



**REGULATIONS**  
ULTRA-TRAIL® MAŁOPOLSKA 2024  
24-26.05.2024  
/ver: 24.07.2023/

**I GOAL:**

- promotion of natural values of Malopolska in Poland and worldwide;
- promotion of long distance mountain running and integration of runners;
- popularization of healthy lifestyle, physical culture and sport;
- increasing ecological awareness and nature conservation.

**II ORGANIZERS AND RACE MANAGEMENT**

**Organizer:**

Fundacja 4 Alternatywy

Tax ID: 6783156051, National Business Registry Number (REGON): 362343691

National Court Register Number (KRS): 0000572408

Phone: 600 053 939

Email: [fundacja@ultratrailmalopolska.pl](mailto:fundacja@ultratrailmalopolska.pl)

Race director: Paweł Derlatka

**Co-organizer:**

Fundacja Hala

Tax ID: 6783182427, National Business Registry Number (REGON): 384808581

National Court Register Number (KRS): 0000812308

**III RACE OFFICE, DATE, LOCATION, ROUTES:**

**1. Mini race office:**

- Location: Szczebel Guesthouse, Krakowska 21 Street, 34-650 Mszana Dolna;
- Open: one hour before the start of each distance;
- Race office organization: 1. Mandatory equipment check 2. Issuing of race numbers upon presentation of filled-in runner's card (attachment no. 2 to these regulations) 3. Issuing of tracker (for UTM 240 and UTM 170 distances) 4. Entry to the starting area.
- There are no race packages at our race, you will receive a finisher's package at the finish line.
- It is not possible to collect the race number of another runner.
- It is not possible to leave the starting area after collecting the race number.
- It is not possible to collect the race number earlier.
- We do not accept race registrations at the race office.

**ROUTES:**

**1. UTM 240**

- Distance: approximately 250 km;
- Elevation gain: approximately 12,880 m +/- 12,880 m -;
- Participant limit: 50;
- Time limit: 60 hours;
- Start, finish, mini race office: Szczebel Guesthouse, Krakowska 21 Street, 34-650 Mszana Dolna, MAP;
- There are no bib packages at our race, you will receive a finisher's package at the finish line;
- Mini race office open: one hour before the start.
- Start: 24 May 2024 (Friday), 7:00 a.m.;
- PARTICIPATION REQUIREMENT: completion of at least a 150 km race within 24 months prior to registering (when registering, please send confirmation of experience - name of race, year of completion to the following email address: fundacja@ultratrailmalopolska.pl).
- There is a vegetarian recovery meal at the finish line.
- There are 11 vegetarian refreshment/water stations:

- 1) Bar pod Cyckiem – approximately 27 km;
- 2) Łętowe – approximately 47 km;
- 3) Chyszówki – approximately 77 km;
- 4) Kasina Wielka – approximately 96 km – AID STATION – TIME LIMIT: 25 hours from the start at 8:00 a.m. on Saturday;
- 5) Rabka Zaryte – approximately 130 km – AID STATION - TIME LIMIT: 33 hours from the start at 4:00 p.m. on Saturday;
- 6) Obidowa – approximately 145 km – TIME LIMIT: 36 hours from the start at 7:00 p.m. on Saturday;
- 7) Przęęcz Knurowska – approximately 162 km;
- 8) Ochotnica Dolna – approximately 180 km – AID STATION - TIME LIMIT: 44 hours from the start at 3:00 a.m. on Sunday;
- 9) Rzeki – approximately 205 km;
- 10) Obidowa – approximately 224 km – TIME LIMIT: 54 hours from the start at 1:00 p.m. on Sunday;
- 11) Rabka Zaryte – approximately 237 km – AID STATION – TIME LIMIT: 56 hours from the start at 3:00 p.m. on Sunday.

## 2. UTM 170

- distance: approximately 172 km;
- elevation gain: approximately 8630 m +/- 8870 m -;
- participant limit: 80 people;
- time limit: 46 hours;
- start, finish, race office: Szczebel Guesthouse, Krakowska Street 21, 34-650 Mszana Dolna, MAP;
- race office open: one hour before the start;
- our race does not have starter packs, you will receive a finisher's pack at the finish line;
- start: 24.05.2024 (Friday), 5:00 PM;

- PARTICIPATION CONDITION: completed race of at least 100 km within 24 months prior to registration (when registering, please send confirmation of your experience - name of the race, year of completion to email address: fundacja@ultratrailmalopolska.pl).
- minimum 8 vegetarian nutrition/hydration points planned, including minimum 5 with hot meal options, minimum 2 points with repackaging possibilities.
- regenerative vegetarian meal planned at the finish line.

There are 8 planned checkpoints:

- 1) Kasina Wielka – approximately 20 km;
- 2) Rabka Zaryte – approximately 56 km – REPACKAGING - TIME LIMIT: 12 h from the start, which is 5:00 AM on Saturday;
- 3) Obidowa – approximately 67 km – TIME LIMIT: 16 h from the start, which is 9:00 AM on Saturday;
- 4) Przełęcz Knurowska – approximately 88 km;
- 5) Ochotnica Dolna – approximately 106 km – REPACKAGING - TIME LIMIT: 26 h from the start, which is 7:00 PM on Saturday;
- 6) Rzeki – approximately 130 km;
- 7) Obidowa – approximately 149 km – TIME LIMIT: 36 h from the start, which is 5:00 AM on Sunday;
- 8) Rabka Zaryte – approximately 162 km – REPACKAGING – TIME LIMIT: 42 h from the start, which is 11:00 AM on Sunday.

### 3. UTM 105

- distance: approximately 107 km;
- elevation gain: approximately 5720 m +/- 5720 m -;
- participant limit: 100 people;
- time limit: 27 hours;
- start, finish, race office: Szczebel Guesthouse, Krakowska Street 21, 34-650 Mszana Dolna, MAP;
- race office open: one hour before the start;
- our race does not have starter packs, you will receive a finisher's pack at the finish line;
- start: 25.05.2024 (Saturday), 7:00 AM
- minimum 5 vegetarian nutrition/hydration points planned, including minimum 3 with hot meal options, minimum 1 point with repackaging possibilities.
- regenerative vegetarian meal planned at the finish line.

There are 6 planned checkpoints:

- 1) Kasina Wielka – approximately 20 km;
- 2) Under Szczebel – approximately 43 km;
- 3) Rabka Zaryte – approximately 56 km – REPACKAGING - TIME LIMIT: 12 h from the start, which is 7:00 PM on Saturday;
- 4) Obidowa – approximately 67 km;
- 5) Obidowa – approximately 82 km;
- 6) Rabka Zaryte – approximately 95 km – REPACKAGING.

### 4. UTM 64

- distance: approximately 65 km;
- elevation gain: approximately 4030 m +/- 4030 m -;
- participant limit: 100 people;
- time limit: 16 hours, no planned intermediate limits;
- start, finish, race office: Szczebel Guesthouse, Krakowska Street 21, 34-650 Mszana Dolna, MAP;
- race office open: one hour before the start;
- our race does not have starter packs, you will receive a finisher's pack at the finish line;
- start: 25.05.2024 (Saturday), 8:00 AM.
- minimum 3 vegetarian nutrition/hydration points planned.
- regenerative vegetarian meal planned at the finish line.

There are 3 planned checkpoints:

- 1) Kasina Wielka – approximately 20 km;
- 2) Under Szczebel – approximately 43 km;
- 3) Rabka Zaryte – approximately 56 km.

#### 5. UTM 45 – BARTK CZAJKOWSKI MEMORIAL

- distance: approximately 49 km;
- elevation gain: approximately 2750 m +/- 2750 m -;
- participant limit: 100 people;
- time limit: 12 hours, no planned intermediate limits;
- start, finish, race office: Szczebel Guesthouse, Krakowska Street 21, 34-650 Mszana Dolna, MAP;
- race office open: one hour before the start;
- our race does not have starter packs, you will receive a finisher's pack at the finish line;
- start: 25.05.2024 (Saturday), 8:00 AM.
- minimum 2 vegetarian nutrition/hydration points planned.
- regenerative vegetarian meal planned at the finish line.

Two control and refreshment points have been provided:

- 1) Kasina Wielka - approximately 20 km;
- 2) Pod Szczeblem - approximately 43 km.

#### IV REGISTRATION

1. Registrations will be accepted until 17.05.2024 or when the limit of participants is reached (the date of payment will determine this). The organizers do not have registrations on the day of the competition.
2. A registration is considered valid with the completion of the registration form on the website <https://www.e-gepard.eu/> and payment through this website or by making a payment to the Organizer's account. The payment deadline is 3 days from the date of submitting the registration form, but no later than 17.05.2024. After 3 days, the Organizer reserves the right to remove the unpaid registration from the list of participants.

Bank transfer details:

4 Alternatywy Foundation

Bank: BNP Paribas S.A.

Account number: 92 1750 0012 0000 0000 3628 4595

IBAN: PL 92175000120000000036284595

SWIFT/BIC: PPABPLPK

Payment title: name of the selected race, first name and last name, date of birth eg. UTM 45, John Smith, 1.01.1980.

3. The registration fee depends on the date of registration and payment:

	<b>– 30.09.2023</b>	<b>01.10.2023 – 31.12.2023</b>	<b>01.01.2024 – 17.05.2024</b>
<b>UTM 240</b>	420 zł	460 zł	510 zł
<b>UTM 170</b>	350 zł	410 zł	450 zł
<b>UTM 105</b>	270 zł	330 zł	380 zł
<b>UTM 64</b>	220 zł	275 zł	320 zł
		230 zł	270 zł
<b>UTM 45 – MEMORIAL BARTEK MEMORIAL</b>	200 zł	Including 15 PLN for <a href="#"><u>Fundacja NAGLE SAMI</u></a>	Including 30 PLN for <a href="#"><u>Fundacja NAGLE SAMI</u></a>

4. A minimum of 5 PLN from each registration fee will be donated by the Organizer to a charitable cause - the "Human is the animal's brother" campaign.

5. Honorary Blood Donors are entitled to a 10% discount on the registration fee. The discount is granted upon presentation of the Honorary Blood Donor ID, provided that no more than a year has elapsed since the last donation - in accordance with the rules of our Partner - the "Dawcom w Darze" campaign. The ID must be presented at the race office when picking up the start number. To use the discount, please contact us by email before making the payment:  
[fundacja@ultratrailmalopolska.pl](mailto:fundacja@ultratrailmalopolska.pl).

6. People with disabilities, with a current disability certificate, are entitled to a 25% discount on the registration fee. The certificate must be presented at the race office when picking up the start number. To use the discount, please contact us by email before making the payment:  
[fundacja@ultratrailmalopolska.pl](mailto:fundacja@ultratrailmalopolska.pl).

7. If a participant wishes to withdraw from the race by 31.03.2024, they will be refunded 80% of the registration fee upon request sent by email (along with proof of payment and the bank account number for the refund) to the email address: [fundacja@ultratrailmalopolska.pl](mailto:fundacja@ultratrailmalopolska.pl).

8. As part of the registration fee, the Organizer provides participants with, among other things, participation in the race, timing, commemorative start number, medical care, clear trail markings, a deposit (at the race office), refreshment points on the route, post-race recovery meal, and a commemorative medal (for participants who finish the race) as well as souvenirs at the finish line (known as "finishers"), and a ticket to enter the Gorczański National Park (for participants whose routes lead through the GPN).

9. The Organizer does not refund the registration fee to participants who did not complete the race, were disqualified, or did not take part in the competition.

10. The Organizer does not allow the transfer of start packages between participants.
11. The Organizer does not allow the transfer of start packages to other races.
12. The Organizer reserves the right to reject a registration for participation in the event.

#### V DROP BAGS, MANDATORY AND ADDITIONAL EQUIPMENT

1. During the race, each participant must have mandatory equipment with them. The equipment of all participants may be checked at the race office, before entering the starting area, at the control points, on the routes, and at the finish line. Mandatory equipment is the minimum necessary and each participant must supplement it according to their own needs.
2. Drop bags (your personal belongings that we will transport during the race) must be left at the race office. The Organizer provides plastic bags for the drop bags. The maximum weight of one drop bag is 5 kg. The drop bag may not contain valuable items, glass containers, or canned drinks.

#### 3. Mandatory equipment - UTM 240 and UTM 170

1. ID card;
2. NRC foil, at least 140 x 200 cm;
3. two headlamps;
4. two sets of batteries for headlamps (does not apply to USB headlamps);
5. personal cup;
6. at least a two-liter hydration pack or water bottles;
7. elastic bandage, sterile dressing;
8. power bank;
9. charged phone;
10. rain jacket with a hood;
11. start number with a map provided by the Organizer;
12. running backpack or vest;
13. hat or scarf;
14. whistle;
15. track (gpx file) uploaded to any device that allows tracking the route.

#### 4. Mandatory equipment - UTM 105 and UTM 64

1. ID card;
2. NRC foil, at least 140 x 200 cm;
3. headlamp;
4. personal cup;
5. at least a one-liter hydration pack or water bottles;
6. elastic bandage, sterile dressing;
7. charged phone;
8. rain jacket;
9. start number;
10. running backpack or vest;
11. hat or scarf;
12. track (gpx file) uploaded to any device that allows tracking the route.

#### 5. Mandatory equipment - UTM 45 - BARTEK CZAJKOWSKI MEMORIAL

1. ID card;
2. NRC foil, at least 140 x 200 cm;
3. personal cup;

4. at least a one-liter hydration pack or water bottles;
5. elastic bandage, sterile dressing;
6. charged phone;
7. rain jacket;
8. start number;
9. running backpack or vest;
10. hat or scarf.

#### 6. Recommended Equipment - ALL DISTANCES

1. Trekking poles (telescopic or one-piece)
2. Money (to cover unexpected expenses)
3. Food supply

7. Participants are required to independently assess the situation in the mountains and react appropriately in case of worsening weather conditions. The race will take place regardless of atmospheric conditions, however, in the event of natural disasters or other extreme situations that may threaten the safety of participants, the Organizer reserves the right to shorten the route, change the start time, interrupt or cancel the race. In such a situation, the Organizer reserves the right to not refund the entry fee.

#### VI. PARTICIPATION REQUIREMENTS

1. Every race participant must be fully aware of the length and specific nature of the race, including the fact that their safety depends on their ability to anticipate or overcome problems related to weather conditions in the mountains, isolation, excessive fatigue, muscle and joint pain. The participant remains on their own and must be self-sufficient between the two control and refreshment points, and should have the appropriate preparation for the race.
2. Assistance from third parties is only allowed at control and refreshment points, under the following conditions:
  - a. It does not hinder other participants' access to the control and refreshment points.
  - b. It is carried out within a distance of no more than 50 meters from the control and refreshment points.
  - c. Only the participant can use the refreshment point, with no involvement from third parties (helpers) - this also applies to the preparation/serving of food and drinks.
  - d. The waste produced by third parties (helpers) must be taken away by them.
  - e. The participant is responsible for any violation of the rules stated in this Regulation by third parties (helpers).
3. The race is open to individuals who meet the following conditions:
  - Must be over the age of 18 (turning 18 on or before the race day).
  - Must submit their participation in the chosen race through the registration form and pay the entry fee within the time specified in section IV of the Regulations.
  - Must declare that they are capable of participating in the race and do not have any health contraindications, and also acknowledge that participation involves physical strain and carries the inherent risk of accidents, injuries (including death), and possible financial losses. The Organizer

recommends that participants undergo a physical examination that can confirm their fitness to participate in the race.

- Must declare that they participate in the race at their own risk.
  - Must agree to and acknowledge the Regulations of the race.
  - Must collect their race number at the race office.
  - Must arrive at the start at the designated time stated in section II of the Regulations.
4. Throughout the race, participants must only move along the designated route indicated by the Organizer. The race number must be worn by the participant on their chest or abdomen and must be visible at all times during the race.
  5. The obligation to take out personal accident insurance lies with the race participants. The Organizer has civil liability insurance. The Organizer does not provide any life, health or civil liability insurance for illness, accidents, injuries, death or any other losses or damages that may occur in connection with the presence and/or participation in the race.
  6. The Organizer reserves the right to allow medical personnel and paramedics acting on behalf of the Organizer to provide first aid or carry out other medical procedures, including the transport of an injured participant to a safe place.

#### VII. LEAVING THE ROUTE

1. With the exception of injuries, if necessary, the participant should withdraw from the race at the control and refreshment point (or reach the asphalt road) and inform the Organizer immediately by phone.
2. Participants who do not report leaving the route may be charged with the costs of an unnecessary search and rescue operation.
3. To the extent possible and based on logistics and weather conditions, the Organizer will provide transfer (by car) to the start area for participants withdrawing from the race at the control points.
4. The Organizer does not guarantee transportation for participants withdrawing from the race outside the designated refreshment points: Kasina Wielka, Obidowa and Rabka-Zdrój (near DK28).

#### VIII. PENALTIES

1. In the event of any violation of the Regulations, the Organizer may impose the following penalties on the participant: warning, disqualification from the race, adding 10 minutes to the final net time, adding 30 minutes to the final net time, disqualification. The added minutes penalties for the final net time are cumulative.
2. In case of failure to have the required equipment:
  - a. At the start: the Organizer may disqualify the participant from the race.
  - b. At any point on the route or at the finish: the Organizer may add 10 or 30 minutes to the final net time for each missing piece of required equipment, or disqualify the participant for not having four or more pieces of required equipment.
3. In case of violation of the rules specified in Appendix No. 1 attached to this Regulation - ECO & FAIR PLAY RULES, the Organizer may impose the following penalties on the participant: warning, disqualification from the race, namely:
  - a. In case of violation of another person's personal dignity (participant, volunteer, Representative of the Organizer, spectator) by the participant or by persons providing legal assistance to the participant, the Organizer has the right to issue a warning for the first incident, and disqualify the participant for the second or subsequent incident.
  - b. Disqualification from the race may be imposed in case of violation of another person's personal dignity (participant, volunteer, Organizer's Representative, spectator) by the participant or



persons offering legal assistance to the participant before the start of the race (including at the race office, at the mandatory equipment check, and at the starting area).

4. Information about the penalties for added minutes to the final time and disqualifications may be published on the Organizer's website [utm.run](http://utm.run) and on the official [facebook.com/UltraTrailMalopolska](https://facebook.com/UltraTrailMalopolska) page.

## IX CLASSIFICATION AND RESULTS

1. Participants must visit each checkpoint and provide their race number (as well as any other data provided for processing) for control. In addition, the Organizer provides fly-by checkpoints, where the competitor will also be required to provide their starting number. The participant will be classified only if all checkpoints are completed.

2. The classification will be conducted separately for women and men, as well as in categories specified by the Organizer (if applicable) according to net time.

3. Information on the classification and awards ceremony will be published on the website [ultratrailmalopolska.pl](http://ultratrailmalopolska.pl) or on the official Facebook page [fb.com/UltraTrailMalopolska](https://fb.com/UltraTrailMalopolska) no later than 7 days after the end of the race.

## X PROCESSING OF PERSONAL DATA

1. The administrator of personal data is the 4 Alternatives Foundation with its registered office in Krakow.

2. In all matters related to the processing of personal data and to exercise their rights, the person whose data is processed may contact the Administrator at the email address: [fundacja@ultratrailmalopolska.pl](mailto:fundacja@ultratrailmalopolska.pl).

3. Personal data will be processed for the purpose of organizing and promoting events organized by the Administrator, based on consent and the legitimate interest of promoting events organized by the Administrator.

4. The processing of data includes the publication of: first name, last name, place of residence, club and citizenship, as well as date of birth and gender on the website [ultratrailmalopolska.pl](http://ultratrailmalopolska.pl), official race profile on the Facebook service: [fb.com/UltraTrailMalopolska](https://fb.com/UltraTrailMalopolska), and through the websites: [i-tra.org](http://i-tra.org), [d-u-v.org](http://d-u-v.org), [e-gepard.eu](http://e-gepard.eu).

5. Personal data will be stored indefinitely.

6. The person whose data is processed has the right to request access to their data, as well as the right to request their correction, deletion or limitation of processing. They may also exercise their right to object to the processing of data and the right to data portability.

7. The person whose data is processed may exercise their right to withdraw consent. The withdrawal of consent does not affect the lawfulness of the processing carried out on the basis of consent before its withdrawal.

8. In connection with the processing of personal data, the person whose data is processed has the right to lodge a complaint with the supervisory authority for the protection of personal data - the President of the Office for Personal Data Protection.

9. Providing personal data is voluntary but necessary to participate in the event.

10. The person whose data is processed gives consent to the free use of their image by the Organizer, captured in any form, for the purpose of organizing and promoting the Organizer's events. This consent applies in particular to the use of the image by posting photographs and videos in the report and promotional materials of the Administrator. The consent also includes the use of photographs for publication, duplication, reproduction, broadcasting, publication, or

transmission, provided that the good name of the person giving consent to the publication of their image is not violated. The consent to use the image is not limited in time or territory.

## XI FINAL PROVISIONS

1. The Organizer reserves the right to interpret the Regulations as well as to make changes to them, about which they are obliged to inform the participants of the races. Such announcements will appear on the website [utm.run](http://utm.run) or on the official [fb.com/UltraTrailMalopolska](https://www.facebook.com/UltraTrailMalopolska) page and participants of the races are obliged to familiarize themselves with them.

2. During the races, participants should follow the orders given by persons responsible for safety, law enforcement officers, as well as other persons designated by the Organizer.

3. On public roads, participants of the races are obliged to comply with traffic regulations, in particular articles 11-14 of the Road Traffic Act:

"Movement of pedestrians and persons using any mobility aids

Art. 11. 1. A pedestrian is required to use sidewalks or designated pedestrian paths, and in their absence - the shoulder. If there is no shoulder or it is temporarily unavailable, the pedestrian may use the road, provided they stay as close to the edge as possible and give way to any approaching vehicle.

2. A pedestrian walking on the shoulder or road must do so on the left side.

3. Pedestrians walking on the road are required to walk in a single file. In low-traffic areas with good visibility, two pedestrians may walk side by side.

4. Pedestrians are allowed to use bicycle paths only if there is no sidewalk or shoulder or if it is not possible to use them. Pedestrians, with the exception of persons with disabilities, using a bicycle path must give way to any person using a mobility aid, riding a bike, an electric scooter, or other personal transportation device.

4a. A pedestrian walking on the road outside of built-up areas after dark is required to use reflective elements that are clearly visible to other road users, unless they are walking on a path designated solely for pedestrians or on a sidewalk.

5. The provisions of paragraphs 1-4a do not apply within residential areas. In such areas, pedestrians are allowed to use the entire width of the road and have priority over vehicles and persons using mobility aids.

Art. 12. 1. A column of pedestrians, with the exception of children under 10 years of age, may only move on the right side of the road.

2. For columns of children under 10 years of age, the provisions of Art. 11, paragraphs 1 and 2 apply accordingly.

3. The number of pedestrians walking side by side in a column cannot exceed 4, and in a military column - 6, provided that the column takes up no more than half the width of the road.

4. Children under 10 years of age may only walk in a column in pairs and under the supervision of at least one adult.

5. The length of a column of pedestrians cannot exceed 50 m. The distance between columns must not be less than 100 m.

6. If a column of pedestrians is moving in low-visibility conditions:

1) the first and last pedestrians on the left side must carry flashlights:

a) the first one - with a white light directed forward,

b) the last one - with a red light directed backward;

2) in a column longer than 20 m, pedestrians on the left side of the column must also use reflective elements that meet the technical requirements, and carry additional flashlights with white lights spaced no more than 10 m apart;

3) the flashlight light must be visible from a distance of at least 150 m.

7. The following is prohibited:

1) a column of pedestrians walking on the road in fog; this prohibition does not apply to military or police columns;

2) a column of children under 10 years of age walking on the road in low-visibility conditions;

3) children under 18 years of age leading a column of pedestrians on the road.

Art. 13. 1. A pedestrian entering or crossing the road or a track, or walking through a road or track, must exercise special caution and, with the exceptions outlined in paragraphs 2 and 3, use a designated pedestrian crossing.

1a. A pedestrian on a pedestrian crossing has the right of way over vehicles. A pedestrian entering a pedestrian crossing has the right of way over vehicles, except for trams.

2. Crossing the road outside of a designated pedestrian crossing is allowed if the distance from the crossing is more than 100 m. However, if an intersection is less than 100 m from the designated pedestrian crossing, crossing is also allowed at the intersection.

3. Crossing the road outside of a designated pedestrian crossing, as outlined in paragraph 2, is only allowed if it does not pose a threat to traffic safety or impede the movement of vehicles. The pedestrian must give way to vehicles and walk in the shortest path across to the opposite edge of the road at a right angle to its axis.

4. If a pedestrian bridge or underpass is available, pedestrians must use it, with the exceptions outlined in paragraphs 2 and 3.

5. In built-up areas, on a two-lane road, or on a road with a separate track for trams, pedestrians crossing the road or track are required to use a designated pedestrian crossing.

6. Crossing a track reserved for trams with no designated crossing is only allowed in a designated area.

7. If an island for passengers at a public transport stop is connected to a designated pedestrian crossing, entering and exiting the stop is only allowed through that crossing.

8. If a designated pedestrian crossing is placed on a two-lane road, each lane is considered a separate pedestrian crossing. This provision applies accordingly to pedestrian crossings where traffic is separated by an island or other device on the road.

Article 14. Prohibitions:

1) stepping onto the roadway:

a) directly in front of a moving vehicle, including at a pedestrian crossing,

b) from outside the vehicle or other obstruction limiting visibility of the road;

2) crossing the road at a location with limited visibility of the road;

3) slowing down or stopping without justified necessity while crossing the road or railway track;

4) running across the road;

5) walking on the railway track;

6) stepping onto the railway track when the barriers or half-barriers are lowered or when their lowering has begun;

7) crossing the road at a location where a protective device or obstacle separates the pedestrian path or sidewalk from the road, regardless of which side of the road they are on;

8) using a telephone or other electronic device while stepping onto or crossing the road or railway track, including while stepping onto or crossing a pedestrian crossing - in a manner that leads to reduced ability to observe the situation on the road, railway track or pedestrian crossing."

4. All participants in the race should exercise special caution while moving along the race track.

5. The organizer, all persons collaborating with the organizer and persons involved in the management and organization of the race are not responsible for any personal, material and property damage that may occur before, during or after the race. Participants bear civil and legal liability for all damages caused by them. By accepting this declaration, participants waive their right to seek legal or reimbursement from the organizer or persons collaborating in case of an accident or damage related to the race. Participants acknowledge that in case of an accident, they cannot make any claims against the organizer.

6. The organizer is not responsible for unattended items or for valuable items left in the deposit located at the race office and exchange stations. Deposits are available to participants before, during and one hour after the end of each race. Deposits and exchanges may be sent to participants after the competition. The fixed cost of delivery within Poland is 30 PLN. In case of loss of the exchange or deposit during the race or loss by the courier company / Polish Post, the organizer is responsible for up to 100 PLN in total. Items left in the deposit bags and exchanges unclaimed within 14 days after the end of the race will be used for the statutory purposes of the organizer.

7. The organizer does not provide accommodation.

#### Attachment No. 1 to Regulations

##### Eco & Fair Play Rules

1. Each participant of the race is obliged to follow the rules contained in the Eco & Fair Play Rules. Raising social awareness about environmental protection and taking responsibility for it are the principles of organizing the competition.

2. The race routes run through the forestry areas of: Myślenice Forestry, Limanowa Forestry, Nowy Targ Forestry, Krościenko Forestry and also through the area of the Gorczański National Park.

3. Participants of the races, whose routes lead through the Gorczański National Park, i.e. UTM 240 and UTM 170, are obliged to follow the Regulations of the Gorczański National Park.

4. Each participant of the race protects the natural environment with their behavior, takes care of maintaining the landscape and ecosystem, being aware that humans, like any living organism, are part of the natural environment and are subject to its laws.

5. The participants of the competition are obliged to:

a) dispose of trash, including used hygiene products, only at designated checkpoints. The organizer provides participants with trash bags. Failure to comply with the strict prohibition of leaving trash on the race route results in disqualification;

b) use a personal reusable cup during the race. This eliminates the use of disposable cups;

c) follow the principle of respect for oneself, other participants and the natural environment;

d) prioritize solidarity over competition, offer assistance to those in need;

e) maintain silence in the forest,

f) abide by Fair Play rules, do not cheat by leaving the designated trail or shortening the route.

6. Each athlete must finish the race under their own power, except for the use of trekking poles.

7. Organized assistance from third parties on the route is prohibited. Assistance from third parties is allowed at designated refreshment points, following the rules outlined in the Regulations.



Attachment no. 2 to the Regulations

<b>ULTRA-TRAIL® MAŁOPOLSKA</b>		<b>BIB NUMBER</b>
<b>FIRST NAME</b>	<b>SURE NAME</b>	

FILL IN READABLE PRINTED LETTERS!

1. I declare that I am an adult, capable of participating in the event and I have no health contraindications, and I acknowledge that participating in the event involves physical effort and carries a natural risk of accident, bodily injury and physical trauma (including death) as well as property damage and losses. I declare that I am participating in the event at my own risk. I confirm that I am aware of the event's Rules and accept their content. I declare that to the best of my knowledge, in the last 14 days before submitting this statement: a) I am not infected with COVID-19; b) I am not in quarantine or under epidemiological supervision. In the event that within 14 days from the date of my participation in the event I experience symptoms of COVID-19 infection, I undertake to immediately inform the relevant local sanitary and epidemiological services, as well as the Organizer by e-mail at: [utm.run](mailto:utm.run) and take necessary steps according to the GIS guidelines <https://www.gov.pl/web/koronawirus>.

2. I agree to the use of my personal data for the purpose of registration process, presentation lists and conducting the event, for the purposes related to the organization and promotion of events by the Organizer: the 4 Alternatives Foundation, with its registered office in Krakow, in accordance with the Regulation of the European Parliament and of the Council (EU) 2016/679 of 27 April 2016 on the protection of individuals with regards to the processing of personal data and on the free movement of such data, and repealing Directive 95/46/EC (GDPR). I agree to the use of my image in informational and promotional materials of the Organizer. I agree to the free use by the Organizer of my image, recorded in any form, for the purposes related to the organization and promotion of events by the Organizer. This consent applies in particular to the use of the image by placing photos and videos in reports and promotional materials of the Organizer. The consent also covers the use of the photos, in particular for publication, duplication, multiplication, broadcasting, publishing, broadcasting or transmission, on the condition that the good name of the person giving consent to the publication of the image is not violated. This consent to use the image is not limited in time or territory. I confirm that I have read the information clause for participants regarding the processing of my data by the 4 Alternatives Foundation included in the Event Regulations.

Date	I confirm declarations 1 (signature)	I agree 2 (signature)