

STATUTE
WINTER TRAIL LESSER POLAND 2026
12-13.12.2026
/version 16/07/2026/



AND GOAL:

- promotion of the natural values of Małopolska in Poland and worldwide;
- promotion of the tourist attractions of the City of Mszana Dolna and the Commune of Mszana Dolna;
- 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:

Hala Foundation

NIP: 6783182427, REGON: 384808581

KRS 0000812308

tel. 600 053 939 e-mail: fundacja@utm.run The race director is Paweł Derlatka.

Co-organizer:

4 Alternatives Foundation

NIP: 6783156051, REGON: 362343691

KRS: 0000572408



III RACE OFFICE, DATE, LOCATION, RACE ROUTES:

Mini competition office:

- Location: start, finish: Municipal Stadium in Mszana Dolna, Spadochroniarzy Street, 34-650 Mszana Dolna, [MAP](#);
- Race office and deposit: **Municipal Cultural Center in Mszana Dolna, ul. Spadochroniarzy 10, [MAP](#), open one hour before the start of a given distance.**
- **Organization of the competition office:** 1. Mandatory equipment inspection. 2. Issuing the starting number based on the completed competitor card, which is an annex to these Regulations. 3. Issuing the tracker (applies to WTM 140, WTM 105 and WTM 64). 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:

Intermediate time limits are counted until the competitor leaves the VEGEREGE point.

1. WTM 140

- distance: about 145 km;
- elevation gain: approximately 8050 m +/- 8050 m -;

- **6 ITRA points, 6 UTMB points**
- participant limit: 50 people;
- time limit: 35 hours;
- start: 12/12/2026 (Saturday), 1:00 a.m.

There are 7 vegetarian points VEGEREGE POINTS planned:

1. Dobra - approx. 20 km;
2. Kasina Wielka - approx. 44 km;
3. Pod Szczeblem - approx. 66 km; TIME LIMIT: 16 h - counted from the start to the time of leaving the checkpoint
4. Rabka Zaryte – DROP BAG, TIME LIMIT: 19 h – counted from the start to the time of leaving the checkpoint, approx. 77 km;
5. Obidowa – approx. 92 km;
6. Obidowa – approx. 108 km;
7. Rabka Zaryte – DROP BAG, TIME LIMIT: 32 h – counted from the start to the time of leaving the checkpoint, approx. 121 km.

2. WTM 105

- distance: approximately 109 km;
- elevation gain: approximately 5720 m +/- 5720 m -;
- **5 ITRA points, 5 UTMB points**
- participant limit: 50 people;
- time limit: 30 hours;
- start: 12/12/2026 (Saturday), 8:00 a.m.

There will be 6 vegetarian points VEGEREGE POINTS:

1. Kasina Wielka, approx. 11 km.
2. Pod Szczeblem, TIME LIMIT 9 h – counted from the start to the time of leaving the checkpoint, approx. 33 km.
3. Rabka Zaryte, DROP BAG, TIME LIMIT 13 h – counted from the start to the time of leaving the checkpoint, approx. 44 km.
4. Obidowa, approx. 58 km.
5. Obidowa, approx. 74 km.
6. Rabka Zaryte, DROP BAG, TIME LIMIT 25 h – counted from the start to the time of leaving the checkpoint, approx. 86 km.

3. WTM 64

- distance: approximately 67 km;
- elevation gain: approximately 4030 m +/- 4030 m -;
- **3 ITRA points, 3 UTMB points;**
- participant limit: 100 people;
- time limit: 19 hours;
- start: 12/12/2026 (Saturday), 8:00 AM

There will be 3 vegetarian VEGEREGE POINTS:

1. Kasina Wielka, approx. 11 km.
2. Pod Szczeblem, TIME LIMIT 9 h – counted from the start to the time of leaving the checkpoint, approx. 33 km.
3. Rabka Zaryte, TIME LIMIT 12 h – counted from the start to the time of leaving the checkpoint, approx. 44 km.

4. WTM 45

- distance: approximately 51.5 km;
- elevation gain: approximately 2750 m +/- 2750 m-;
- **3 ITRA points, 3 UTMB points;**
- participant limit: 100 people;
- time limit: 12 hours;
- **start: 12/12/2026 (Saturday), 8:00 a.m.**

There will be 2 vegetarian VEGEREGE POINTS:

1. Kasina Wielka, approx. 11 km;
2. Pod Szczeblem, TIME LIMIT 9 h – counted from the start to the time of leaving the checkpoint, approx. 33 km.

5. WTM 16

- distance: about 13 km;
- elevation gain: approximately 875 m +/- 875 m-;
- participant limit: 50 people;
- time limit: 4 hours;
- **start: 12/12/2026 (Saturday), 10:00 a.m.**

There will be 2 vegetarian VEGEREGE POINTS:

1. Mszana Dolna, approx. 4 km;
2. Mszana Dolna, approx. 9 km.

IV. APPLICATIONS

1. Applications will be accepted until December 7, 2026 or until the registration deadline – the limit of participants is reached (the date of receipt of the entry fee is decisive).
2. An entry is considered valid if the entry form is correctly completed on the website <https://www.e-gepard.eu/> and payment is made there or the entry fee is transferred to the Organizer's account. Payment is due within 3 days of submitting the entry form, but no later than December 7, 2026. After 3 days, the Organizer reserves the right to remove an unpaid entry from the entry list.

Transfer details:

Hala Foundation

Bank: BNP Paribas SA

Account number: 81 1600 1462 1882 4987 2000 0004

IBAN: PL81160014621882498720000004

SWIFT/BIC: PPABPLPK

Payment title: name of the selected race, name and surname, date of birth, e.g. WTM 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:

	- 31/07/2026	01/08/2026 - 30/09/2026	01/10/2026 - 07/12/2026
WTM 140	380 PLN	455 PLN	505 PLN
WTM 105	330 PLN	405 PLN	470 PLN
WTM 64	260 PLN	335 PLN	385 PLN
WTM 45	230 PLN	270 PLN	320 PLN
WTM 16	120 PLN	140 PLN	190 PLN

4. At least PLN 5 from each entry fee will be donated by the Organizer to a charity - the "Man is a brother to an animal" campaign.
5. 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 the race number. The discount is available directly in the registration system.
6. 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.
7. In the event of withdrawal from participation in the race, until September 30, 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.
8. As part of the entry fee, the Organizer provides competitors with, among other things, participation in the race, timekeeping, a commemorative starting number, medical coverage, clear route markings, a deposit, nutritional/hydration points along the route, a post-race recovery meal and a commemorative medal (for competitors who finish the race), and gifts at the finish line (so-called finisher).
9. The Organizer does not refund the entry fee to persons who did not finish the competition, were disqualified or did not take part in the competition.
10. The organizer does not provide for the possibility of transferring entry fees between competitors.
11. The organizer allows the entry fee to be transferred to another event. Changes are possible up to 30 days before the event date. Applications for a fee transfer must be sent to fundacja@utm.run.
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 repack is 5 kg. Drop bags cannot contain valuables, glass containers, or beverage cans.

3. Mandatory equipment – WTM 140, WTM 105 and WTM 64

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

4. Mandatory equipment – WTM 45:

- 1) identity card,
- 2) NRC foil, at least 140 x 200 cm;
- 3) headlamp;
- 4) personal cup;
- 5) gloves;
- 6) at least a 1-liter water bladder or bottles;
- 7) elastic bandage, sterile dressing;
- 8) charged phone;
- 9) jacket;
- 10) starting number;
- 11) running backpack or running belt or vest;
- 12) hat;

5. Mandatory equipment – WTM 16:

- 1) identity card,
- 2) NRC foil, at least 140 x 200 cm;
- 3) personal cup;
- 4) gloves;
- 5) at least a 1-liter water bladder or bottles;
- 6) elastic bandage, sterile dressing;
- 7) charged phone;
- 8) jacket;
- 9) starting number;
- 10) running backpack or running belt or vest;

- 11) hat;

6. Recommended equipment – all distances

- 1) trekking poles (telescopic or one-piece);
 - 2) money (to cover unexpected expenses);
 - 3) GPS;
 - 4) food supply;
 - 5) anti-slip shoe covers, crampons.
7. 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 checkpoints and nutrition/hydration points 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:
 - a. is of legal age (turns 18 years old on the start date at the latest);
 - b. registers for the selected race using the registration form and pays the entry fee within the time specified in point IV of the Regulations;
 - c. 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;
 - d. declares that he/she is taking part in the race at his/her own risk;
 - e. declares that he/she is familiar with the Competition Rules;
 - f. will collect the starting number at the race office;
 - g. 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 against civil liability. The organizer does not provide any life, health, or civil 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 event. The State Forests National Forest Holding is not responsible for the consequences of any accidents that may occur during the event.
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.

VII. LEAVING THE ROUTE

1. Except in the event of an injury, the 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 at the number indicated on the start number.
2. Persons who fail to report their departure from the route may be charged for the costs of an unjustified search operation.
3. The Organizer, depending on logistical possibilities and weather conditions, will provide transport (by car) to the start zone for competitors who decide not to participate at the checkpoints.
4. The organizer does not guarantee transport to competitors who withdraw from participation outside the indicated points: Przełęcz Jaworzyce, 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 <https://utm.run> and on the official website 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. Classification will be conducted separately for women and men according to net time.
3. Information on the classification and awarding of winners will be published on the website <https://utm.run> or on the official website fb.com/UltraTrailMalopolska no later than 7 days after the end of the competition.

X. PROCESSING OF PERSONAL DATA

1. Personal data administrator: Hala Foundation, NIP: 6783182427, REGON: 384808581, KRS 0000812308
2. Legal basis for processing: Article 6 paragraph 1 letter a GDPR - participant's consent, Article 6 paragraph 1 letter b GDPR - performance of the participation agreement, Article 6 paragraph 1 letter f GDPR - legitimate interest (security, organization)
3. Processing purposes
 - organization and conduct of the competition
 - classification of participants and publication of results
 - contact for matters related to competitions

- ensuring the safety of participants
 - promotion of future events (only with consent)
 - compliance with legal obligations
4. Categories of processed data
 - identification data (name, surname, age)
 - contact details (address, telephone number, e-mail)
 - sports results and times
 - health data (to the extent necessary for security)
 5. Data recipients
 - time recording and measurement system
 - medical and emergency services
 - companies handling electronic payments
 - public authorities (upon request)
 6. Storage period
 - competition implementation: up to 12 months after the competition
 - pursuing claims: in accordance with the provisions of the Civil Code
 - promotional purposes: until consent is withdrawn
 - sports purposes: until consent is withdrawn
 - legal obligations: in accordance with legal provisions
 7. Participant rights

The participant has the right to:

- access to your data
 - rectification of incorrect data
 - deletion of data (right to be forgotten)
 - processing restrictions
 - data transfer
 - object to processing
 - withdraw consent at any time
 - filing a complaint with the President of the Personal Data Protection Office
8. Contact regarding personal data: fundacja@utm.run

XI. USE OF IMAGE

1. The organizer informs that the competition will be documented photographically and videotaped. Consent to the use of image is provided voluntarily and is not a condition of participation in the competition.
2. A Participant who voluntarily consents to the free use of his or her image by the Organizer for purposes related to:
 - documentation of competitions
 - promotion of future sporting events organized by the Organizer
 - materials for media and sponsors
 - publications on social media
3. Forms of use

Consent includes the right to:

- photographing and filming during competitions
 - publication of photos and videos in traditional and electronic media
 - use in the Organizer's promotional materials
 - publications on the Organizer's websites and social media
 - providing materials to partners and sponsors of the competition solely for promotional purposes
4. Duration and withdrawal of consent
- Consent is granted for a period of 10 years from the date of the competition, however, the passage of time does not lead to the removal of images already disseminated
 - The Participant has the right to withdraw consent at any time by notifying the Organizer in writing.
 - Withdrawal of consent only applies to the future - it does not affect materials already published in accordance with the law.
5. Image contact: fundacja@utm.run

XII 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 website <https://utm.run> or the official fb.com/UltraTrailMalopolskaa. 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 road traffic regulations. In particular, Articles 11-14 of the Road Traffic Act:

"Pedestrian traffic and people moving using a movement assist 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. *Pedestrians walking on the road after dusk outside built-up areas are obliged to use reflective elements in a manner visible to other road users, unless they are walking on a road intended exclusively for pedestrians or on a 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 may not exceed 4, and in a military column – 6, 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 may not exceed 50 m. The distance between columns may not 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) the first – with a white light directed forward,*
 - b) *last – 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 m.

m. However, if the intersection is located 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. Art. 14. It is prohibited to: 1) enter the roadway:

- a) directly in front of a moving vehicle, including on a pedestrian crossing,
- b) from outside the vehicle or other obstacle limiting the visibility 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 a road or railway line;
- 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 a 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, nor for valuables left in the deposit bags located in the race office or in repacks. The deposit bags are available to race participants before, during, and one hour after the end of each race. Deposit bags and repacks can be returned to the participant after the race. The flat-rate shipping cost within Poland is PLN 30. If a repack or deposit bag is lost during the race or by a courier company or 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 race end will be used for the Organizer's statutory purposes.

7. The organizer does not provide accommodation.

Eco & Fair Play Rules

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.

1. The race routes run through the areas of three forest districts: Myślenice Forest District, Limanowa Forest District and Nowy Targ Forest District.
2. 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.
3. Competition participants are obliged to:
 - a) Dispose of garbage, including used hygiene products, only at checkpoints. Violation of the strict ban on leaving garbage along the race route will result in disqualification;
 - b) use your own reusable cup while running. This eliminates disposable cups;
 - 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, provide help to those in need; e) maintain silence in the forest,
 - f) follow the rules of Fair Play, do not cheat by leaving the designated trail and shortening the route.
4. Each competitor must complete the race on their own; no aids are permitted, except trekking poles.
5. Organized assistance from third parties along the route is prohibited. Assistance from third parties at aid stations is permitted, subject to the terms and conditions set forth in the Regulations.

Appendix No. 2 to the Regulations

WINTER TRAIL MAŁOPOLSKA		BIB NUMBER
NAME	LAST NAME	

PLEASE COMPLETE LEGIBLY IN CAPITAL LETTERS!

1. I declare I declare that 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, during the last 14 days preceding the submission of this declaration: a) I have not been infected with the COVID-19 virus; b) I am not in quarantine or under epidemiological supervision. If within 14 days of my participation in the event I develop symptoms of COVID-19 infection, I undertake to immediately inform the locally competent sanitary and epidemiological services, as well as the Organizer, at the email address: fundacja@utm.run and to take the necessary steps in accordance with the GIS instructions <https://www.gov.pl/web/koronawirus>.
2. I consent to the use of the personal data provided for 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: Hala 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 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. 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 Hala Foundation, included in the event regulations.

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