



**STATUTE**  
**ULTRA-TRAIL® MAŁOPOLSKA 2026**  
**22-24.05.2026**  
**/version 30/04/2026/**

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**AND GOAL:**

- promotion of the natural values of Małopolska in Poland and worldwide;
- promotion of long-distance mountain runs and integration of runners;
- popularization of a healthy lifestyle, physical culture and sport;
- increasing ecological awareness and nature protection.

**II COMPETITION ORGANIZERS AND MANAGEMENT**

Organizer:

**Fundacja 4 Alternatywy**

NIP: 6783156051, REGON: 362343691

KRS: 0000572408

tel. 600 053 939

e-mail: fundacja@utm.run

The competition director is Paweł Derlatka.

Co-organizer:

**Hala Foundation**

NIP: 6783182427, REGON: 384808581

KRS 0000812308

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

**1. Competition mini office:**

- Location: Municipal Stadium in Mszana Dolna, Spadochroniarzy Street, 34-730 Mszana Dolna, [MAP](#);
- Open: one hour before the start of a given distance.
- **Organization of the competition office:** 1. Mandatory equipment check. 2. Issuing the starting number based on the completed competitor card, which is attached as Annex 2 to these Regulations. 3. Issuing the tracker (applies to UTM 240, UTM 170 and UTM 105). 4. Entering the start zone.
- **There are no starter packs at our competitions, you will receive a finisher pack at the finish line.**
- **It is not possible to take the starting number of another competitor.**
- **It is not possible to leave the starting zone after receiving the starting number.**
- **It is not possible to collect your starting number in advance.**
- **We do not keep records at the race office.**

**ROUTES:**

**1. UTM 240**

- distance: about 250 km;
- elevation gain: approximately 12,880 m +/- 12,880 m -;
- participant limit: 50 people;
- time limit: 60 hours;
- **There are no starter packs at our competitions, you will receive a finisher pack at the finish line;**
- Race mini office open: one hour before the start.
- start: 22/05/2026 (Friday), 7:00 a.m.;

- **CONDITION OF PARTICIPATION:** completed a race of at least 150 km in the 24 months preceding registration (when registering, send information confirming your experience – name of the race, year of completion to the following address: [fundacja@utm.run](mailto:fundacja@utm.run)).
- **A vegetarian regeneration meal is provided at the finish line.**

**There will be 12 vegetarian VEGEREGE POINTS:**

- 1) Gruszowiec Pass, approx. 18 km, [PIN](#);
- 2) Łętowe, approx. 37 km, SUPPORT NOT ALLOWED, [PIN](#);
- 3) Chyszówki, approx. 65 km, [PIN](#);
- 4) Kasina Wielka, DROP BAG, time limit 24 h, approx. 85 km, [PIN](#);
- 5) Pod Szczeblem, approx. 107 km, [PIN](#);
- 6) Rabka Zaryte, DROP BAG, time limit 32 h, approx. 118 km, [PIN](#);
- 7) Obidowa, time limit 35 h, approx. 132 km, [PIN](#);
- 8) Knurowska Pass, approx. 152 km, [PIN](#);
- 9) Ochotnica Dolna, DROP BAG, time limit 25 h, approx. 173 km, [PIN](#);
- 10) Rivers, approx. 196 km, [PIN](#);
- 11) Obidowa, time limit 53 h, approx. 216 km, [PIN](#);
- 12) Rabka Zaryte, DROP BAG, time limit 55 h, approx. 228 km, [PIN](#);

**2. UTM 170**

- distance: approximately 174 km;
- elevation gain: approximately 8630 m +/- 8870 m -;
- participant limit: 80 people;
- time limit: 46 hours;
- race mini office open: one hour before the start;
- **There are no starter packs at our competitions, you will receive a finisher pack at the finish line;**
- start: 22/05/2026 (Friday), 5:00 p.m.;
- **CONDITION OF PARTICIPATION:** completed a race of at least 100 km in the 24 months preceding registration (when registering, send information confirming your experience – name of the race, year of completion to the following address: [fundacja@utm.run](mailto:fundacja@utm.run)).
- **A vegetarian regeneration meal is provided at the finish line.**

**There are 9 vegetarian VEGEREGE POINTS planned:**

- 1) Kasina Wielka, approx. 11 km, [PIN](#);
- 2) Pod Szczeblem, approx. 33 km, [PIN](#);
- 3) Rabka Zaryte, DROP BAG, time limit 11 h, approx. 44 km, [PIN](#);
- 4) Obidowa, time limit 15 h, approx. 58 km, [PIN](#);
- 5) Knurowska Pass, approx. 78 km, [PIN](#);
- 6) Ochotnica Dolna, DROP BAG, time limit 25 h, approx. 98 km, [PIN](#);
- 7) Rivers, approx. 120 km, [PIN](#);
- 8) Obidowa, time limit 35 h, approx. 140 km, [PIN](#);
- 9) Rabka Zaryte, DROP BAG, time limit 41 h, approx. 152 km, [PIN](#);

**3. UTM 105**

- distance: approximately 107 km;
- elevation gain: approximately 5720 m +/- 5720 m -;
- participant limit: 100 people;
- time limit: 27 hours,
- race mini office open: one hour before the start;
- **There are no starter packs at our competitions, you will receive a finisher pack at the finish line;**
- start: 23/05/2026 (Saturday), 8:00 AM
- **A vegetarian regeneration meal is provided at the finish line.**

**There will be 6 vegetarian VEGEREGE POINTS:**

- 1) Kasina Wielka, approx. 11 km, [PIN](#);
- 2) Pod Szczeblem, time limit 9 h, approx. 33 km, [PIN](#);
- 3) Rabka Zaryte, DROP BAG, time limit 12 h, approx. 44 km, [PIN](#);
- 4) Obidowa, approx. 58 km, [PIN](#);

- 5) Obidowa, approx. 74 km, [PIN](#);  
6) Rabka Zaryte, DROP BAG, time limit 25 h, approx. 86 km, [PIN](#).

#### 4. UTM 64

- distance: about 65 km;
- elevation gain: approximately 4080 m +/- 4080 m -;
- participant limit: 100 people;
- time limit: 16 hours;
- race mini office open: one hour before the start;
- **There are no starter packs at our competitions, you will receive a finisher pack at the finish line;**
- start: 23/05/2026 (Saturday), 8:00 a.m.
- **A vegetarian regeneration meal is provided at the finish line.**

#### There will be 3 vegetarian VEGEREGE POINTS:

- 1) Kasina Wielka, approx. 11 km, [PIN](#);
- 2) Pod Szczeblem, TIME LIMIT 9 h, approx. 33 km, [PIN](#);
- 3) Rabka Zaryte, TIME LIMIT 12 h, approx. 44 km, [PIN](#).

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

- distance: approximately 49 km;
- elevation gain: approximately 2750 m +/- 2750 m -;
- participant limit: 100 people;
- time limit: 12 hours;
- race mini office open: one hour before the start;
- **There are no starter packs at our competitions, you will receive a finisher pack at the finish line;**
- start: 23/05/2026 (Saturday), 8:00 a.m.
- **A vegetarian regeneration meal is provided at the finish line.**

#### There will be 2 vegetarian VEGEREGE POINTS:

- 1) Kasina Wielka, approx. 11 km, [PIN](#);
- 2) Pod Szczeblem, TIME LIMIT 9 h, approx. 33 km, [PIN](#).

#### 6. UTM 16

- distance: about 13 km;
- elevation gain: approximately 875 m +/- 875 m -;
- participant limit: 50 people;
- time limit: 4 hours, no intermediate limits;
- race mini office open: one hour before the start;
- **There are no starter packs at our competitions, you will receive a finisher pack at the finish line;**
- start: 23/05/2026 (Saturday), 10:00 a.m.
- **A vegetarian regeneration meal is provided at the finish line.**

#### There are 2 vegetarian POINTS planned:

- 1) Mszana Dolna, approx. 3 km, [PIN](#);
- 2) Mszana Dolna, approx. 10 km, [PIN](#).

#### IV APPLICATIONS

1. Applications will be accepted until May 18, 2026, or until the entry limit is reached (the date the entry fee is received will be decisive). The organizer does not accept registration on the day of the competition.
2. The correct completion of the application form on the website [https:// www.e-gepard.eu/](https://www.e-gepard.eu/) and making a payment via this website or transferring the entry fee to the Organizer's account. Payment is due within 3 days of submitting the application form, but no later than May 18, 2026. After 3 days, the Organizer reserves the right to remove an unpaid entry from the starting list.

Transfer details:

**Fundacja 4 Alternatywy**

Bank: BNP Paribas SA

Account number: 92 1750 0012 0000 0000 3628 4595

IBAN: **PL 92175000120000000036284595**

SWIFT/BIC: PPABPLPK

Payment title: name of the selected race, name and surname, date of birth, e.g. UTM 45, Jan Kowalski, 1/01/1980.

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

	- 30/09/2025	01/10/2025 – 31/12/2025	01/01/2026 – 18/05/2026
UTM 240	505 PLN	555 PLN	615 PLN
UTM 170	425 PLN	495 PLN	545 PLN
UTM 105	330 PLN	405 PLN	465 PLN
UTM 64	265 PLN	335 PLN	385 PLN
UTM 45–BARTEK CZAJKOWSKI MEMORIAL	240 PLN	275 PLN including 15 PLN for thing <b>NAGLE SAMI</b> <b>Foundation</b>	325 PLN including PLN 30 for the sake of <b>NAGLE SAMI</b> <b>Foundation</b>
UTM 16	100 PLN	125 PLN	150 PLN

- At least PLN 5 from each entry fee will be donated by the Organizer to a charity - "Man is brother to animal" campaign.
- Honorary Blood Donors are entitled to a 10% discount on the entry fee. The discount is granted based on the Honorary Blood Donor ID, provided that no more than one year has passed 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 collecting your race number. To take advantage of the discount, please contact us by email before paying: [fundacja@utm.run](mailto:fundacja@utm.run).
- People with disabilities who possess a valid disability certificate are entitled to a 25% discount on the entry fee. The certificate must be presented at the race office when collecting your bib. To take advantage of this discount, please contact us by email before paying: [fundacja@utm.run](mailto:fundacja@utm.run).
- In the event of resignation from participation in the race, until March 31, 2026, a refund of 80% of the entry fee paid is possible to the participant's account upon his/her request sent by e-mail (together with confirmation of payment and the bank account number for refund) to the e-mail address: [fundacja@utm.run](mailto:fundacja@utm.run).
- The organizer allows the entry fee to be transferred to another competition. Changes are possible up to 30 days before the competition date. Applications for entry fee transfers must be submitted via email: [fundacja@utm.run](mailto:fundacja@utm.run).
- As part of the entry fee, the Organizer provides competitors with, among others, participation in the race, time measurement, a commemorative starting number, medical support, clear route marking, a deposit (in the race office), nutritional/hydration points along the route, a regenerative meal after the race and a commemorative medal (for competitors who

finished the race), gifts at the finish line (so-called finisher), entry ticket to the Gorce National Park (for participants of the races whose routes lead through the Gorce National Park).

10. The Organizer does not refund the entry fee to people who did not finish the competition, were disqualified or did not take part in the competition.
11. The organizer does not provide for the possibility of transferring starting packages between competitors.
12. The organizer has the right not to accept an application to participate in the competition.

## V PACKAGING, MANDATORY AND ADDITIONAL EQUIPMENT

1. During the competition, each competitor must carry mandatory equipment. All participants' equipment may be inspected at the race office, before entering the start area, at checkpoints, on the course, and at the finish line. Mandatory equipment is the minimum necessary, and each participant must supplement it according to their needs.
2. Drop bags (your belongings that we will transport to the race course) should be left at the race office. The organizer will provide plastic bags for drop bags. The maximum weight of each drop bag is 5 kg. Drop bags cannot contain valuables, glass containers, or beverage cans.

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

1. identity card;
2. NRC foil, at least 140 x 200 cm;
3. two headlamps;
4. two sets of batteries for headlamps (not applicable to USB headlamps),
5. personal cup;
6. at least a two-liter water bladder or bottles;
7. elastic bandage, sterile dressing;
8. power bank;
9. charged phone;
10. raincoat with hood;
11. starting number with a map placed on it, 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 you to track the route.**

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

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

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### 5. Mandatory equipment – UTM 45– **BARTEK CZAJKOWSKI MEMORIAL**

1. identity card;
2. NRC foil, at least 140 x 200 cm;
3. personal cup;
4. at least a 1-liter water bladder or bottles;
5. elastic bandage, sterile dressing;
6. charged phone;

7. raincoat;
  8. starting number;
  9. running backpack or vest;
  10. hat or scarf.
6. Mandatory equipment – UTM 16
1. identity card;
  2. NRC foil, at least 140 x 200 cm;
  3. personal cup;
  4. starting number;
7. Recommended Equipment – ALL DISTANCES
1. trekking poles (telescopic or one-piece);
  2. money (to cover unexpected expenses);
  3. food supply.
8. Participants are required to independently assess the mountain conditions and react appropriately in the event of deteriorating weather. The race will take place regardless of weather conditions. However, in the event of natural disasters or other extreme situations that threaten the safety of competitors, the Organizer reserves the right to shorten the route, change the start time, interrupt, or cancel the race. In such cases, the Organizer reserves the right to forfeit the entry fee.

## VI CONDITIONS OF PARTICIPATION

1. Each participant must be fully aware of the length and specifics of the race, including the fact that their safety depends on the ability to anticipate or overcome challenges related to mountain weather conditions, isolation, severe fatigue, and muscle and joint pain. The participant must be alone and self-sufficient between the two checkpoints and the refreshment/hydration points, and should be adequately prepared for the race.
2. Third party assistance is permitted only at nutrition/hydration points (excluding the ŁĘTOWE point) under the following conditions:
  - a. Does not cause any difficulties in using the checkpoint or nutrition/hydration point for other competitors.
  - b. It is carried out no further than 50 meters from the control and nutrient/irrigation point.
  - c. The nutrition point equipment is used only by the competitor, no third parties (helpers) use it – this also applies to the preparation/serving of meals and drinks.
  - d. Waste generated by third parties (helpers) is collected by them.
  - e. The competitor is responsible for any breach of the rules set out in these Regulations by third parties (helpers).
3. **Anyone who meets the following conditions may take part in the race::**
  - is of legal age (turns 18 years old on the start date at the latest);
  - registers for the selected race using the registration form and pays the entry fee within the time specified in point IV of the Regulations;
  - declares that he or she is fit to participate in the race and has no health contraindications, and acknowledges that participation involves physical exertion and carries a natural risk of accident, bodily injury (including death), as well as property damage and loss. The Organizer recommends that participants undergo preventive medical examinations to confirm that there are no contraindications to participating in the race;
  - declares that he/she is taking part in the race at his/her own risk;
  - declares that he/she is familiar with the Competition Rules;
  - will collect the starting number at the race office;
  - will show up at the start on the date specified in point II of the Regulations.
4. Throughout the entire race, participants must only run along the route designated by the Organizer. The starting number must be worn on the chest or stomach and must be visible at all times during the race.

5. **The obligation to take out accident insurance is the responsibility of the race participants.** The Organizer is insured for civil liability. The Organizer does not provide any life, health, or liability insurance in the event of illness, accident, injury, death, or any loss or damage that may occur in connection with attendance and/or participation in the competition.
6. The Organizer reserves the right to allow medical and paramedical personnel acting on behalf of the Organizer to provide first aid or perform other medical procedures, including transporting an injured participant to a safe place.
7. The State Forests National Forest Holding is not responsible for any accidents that may occur during the event.

## VII GOING OFF THE ROUTE

1. Except in the event of an injury, a participant should (if necessary) withdraw from the race at the checkpoint and nutrition/hydration point (or reach the asphalt road) and immediately inform the Organizer by phone.
2. People who do not report their departure from the route may be charged with the costs of unjustified action exploration.
3. The organizer will provide transport depending on logistical possibilities and weather conditions. (car) near the starting zone for competitors who decide not to participate at the checkpoints.
4. The organizer does not guarantee transportation to competitors who withdraw from participation outside the indicated points: Kasina Wielka, Obidowa and Rabka-Zdrój (near DK28).

## VIII PENALTIES

1. For violating any of the Regulations, the Organizer may impose the following penalties on a competitor: a warning, a penalty of not being allowed to run, a 10-minute penalty to the net final time, a 30-minute penalty to the net final time, or disqualification. The imposed penalty of adding minutes to the net final time is cumulative.
2. In the absence of mandatory equipment:
  - a. At the start: The organizer may impose a penalty of not allowing the participant to start the race.
  - b. At any point on the course or at the finish line: The Organizer may impose a penalty of 10 or 30 minutes to the net final time for each missing item of compulsory equipment or a disqualification penalty for missing four or more items of compulsory equipment.
3. In the event of a breach of the rules specified in Annex 1 to these Regulations, the Eco & Fair Play RULES may impose penalties on the competitor: a warning, a penalty of not being allowed to run, a penalty of disqualification, i.e.:
  - a. In the event of a violation of the personal dignity of another person (a competitor, volunteer, representative of the Organizer, spectator) by a competitor or persons providing permitted support to a competitor, the Organizer has the right to impose a warning penalty on the first incident and disqualification of the competitor on the second or subsequent incident.
  - b. The penalty of not being allowed to run may be imposed in the event of a violation of the personal dignity of another person (competitor, volunteer, representative of the Organizer, spectator) by the competitor or persons providing permitted support to the competitor before the start of the competition (including in the competition office, in the mandatory equipment control zone, in the start zone).
4. Information about imposed penalties, including addition of minutes to the final time and disqualifications, may be published on the Organizer's website [ultratrailmalopolska.pl](http://ultratrailmalopolska.pl) and on the official website [fb.com/UltraTrailMalopolska](https://fb.com/UltraTrailMalopolska)

## IX CLASSIFICATION AND RESULTS

1. Competitors must visit each checkpoint and provide their number (as well as other data provided for processing) for verification. Additionally, the Organizer will provide rolling checkpoints, at which competitors will also be required to provide their starting number. Competitors will only be classified if they pass all checkpoints.
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 awarding of winners will be published on the website [ultratrailmalopolska.pl](http://ultratrailmalopolska.pl) or on the official website [fb.com/UltraTrailMalopolska](https://fb.com/UltraTrailMalopolska) no later than 7 days after the end of the competition.

## X PERSONAL DATA PROCESSING

1. The administrator of personal data is Fundacja 4 Alternatywy with its registered office in Krakow;
2. In all matters related to the processing of personal data and in order to exercise their rights, the person, the data subject may contact the Administrator at the following e-mail address: [fundacja@utm.run](mailto:fundacja@utm.run) ;
3. Personal data will be processed for the purpose of organizing and promoting events organized by the Administrator, based on consent and legally justified interest in promoting events organized by the Administrator.
4. The data processing referred to also includes the publication of: name, surname, town, club and citizenship as well as date of birth and gender on the website: [utm.run](http://utm.run), the official competition profile on Facebook: [fb.com/UltraTrailMalopolska](https://fb.com/UltraTrailMalopolska) and via the websites: [i-tra.org](http://i-tra.org), [duv.org](http://duv.org), [e-gepard.eu](http://e-gepard.eu).

5. Personal data will be stored indefinitely;
6. Data subjects have the right to request access to their data and the right to request rectification, erasure, or restriction of processing. They may also exercise the right to object to data processing and the right to data portability;
7. The data subject may exercise the right to withdraw consent. Withdrawal of consent will not affect compliance with the law of processing based on consent before its withdrawal;
8. In connection with the processing of personal data, the data subject has the right to lodge a complaint with the body supervising compliance with personal data protection regulations – the President of the Personal Data Protection Office;
9. Providing personal data is voluntary, but necessary to participate in the event.
10. The data subject consents to the Organizer's free use of their image, recorded in any form, for purposes related to the organization and promotion of the Organizer's events. This consent applies in particular to the use of the image by including photographs and videos in the Administrator's reports and promotional materials. The consent also covers the use of the captured images, including for publication, duplication, reproduction, broadcast, publication, broadcast, or transmission, provided that the reputation of the person consenting to the publication of the image is not harmed. The consent to the use of the image is not limited in time or territory.

## XI FINAL PROVISIONS

1. The Organizer reserves the right to interpret and amend these Regulations, and is obligated to notify race participants of any such changes. Such notices will be posted on the ultratrailmalopolska.pl website or the official fb.com/UltraTrailMalopolska website. Race participants are required to familiarize themselves with them.
2. During the race, participants should follow the instructions given by persons responsible for safety, security services and other persons designated by the Organizer.
3. On public roads, race participants must obey traffic rules. In particular

Articles 11-14 of the Road Traffic Act:

*"The movement of pedestrians and people moving using a movement assisting device*

**Article 11.1.** *Pedestrians are obliged to use the sidewalk or footpath, and in their absence, the shoulder. If there is no shoulder or it is temporarily unusable, pedestrians may use the roadway, provided they occupy a space as close to the edge as possible and give way to oncoming vehicles.*

*2. A pedestrian walking on the roadside or roadway is obliged to walk on the left side of the road.*

*3. Pedestrians walking on the roadway are required to walk one behind the other. On a road with little traffic and in good visibility conditions, two pedestrians may walk side by side.*

*4. Pedestrians are permitted to use a cycle track only if there is no sidewalk or shoulder available, or if they are inappropriate. Pedestrians, with the exception of disabled persons, are required to yield to anyone using a mobility aid, a bicycle, electric scooter, or other personal transport device.*

*4a. A pedestrian moving on a road after dark outside a built-up area is obliged to use reflective elements in a manner visible to other road users, unless he or she is moving on a road designated for only for pedestrians or on the sidewalk.*

*5. The provisions of paragraphs 1–4a do not apply in residential areas. In this area, pedestrians use the full width of the road and have priority over vehicles and persons using a mobility aid.*

**Article 12.1.** *A column of pedestrians, with the exception of pedestrians under 10 years of age, may only move on the right side of the road.*

*2. The provisions of Article 11, paragraphs 1 and 2 shall apply accordingly to a column of pedestrians under 10 years of age.*

*3. The number of pedestrians walking on the road in a column next to each other cannot exceed 4, and in a military column – 6, provided*

*provided that the column does not occupy more than half the width of the road.*

*4. Pedestrians under 10 years of age may only walk in columns of two under the supervision of at least one adult.*

*5. The length of a pedestrian column cannot exceed 50 m. The distance between columns cannot be less than 100 m.*

*6. If the march of a column of pedestrians takes place in conditions of insufficient visibility:*

*1) the first and last person walking from the left are obliged to carry flashlights:*

*a) first – with white light directed forward,*

*b) the last one – with red light directed towards the rear;*

*2) in a column longer than 20 m, those walking on the left side in front and behind are obliged to use reflective elements that meet the relevant technical conditions, and in addition, those walking on the left side are obliged to carry additional flashlights with white light, placed in such a way that the distance between them does not exceed 10 m;*

*3) The light from the flashlights should be visible from a distance of at least 150 m.*

*7. It is prohibited to:*

*1) movement of a column of pedestrians on the road during fog; this prohibition does not apply to a military or police column;*

- 2) movement of a column of pedestrians under 10 years of age on the road in conditions of insufficient visibility;
- 3) leading a column of pedestrians on the road by a person under 18 years of age.

**Article 13.1.** A pedestrian entering or crossing a road or track is obliged to exercise particular caution and, subject to paragraphs 2 and 3, use a pedestrian crossing.

1a. A pedestrian on a pedestrian crossing has priority over a vehicle. A pedestrian entering a pedestrian crossing has priority over a vehicle, with the exception of trams.

2. Crossing the road outside a pedestrian crossing is permitted when the distance from the crossing exceeds 100 metres. m. However, if the intersection is less than 100 m from a designated crossing, crossing is also permitted at that intersection.

3. Crossing the roadway outside the pedestrian crossing referred to in paragraph 2 is permitted only if it does not pose a threat to road safety or obstruct vehicular traffic. Pedestrians are required to yield to vehicles and take the shortest route to the opposite edge of the roadway, perpendicular to the roadway centerline.

4. If there is an overpass or underpass for pedestrians on the road, pedestrians are obliged to use it, subject to paragraphs 2 and 3.

5. In a built-up area, on a dual carriageway or on a road where trams run on tracks separated from the roadway, pedestrians crossing the road or tracks are obliged to use only pedestrian crossings.

6. Crossing the tracks separated from the roadway is only permitted in places designated for this purpose.

7. If a passenger island at a public transport stop connects to a pedestrian crossing, crossing to and from the stop is only permitted via that crossing.

8. If a pedestrian crossing is designated on a dual carriageway, the crossing on each carriageway is considered a separate crossing. This provision applies accordingly to a pedestrian crossing where traffic is separated by an island or other roadway devices.

**Article 14.** It is prohibited to:

1) entering the road:

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

b) from behind a vehicle or other obstacle limiting the view of the road;

2) crossing the road in a place with limited visibility of the road;

3) slowing down or stopping without justifiable need when crossing the road or track;

4) running across the road;

5) walking on the tracks;

6) entering the track when the barriers or half-barriers are lowered or have started to be lowered;

7) crossing the road at a place where a safety device or obstacle separates the pedestrian path or pavement from the road, regardless of the side of the road on which it is located;

8) using a telephone or other electronic device while entering or crossing the road or tracks, including when entering or crossing a pedestrian crossing – in a way that leads to limited ability to observe the situation on the road, tracks or pedestrian crossing.”

4. All race participants should exercise extreme caution when moving along the race route.

5. The Organizer, all associates, and anyone involved in the running and organization of the races are not liable to participants for personal injury, property damage, or financial loss that occurs before, during, or after the races. Participants are civilly and legally responsible for all damages they cause. By accepting this declaration, participants waive the right to seek legal redress or recourse from the Organizer or associates in the event of an accident or damage related to the races. Participants acknowledge that in the event of an accident, they may not make any claims against the Organizer.

6. The organizer is not responsible for items left unattended or for valuables left in the depository.

located in the race office and repacks. Deposits are available to race participants before, during, and

and one hour after the end of each race. Deposits and repacks can be sent to the participant after the end of the competition. The flat-rate shipping cost within Poland is PLN 35. In the event of loss of a repack or deposit during the competition or by a courier company/Polish Post, the Organizer is liable for up to PLN 100 in total. Items in deposit bags and repacks not collected within 14 days of the end of the competition will be used for the Organizer's statutory purposes.

7. The organizer does not provide accommodation.

8. The document has been prepared in two language versions, Polish and English. In the event of any discrepancies, the Polish version shall prevail.

### Eco & Fair Play Rules

1. Each participant is required to adhere to the principles outlined in the Eco & Fair Play Principles. Raising public awareness of environmental protection and taking responsibility for it are the guiding principles of the competition.
2. The race routes run through the areas of the following forest districts: Myślenice Forest District, Limanowa Forest District, Nowy Targ Forest District, Krościenko Forest District, as well as through the area of the Gorce National Park.
3. Participants in races whose routes lead through the Gorce National Park, i.e. UTM 240 and UTM 170, are obliged to comply with [Regulations of the Gorce National Park](#).
4. Each participant in the race, through their attitude, protects the natural environment, takes care of the maintenance of the landscape and the ecosystem, being aware that humans, like every living organism, are part of the natural environment and subject to its laws.
5. Competition participants are obliged to:
  - a) Dispose of trash, including used hygiene products, only at checkpoints. The organizer will provide trash bags for participants. Violation of the strict ban on leaving trash along the course will result in disqualification;
  - b) use your own reusable cup while running. This eliminates the need for cups disposable;
  - c) be guided by the principle of respect for oneself, other participants and the natural environment;
  - d) be guided by the principle of solidarity over competition, providing help to those in need;
  - e) keep silence in the forest,
  - f) follow the rules of Fair Play, do not cheat by leaving the designated trail and shortening the route.
6. Each competitor must complete the race on their own, no aids are allowed, except for poles. trekking.
7. Organized assistance from third parties on the route is prohibited. Assistance from third parties at points is permitted. nutritional benefits on the terms specified in the Regulations.

Appendix No. 2 to the Regulations

<b>ULTRA-TRAIL® MAŁOPOLSKA</b>		<b>STARTING NUMBER</b>
<b>NAME</b>	<b>LAST NAME</b>	

PLEASE COMPLETE LEGIBLY IN CAPITAL LETTERS!

- I declare I am of legal age, capable of participating in the event, and have no health contraindications. I also acknowledge that participation in the event involves physical exertion and carries a natural risk of accident, bodily injury (including death), as well as property damage and loss. I declare that I am participating in the event at my own risk. I declare that I am familiar with the event Regulations and accept their content. I declare that, to the best of my knowledge, in the last 14 days preceding the submission of this declaration: a) I am not infected with the COVID-19 virus; b) I am not in quarantine or under epidemiological supervision. If I experience symptoms of COVID-19 infection within 14 days of my participation in the event, I undertake to immediately inform the locally competent sanitary and epidemiological services, as well as the Organizer, by email: [fundacja@utm.runand](mailto:fundacja@utm.runand) and take the necessary steps according to the GIS instructions <https://www.gov.pl/web/koronawirus>.
- I consent to the use of the personal data provided for the purposes of the registration process, list presentation and event conduct, for the purposes of the organisation and promotion of events by the Organizer: 4 Alternatywy Foundation, with its registered office in Kraków, in accordance with Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 on the protection of natural persons with regard to the processing of personal data and on the free movement of such data, and repealing Directive 95/46/EC (GDPR). I consent to the use of my image in the Organizer's informational and promotional materials. I consent to the Organizer's free use of my image, recorded in any form, for purposes related to the organization and promotion of the Organizer's events. This consent applies in particular to the use of my image by including photographs and videos in the Organizer's reports and promotional materials. This consent also covers the use of the captured images, in particular for public disclosure, duplication, reproduction, broadcast, publication, broadcast, or transmission, provided that the reputation of the person consenting to the publication of the image is not harmed. This consent to the use of 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 Alternatywy Foundation, included in the event regulations.

Date	I confirm the statements of 1 (signature)	I consent 2 (signature)