

REGULATIONS OF THE TATRA RACE RUN – CHÓD TATRZAŃSKI

1. Basic information

On June 25, 2023, an individual mountain run for adults will take place on a designated route, over a distance of approx. 24 km and with a total elevation gain of approx. 1700 m in the Polish Tatra Mountains. In the event of unfavorable weather forecasts, the organizers reserve the right to change the route or move the start date of the Tatra Race Run from Sunday to Tuesday (June 27, 2023) and, in the case of very bad forecasts, to change the date of the competition.

2. Purpose of the competition

OBJECTIVE

Popularization of mountain running and promotion of physical activity and a healthy lifestyle. Selection of the best competitors of the Tatra Race Run – Chód Tatrzański.

MISSION

building sustainable relationships between people and the biosphere in areas containing valuable natural resources commemoration of the first Polish mountain run, which took place in 1925 under the name "Chód Tatrzański".

3. Name of the event

Tatra Race Run - Chód Tatrzański

4. Organizer

Mountain Film Meeting Association (KRS0000251320)

5. Contact

e-mail: Biegi@mocgor.pl

Official website: <https://tatrafestbieg.pl/>

6. Competition route

Distance - about 24 km

Denivelation - about 1700 m

START Rondo im. Jana Pawła II → Kuźnice → Polana Kalatówki → Hala Kondratowa → Kondracka Przełęcz (checkpoint) → Kopa Kondracka (meanwhile) → Małołączniak (checkpoint) → Krzesanica → Czmińnik (checkpoint) → Zahradziska (buffet with drinks and meals) → Przystop Miętusi (checkpoint) → Mała Łąka Valley → Droga pod Regłami → FINISH GuguPark

The route of the event and its distance and elevation gain are available from <https://www.alltrails.com/pl-pl>. In reality, however, it may differ from individual measurements. Download gpx file below

<https://www.alltrails.com/pl-pl/explore/map/map-f9fe83f--59>

7. Date and program of the event

FRIDAY, June 23, 2023

3.00-10.00 competition office, GuguPark

SATURDAY, June 24, 2023

02.00-04.00 competition office, GuguPark

07.00-09.50 competition office, GuguPark

3.00-10.00 competition office, GuguPark

SUNDAY, June 25, 2023

3:00 – 6:00 race office, GuguPark

6:00 collection Rondo im. Jana Pawła II, Zakopane

6.00 - 6.50am verification of mandatory equipment
7:00am start, Rondo im. Jana Pawła II
9:00am limit on the Kondracka Pass
12:00am limit in Zahradziska
1:30pm finish limit – GuguPark
11.00am - 3.00pm serving hot meals at the finish line in GuguPark / Zakopane

8. Penalties and Prohibitions

1. The competition takes place in the Tatra National Park and competitors are required to read and comply with the rules in force in the TPN, in particular:
prohibited from leaving the trail
garbage disposal is prohibited
prohibition of making noise
prohibition of disturbing animals
2. The Jury, in consultation with the Organizer, may impose the following penalties on the Participant:
Reminder, Time penalty, Disqualification
3. Competitors may be penalized/disqualified in case of non-compliance with the rules prevailing on the territory of the TPN non-compliance with the rules of fair play skip a checkpoint
4. In case of disqualification, the organizer does not return the entry fee.

9. Conditions of Participation

1. A participant in the Tatra Race Run Chód Tatrzański - edition of the Mountain Running World Cup competition may be a person (in accordance with point 1 of the regulations) who will fill in the "application" by clicking the APPLICATION button at www.tatrafestbieg.pl. The date of acceptance of the application is determined by the order in which it is made and the payment of the entry fee in accordance with the information received in the e-mail confirming the acceptance of the application by the Organizer. The link will also be published on the Organizer's website www.tatrafestbieg.pl in the APPLICATION tab. By completing the "application", the participant accepts the terms of these regulations. In addition, when collecting the starter package, the participant is obliged to sign a declaration of acceptance of the regulations, waiver of civil and legal claims against the Organizer and about having current accident insurance in Poland and Slovakia.
2. The organizers (i.e. all persons participating in the organization of the event, i.e. Tatra Race Run - Chód Tatrzański) are not liable to participants for personal, property and property damage that occurs before, during or after the competition. Participants compete at their own risk and bear full civil and legal responsibility for all damages caused by them, including as a result of injuries acquired on the route of the competition. By accepting the statement signed when collecting the starting package, participants waive the right to pursue a legal claim or return the entry fee from the Organizer or its contractors in the event of an accident or damage related to the competition.
3. Most of the route of the competition leads in mountainous, hard-to-reach, exposed terrain, where the assistance of specialized rescue services may be associated with a long wait. In the event of an accident, each participant of the run is obliged to call for help and provide emergency assistance to the injured runner.
4. The participant agrees to the taking of photos, film recordings and interviews with his participation, as well as to the use of official results (containing personal data) by the press, radio and television.
5. With his application and acceptance of the conditions of participation, the competitor ensures that he has read all the conditions of the competition regulations and has completed the application form.
6. The participant agrees to the processing of his personal data for the purpose of conducting the Tatra Race Run – Chód Tatrzański and other sports and cultural events organized by the association Meetings with Film Mountain and the Tatra Fest Bieg Association. Personal data will be processed in accordance with the Act of August 29, 1997. on the protection of personal data (Journal of Laws No. 133, item 883, as amended). The Participant has the right to inspect their data, as well as to correct or delete them.
7. The participant will pay the entry fee in accordance with the deadline provided for in the regulations

(preferred payments via online banks). The original proof of the entry fee must be kept for inspection at the Competition Office.

8. Each participant starts at his own risk by signing a declaration of no health contraindications to start in the competition.

9. The Organizer does not provide participants with accident insurance in Poland and Slovakia. The participant is obliged to ensure current accident insurance in Poland and Slovakia.

10. As part of the entry fee for the Tatra Race Run – Chód Tatrzański, the Organizer provides:

- route marking gadgets from sponsors in the starter pack (without plastic)
- commemorative medal
- start number
- full medical coverage of the event
- financial prizes for the best players
- electronic time measurement
- recovery meal at the finish line
- entrance to the Tatra National Park

11. Registration for the Tatra Race Run - Chód Tatrzański

Registration for the run starts on February 20, 2023 from 19.00. In the event of resignation from participation in the competition before April 1, 2023, the entry fee will be returned to the sender's bank account, provided that there is a competitor declaring participation in the event on the reserve list of Tatra Race Run - Chód Tatrzański. Competitors cannot exchange / sell Tatra Race Run - Chód Tatrzański starting packages without the participation of the Organizer.

12. Competition rules

1. The Tatra Race Run - Chód Tatrzański competition will be held in accordance with these regulations.
2. In all disputes, not included in the regulations, the Judges' Committee will decide in consultation with the Organizer. Individuals have the right to participate in the competition. The number of participants in the Tatra Race Run - Chód Tatrzański competition is limited to 350 people.
3. Lack of starting number will result in a time penalty.
4. Checkpoints will be located along the route. Skipping even one checkpoint will result in disqualification.
5. Time limits for the Tatra Race Run - Chód Tatrzański:
time. 09:00 limit on the Kondracka Pass
time. 12:00 limit in Zahradziska
time. 13:30 finish limit – GuguPark
6. External support during the competition (family, friends, coaches, etc.) is allowed only in the area of the buffets (within 20m from the buffets). Meals and drinks at refreshment points are for competitors only. External medical assistance from professional trainers, doctors and medical personnel is not allowed.
7. The organizer reserves 40 seats in the Tatra Race Run - Chód Tatrzański.

13. Security

1. During the run, competitors will be dealing with significant exposure, technically difficult terrain including steep, rocky sections. An additional difficulty is the sum of elevation gains and changeable weather. During the event, gusty winds, storms and hail may occur.
2. Each participant of the event is obliged to move along the route marked by the organizer. The route will run along regular trails in the Tatra National Park. Additionally, it will be marked with yellow and red flags (markers). There will also be judges on the course. Regardless of the markings, each competitor is obliged to have a map during the entire run. ! If you think that some marking is illegible, do not "correct" it yourself! Call +48 664 991 675 and inform the chief judge about it. ! If you get lost, go back to the last place where you saw the route markings.

3. In special cases, taking into account the safety of competitors, the organizer, in consultation with the event doctor or paramedic, has the right to withdraw a competitor from the competition.
4. On the route of the Tatra Race Run - Chód Tatrzański, there will be 1 nutrition point and an additional one at the finish line.

14. Classification

The winners of the run will be the competitors who complete the Tatra Race Run - Chód Tatrzański in the shortest time.

15. Age categories on TRR

K-18 (aged 18-34) 2005-1989
K-35 (aged 35-49) 1988-1974
K-50 (over 50) 1973 and older
M-18 (aged 18-34) 2005-1989
M-35 (aged 35-49) 1988-1974
M-50 (over 50) 1973 and older

16. Awards

The organizer has provided financial prizes for the top 5 competitors in the men's and women's open category. The winners will receive financial prizes (gross) in the amount of:

- 1st place - 500 Euro gross
- 2nd place - 400 Euro gross
- 3rd place - 300 Euro gross
- 4th place - 200 Euro gross
- 5th place - 100 Euro gross

The top 3 players in each age category will receive commemorative statuettes.

17. Retirement of a competitor during the race

1. Competitors withdrawing from the competition during the Tatra Race Run – Chód Tatrzański event, regardless of the reason for their withdrawal, are obliged to immediately inform the organizer of this fact. This fact should be reported by calling the organizer's phone number, tel. +48 791 686 987 or + 48 664 991 675 in order to avoid starting a rescue operation.
2. Exceeding the time limits at any of the points results in disqualification of the competitor. In the above-mentioned case, as well as in the event of ending the event ahead of time by his own decision, the competitor is obliged to return the starting number at the nearest checkpoint / regeneration point.
3. Competitors not meeting the time limit may continue the race at their own risk, but will not be taken into account in the final classifications. The organizer does not guarantee technical service, buffet support and medical security for competitors moving along the routes of the event outside the set limits. Competitors who did not complete the competition within the time limits should return to Zakopane on their own or use the organizer's transport, which will take the competitors to the finish line: 1:00 PM at the exit of the Kościeliska Valley

18. Obligatory equipment of the Tatra Race Run competitor – Chód Tatrzański

- your own cup for use at the finish line (we suggest leaving it in the deposit at the start) a backpack or running bag containing all mandatory equipment
- at least 1 liter of liquids in a backpack, water bladder, water bottle / water bottles at the start.
- bar or energy gel
- a charged mobile phone with roaming enabled. We recommend downloading the Rescue application and the application with maps (e.g. maps.cz) on your phone
- NRC foil with dimensions of 140 x 200 cm
- ID card

- hat or headscarf and gloves
- hooded windproof jacket with long sleeves. In case of adverse weather conditions, a
- waterproof jacket
- cash in the amount of PLN 30
- whistle
- elastic bandage and sterile dressing
- confirmation of having paid insurance covering the rescue operation in Slovakia (on 25 and 27 June 2023 in case of postponing the date of the competition)
- bib number (attached to the front, chest or waist, always visible!) - provided by the Organizer
- map of the Western Tatras (electronic version acceptable)

19. Additional information

1. The organizer is not responsible for:

- items lost during the competition
- collisions and accidents on the road
- lack of knowledge of the regulations will not be considered an excuse on the route of each race there are steep and dangerous ascents and descents

2. The organizer reserves the right to cancel the event due to natural disasters or other reasons considered to be "force majeure".

3. All competitors are asked to take special care of the natural environment.

4. The organizer does not refund the entry fee in the event of resignation from participation in the event.

5. The organizer reserves the right to postpone the start of the Tatra Race Run - Chód Tatrzański to another day in the event of unfavorable weather conditions.

6. The organizer reserves the right to settle disputes, introduce changes to these regulations and change the route.

20. Personal data

Participants' personal data is collected and processed only for the organizational purposes of the Tatra Race Run - Chód Tatrzański event. Personal data of the Participants of the Event are processed in accordance with Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 on the protection of individuals with regard to the processing of personal data and on the free movement of such data, and repealing Directive 95/46WE (General Data Protection Regulation). Providing all the necessary data to conduct the competition is voluntary, however, failure to provide them will make it impossible to carry out time measurements.

The Organizer collects the following data: First name, last name; Date of birth; Sex; E-mail address; telephone number of the person the organizer can notify in the event of an accident; The name and surname will be made available in the form of results to the public along with the time achieved and the place in the classification. The results will be published in the mass media, including on the Internet at www.tatrafestbieg.pl The link to the results will also be made available on the Organizer's Facebook page and on the partners' websites. Each participant will have full access to their data, will be able to correct or completely remove them from the Registration for the Tatra Race Run - Chód Tatrzański Event. The administrator of the participants' personal data will be the Association of Meetings with Mountain Film (KRS 0000251320). In matters related to the processing of personal data, they can contact by e-mail: magda.ziaja@mocgor.pl

21. Dissemination and preservation of the image

The Participant agrees to the free use of the image recorded in the form of a photograph or video recording in the following fields of exploitation:

1. recording and multiplication by any known technique and dissemination in any form,
2. introduction to computer memory and multimedia network,

3. multiplication of the recorded image,
4. public display, display, reproduction, broadcasting and re-broadcasting, as well as making it publicly available in such a way that everyone can access it at a place and time of their choice,
5. placing and publishing in the press, on websites, posters and billboards,
6. broadcasting in television and radio broadcasts,
7. publishing photos of the participant from participation in the Event in the form of photos from the route of the reunion, awarding prizes, preparations.