescue team to reach you. Don't wait with the phone call asking for help until it gets really serious.

9.4. Medical assistance team has the right to exclude a runner from further competition. Their decision is final.

9.5. If you retire from the race, you can wait for the transport provided by the Organizer, which will take you to the finish line. Of course, you can use means of transport of your supporters or call a taxi at your own expense. Organizer's buses will run according to a specific timetable, which will be indicated in the Race Manual.





9.6. Remember that the presence of medical staff at the competition does not release you from the obligation of providing first aid to those in need, especially you fellow runners. If you see that another competitor following the route is in trouble, ask him/her if any help is needed and report the problem by calling the phone number (+4874) 985.

9.7. If you need help during the competition remember to report to the doctor after you have finished the race for the purpose of examination and exclusion of possible negative consequences

## **10. Cut-off time**

10.1. Cut-offs at particular aid stations are calculated based on an assumption that a competitor who does not make the cut-off at a given point will not be able to reach the finish line before the overall cut-off time for the race.

10.2. Cut-offs at particular aid stations apply to the time of arrival at the aid station, not the time of leaving it. To continue the competition you must reach the aid station before the cut-off.

10.3. After the cut-off, the competitor is not classified and does not participate in the remaining part of the race. In case of failure to comply with the race staff instructions, a participant may be disqualified and a ban on participation in other competitions organized by the organizers may be imposed on such person. In addition, it is not possible to continue the race without the race number, at the so-called "own responsibility" or "beyond classification".

## **11. Time measurement**

11.1. Time measurement on all courses is provided by a professional external company based on timing chips supplied during registration. We ask you to take care of the chip condition throughout the race. In some places the lap times will be recorded electronically, and in some places manually - by judges. Judges present along the course will record the time by writing down the race numbers.

11.2. The classification is based on the electronic time measurement carried out by the electronic timing chip attached to the Participant's shoe. The Participants will get their timing chip at the Race Office together with the race pack. During the race, the Participants will cross detection mats that will record their presence at the given check point in the computer system. The Participants have to return the chip to the Race Office immediately after finishing the race. Lack of the time data of a Participant recorded in any of the check points or failure to return the chip may result in a disqualification.

## **12. Course marking**

12.1. The courses will be marked with tapes, direction arrows, and spray chalk. Race judges will also be present along the course.

12.2. The vast majority of courses lead along marked tourist trails. A turn or a change of trail will be additionally marked with distinct signs.

12.3. Dangerous places, especially road crossings, will also be marked, but the participants should remember that no roads will be closed during the competition, and they MUST observe the road traffic rules.

12.4. The course marking is made just before the competition and removed immediately after its end. Chalk paint is biodegradable and will disappear after the first rain (we hope not during the competition).

12.5. We strongly suggest that you carry a map of the course received in the Race Office. In case of absence of signs removed or destroyed by vandals (which happens unfortunately) this may be the only way to find the right course. It is also recommended that you download the GPS track to your navigation device.

12.6. If you think that any signs show incorrect direction, do not change their location by yourself! Call the phone number +48 501 609 292 lub +48 785 456 850 and notify the chief race judge and then follow his instructions.

12.7. If you get lost, go back to the last place where you saw the race signs.



### 13. Shortening the course

13.1. The organizers reserve the right to shorten the race distance or even cancel the race in case of: negative opinion of the mountain rescue service (GOPR) regarding safety, force majeure, extreme weather, risk of occurrence of events threatening life or health.

13.2. Shortening, changing the course of a race or competition and canceling a race or competition after its start does not form the basis for a refund of the entry fee.

### 14. Retirement from the race

14.1. If you decide to retire from the race, you must inform the organizers about this by reporting your retirement at the checkpoint/aid station or by calling the phone number provided on the start number. After retiring, you cannot continue the race or join it again.

#### 14.2. Retirement from the race at the aid station:

14.2.1. Inform the aid station crew about your decision on retirement from the race.

14.2.2. The competitor arranges his own return transport, e.g. friends, support, taxi, transport worker. The organizer is not obliged to transport people from checkpoints.

14.2.3. You may return to the race headquarters using our means of transport (does not apply to aid stations: A1, A2, A10, A15, C1/2, B1, B2, N1), however it is possible that you will have to wait several hours for the bus. Buses provided by the Organizer will arrive and depart according to the specific timetable indicated in the Race Manual.

#### 14.3. Retirement from the race on the course:

14.3.1. If you have to retire from the race while being on the trail due to injury and you need medical assistance, contact the emergency number (+4874) 985 and follow the instructions.



14.3.2. Remember that reaching you in some point along the course can take a long time. If you do not feel well, it is better to make the decision on withdrawal at the aid station.

14.3.3. Along the course, at some aid stations marked with the symbol and at the finish line, it is possible to rest in a warm room or tent. Remember, however, that the number of available places is limited. You may spend time in such place until the departure of the next bus heading to the race headquarters. Buses provided by the Organizer will arrive and depart according to the specific timetable indicated in the Race Manual.

## 15. Prohibited actions

15.1. Competitors may be disqualified or be subject to time penalty at any stage of the race for taking the following actions:

- Short-cutting the route.
- Failure to comply with road traffic rules.
- Lack of mandatory gear.
- Littering on the race course.
- Using external support outside of the aid stations.
- It is forbidden to participate in a race with a dog.
- Running with people who are not registered competitors for a given race.
- Fraud (using transportation, replacement runners, etc.).
- Failure to have the race bib attached in the right place.
- Further participation in the race after the cut-off time.
- Doping or using prohibited substances.
- Behavior contrary to fair play rules.

The time penalty range is determined by the Chief Race Judge.

For lack of any of the mandatory gear items, a time penalty of 10 minutes/item is imposed.

Time penalties add extra time to the final result of the given competitor or a competitor may be stopped by a judge before the finish line to serve a time penalty.

## 16. Aid stations and external support

16.1. Drinks and food will be served at the aid stations (A1 - A15, B1 - B5, C1-2, D1, N1). Refreshments offered at particular aid stations will be specified in the description of particular races in the Race Manual. Food may vary depending on opening hours of each location.

16.2. External support (by family, friends, coaches) is allowed only at the aid stations.

**External support is not allowed at the aid station:**

- 7 Summit Race 240 km / Super Trail - A1 Przełęcz Gierałtowska 9 KM

- 7 Summit Race 240 km / Super Trail – A3 Międzygórze GOPR 53 KM

- Ultra Trail / Golden Marathon / Golden Half-marathon – B1 Przełęcz Łądecka



16.3. Food and drinks at the aid stations are intended exclusively for the competitors and not for the supporters.

16.4. The supporters are not allowed to accompany the competitors along the course.

16.5. Any external assistance from coaches, physicians, and medical staff outside the aid stations is forbidden.

## § 6.

### MANDATORY GEAR

You are required to have clothes and equipment that will provide warmth and protection against rain. Remember that it's up to you to decide what clothes to take for the race.

#### 1. Mandatory gear for the participants of Seven Summit Run, Super Trail, K-B-L, Ultra Trail:

- ID card or passport
- Mobile phone switched on for the duration of the race (with activated roaming)
- Safety blanket
- Drinking cup
- Water container of at least 1 liter
- Wind-proof jacket
- Cap or a multifunctional buff-type neck warmer
- Headlamp (in the darkness, does not apply to the Ultra Trail race)
- Course map (may be uploaded to the mobile phone, provided it is switched on)
- Race bib + chip – provided by the race organizer

Recommended gear for the participants of Seven Summit Run, Super Trail, K-B-L, Ultra Trail races:

- Running pack or belt for carrying the gear
- Water bottle or hydration system with capacity of min. 0,5 liter (in hot weather)
- Cash (PLN 50)
- Whistle
- Trekking poles
- GPS device with uploaded race course track
- Casualty insurance policy

#### 2. Mandatory gear for the participants of Golden Marathon, Golden Mountains Trail GTS, Golden Half-marathon and Night Trail races:

- Mobile phone switched on for the duration of the race (with activated roaming)
- Drinking cup or bottle (there will be no plastic disposable cups at the aid stations!)
- Race bib + chip – provided by the race organizer
- ID card or passport
- Safety blanket
- Headlamp (For Night Trail and in the darkness for GMT Race)

Recommended gear for the participants of Golden Marathon, Golden Mountains Trail GTS, Golden Half-marathon and Night Trail races:

- Running pack or belt for carrying the gear
- Cap or multifunctional buff-type neck warmer
- Wind-proof jacket with long sleeves (hood not required)
- Water bottle or hydration system with capacity of min. 1 liter
- Whistle
- GPS device with uploaded race course track
- Course maps - provided by the race organizer
- Casualty insurance policy

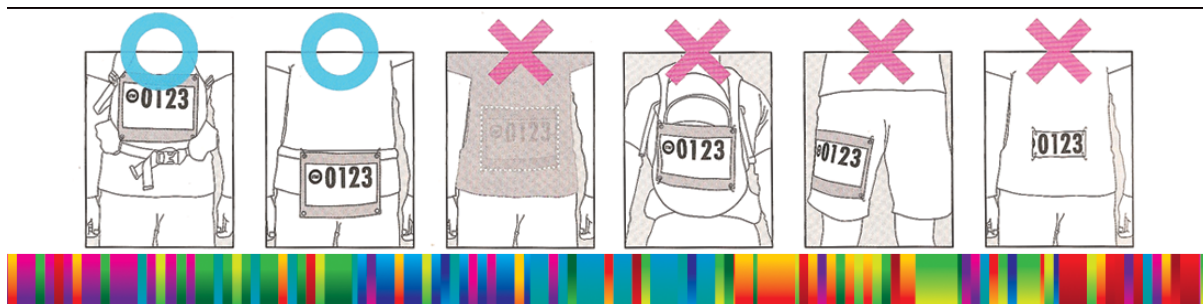
### 3. Mandatory gear for the participants of Trojak Trail race:

- Race bib + chip – provided by the race organizer
- Cap or multifunctional buff-type neck warmer
- Activated mobile phone

Recommended gear for the participants of Trojak Trail race:

- Running pack or belt for carrying the gear
- Safety blanket
- Cap or multifunctional buff-type neck warmer
- Wind-proof jacket with long sleeves (hood not required)
- Water bottle or hydration system with capacity of min. 0.5 liter
- Course maps - provided by the race organizer
- Casualty insurance policy

### 4. How to attach the race bib?



#### 4.1. If you attach the race bib incorrectly, you may be disqualified.

4.2. Attach the race bib to the front of your shirt, blouse or race belt (you can receive safety pins at the Race Office).

4.3. If a competitor attaches his starting number to a belt that moves to the side or back, he is obliged to immediately correct it and move it to the front just before running into the aid station.

4.4. Make sure the number is fully visible and no items of clothing are covering it.

4.5. Do not attach the race bib to your backpack, pants or back.



- 4.6. Do not reduce the size of the race bib, limiting it to number only.
- 4.7. The chip that the competitor receives at the competition office should be attached to the shoe or ankle. If the chip is located further away from the measuring mats than your feet, the times may not be recorded.
- 4.8. You must wear a shirt or a blouse for the duration of the race.

## § 7.

### DROP BAGS

1. Participants of the Seven Summit Run, Super Trail and K-B-L races may drop off their drop bags with items they will need at particular stages of the race.
2. On the course, the drop bags will be accessible at the following aid stations:
  - A4 – Długopole Zdrój
  - A8 – Kudowa-Zdrój
  - A13 – Bardo
3. The opening hours of the Drop bag storage are announced before the Festival.
4. When participating in the Seven Summit Run, SuperTrail or K-B-L race, you may prepare a drop bag(s) with items to be used at the given stage of your race.
5. Empty bags to be used as drop bags will be given in the Race Office during registration.
6. Bags have a capacity of 60l.
7. The maximum weight of a drop bag (3 separate drop bags are allowed) – **4 kg/person**
8. Remember to attach a label with your race number to your drop bag.
9. Bags to be transported to particular aid stations have distinct colors. Make sure that you prepared the right drop bag for each of the indicated aid stations.
10. Drop bags brought back from the aid stations may be picked up in the location specified by the Race Office staff no earlier than 3 hours after the cut-off time set for the given aid station.
11. It is possible to leave a deposit for the finish in Łądek-Zdrój. Such a deposit must be made at the next to the Race Office. (applies to all routes)
12. The drop bag will only be handed over upon presentation of the race number or the ID card.
13. Bags unclaimed until the end of the event (21.07.2024 r.) will be forfeited.
14. Bags will not be sent by post.
15. Please do not place expensive items, documents, etc. in the drop bags.
16. The organizer is not responsible for any lost drop bags.
17. It is forbidden to place glass containers and cans with drinks in the drop bags

## § 8.

### TRANSPORTS

1. The Organizer does not provide transport from other places than those designated in subsection 2 of the "**Retirement from the race**" section.



2. The participant resigns from continuing the run, organizes the return transport on his own, e.g. friends, support, taxi or public transport. The organizer is not obliged to transport people from the checkpoints.
3. The participant who retires from the race while being between the aid stations, is obliged to get to the nearest aid station or reach the nearest point from which the organizer's buses depart. Organizer's buses will run according to the specific timetable provided in the Race Manual.
4. The organizer reserves the right to refuse to admit a competitor to the bus if all seats are taken. The competitor is obliged to wait for the next transport of the organizer. Organizer's buses will run according to the specific timetable provided in the Race Manual.
5. **KBL 110KM** - when registering, competitors can buy a ticket for the organizer's transport, which will take them from Łądek-Zdrój to Kudowa-Zdrój to the start. Tickets can be booked until June 16, 2024. The cost is: PLN 40, payable when registering for the run.
6. **ST 130KM** - The Organizer provides transport to the competitors from the finish line in Kudowa Zdrój to Łądek-Zdrój (according to the Organizer's bus timetable published in the Technical Guide)

## § 9.

### PRIZES AND CLASSIFICATION OF COMPETITORS

1. In races (240km, 130km, 110km, 68km, 45km, 21km, 15 km, 10km), competitors will be classified in the OPEN Man and OPEN Women category.
2. In races (240km, 130km, 110km, 68km, 45km, 33km, 21km, 15 km), competitors will be classified by age groups:
  - ❖ Senior I M – 20 (18-29 years of age) Senior I K – 20 (18-29 years of age) – (born in 2006 - 1995)
  - ❖ Senior II M- 30 (30-39 years of age) Senior II K- 30 (30-39 years of age) – (born in 1994 – 1985)
  - ❖ Masters M – 40 (40-49 years of age) Masters K – 40 (40-49 years of age) – (born in 1984 – 1975)
  - ❖ Veteran I M- 50 (50-59 years of age) Veteran K- 50 (50-59 years of age) – (born in 1974 – 1965)
  - ❖ Veteran II M – 60 (60 –69 years of age) Veteran II K – 60 – (60 – 69 years of age) – (born in 1964 and older)

#### **Additionally, the following classification will apply at the Trojak Trail 10KM race:**

- ❖ Junior I M (15-18 years of age) Junior I K (15-18 years of age) – ur. (2006-2009)
- ❖ Senior I M – 20 (19-29 years of age) Senior I K – 20 (19-29 years of age) – ur. (2005-1995)
- ❖ Senior II M- 30 (30-39 years of age) Senior II K- 30 (30-39 years of age) – ur. (1994 – 1985)
- ❖ Masters M – 40 (40-49 years of age) Masters K – 40 (40-49 years of age) – ur. (1984 – 1975)
- ❖ Weteran I M- 50 (50-59 years of age) Weteran K- 50 (50-59 years of age) – ur. (1974 – 1965)
- ❖ Weteran II M – 60 (60–69 years of age) Weteran II K – 60 (60 – 69 years of age) – ur. (1964 - 1955)
- ❖ Weteran III M 70 (70-79 years of age) Weteran III K - 70 (70-79 years of age) - ur. (1954- i starsi)
- ❖ Weteran IV M 80 (80-89 years of age) Weteran IV K - 80 (80-89 years of age) - ur. (1954- i starsi)
  
- ❖ Family team Classification (Trojak Trail 10 km) - a minor with a legal guardian who will take part in competitions under a common team name.
  
- ❖ People born in 2009 or older are allowed to start the Trojak Trail race (with the consent of their legal guardian). These people will be classified in the Junior I age category.



### 3. TROJAK TRAIL 10KM FAMILY TEAM CLASSIFICATION- REGULATIONS

- a. The Trojak Trail Race - Family Team Classification is open to persons of 12 years of age and older.
- b. Minors (from the age of 12) may take part in the Family Team Classification together with a person being their legal guardian.
- c. Possible team composition:  
Among the team members there must be at least one minor, and a maximum of two adults. A team must consist of 2 to 5 persons. E.g.,:
  - 1 adult + 1 child
  - 2 adults + 2 children
  - 2 adults +1 child
  - 2 adults + 2 children
- d. An adult person taking part in the family classification **is not classified in the general** classification of Trojak Trail 10km.
- e. Entries are accepted from the moment the entry form is made available on the dfbg.pl website. The entry is considered correct if the participant properly completes the entry form on the dfbg.pl website and pays the entry fee. The team name should be provided at the time of making the entry.
- f. The amount of the entry fee per person depends on the date of payment (Trojak Trail §4 pkt. 1).
- g. During the competition, the legal guardian must stay together with the child at the maximum distance of 50 meters. The team finish time interval may not exceed 20 seconds. The team final result is counted on the basis of the time when the last team member gets to the finish line. A team that fails to comply with the above conditions will be disqualified.

4. In route Golden Mountains Trail it is possible to add the Golden Trail National Series CZE/SLO/POL classification (information will appear in spring 2024).

### 5. "Grand Prix DFBG Classic" and "Grand Prix DFBG Long" classification

#### 5.1. "Grand Prix DFBG Classic" classification

5.1.1. The classification is dedicated to competitors taking part in at least four of the five races indicated by the Organizer, which include the following starts:

- Zimowy Półmaraton Gór Stołowych - distance 21KM
- Kudowska Sztafeta Górska - distance 21KM (independent run, not participation in the relay)
- Supermaraton Gór Stołowych - distance 21KM
- Lower Silesian Mountain Running Festival - distance 15KM
- Lower Silesian Mountain Running Festival - distance 21KM

#### 5.2. "Grand Prix DFBG Long" classification

5.2.1. The classification is dedicated to competitors taking part in at least four of the ten races indicated by the Organizer, which include the following starts:

- Zimowy Półmaraton Gór Stołowych - distance 31KM
- Kudowska Sztafeta Górska - distance 42KM, 75 KM (independent run, not participation in the relay)
- Supermaraton Gór Stołowych - distance 55KM
- Lower Silesian Mountain Running Festival - distance 33KM, 45KM, 68KM, 110 KM, 130KM, 240 KM





5.3. The classification is based on the sum of points obtained from the four best starts in the above-mentioned races. For competitors who start in all races, the start in which they scored the lowest number of points will not be counted in the final classification.

5.4. Points will be awarded automatically after the competition in the following order:

1st place - 1000 points;

2nd place- 970 points;

3rd place - 950 points;

4th place - 940 points;

5th place - 930 points;

6th place- 920 points;

7th place- 910 points,

8th place - 905 points;

9th place- 903 points;

10th place - 900 points;

11th place - 899 points;

12th place - 898 points;

13th place - 1 point less.

5.5. "Grand Prix DFBG Classic" and "Grand Prix DFBG Long" are additional classifications. Regardless of this, other classifications determined for individual competitions will be conducted.

5.6. Each participant who completes the DFBG Classic Grand Prix or DFBG Long Grand Prix classification will be able to collect a certificate at the competition office - during office opening hours. After the Festival, the certificate can only be sent by e-mail - notification of willingness to receive a certificate is accepted at [biuro@maratonygorskie.pl](mailto:biuro@maratonygorskie.pl).

5.7. Summary and presentation of diplomas and awards:

Grand Prix DFBG Classic - **during the award ceremony for the best 21 km route of the Lower Silesian Mountain Running Festival 2024.**

Grand Prix DFBG Long - **during the official end of the Lower Silesian Mountain Running Festival 2024 on Sunday, July 21, 2024.**

## **6. Kids Trail classification**

There is a Kids Trail classification at the Festival. Additional information can be found in the Kids Trail Regulations tab.



§ 10.

## PRIZES

### 1. Seven Summit Run – ca. 240 KM

OPEN Men Classification

1st place – cash prize of PLN 2500, statuette, diploma

2nd – 10th place – prizes, diploma

OPEN Women Classification:

1st place – cash prize of PLN 2500, statuette, diploma

2nd – 10th place – prizes, diploma

Classification by age groups

1st – 3rd place – diploma and small gifts

Medals for everyone finishing the race, a special vest/sweatshirt "FINISHER 240 KM - TOP 50" for the first 50 OPEN competitors. For all OPEN finishers from 51st place – finisher's T-shirt. Sweatshirts and T-shirts can be collected at the finish line.

### 2. Super Trail 130, KBL 110, Ultra Trail 68, Golden Marathon 45, Golden Half-marathon 21, Night Trail 15 KM

OPEN Men Classification

1st place – statuette, diploma, prizes

2nd – 5th place – prizes, diploma

OPEN Women Classification:

1st place – statuette, diploma, prizes

2nd – 5th place – prizes, diploma

Classification by age groups

1st – 3rd place – diploma and small gifts

### 3. Golden Mountains Trail Series 33km

OPEN Men Classification

1st place - PLN 1750

2nd place - PLN 1250

3rd place - PLN 750

4th - 5th place - prizes

OPEN Women Classification

1st place - PLN 1750

2nd place - PLN 1250

3rd place - PLN 750

4th - 5th place - prizes



Classification by age groups

1st – 3rd place – diploma and small gifts

**4. Trojak Trail 10km**

OPEN Men Classification

1st place – statuette, diploma, prizes

2nd – 5th place – prizes, diploma

OPEN Women Classification:

1st place – statuette, diploma, prizes

2nd – 5th place – prizes, diploma

Classification by age groups

1st – 3rd place – diploma and small gifts

Family Team Classification

1st – 3rd place – diploma and small gifts

**5. “Grand Prix DFBG Classic” and “Grand Prix DFBG Long” classification**

OPEN Men Classification

1st place – statuette, diploma, prizes

2nd – 3rd place – prizes, diploma

OPEN Women Classification:

1st place – statuette, diploma, prizes

2nd – 3rd place – prizes, diploma

6. One Participant can receive more than one prize.
7. The prizes will only be handed to the Participant present at the Prize Giving Ceremony – otherwise the Participant will not receive the prize and it will be forfeited. **It is not possible to collect the prize before decoration or send it by post later.**
8. If the amount of financial prizes per person exceeds PLN 2000, the Organizer will deduct 10% of the value of the prize to be credited against a flat-rate income tax due on prizes won in the Races, in accordance with applicable regulations. The payment of such amount will be transferred by the Organizer to the bank account of the relevant Tax Office.
9. The Organizer reserves the right to introduce other classifications and prizes.
10. During the competition closing ceremony a lottery with attractive prizes for all persons participating in the Festival will be organized.



## §11.

### PERSONAL DATA AND IMAGE PROTECTION

1. All Participants in the competition agree to the processing of personal data by the organizers and their sponsors / partners. This is related to the promotion and carrying out of the competition.
2. Participants of the Event agree to the publication of their image in reports from the Competition published on the website of the Competition, in the media, and promotional materials of the Organizer and its partners.
3. Participants may take part in the Competition provided that they agree to the processing of their personal data given in the application form by the personal data controller in the meaning of the Personal Data Protection Act of May 10, 2018 and the General Data Protection Regulation No. 2016/679 of April 27, 2016 (RODO), which is Fundacja Maratony Górskie with its registered office at Wrzosowa Str. 11, 57-350 Kudowa Zdrój, for the purpose and to the extent necessary for the conduct of the Competition. It includes the publication of the Participant's data on the start lists and result lists and sending the Participant's result to the telephone number indicated during registration.
4. Personal data will be stored for the period necessary for the conduct of the Competition.

## §12.

### COMPLAINTS

1. A Participant can make a complaint if the Competition takes place contrary to these Regulations.
2. The complaint has to be mailed to Fundacja Maratony Górskie, Wrzosowa Str. 11, 57-350 Kudowa Zdrój, Poland or emailed to [biuro@maratonygorskie.pl](mailto:biuro@maratonygorskie.pl).
3. The Organizer will respond to the mailed or emailed complaint within 14 days.
4. The response to the complaint will be sent exclusively by email if the Participant doesn't declare he/she wants a response by mail.
5. The competitor has the right to lodge a protest after paying a deposit of PLN 200 (EUR 50) no later than 2 hours after the end of a given race during the festival.

## §13.

### FINAL TERMS

1. The organizer does not provide free accommodation.
2. The organizer is not responsible for any minor participant.
3. The organizer may impose time penalties or disqualify a competitor for not complying with the Race Regulations.
4. After the race has finished, a random anti-doping control can be carried out. Each Participant indicated by the anti-doping committee has to undergo the control or otherwise he/she will be disqualified.
5. The Organizer reserves the right to change the Regulations for important reasons. Every change will be announced on the website of the Competition, in social media on the Facebook profile ([www.facebook.com/dolnoslaskifestiwalbiegowgorskich](http://www.facebook.com/dolnoslaskifestiwalbiegowgorskich)), or relevant information might be emailed to the Participants. The changes will enter into force upon announcement. The changes to the Regulations will not violate the rights acquired by the Participants beforehand.



6. The Organizer reserves to change the date of the Competition, the right to interrupt or cancel the Competition if it considers that its further continuation threatens the health or life of the Organizer or Participants. The Organizer may also decide to do so on the basis of a decision issued by other units such as the Police, Fire Brigade, National Park, medical security, GOPR or other local authorities. In case of cancellation at least three days before the event - the Entry Fee will not be refunded.
7. The organizer does not refund the entry fee in the event of cancellation of competitions that cannot be held for reasons beyond the organizer's control, e.g. disasters, martial law, terrorist threats, epidemics and other situations threatening people's health or life. The organizer reserves the right to change the date of the competition if there is a situation that is dangerous to the health or life of the competitors or if a ban is imposed on their organization by state institutions. If the competition is postponed, the competitor's benefits may be changed or limited due to the increased costs of organizing the event.
8. Medical services or the Organizer of the event may prohibit a competitor from continuing the race if there is a suspicion of a poor health condition threatening the participant's life or health. Such a decision is final and indisputable.
9. Only the Race Organizer is entitled to give a binding and final interpretation of these Regulations.
10. Questions regarding the Regulations and the Competition itself should be sent by email to [biuro@maratonygorskie.pl](mailto:biuro@maratonygorskie.pl) or by telephone +48 513 423 887.
11. In any matters not governed by these Regulations, provisions of the Polish law will apply.
12. If competitors fail to comply with the regulations, ignore the recommendations of the organizers and volunteers aimed at ensuring the health, safety and comfort of all competitors and people participating in the Festival, and show lack of willingness to cooperate, they may receive a time penalty, be disqualified or banned from participating. in subsequent events organized by the Mountain Marathons Foundation until further notice.
13. Online registration for all routes will last until July 17, 2024, 10 p.m. ([www.dfbg.pl/zgloczenia](http://www.dfbg.pl/zgloczenia)). Payment to the organizer's account after the specified deadline (July 17, 2024) does not guarantee participation in the competition.
14. The regulations are valid from November 15, 2023.