

**REGULATIONS**  
**ULTRA-TRAIL® MAŁOPOLSKA**  
15-17.06.2018  
/ver.: 12.02.2018/

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**I. AIM OF ULTRA-TRAIL® MAŁOPOLSKA:**

- promotion of Malopolska's natural assets in Poland and in the world,
- promotion of long distance mountain running races and runners' integration,
- promotion of healthy lifestyle, physical culture and sport,
- increasing an environmental awareness and wildlife conservation.



**II. ORGANISER AND MANAGEMENT OF THE RACE**

**Fundacja 4 Alternatywy**

ul. Kisielewskiego 59

31-708 Kraków

POLAND

NIP: 6783156051, REGON: 362343691

KRS: 0000572408

Phone: +48 600 053 939

e-mail: fundacja4alternatywy@gmail.com

**Paweł Derlatka is the director and the main initiator of the running races.**

**III. RACES OF ULTRA-TRAIL® MAŁOPOLSKA**

1. UTM 170 – distance ca. 170 km
2. UTM 170 NA RATY – distance ca. 170 km
3. UTM 107 - distance ca. 100 km
4. UTM 64 – distance ca. 60 km
5. UTM 48 – distance ca. 48 km
6. UTM 30 – distance ca. 30 km
7. UTM 10 – BARTEK CZAJKOWSKI MEMORIAL, distance 10 km

**IV. MANDATORY AND RECOMMENDED EQUIPMENT**

**V. REGISTRATION AND FEES**

**VI. EVENT OFFICE OPERATING HOURS**

**VII. GENERAL TERMS – CONCERNING ALL RACES**

**VIII. Eco & Fair Play Principles ULTRA-TRAIL® MAŁOPOLSKA**

# 1.UTM 170 – ULTRA-TRAIL® MAŁOPOLSKA

## DATE, PLACE, RACE ROUTE

- distance: ca. **170 km, 172,8 km acc to ITRA**;
- ascent/descent: **9 000 +/-**;
- limit of participants: **100 people**;
- time limit: **46 hours**; there are indirect limits measured from the start time to the leaving the control point time;
- event office, start & finish line: **Baza Szkoleniowo-Wypoczynkowa „Lubogoszcz”, 34-734 Kasinka Mała, POLAND, [MAP](#)**;
- 6 [ITRA](#) points and 6 [UTMB®](#) points;
- start: **15.06.2018 (Friday), 5:00 PM**;
- International Trail Running Association: [LINK](#)

## CONTROL POINTS AND NUTRITIOUS / WATER POINTS:

1. Lubomir – control and nutritious / water point;
2. Lubień – control and nutritious / water point;
3. Rabka Zaryte – control and nutritious / water point, **DROP BAG, time limit 11h (16.06.18 4:00 AM – leaving the checkpoint)**;
4. Schronisko PTTK na Starych Wierchach – control and nutritious / water point;
5. Schronisko PTTK im. Władysława Orkana na Turbaczu – control and nutritious / water point;
6. Baza namiotowa Lubań – control and nutritious / water point;
7. Zasadne – control and nutritious / water point, **DROP BAG, time limit 24h (16.06.18, 5:00 PM – leaving the checkpoint)**;
8. Schronisko PTTK im. Władysława Orkana na Turbaczu – control and nutritious / water point;
9. Schronisko PTTK na Starych Wierchach – control and nutritious / water point;
10. Rabka Zaryte – control and nutritious / water point;

## **URGENT:**

**In order to participate in this even you MUST provide an evidence of the completion of at least 100 km long running race in 2016/2017 (evidence should be submitted via email to the Organiser: [fundacja4alternatywy@gmail.com](mailto:fundacja4alternatywy@gmail.com) or [fundacja@ultratrailmalopolska.pl](mailto:fundacja@ultratrailmalopolska.pl))**

## 2. UTM 170 NA RATY – ULTRA-TRAIL® MAŁOPOLSKA

### DATE, PLACE, RACE ROUTE

- distance: ca. **170 km, 172,8 km acc to ITRA**;
- ascent/descent: **9 000 +/-**;
- limit of participants: **50 people**;
- event office, start & finish line: **Baza Szkoleniowo-Wypoczynkowa „Lubogoszcz”, 34-734 Kasinka Mała, POLAND, [MAP](#)**;
- **5 ITRA points** and **5 UTMB® points**;
- start: **15.06.2018 (Friday), 6:00 AM**;

### STAGES:

- **I: Lubogoszcz – Turbacz – ca. 70 km**  
time limit: **16 h**  
start: **15.06.2018, 6.00 AM**
- **II: Turbacz – Turbacz – ca. 66 km**  
time limit: **14 h**  
start: **16.06.2018, 6.00 AM**
- **III: Turbacz – Lubogoszcz – ca. 34 km**  
time limit: **10 h**  
start: **17.06.2018, 8.00 AM**
- International Trail Running Association: [LINK](#)

### CONTROL POINTS AND NUTRITIOUS / WATER POINTS:

1. Lubomir – control and nutritious / water point,
2. Lubień – control and nutritious / water point,
3. Rabka Zaryte – control and nutritious / water point,
4. Schronisko PTTK na Starych Wierchach – control and nutritious / water point, ,
5. Schronisko PTTK im. Władysława Orkana na Turbaczu – control and nutritious / water point,  
time limit: **16 h**,
6. Baza namiotowa Lubań – control and nutritious / water point,
7. Zasadne – control and nutritious / water point,
8. Schronisko PTTK im. Władysława Orkana na Turbaczu – control and nutritious / water point,  
time limit: **14 h**,
9. Schronisko PTTK na Starych Wierchach – control and nutritious / water point,
10. Rabka Zaryte – control and nutritious / water point,

The Organiser provides 2 night stay in Schronisko PTTK na Turbaczu (Turbacz shelter), a hot meal /dinner on the 1st day of the competition, breakfast and dinner on the 2nd day and breakfast on the last day of the competition. The Organiser provides also food and drinks in the control and nutritious / water points.

# 3.UTM 107 - ULTRA-TRAIL® MAŁOPOLSKA

## DATE, PLACE, RACE ROUTE

- distance: ca. 105 km acc to ITRA;
- ascent/descent: 6 000 +/-;
- limit of participants: 100 people;
- time limit: **27 hours**; there are indirect limits measured from the start time to the leaving the control point time;
- event office, start & finish line: **Baza Szkoleniowo-Wypoczynkowa „Lubogoszcz”, 34-734 Kasinka Mała, POLAND, MAP;**
- 5 ITRA points, 5 UTMB® points;
- start: **15.06.2018 (Friday), 8:00 PM;**
- International Trail Running Association: [LINK](#);

## CONTROL POINTS AND NUTRITIOUS / WATER POINTS:

1. Lubomir – control and nutritious / water point;
2. Lubień – control and nutritious / water point;
3. Rabka Zaryte – control and nutritious / water point, **DROP BAG, time limit 12h (16.06.18, 8:00 AM - leaving the checkpoint);**
4. Schronisko PTTK na Starych Wierchach – control and nutritious / water point;
5. Schronisko PTTK im. Władysława Orkana na Turbaczu – control and nutritious / water point;
6. Schronisko PTTK na Starych Wierchach – control and nutritious / water point;
7. Rabka Zaryte – control and nutritious / water point;

# 4.UTM 64

## DATE, PLACE, RACE ROUTE

- distance: ca. **64 km acc to ITRA;**
- ascent/descent: **4 000 +/-;**
- limit of participants: **200 people;**
- time limit: **16 hours**; there are indirect limits measured from the start time to the leaving the control point time;
- event office, start & finish line: **Baza Szkoleniowo-Wypoczynkowa „Lubogoszcz”, 34-734 Kasinka Mała, POLAND, [MAP](#);**
- start: **16.06.2018 (Saturday), 3:00 AM;**
- 4 [ITRA](#) points, 4 [UTMB®](#) points;
- International Trail Running Association: [LINK](#);

## CONTROL POINTS AND NUTRITIOUS / WATER POINTS:

1. Lubomir – control and nutritious / water point;
2. Lubień – control and nutritious / water point;
3. Rabka Zaryte – control and nutritious / water point, **DROP BAG, time limit 10h (16.06.18, 1:00 PM - leaving the checkpoint).**

## 5.UTM 48

### DATE, PLACE, RACE ROUTE

- distance: ca. **45 km acc ITRA**;
- ascent/descent: **2 800 +/-**;
- limit of participants: **300 people**;
- time limit: **9 hours**; there are indirect limits measured from the start time to the leaving the control point time;
- event office, start & finish line: **Baza Szkoleniowo-Wypoczynkowa „Lubogoszcz”, 34-734 Kasinka Mała, POLAND, [MAP](#)**;
- start: **16.06.2018 (Saturday), 10:00 AM**;
- **3 ITRA points, 3 UTMB® points**;
- International Trail Running Association: [LINK](#);

### CONTROL POINTS AND NUTRITIOUS / WATER POINTS:

1. Kasina Wielka – control and water point;
2. Lubomir – control and nutritious / water point;
3. Lubień – control and nutritious / water point;

## 6.UTM 30

### DATE, PLACE, RACE ROUTE

- distance: ca. **35,9 km acc to ITRA**;
- ascent/descent: **1 800 +/-**;
- limit of participants: **300 people**;
- time limit: **7 hours**; there are no indirect limits;
- event office, start & finish line: **Baza Szkoleniowo-Wypoczynkowa „Lubogoszcz”, 34-734 Kasinka Mała, POLAND, [MAP](#)**;
- start: **16.06.2018 (Saturday), 9:00 AM**
- **2 ITRA points, 2 UTMB® points**;
- International Trail Running Association: [LINK](#);

### CONTROL POINTS AND NUTRITIOUS / WATER POINTS:

1. Kasina Wielka – control and water point;
2. Lubomir – control and nutritious / water point;

## 7.UTM 10 – Bartek Czajkowski Memorial

### DATE, PLACE, RACE ROUTE

- distance: **10 km**;
- ascent/descent: **750 +/-**;
- limit of participants: **300 people**;
- time limit: **2 hours**; there are no indirect limits;
- event office, start & finish line: **Baza Szkoleniowo-Wypoczynkowa „Lubogoszcz”, 34-734 Kasinka Mała, POLAND, [MAP](#)**;
- start: **17.06.2018 (Sunday), 10:00 AM**

**There will be 1 control and water point.**

1. Mszana Dolna – control and water point;

## IV. MANDATORY AND RECOMMENDED EQUIPMENT

During the race each participant must have a mandatory equipment. **Equipment of all participants will be controlled at the registration office and will be selectively checked at the checkpoints and on the routes. Lack of the mandatory equipment will result in disqualification.** Obligatory equipment is considered as a necessary minimum, each and every participant must ensure that the equipment meets their needs.

### UTM 170, UTM 170 NA RATY I UTM 107 MANDATORY EQUIPMENT:

1. identity document,
2. NRC film – at least 140 x 200 cm,
3. two headlamps,
4. two sets of battery for the headlamps,
5. personal cup,
6. a minimum of two-litter water bottles or the skin,
7. elastic bandage, sterile dressing,
8. power bank,
9. fully charged mobile phone,
10. hooded waterproof jacket,
11. supply of food,
12. start number provided by the organizer,
13. garbage bag provided by the organizer,
14. running-bag or vest,
15. hat/cap or shawl,
16. whistle.

### RECOMMENDED EQUIPMENT:

1. trekking poles /stick (telescopic or one piece once),
2. gloves (watereproof),
3. money (to cover unexpected expenses),
4. GPS.

### UTM 64, UTM 48 MANDATORY EQUIPMENT:

1. identity document,
2. NRC film – at least 140 x 200 cm,
3. headlamp,
4. personal cup,
5. a minimum of one-litter water bottle or the skin,
6. elastic bandage, sterile dressing,
7. fully charged mobile phone,
8. jacket,
9. start number provided by the organizer,
10. garbage bag provided by the organizer,
11. running-bag or vest,

**RECOMMENDED EQUIPMENT:**

1. trekking poles /stick (telescopic or one piece once),
2. money (to cover unexpected expenses),
3. GPS,
4. supply of food

**UTM 30, UTM 10 MANDATORY EQUIPMENT:**

1. identity document,
2. NRC film – at least 140 x 200 cm,
3. personal cup,
4. elastic bandage, sterile dressing,
5. fully charged mobile phone,
6. start number provided by the organizer,
7. garbage bag provided by the organizer,

**RECOMMENDED EQUIPMENT:**

1. trekking poles /stick (telescopic or one piece once),
2. money (to cover unexpected expenses),
3. GPS.

## V. REGISTRATION AND FEES

### UTM 170 – Ultra-Trail® Małopolska:

until 31.12.2017: 200 zł  
01.01.2018– 31.03.2018: 260 zł  
01.04.2018 – 06.06.2018: 320 zł

### UTM 170 NA RATY – Ultra-Trail® Małopolska:

until 31.12.2017: 350 zł  
01.01.2018– 31.03.2018: 400 zł  
01.04.2018 – 06.06.2018: 450 zł

### UTM 107 - Ultra-Trail® Małopolska:

until 31.12.2017: 160 zł  
01.01.2018– 31.03.2018: 210 zł  
01.04.2018 – 06.06.2018: 250 zł

### UTM 64

until 31.12.2017: 135 zł  
01.01.2018– 31.03.2018: 160 zł  
01.04.2018 – 06.06.2018: 200 zł

### UTM 48

until 31.12.2017: 125 zł  
01.01.2018– 31.03.2018: 150 zł  
01.04.2018 – 06.06.2018: 180 zł

### UTM 30

until 31.12.2017: 90 zł  
01.01.2018– 31.03.2018: 120 zł  
01.04.2018 – 06.06.2018: 155 zł

### UTM 10 –Bartek Czajkowski Memorial

until 31.12.2017: 55 zł  
01.01.2018– 31.03.2018: 65 zł  
01.04.2018 – 06.06.2018: 80 zł

1. Registrations will be accepted until 06.06.2018 or until the date when the limit of participants has been met (the date of receipt of the joining fee decides about the acceptance on the race).
2. Only appropriately filled application form and completed payment will be accepted and recognised as a successful registration. The application form can be found on <http://www.e-gopard.eu> website. Payment should be completed between three to seven days from the date the application has been submitted. Should there be no payment submitted within this timescale the Organiser has a right to remove the applicant from the registration list.



**Payment details:**

Fundacja 4 Alternatywy  
Kisielewskiego 59  
31-708 Kraków  
POLAND

Bank: **Raiffeisen Bank Polska S.A.**

IBAN: **PL92175000120000000036284595**

SWIFT/BIC: **RCBWPLPW**

Details to be provided on the transition: name of the race, name and surname, Date of Birth,  
example:

UTM – 170, John Smith, 1.01.1980

## **VI. EVENT OFFICE OPERATING HOURS**

- 14.06.2018 (Thursday): 7.00-9.00 PM
- 15.06.2018 (Friday): 2.00-5.00 PM
- 16.06.2018 (Saturday): 1.00-2.00 AM / 7.00 - 9.30 AM
- 17.06.2018 (Sunday): 8.00 - 9.30 AM

## VII. GENERAL TERMS – CONCERNING ALL RACES

1. Should you decide to no longer participate in the race there will be 80% refund of the registration fee as long as your resignation take place by the 31.12.2017. Resignation should be emailed to the Organiser on [fundacja4alternatywy@gmail.com](mailto:fundacja4alternatywy@gmail.com) or [fundacja4alternatywy@ultra-trailmalopolska.pl](mailto:fundacja4alternatywy@ultra-trailmalopolska.pl)
2. As part of the registration fee the Organiser ensures provision of (among other things) the following: ability to participate in the race, bib number, time measurement, GPS trackers (at UTM 170 and UTM 107), medical security, clearly marked running route, drinks and meals before, during and after the race, the deposit box (in the race office), refreshment/nutrition/water points, Gorczański Park Narodowy entrance fee (at UTM 170, UTM 170 NA RATY and UTM 107), transportation of drop-bags. 5 PLN from each and every payment will be donated by the Organiser to a charity - (supporting homeless animals) – “Człowiek zwierzakowi bratem” initiative.
3. The Organiser does not provide registration fee refunds for the participants who did not finish the race, was disqualified or did not take part in the race.
4. It is not allowed to share or exchange the starter pack with another person.
5. The Organiser has a right to refuse the registration for the participation.
6. Participants are expected to self-assess the situation while they are in the mountains and respond appropriately in the event of the bad weather.
7. The race will take place regardless of the weather conditions, but in the event of natural disasters or other extreme weather conditions which would threaten the safety of the participants - The Organiser reserves the right to shorten the route, change the start time, stop or cancel the race. In such circumstances. The Organiser reserves the right to keep the registration fee and would to provide any reimbursement.
8. Each participant of the running race must be fully aware of the length and its specifications, including being aware that the participant’s safety depends on the ability to anticipate and overcome problems related to the weather conditions in the mountains, isolation, high fatigue, muscle pain and joint pain. The participants of the race remain alone and must be self-sufficient between the two control points - the participant should have an adequate preparation for the run/ race
9. **In order to participate in the race you need to meet the following requirements:**
  - you are age of 18 +;
  - you have appropriately registered for the race and submitted the payment;
  - you declare that you are able to participate in the run and do not suffer from any medical conditions which disqualify you from the participation, acknowledge that participation is associated with physical pain;
  - you declare a participation in the race at your own risk;
  - you declare you read the Regulations;
  - you collect a starting package in the race office;
  - you would present at the starting point within the appropriate timescale set in the Regulations;
10. **The participants of the race can be disqualified due to:**
  - the lack of the mandatory equipment,
  - non-compliance with the Regulations, including the principles set in the Charter of Eco & Fair Play.

11. All participants need to be seen and verified in the race office - an identity card is mandatory.
12. During the entire time of the running race the participants should move only along the running route indicated by the Organiser. Bib number must be worn by the participant on the chest or abdomen, and must be constantly visible during the running race.
13. **It is the responsibility of the participants to have an insurance against accidents in the race.** The Organiser is insured against liability to the participants of the running race. The Organiser does not provide any life insurance, health or liability in respect of sickness, accident, injury, death or any loss or damage that may occur due to the presence and / or participation in any of the races within the ULTRA-TRAIL® MAŁOPOLSKA. The Organiser reserves the right to consent to medical and paramedical personnel acting on behalf of the Organiser to provide medical first aid or perform other medical procedures, including transport of the participant at risk to a safe place.

#### **LEAVING THE ROUTE**

14. Should you wish no longer to continue with the race, unless you have sustained an injury, you should continue until you reach the control point and nutrition/water point (or reach the asphalt road) and immediately inform the Organiser via phone.
15. Those who do not report that they are leaving the route may be ordered to pay for the costs of an unreasonable search action which might have to be put in place due to lack of the information about the participant's whereabouts.
16. When only possible the Organiser will arrange transport by car to the starting point and finishing point for all participants who do decide to no longer continue with the race and inform the Organiser about it in the following control / nutrition points: Lubień or on the road number 28 by Rabka-Zdrój town.

#### **CLASSIFICATION AND RESULTS**

17. Participants must visit each checkpoint and provide their starting number. Additionally, the Organiser has portable checkpoints where participants will also be required to provide their starting number. The participants will be fully and successfully signed off if all checkpoints will be signed off. It is the responsibility of the participant to present at the checkpoint.
18. There will be a separate classification for male and female.
19. Information about the results and the winners will be publicized on ULTRA-TRAIL® MAŁOPOLSKA website as well as [www.facebook.pl/UltraTrailMalopolska](http://www.facebook.pl/UltraTrailMalopolska).

#### **PERSONAL DATA**

20. The personal data administrator is: Fundacja 4 Alternatywy, ul., Kisielewskiego 59, 31-708 Kraków, Poland.
  - The personal data information of the participants of the race will be processed for the organization and promotion of the Organizer's events, including the selection of the winners of the races, the presentation of the results and the awarding and issuing of prizes.
  - The personal data information of the participant will be processed in accordance to the Data Protection Act (Dz. U. z 2016 r. poz. 922).
  - The use and processing of the personal data information also includes the publications of the participants name, surname, sex, Date of Birth, city, nationality and details of the 'club'
  - The participants accepts that they have a right to access the personal data information held and processed.
  - The participant who accepts the terms and conditions of this Regulation gives his/hers consent to the processing of their personal data information. The provision of the

personal data information and consent to their processing is voluntary, but necessary for the participation in the race.

The Participant agrees to the free use by the Organiser of the participants 'image' - images / pictures/ videos with the participants for the purposes related to the organization and promotion of the events by the Organiser. The consent applies in particular to the use of the image by posting photos and videos taken with regards to the promotional materials of ULTRA-TRAIL® MAŁOPOLSKA. The agreement also covers the use of captured images, in particular for publishing, reproducing, copying, broadcasting and/or transmitting, provided that any of the above would not affect the good name of the person approving the publication of the image. The consent to the use of the image is not limited by time or territory.

## **FINAL PROVISIONS**

21. The Organiser reserves the right to interpret and amend the Regulations with an obligation to inform the participants of the race about any amendments made. Such information will be provided on <http://ultratrailmalopolska.pl> website or the Official fanpage: ULTRA-TRAIL® MAŁOPOLSKA Facebook and it is the responsibility of the participants to ensure they are familiar with any updated and amendments announced there.
22. Throughout the race the participants should follow the instructions given by the people responsible for security, law enforcement officers and any other people designated by the Organiser.
23. On a public road the race participants should follow the law, rules and regulations of the Road Code.
24. All participants of the race should remain focused and beware when moving along the route run.
25. The Organiser, and any other parties involved in organizing and running of the race are not liable for personal injury, loss of property that may occur before, during or after the races. Participants bear the civil liability and legal responsibility for all damage caused by them. By acceptance of this declaration, participants waive their right to seek legal or civil compensation from the Organiser or parties involved in organisation of the race in the event of an accident or damage associated with the race. The Participants acknowledge that in the event of an accident they cannot make any claims against the Organiser.
26. The Organiser does not take responsibility for any belongings left unattended as well as any assets and valuable items left in the lockers and storerooms. It is not recommended that leave any valuable items in the storeroom (available 1 hour before, during the each race and 1 hour after the end of the race).
27. The Organiser does not provide lodging nor free parking places.

**The Regulation has been made in two identical copies in Polish and English language versions. In case of doubt, the Polish language version shall prevail.**

## VIII. Eco & Fair Play Principles

### ULTRA-TRAIL® MAŁOPOLSKA

Each participant of the race is obliged to follow can comply with the rules and regulations of the Principles of Eco & Fair Play. Raising public awareness of the natural environment and taking responsibility for them, are the main principles of ULTRA-TRAIL® MAŁOPOLSKA.

The running route within the ultra- ULTRA-TRAIL® MAŁOPOLSKA goes through the areas of four Forest Districts: Myślenice Limanowa, Nowy Targ and Krościenko and by area of TheGorce National Park.

The participants of the races, whose routes lead through the area of The Gorce National Park ie. UTM 170, UTM 170 NA RATY and UTM 107 are obliged to comply with the [Rules of The Gorce National Park](#)

The attitude of each participant should protects the environment, preserve the landscape and ecosystem, knowing and recognizing that a man, like any living organism, is part of the natural environment, and subject to its laws.

Patricipants of ULTRA-TRAIL® MAŁOPOLSKA are obliged to the following:

- to dispose of trash, including used for personal hygiene sanitary only at checkpoints. the Organiser provides the participants with garbage bags and sanitary. Breaking the absolute prohibition of leaving garbage along the route will result in disqualification;
- throughout the run use a private reusable mug. This eliminates disposable of cups;
- to adhere to and follow the principle of respect for themselves, other participants and the environment;
- to adhere to and follow the principle of solidarity over competition, provide assistance to the one in need;
- to keep silence in the woods;
- to apply the principles of Fair Play, do not cheat by descent from a designated routs and shortening routes;
- each competitor must finish the race on his own, support aids are not allowed, with the exception of the hiking sticks;
- a third party helps on the road is strictly prohibited;