

## § 1. GENERAL INFORMATION

1. **Regulations** – these Regulations.
2. **Goal of the event:**
  - Promotion of sport and physical activity.
  - Promotion of mountain running.
  - Selection of the best mountain runners.
  - Promotion of the Kłodzko Land in Poland and abroad.
  - Promotion of environmental awareness.
3. **Event** – event called “Lower Silesian Mountain Running Festival”.
4. **Entry Fee** – mandatory fee that covers the cost of participation in the Competition. Its payment is mandatory for the validity of the Entry.
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) (the form will be available from 22 November 2021) or registered in person at the Race Office (during pre-race registration if there are available places), paid the Entry Fee prior to the start of the Competition in the given year in the amount indicated in the Regulations, and legibly signed the relevant statement before the start of the Competition.
6. **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)

Eksploris Piotr Hercog
7. **Date, place, course**

Date of the event: 14th –17th July 2022  
Race Headquarters/Race Office: Dom Zdrojowy, Orła Street 7, Łądek-Zdrój 57-540
8. 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
9. Participation in the Competition is voluntary and paid.
10. 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.
11. *Covid-19 rules - in connection with the coronavirus pandemic that evolved last year, the Organizer has prepared alternative options in the rules of the competition. These are potential solutions that will be implemented if the normal conduct of the*

competition is impossible. The Organizer will announce the final decision on the manner of conducting the competition at least 4 weeks before its start. INFORMATION ABOUT ALTERNATIVE OPTIONS ARE MARKED IN ITALICS.

## § 2. RACES

### 1. Seven Summit Run – ca. 240 KM



- a. Course: Łądek-Zdrój – Śnieżnik – Spalona – Jamrozowa Polana – Kudowa – Szczeliniec Wlk. – Wilcza Przełęcz – Bardo – Łądek-Zdrój
- b. **Start 14th July (Thursday) 2022, 18:00 p.m.**, Łądek Zdrój – Park located opposite to the Spa Hotel Dom Zdrojowy Wojciech
- c. **Cut-off time: 52 hours**
- d. There will be aid stations (offering water, isotonic drink, cake, fruit) on the course, every 15 – 20 KM; the race organizer will transport participants' drop bags to the aid stations located on the 67. KM, 130. KM, and 200. KM of the course (3 separate drop bags, each weighing up to 3 kg/person)
- e. 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.

### 2. Super Trail – ok. 130 km



- a. Course: Łądek-Zdrój – Śnieżnik – Spalona – Jamrozowa Polana – Kudowa-Zdrój
- b. **Start 14th July (Thursday) 2022, 18:00 p.m.**, Łądek-Zdrój – Park located opposite the Spa Hotel DOM ZDROJOWY WOJCIECH
- c. **Cut-off time: 26 hours**
- d. There will be aid stations (offering water, isotonic drink, cake, fruit) on the course, every 15 – 20 KM; the race organizer will transport participants' drop bags to the aid stations located around the 67. KM of the course and on the finish line

- e. 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 15th July (Friday) 2022, 20:00 p.m.**, Kudowa Zdrój – Park located opposite the Spa Hotel POLONIA
- c. **Cut-off time: 26 hours**
- d. There will be aid stations (offering water, isotonic drink, cake, fruit) on the course, every 15 – 20 KM; the race organizer will transport participants' drop bags to the aid station located around the 70. KM of the course (drop bag weighing up to 5 kg/person)
- e. 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 20), departure: Łądek-Zdrój – Friday, 17:30).

### 4. Ultra Trail – 68 km



- a. Course: Łądek-Zdrój – Przeł. Gierałtowska – Czernica – Rozdroże Zamkowe – Złoty Stok – Łądek-Zdrój
- b. **Start 16th July (Saturday) 2022, 6:00 a.m.**, Łądek-Zdrój – Park located opposite the Spa Hotel DOM ZDROJOWY WOJCIECH
- c. **Cut-off time: 13 hours**
- d. There will be aid stations (offering water, isotonic drink, cake, fruit) on the course, every 10-15 KM

### 5. Golden Marathon – 45 km



- a. Course: Łądek-Zdrój – Przełęcz Łądecka – Złoty Stok – Orłowiec – Łądek-Zdrój
- b. **Start 16th July (Saturday) 2022, 9:00 a.m.**, Łądek-Zdrój – Park located opposite the Spa Hotel DOM ZDROJOWY WOJCIECH
- c. **Cut-off time: 9 hours**

- d. There will be aid stations (offering water, isotonic drink, cake, fruit) on the course, ca. every 10 KM

#### 6. Golden Mountains Trail - GTS - 33km



- a. Course: Łądek-Zdrój – Przełęcz Gierałtowska – Stary Gierałtów – Łądek-Zdrój
- b. **Start 15th July (Friday) 2022, 15:00 p.m.**, Łądek-Zdrój – Park Zdrojowy przy DZ Wojciech
- c. **Limit: 7 h**
- d. There will be aid stations (offering water, isotonic drink, cake, fruit) on the course, ca. every 10KM

#### 7. Golden Half-marathon – 21 km



- a. Course: Łądek-Zdrój – Przeł. Łądecka – Łądek Zdrój
- b. **Start 16th July (Saturday) 2022, 11:00 a.m.**, Łądek-Zdrój – Park located opposite the Spa Hotel DOM ZDROJOWY WOJCIECH
- c. **Cut-off time: 5 hours**
- d. There will be one aid station (offering water, isotonic drink, cake, fruit) on the course, at the 10. KM

#### 8. Trojak Trail – ca. 10 km



- a. Course: Łądek-Zdrój –Trojak Mountain – Łądek-Zdrój
- b. **Start: 17th July (Sunday) 2022, 10:00 a.m.**, Łądek-Zdrój – Park located opposite the Spa Hotel DOM ZDROJOWY WOJCIECH
- c. **Cut-off time: 3 hours**
- d. There will be aid stations (offering water, isotonic drink, cake, fruit) on the course, located on the 4. and 6. KM

#### \* COVID-19 RULES

*In the event of restrictions related to Covid-10, an interval start will be introduced. The competitors will run out of the starting area every 10 seconds. Depending on the applicable restrictions, it is also possible the competition will be divided into several editions. During the competition, the general classification will be conducted, where all times in individual editions of the competition of the same distance will be included*

*in the general classification. The results include the individual time taken by the competitor to cover the route.*

The exact courses and profiles of the races will be published in the COURSES section - **the final course update for 2022 will be made in June 2022**

### **§ 3. CONDITION OF PARTICIPATION**

1. The entry form will be made available on **22.11.2021 at 9:00 a.m.**
2. In order to apply, a Participant must accept the Regulations and mark the required consent boxes.
3. Entries made after 15th July 2022 do not guarantee the receipt of all benefits by the participant.
4. Correct completion of the application form on the competition website and payment of the Entry Fee is considered as valid ENTRY.
5. A person who meets the following conditions can be a Participant:
  - a. He/she fills in the entry form on the race website or makes a personal entry in the Race Office (during the registration before the start - if there are any places left!). Please note that the entry is valid only upon the payment of the Entry Fee!
  - b. He/she pays the Entry Fee before the start of a given edition of the race in the amount as stated in the Regulations. The original receipt confirming the payment of the Entry Fee should be kept for inspection during registration in the Race Office.
  - c. He/she is an adult (on the day of the race, such person must be at least 18 years old (not applicable to Junior Trail and Kids Trail)
  - d. He/she legibly signs the Statement before the start.
  - e. Each Participant, after arriving at the race location, should report to the Race Office and confirm the start (in person with an identity card).
6. Race packs can only be picked up at the race office. In the case of minors - the race pack is picked up by the legal guardian of such a person who must sign the relevant declaration obtained from the race office staff.
7. The Participant is obliged to participate in the Competition according to applicable laws, rules of social coexistence, good customs and these Regulations.
8. All competitors must comply with the Mountain Running Festival Regulations, as well as applicable regulations of the Landscape Parks, nature reserves and road traffic rules.
9. The organizer is not responsible for any minor participant.
10. The organizer does not provide any casualty insurance policy.

**THE COMPETITOR MUST VISIT THE RACE OFFICE IN PERSON FOR THE REGISTRATION!!!**

#### § 4. ENTRIES AND ENTRY FEE

1. The maximum number of participants for particular races:

Seven Summit Run – 240 KM – 400 persons

Super Trail 130 – 130 KM – 350 persons

K-B-L – 110 KM – 500 persons

Ultra Trail – 68 KM – 750 persons

Golden Marathon – 45 KM – 750 persons

Golden Mountains Trail - 33 KM - 750 persons

Golden Half-marathon – 21 KM – 950 persons

Trojak Trail – 10 KM – 750 persons

2. Entry fee:

paid by 15th January 2022 / paid: 16th January - 31st March 2022 / paid: 1st April - 15th June 2022 / paid after 15th June 2022:

Seven Summit Run - 240KM – 445 PLN/ 485 PLN/ 515 PLN/ 555 PLN

Super Trail 130 - 130 KM – 285 PLN / 320 PLN / 345 PLN/ 365 PLN

K-B-L – 110 KM – 250 PLN / 255 PLN/ 320 PLN / 330 PLN

Ultra Trail – 68 KM - 205 PLN/ 225 PLN/ 245 PLN / 260 PLN

Golden Marathon – 45 KM – 165 PLN/ 190 PLN / 210 PLN / 230 PLN

Golden Mountains Trail - 33 KM - 145 PLN/ 170 PLN / 190 PLN / 205 PLN

Golden Half-marathon – 125 PLN/ 145 PLN / 165 PLN/ 180 PLN

Trojak Trail – 10 KM – 75 PLN/ 85 PLN / 95 PLN / 100 PLN

3. 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.

4. 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. In such case, the Entry Fee will be refunded to the bank account it was sent from.
5. 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).

6. The entry form will be no longer available after the maximum number of Participants correctly registered and with paid Entry Fee has been reached.
7. Entries made after 15th July 2022, do not guarantee the receipt of all benefits by the participant.

8. **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 2021	80 %
1st January - 30th April 2022	60 %
1st May - 15th June 2022	40 %
after 15th June 2021	0 %

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

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

It is possible to transfer the entry fee to another competitor until 30th June 2022 against a handling fee of PLN 25.

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

10. **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 2022. 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](#)

11. 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.
12. The race pack can be picked up in the Race Office by another person but without race number and chip.
13. The Organizer does not transfer the Entry Fee to other competitions and does not send race packs.
14. 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.
15. 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 25. If you wish your t-shirt to be sent to you, please submit such request before 15th July 2022. Following that date, no t-shirts will be sent
16. *The Organizer reserves the right to introduce changes to these regulations, including in particular those related to the SARS-CoV-2 epidemic. The Organizer, in case of*

*introducing a ban on organizing events of the nature of this Event, will postpone the date of the Event to the date falling within 13 months from the original date of the Event. Then the persons who are enrolled and have paid their Entry Fee will be transferred to the starting list of Event in the new (changed) date. Alternatively, such persons may, within 14 days from the day of receiving an email with information about the change of the date of Event, submit an application for conversion of the Entry Fee into a voucher worth 75% of the paid Entry Fee to be used for events organized by the Foundation until 31.12.2023, or declare that they prefer a refund of 60% of the Entry Fee paid. The persons who have made the application will be informed on an ongoing basis about possible changes in the regulations (through information posted on the website, Facebook or by email).*

## **§ 5. RULES OF COMPETITIONS**

### **Conditions of participation in the races**

1. Participants of the ultramarathon races (Seven Summit Run, Super Trail, K-B-L, Ultra Trail) must be aware of the challenges related to running such long distances, non-stop, day and night, under different weather conditions.
2. As a competitor you are responsible for yourself and you must be able to deal with problems that may occur during the race.
3. Extreme weather conditions cannot be excluded on any of the routes - temperatures around 0° C, strong wind, heavy rain and other phenomena may occur in the mountains.
4. You must be physically and mentally prepared for extreme fatigue, stomach aches, muscle aches, painful falls and slips.
5. By packing up the race number and signing the declaration confirming that you read these rules, you knowingly declare your understanding of the idea of the competition, the risks it entails, and you confirm participation at your own risk. The organizers are not responsible for what can happen to you on the course of a run or at the start/finish line.
6. 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.
7. 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.
8. 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.

### **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:



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.
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.
3. Collecting flowers, animals, mushrooms and stones is prohibited.
4. Shortening the route is prohibited and causes potential devastation of the natural environment.
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.
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. 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

### **Respect others**

1. If during the competition you meet any fellow runner or a staff member who is in trouble and needs help, look after him and call the emergency number (+4874) 985 or the telephone number printed on each race number
2. If you happen to pass a race participant lying or sitting on the course and there is no contact with him or her, make sure such person does not need help. If he/she only takes a rest - motivate him/her to continue the effort and reach the nearest aid station. If you think that such a person needs help, contact the emergency number.
3. Please show your understanding towards volunteers and race staff. They don't sleep just like the competitors.
4. 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.
5. Do not damage anything along the race course, do not litter, take down or change the location of the race signs.
6. A part of the courses runs through private and residential areas. Keep silence when crossing them.

### **Medical aid during the competition**

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.

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

### **Cut-off time**

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.
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.
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".

### **Time measurement**

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.

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.

### COVID-19 RULES

*An interval start during which the competitors will run out of the START zone in 10-second intervals.*

*Basis of classification: electronic time measurement calculated on the basis of net time with the use of a chip attached to the competitor's shoe*

### Course marking

1. The courses will be marked with tapes, direction arrows, and spray chalk. Race judges will also be present along the course.
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.
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.
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).
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.
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.
7. If you get lost, go back to the last place where you saw the race signs.



**OZNAKOWANIE**

## **Shortening the course**

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.
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.

## **Retirement from the race**

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.

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

1. Inform the aid station crew about your decision on retirement from the race;
2. You may return to the race headquarters using our means of transport (does not apply to aid stations: A1, A2, A6, A10, A15, C1/2, and B3), 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.

### Retirement from the race on the course:

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.

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.

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.

## **Prohibited actions**

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 15 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.

### **Aid stations and external support**

1. Drinks and food will be served at the aid stations (A1 - A15, B1 - B5, C1 / 2). Refreshments offered at particular aid stations will be specified in the description of particular races in the Race Manual.
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
3. Food and drinks at the aid stations are intended exclusively for the competitors and not for the supporters.
4. The supporters are not allowed to accompany the competitors along the course.
5. Any external assistance from coaches, physicians, and medical staff outside the aid stations is forbidden.

### **§ 6. BENEFITS**

The entry fee includes:

- medal for each finisher;
- race bib;
- medical aid and mountain rescue service (GOPR);
- drinks and food at the aid stations along the course,
- post-race meal;
- gifts from sponsors (according to the sponsors' discretion);
- trophies and prizes for the best runners.

## § 7. MANDATORY GEAR

You are required to have clothes and equipment that will provide warmth and protection against rain. Use items which you have tested during your workouts and which in your opinion will provide protection in the mountains, during heavy rain and at low temperatures (which can happen during competition). 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
- 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
- *mask / multifunctional sling covering the mouth and nose*

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. 1 liter
- Cash (PLN 50)
- Whistle
- Trekking poles
- GPS device with uploaded race course track
- Casualty insurance policy
- hand disinfectant

### 2. Mandatory gear for the participants of Golden Marathon, Golden Mountains Trail GTS and Golden Half-marathon 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 (only Golden Marathon)
- *mask / multifunctional sling covering the mouth and nose*
- Headlamp (in the darkness, only for GMT Race)

Recommended gear for the participants of Golden Marathon, Golden Mountains Trail GTS and Golden Half-marathon 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
- Hand disinfectant

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

- Race bib + chip – provided by the race organizer
- *mask / multifunctional sling covering the mouth and nose*
- Cap or multifunctional buff-type neck warmer

Recommended gear for the participants of Trojak Trail race:

- Running pack or belt for carrying the gear
- Activated mobile phone
- 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
- Whistle
- Course maps - provided by the race organizer
- Casualty insurance policy
- Hand disinfectant

**How to attach the race bib?**



1. **If you attach the race bib incorrectly, you may be disqualified.**
2. Attach the race bib to the front of your shirt, blouse or race belt (you can receive safety pins at the Race Office).
3. Make sure the number is fully visible and no items of clothing are covering it.
4. Do not attach the race bib to your backpack or back.

5. Do not attach the race bib to your pants.
6. Do not reduce the size of the race bib, limiting it to number only.
7. You must wear a shirt or a blouse for the duration of the race.

## § 7. DROP BAGS

1. The drop bag storage will be open during the working hours of the Race Office.
2. 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. On the course, the drop bags will be accessible at the following aid stations:
  - A4 – Długopole Zdrój
  - A8 – Kudowa-Zdrój
  - A13 – Bardo

The competitors may drop off their drop bags next to the Race Office (Orla Street 7, Łądek-Zdrój).

3. Drop bag storage working hours:
  - Thursday (14.07.2022) 12:00 – 19:00
  - Friday (15.07.2022) 10:00-17:00, 22:00- 24:00 \*
  - Saturday (16.07.2022) 08:00-15:00, 16:00 – 23:00 \*\*
  - Sunday (17.07.2022) 08:00 – 12:00

\* Drop bags may be picked up from A4 after 11:00 and from A8 between 22:00 – 24:00

\*\* Drop bag pickup from A13 after 18:00

Drop bags left at the aid stations may be picked up in Łądek-Zdrój (Orla Street 7, Łądek-Zdrój).

It is possible to pick up drop bags on the A4, A8 and A13 buffets on your own during the opening hours of the Aid station.

### **DROP BAG REGULATIONS:**

1. 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.
2. Empty bags to be used as drop bags will be given in the Race Office during registration.
3. Bags have a capacity of 60l.
4. The maximum weight of a drop bag (3 separate drop bags are allowed) – **3 kg/person**
5. Remember to attach a label with your race number to your drop bag.



6. 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.
7. 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.
8. The drop bag will only be handed over upon presentation of the race number or the ID card.
9. Bags unclaimed until the end of the event will be forfeited.
10. Bags will not be sent by post.
11. Please do not place expensive items, documents, etc. in the drop bags.
12. The organizer is not responsible for any lost drop bags.
13. It is forbidden to place glass containers and cans with drinks in the drop bags

## **§ 9. 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.

## **§ 10. PRIZES AND CLASSIFICATION OF COMPETITORS**

1. In races (240km, 130km, 110km, 68km, 45km, 21km, 10km), competitors will be classified in the OPEN and OPEN Women category.
2. In races (240km, 130km, 110km, 68km, 45km, 33km, 21km, 10km), 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 1993 and younger)
  - Senior II M- 30 (30-39 years of age) Senior II K- 30 (30-39 years of age) – (born in 1992 – 1983)
  - Masters M – 40 (40-49 years of age) Masters K – 40 (40-49 years of age) – (born in 1982 – 1973)
  - Veteran I M- 50 (50-59 years of age) Veteran K- 50 (50-59 years of age) – (born in 1972 – 1963)

- Veteran II M – 60 (60 –69 years of age) Veteran II K – 60 – (60 – 69 years of age) – (born in 1962 and older)
- **Additionally, the following classification will apply at the Trojak Trail 10KM race:**
- Veteran III M 70 (70 years of age and older) Veteran III K - 70 - (70 years of age and older) - (born in 1952 - and older)
- Family Team Classification - minors with a legal guardian who will participate in the race as a team under a common name.
- In the Trojak Trail race, people born in 2006 are allowed to start (with the consent of the legal guardian). These people will be classified in the Senior I age category.

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

1. The Trojak Trail Race - Family Team Classification is open to persons of 12 years of age and older.
2. Minors (from the age of 12) may take part in the Family Team Classification together with a person being their legal guardian.
3. 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
4. Entries are accepted from the moment the entry form is made available on the [dfbg.pl](http://dfbg.pl) website. The entry is considered correct if the participant properly completes the entry form on the [dfbg.pl](http://dfbg.pl) website and pays the entry fee. The team name should be provided at the time of making the entry.
5. The amount of the entry fee per person depends on the date of payment (Trojak Trail §4 pkt. 2).
6. 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 GTS 33KM** competitors will be classified in the OPEN and OPEN Women category.

- Open Women: I-III financial awards, IV- VI prizes and kind
- Open Men: I-III financial awards, IV-VI prizes and kind

4. Information about prizes can be found in the description of the given race on the website.
5. During the competition closing ceremony a lottery with attractive prizes for all persons participating in the Festival will be organized.

6. 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.

## § 11. PRIZES

1. Seven Summit Run – ca. 240 KM
  - **OPEN Classification (women and men together):**  
1st place – cash prize of PLN 2500, diploma  
2nd – 6th place – prizes, diploma
  - **OPEN WOMEN Classification:**  
1st - 6th place – prizes, diploma
  - **Classification by age groups**  
1st – 3rd place – diploma and small gifts
2. Super Trail 130, KBL 110, Ultra Trail 68, Golden Marathon 45, Golden Half-marathon 21
  - **OPEN Classification (women and men together):**  
1st -6th – prizes, diploma
  - **OPEN WOMEN Classification:**  
1st - 3rd place – prizes, diploma
  - **Classification by age groups**  
1st – 3rd place – diploma and small gifts
3. Golden Mountains Trail Series 33km
  - 1st place – diploma, prizes worth PLN 2000
  - 2nd place – diploma, prizes by Salomon worth PLN 1500
  - 3 rd place - diploma, prizes by Salomon worth PLN 1200
  - 4th place – diploma, prizes by Salomon worth PLN 700
  - 5th place –diploma, prizes by Salomon worth PLN 500
  - 6th place – diploma, prizes by Salomon worth PLN 300
4. Trojak Trail 10km
  - **OPEN Classification (women and men together):**  
1st -6th – prizes, diploma
  - **OPEN WOMEN Classification:**  
1st - 3rd place – prizes, diploma
  - **Classification by age groups**  
1st – 3rd place – diploma and small gifts
5. One Participant can receive more than one prize.
6. 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.

### COVID - 19 RULES

*Only competitors classified as winners in given categories will be able to participate in the prize giving ceremony - no friends, acquaintances, families etc.*

7. If the amount of financial prizes per person exceeds PLN 750, 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.
8. The Organizer reserves the right to introduce other classifications and prizes.

## **§12. 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.

## **§13. 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.

## §14. FINAL TERMS

1. Competitors purchase casualty insurance on their own.
2. The organizer does not provide free accommodation.
3. 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 the given race during the festival. The protest is resolved by the Chief Race Judge or a person designated by him. A rejected protest will result in the loss of the deposit paid by the applicant.
4. During the race, all runners have to wear the race bib attached on the front side to the outer layer of their race t-shirts, blouses, or jackets. Covering the race bib entirely or partially or any modification of the bib is strictly forbidden and may result in a disqualification.
5. 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.
6. The Organizer reserves the right to introduce additional classification and prizes.
7. The organizer may impose time penalties or disqualify a competitor for not complying with the Race Regulations.
8. Competitors may be disqualified or receive time penalty (10 min. for each misconduct), at any time of the competition, for the following actions:
  - Shortening of the marked route;
  - Failure to comply with traffic regulations;
  - Failure to carry mandatory gear;
  - Throwing away litter on the route of the competition;
  - Using external support on the route and in the aid station zone. Organized support is possible outside the aid station but not further than 50 m away from it.
  - Running with people who are not registered for the race.
  - It is forbidden to participate in a race with a dog.
  - Fraud (using transport, replacement runners and others).
  - Not carrying the race number in the right place.
  - Continuing the race after the time limit.
  - Doping or using forbidden substances.
  - Behavior contrary to fair play rules.
  - *Failure to wear a mask in designated areas (start and finish zone, aid stations).*
9. The Organizer reserves the right to change the Regulations for important reasons. Every change will be announced on the website of the Competition or relevant information might be emailed to the Participants. The changes will become effective no earlier than 2 days after the announcement. The changes to the Regulations will not violate the rights acquired by the Participants beforehand.
10. 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.
11. 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
12. The organizers of the Lower Silesian Mountain Running Festival reserve the right to change the regulations, race courses, prizes and other issues, however, they are obliged to inform all participants about such changes before the start of the event. Such messages may appear on the competition website, the official DFBG Facebook page, the race manual included in the race pack, in written and oral announcements made in the race office and at the start of the given race.
  13. Only the Race Organizer is entitled to give a binding and final interpretation of these Regulations.
  14. 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.
  15. In any matters not governed by these Regulations, provisions of the Polish or Czech law (depending on the section of the Course) will apply.
  16. The Regulations take effect on 22nd November 2021.