

REGULATIONS

ULTRA-TRAIL®
małopolska
/ver.: 6.02.2017/



I. AIM OF ULTRA-TRAIL® MAŁOPOLSKA:

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



II. ORGANISER AND MANAGEMENT OF THE RACE

Fundacja 4 Alternatywy

ul. Kisielewskiego 59

31-708 Kraków

POLAND

NIP: 6783156051, REGON: 362343691

KRS: 0000572408

Phone: +48 600 053 939

e-mail: fundacja4alternatywy@gmail.com

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



III. RACES OF ULTRA-TRAIL® MAŁOPOLSKA

- UTM 170 – ULTRA-TRAIL® MAŁOPOLSKA
- MTM 107 – MYŚLENICE-TURBACZ-MYŚLENICE
- MRM 64 – MYŚLENICE-RABKA-ZDRÓJ-MYŚLENICE
- MSM 48 – MYŚLENICE – SZCZEBEL - MYŚLENICE
- M 10 – Bartek Czajkowski Memorial

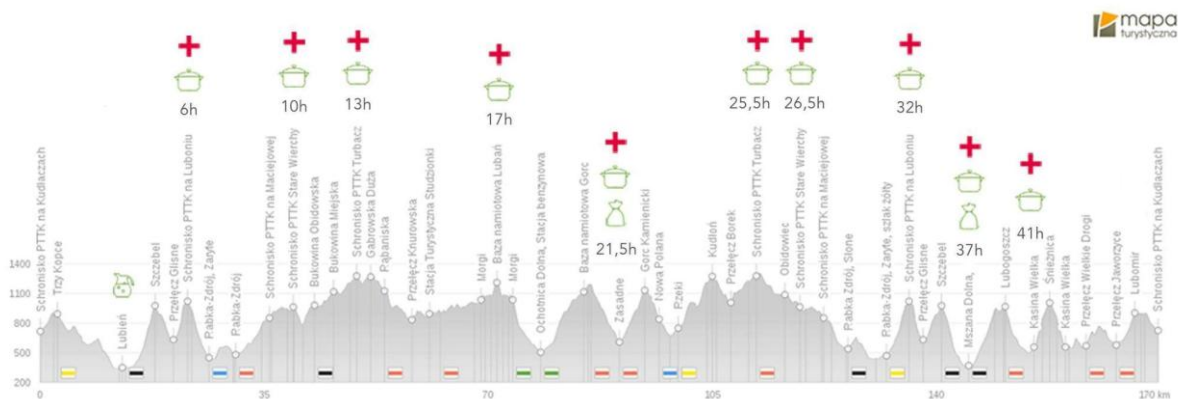
IV. GENERAL TERMS – CONCERNING ALL RACES

V. Eco & Fair Play Principles ULTRA-TRAIL® MAŁOPOLSKA

1.UTM 170 – ULTRA-TRAIL® MAŁOPOLSKA

DATE, PLACE, RACE ROUTE

- distance: **c.a. 170 km**;
- ascent/descent: **9 000 +/-**;
- limit of participants: **100 people**;
- time limit: **46 hours**; there are indirect limits measured from the start time to the leaving the control point time;
- **start point and finish point: Schronisko PTTK na Kudłaczach, 32-432 Pcim, Poland**;
- race office location and opening hours will be announced at a later date;
- information about the check in and check out time will be announced at a later date;
- **start: 19th of May 2017 (Friday) at 8 pm.**



Route reference on mapa-turystyczna.pl: [link](#)

International Trail Running Association: [link](#)

ITRA POINTS: 6 / Endurance points: 6 / Mountain level: 6 / Finisher criteria: 390

UTMB@ - list of qualifying races - [link](#)

Control points and nutritious / water points:

- **Lubień** – control and water point,
- Schronisko PTTK na **Luboniu Wielkim** – control and nutritious / water point, time limit: 6 h,
- Schronisko PTTK na **Starych Wierchach** – control and nutritious / water point, time limit: 10 h,
- Schronisko PTTK im. Władysława Orkana na **Turbaczu** – control and nutritious / water point, time limit: 13 h,
- Baza namiotowa **Lubań** – control and nutritious / water point, time limit: 17 h;
- **Zasadne** – control and nutritious / water point, **drop bag**, time limit: 21,5 h;
- Schronisko PTTK im. Władysława Orkana na **Turbaczu** – control and nutritious / water point, time limit: 26 h;
- Schronisko PTTK na **Starych Wierchach** – control and nutritious / water point, time limit: 27,5 h;
- Schronisko PTTK na **Luboniu Wielkim** – control and nutritious / water point, 32 h;
- **Mszana Dolna** – control and nutritious / water point, **drop bag**, time limit: 37 h;
- **Kasina Wielka** – medic, control and nutritious, time limit: 41 h.

REGISTRATION AND FEES:

Registrations will be accepted until 12 May 2017. or until the date when the limit of participants has been met (the date of receipt of the joining fee decides about the acceptance on the race). Only appropriately filled application form and completed payment will be accepted and recognised as a successful registration. The application form can be found on www.pucharbeskiduwyspowego.pl website. Payment should be completed between three to seven days from the date the application has been submitted. **Should there be no payment submitted within this timescale the Organisers have a right to remove the applicant from the registration list.**

Payment details:

Fundacja 4 Alternatywy
Kisielewskiego 59
31-708 Kraków
POLAND

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

IBAN: **PL13175000120000000030553608**

SWIFT/BIC: **RCBWPLPW**

Please ensure the following details are entered on the payment: name of the race, name and surname, Date of Birth, example: **UTM – 170, John Smith, 1.01.1980**

5 zł from every race registration fee will be donated to a charity (supporting homeless animals) – “Człowiek zwierzakowi bratem” initiative.

The registration fee depends on the time of registration and submission of the payment:

UTM 170:

until 28th February 2017: 200 zł

between 1st of March to 31th of March 2017: 260 zł

between 1 of April until 12th of May 2017: 320 zł

PLEASE NOTE

In order to participate in this race you MUST provide an evidence of the completion of at least 100 km long running race in 2016 (evidence should be submitted via email to the Organiser fundacja4alternatywy@gmail.com).

MANDATORY AND RECOMMENDED EQUIPMENT

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

MANDATORY EQUIPMENT:

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

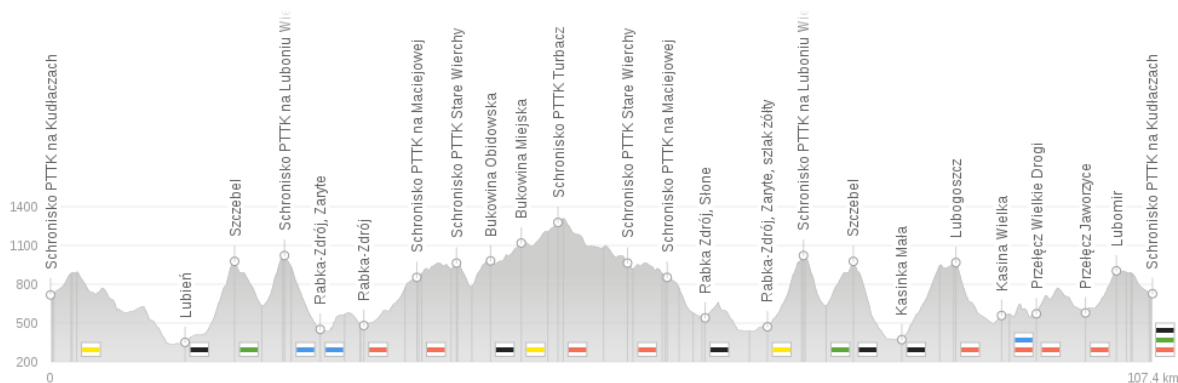
RECOMMENDED EQUIPMENT:

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

2.MTM 107 – MYŚLENICE-TURBACZ-MYŚLENICE

DATE, PLACE, RACE ROUTE

- distance: c.a. **107 km**;
- ascent/descent: **6 000 +/-**;
- limit of participants: **100 people**;
- time limit: **27 hours**; there indirect limits measured form the start time to the leaving the control point time;
- start point and finish point: **Schronisko PTTK na Kudłaczach, 32-432 Pcim, Poland**;
- race office location and opening hours will be announced at a later date;
- information on the check in and check out time will be announced at a later date;
- **start: 19th of May 2017 (Friday) at 9 pm.**



Route reference on mapa-turystyczna.pl: [link](#)

International Trail Running Association: [link](#)

ITRA POINTS: 5 / Endurance points: 5 / Mountain level: 6 / Finisher criteria: 370

UTMB@ - List of qualifying races - [link](#)

Control points and nutritious / water points:

- **Lubień** – control and water point,
- Schronisko PTTK na **Luboniu Wielkim** – control and nutritious / water point, time limit: 6 h,
- Schronisko PTTK na **Starych Wierchach** – control and nutritious / water point, time limit: 10 h,
- Schronisko PTTK im. Władysława Orkana na **Turbaczu** – control and nutritious / water point, time limit: 13h,
- Schronisko PTTK na **Starych Wierchach** – control and nutritious / water point, **drop bag**, time limit: 15 h,
- Schronisko PTTK na **Luboniu Wielkim** – control and nutritious / water point, time limit: 18,5 h,
- **Mszana Dolna** – control and nutritious / water point, **drop bag**, time limit: 21,5 h,
- **Kasina Wielka** – medic, control and nutritious / water point, time limit : 24 h

REGISTRATION AND FEES:

Registrations will be accepted until 12 May 2017. or until the date when the limit of participants has been met (the date of receipt of the joining fee decides about the acceptance on the race). Only appropriately filled application form and completed payment will be accepted and recognised as a successful registration. The application form can be found on www.pucharbeskiduwyspowego.pl website. Payment should be completed between three to seven days from the date the application has been submitted. **Should there be no payment submitted within this timescale the race Organisers have a right to remove the applicant from the registration list.**

Payment details:

Fundacja 4 Alternatywy
Kisielewskiego 59
31-708 Kraków
POLAND

Bank: Raiffeisen Bank Polska S.A.
IBAN: PL13175000120000000030553608
SWIFT/BIC: RCBWPLPW

Details to be provided on the transition: name of the race, name and surname, Date of Birth, example:
MTM 107, John Smith, 1.01.1980

5 zł from every race registration fee will be donated to charity (supporting homeless animals) – “Człowiek zwierzakowi bratem” initiative.

The registration fee depends on the time of registration and submission of the payment:

MTM 107 – Myślenice – Turbacz - Myślenice:

until 28th February 2017: 160 zł
between 1st of March to 31st of March 2017: 210 zł
between 1st of April until 12th of May 2017: 250 zł

MANDATORY AND RECOMMENDED EQUIPMENT

During the race each participant must have a mandatory equipment.

Equipment of all participants will be controlled at the registration office and will be selectively checked at the checkpoints and on the routes. Lack of the mandatory equipment will result in disqualification.

Obligatory equipment is considered a necessary minimum, each and every participant must ensure that the equipment meets their needs.

MANDATORY EQUIPMENT:

1. NRC film – at least 140 x 200 cm,
2. two headlamps,
3. two sets of battery for the headlamps,
4. personal cup,
5. a minimum of two-litter water bottles or the skin,
6. elastic bandage, sterile dressing,

7. power bank,
8. fully charged mobile phone,
9. hooded waterproof jacket,
10. supply of food,
11. start number provided by the Organiser,
12. garbage bag provided by the Organiser,
13. running-bag or vest,
14. hat/cap or shawl,
15. whistle,
16. accident insurance (NNW).

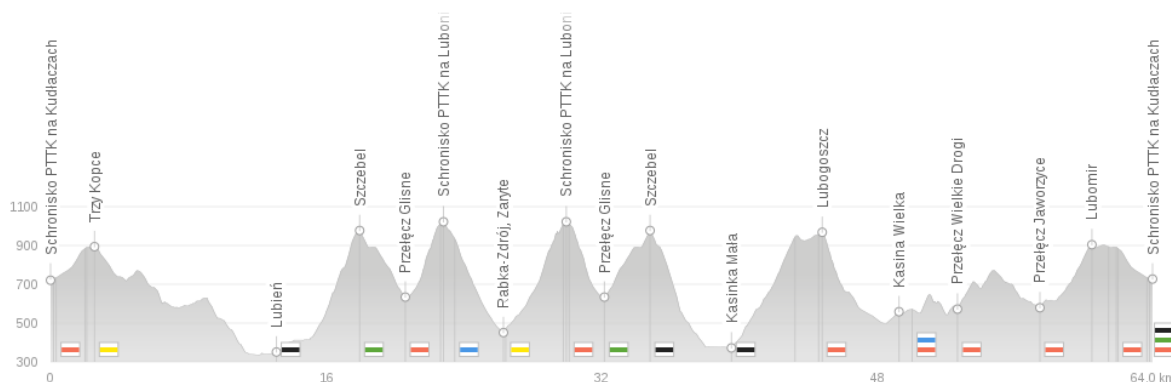
RECOMMENDED EQUIPMENT:

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

3.MRM 64 – MYŚLENICE-RABKA-ZDRÓJ-MYŚLENICE

DATE, PLACE, RACE ROUTE

- distance: c.a. 64 km;
- ascent/descent: 3 750 +/-;
- limit of participants: 200 people;
- time limit: 16 hours; there are no indirect limits;
- start point and finish point: **Schronisko PTTK na Kudłaczach, 32-432 Pcim, Poland;**
- race office location and opening hours will be announced at a later date;
- information on the check in and check out time will be announced at a later date;
- start: 20th of May 2017 (Saturday) at 3 am.



Odnośnik do trasy na stronie portalu mapa-turystyczna.pl: [link](#)

Odnośnik do trasy na stronie ITRA – International Trail Running Association: [link](#)

ITRA POINTS: 4 / Endurance points: 4 / Mountain level: 7 / Finisher criteria: 350

UTMB@ - List of qualifying races - [link](#)

Control points and nutritious / water points::

- **Lubień** – control and water point,
- Schronisko PTTK na **Luboniu Wielkim** – control and nutritious / water point,
- Schronisko PTTK na **Luboniu Wielkim** – control and nutritious / water point,
- **Mszana Dolna** – control and nutritious / water point, **drop bag**
- **Kasina Wielka** – medic, control and nutritious / water point.

REGISTRATION AND FEES:

Registrations will be accepted until 12 May 2017. or until the date when the limit of participants has been met (the date of receipt of the joining fee decides about the acceptance on the event). Only appropriately filled application form and completed payment will be accepted and recognised as a successful registration. The application form can be found on www.pucharbeskiduwypowego.pl website. Payment should be completed between three to seven days from the date the application has been submitted. **Should there be no payment submitted within this timescale the even Organisers have a right to remove the applicant from the registration list.**

Payment details:

Fundacja 4 Alternatywy
Kisielewskiego 59
31-708 Kraków
POLAND

Bank: Raiffeisen Bank Polska S.A.
IBAN: PL13175000120000000030553608
SWIFT/BIC: RCBWPLPW

Please ensure the following details are entered on the payment : name of the race, name and surname, Date of Birth, example: MRM 64, John Smith, 1.01.1980

5 zł from every race registration fee will be donated to charity (supporting homeless animals) – “Człowiek zwierzakowi bratem” initiative.

The registration fee depends on time of registration and submission of the payment:

MRM 64 – Myślenice – Rabka-Zdrój - Myślenice:

until 28th February 2017: 135 zł

between 1st of March to 31st of March 2017: 165 zł

between 1st of April until 12th of May 2017: 200 zł

MANDATORY AND RECOMMENDED EQUIPMENT

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

MANDATORY EQUIPMENT:

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

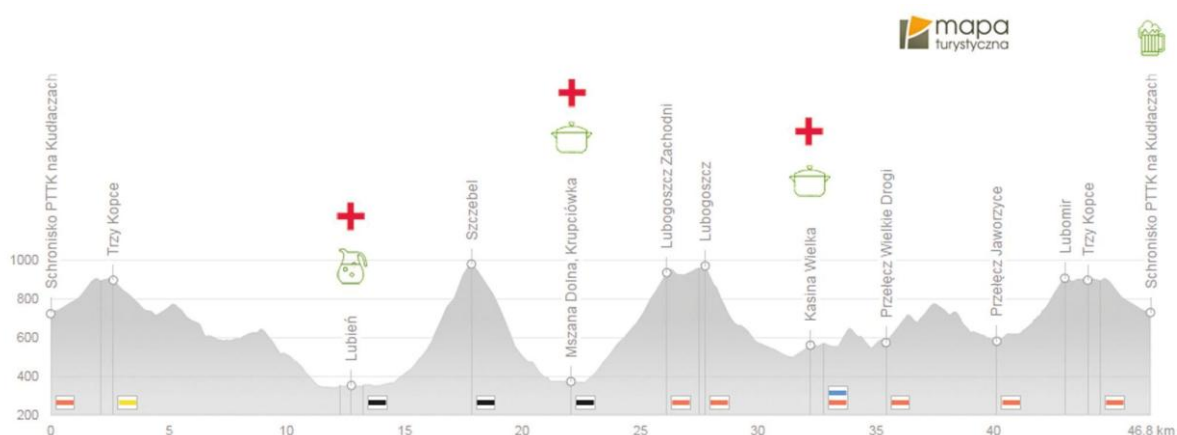
RECOMMENDED EQUIPMENT:

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

4. MSM 48 – MYŚLENICE – SZCZEBEL - MYŚLENICE

DATE, PLACE, RACE ROUTE

- distance: c.a. **48 km**;
- ascent/descent: **2 500 +/-**;
- limit of participants: **300 people**;
- time limit: **9 hours**; there are no indirect limits;
- start point and finish point: **Schronisko PTTK na Kudłaczach, 32-432 Pcim, Poland**;
- race office location and opening hours will be announced at a later date;
- information on the check in and check out time will be announced at a later date;
- start: **20th of May 2017 (Saturday) at 11 am**.



Route reference on mapa-turystyczna.pl [link](#)

International Trail Running Association: [link](#)

ITRA POINTS: 3 / Endurance points: 3 / Mountain level: 5 / Finisher criteria: 400

UTMB@ - List of qualifying races - [link](#)

Control points and nutritious / water points:

- Lubień – control and water point,
- Mszana Dolna – control and nutritious / water point,
- Kasina Wielka – medic, control and nutritious / water point.

REGISTRATION AND FEES:

Registrations will be accepted until 12 May 2017. or until the date when the limit of participants has been met (the date of receipt of the joining fee decides about the acceptance on the event). Only appropriately filled application form and completed payment will be accepted and recognised as successful registration. The application form can be found on www.pucharbeskiduwypowego.pl website. Payment should be completed between three to seven days from the date the application has been submitted. **Should there be no payment submitted within this timescale the even Organisers has a right to remove the applicant from the registration list.**

Payment details:

Fundacja 4 Alternatywy
Kisielewskiego 59
31-708 Kraków
POLAND

Bank: Raiffeisen Bank Polska S.A.
IBAN: PL13175000120000000030553608
SWIFT/BIC: RCBWPLPW

D Please ensure the following details are entered on the payment: name of the race, name and surname, Date of Birth, example: MSM 48, John Smith, 1.01.1980

5 zł from every race registration fee will be donated to charity (supporting homeless animals) – “Człowiek zwierzakowi bratem” initiative.

The registration fee depends on the time of registration and submission of the payment:**MSM 48 – Myślenice – Szczebel - Myślenice:**

until 28th February 2017: 125 zł

between 1st of March to 31st of March 2017: 150 zł

between 1st of April until 12th of May 2017: 180 zł

MANDATORY AND RECOMMENDED EQUIPMENT

During the race each participant must have a mandatory equipment.

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

MANDATORY EQUIPMENT

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

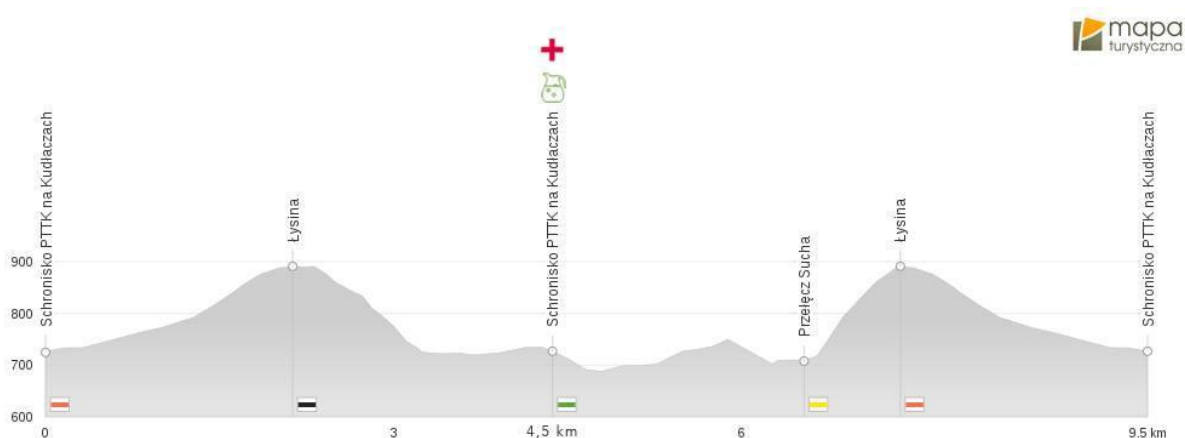
RECOMMENDED EQUIPMENT:

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

5.M 10 – Bartek Czajkowski Memorial

DATE, PLACE, RACE ROUTE

- distance: **10 km**;
- ascent/descent: **450 +/-**;
- limit of participants: **300 people**;
- time limit: **2 hours**; there are no indirect limits;
- start point and finish point: **Schronisko PTTK na Kudłaczach, 32-432 Pcim, Poland**;
- race office location and opening hours will be announced at a later date;
- information on the check in and check out time will be announced at a later date;
- start: **21th of May 2017 (Sunday) at 10 am**.



There will be 1 control and water point.

REGISTRATION AND FEES:

Registrations will be accepted until 12 May 2017 or until the date when the limit of participants has been met (the date of receipt of the joining fee decides about the acceptance on the event). **Only the appropriately filled application form and completed payment will be accepted and recognised as a successful registration. The application form can be found on www.pucharbeskiduwypowego.pl website.** Payment should be completed between three to seven days from the date the application has been submitted. Should there be no payment submitted within this timescale the even Organisers has a right to remove the applicant from the registration list.

Payment details:

Fundacja 4 Alternatywy
Kisielewskiego 59
31-708 Kraków
POLAND

Bank: **Raiffeisen Bank Polska S.A.**
IBAN: **PL13175000120000000030553608**
SWIFT/BIC: **RCBWPLPW**

Please ensure the following details are entered on the payment: name of the running event, name and surname, Date of Birth, example: **M 10, John Smith, 1.01.1980**

M 10 – Memoriał Bartka Czajkowskiego:

until 28th February 2017: 55 zł

between 1st of March to 31st of March 2017: 65 zł

between 1st of April until 12th of May 2017: 80 zł

5 zł from every race entry will be submitted to charity (homeless animals) – “Człowiek zwierzakowi bratem” initiative.

MANDATORY AND RECOMMENDED EQUIPMENT

During the race each participant must have a mandatory equipment.

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

MANDATORY EQUIPMENT

- NRC film – at least 140 x 200 cm,
- personal cup,
- a minimum of one-litter water bottles or the skin,
- elastic bandage, sterile dressing,
- fully charged mobile phone,
- start number provided by the Organiser,
- garbage bag provided by the Organiser,
- accident insurance (NNW).

RECOMMENDED EQUIPMENT

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

IV. GENERAL TERMS – CONCERNING ALL RACES

1. Should you decide to no longer participate in the race there will be 80% refund of the registration fee as long as your resignation take place by the 28.02.2017. Resignation should be emailed to the Organiser on (fundacja4alternatywy@gmail.com).
2. As part of the registration fee the Organiser ensures provision of (among other things) the following: ability to participate in the race, bib number, time measurement, medical security, clearly marked running route, drinks and meals before, during and after the race, the deposit box (in the race office), refreshment/nutrition/water points, Gorczański Park Narodowy entrance fee (at UTM 170), transportation of drop-bags. 5 PLN from each and every payment will be donated by the Organiser to a charity - (supporting homeless animals) – “Człowiek zwierzakowi bratem” initiative.
3. The Organiser does not provide registration fee refunds for the participants who did not finish the race, was disqualified or did not take part in the race.
4. It is not allowed to share or exchange the starter pack with another person.
5. The Organiser has a right to refuse the registration for the participation in the Ultra-Trail® Małopolska.
6. Participants are expected to self-assess the situation while they are in the mountains and respond appropriately in the event of the bad weather.

The race will take place regardless of the weather conditions, but in the event of natural disasters or other extreme weather conditions which would threaten the safety of the participants - The Organiser reserves the right to shorten the route, change the start time, stop or cancel the race. In such circumstances. The Organiser reserves the right to keep the registration fee and would not provide any reimbursement.

Each participant of the running race must be fully aware of the length and its specifications, including being aware that the participant's safety depends on the ability to anticipate and overcome problems related to the weather conditions in the mountains, isolation, high fatigue, muscle pain and joint pain.

7. **In order to participate in the race you need to meet the following requirements:**
 - you are age of 18 +
 - you have appropriately registered for the race and submitted the payment
 - you declare that you are able to participate in the run and do not suffer from any medical conditions which disqualify you from the participation in the race, acknowledge that participation in the race is associated with a physical effort and entails the risk of natural accidents, personal and physical injury (including death) and damage or loss of assets;
 - you declare a participation in the race at your own risk;
 - declares he/she read the Regulations of ULTRA-TRAIL® MAŁOPOLSKA together with your Eco & Fair play Malopolska, see Annex 1 to the Regulations;
 - you collect a starting package in the race office;
 - you would present at the starting point within the appropriate timescale set in the Regulations
8. **The participants of the race can be disqualified due to:**
 - the lack of the mandatory equipment,
 - **non-compliance with the Regulations, including the principles set in the Charter of Eco & Fair Play.**
9. All participants need to be seen and verified in the race office - an identity card is mandatory.

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

LEAVING THE ROUTE

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

CLASSIFICATION AND RESULTS

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

FINAL PROVISIONS

18. The Organiser reserves the right to interpret and amend the Regulations with an obligation to inform the participants of the race about any amendments made. Such information will be provided on <http://ultratrailmalopolska.pl> website or the Official fanpage: ULTRA-TRAIL® MAŁOPOLSKA Facebook and it is the responsibility of the participants to ensure they are familiar with any updated and amendments announced there.
19. The participant who accepts the terms and conditions of this Regulation gives his/hers consent to the processing of their personal data information.
 - The personal data information of the participant will be processed in accordance to the Data Protection Act (Dz. U. z 2016 r. poz. 922). The use and processing of the personal data information also includes the publications of the participants name, surname, city and details of the 'club'.
 - The participants accepts that they have a right to access the personal data information held and processed.
 - The provision of the personal data information and consent to their processing is voluntary, but necessary for the participation in the race.

20. The Participant of the ULTRA-TRAIL® MAŁOPOLSKA agrees to the free use by the Organiser of the participants 'image' - images / pictures/ videos with the participants for the purposes related to the organisation and promotion of the events by the Organiser. The consent applies in particular to the use of the image by posting photos and videos taken with regards to the promotional materials of ULTRA-TRAIL® MAŁOPOLSKA. The agreement also covers the use of captured images, in particular for publishing, reproducing, copying, broadcasting and/or transmitting, provided that any of the above would not affect the good name of the person approving the publication of the image. The consent to the use of the image is not limited by time or territory.
21. Throughout the race the participants should follow the instructions given by the people responsible for security, law enforcement officers and any other people designated by the Organiser.
22. On a public road the race participants should follow the law, rules and regulations of the Road Code.
23. All participants of the race should remain focused and beware when moving along the route run.
24. The Organiser, and any other parties involved in organising and running of the race are not liable for personal injury, loss of property that may occur before, during or after the races. Participants bear the civil liability and legal responsibility for all damage caused by them. By acceptance of this declaration, participants waive their right to seek legal or civil compensation from the Organiser or parties involved in organisation of the race in the event of an accident or damage associated with the race. The Participants acknowledge that in the event of an accident they cannot make any claims against the Organiser.
25. The Organiser does not take responsibility for any belongings left unattended as well as any assets and valuable items left in the lockers and storerooms. It is not recommended that leave any valuable items in the storeroom (available 1 hour before, during the each race and 1 hour after the end of the race).
26. The Organiser does not provide lodging.

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

V. Eco & Fair Play Principles ULTRA-TRAIL® MAŁOPOLSKA

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

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

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

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

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

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