

# RULES AND REGULATIONS ECOTRAIL® WARSAW

## GENERAL DESCRIPTION

Ecotrail® Warsaw is a trail race which runs along marked route. To complete the race, a competitor must run (walk) the entire route. The race is timed.

## ORGANISER

The race is organised by PK1 Sp. z o.o., Spokojna 30, 38 - 400 Krosno  
KRS: 0000926117, NIP: 6842662609, REGON: 520170283

## DATE, PLACE, PROGRAMME

The race will take place 10th September 2022.

Race office: Warsaw

Start line: Kampinoski National Park / Warsaw

Finish line, closing, award ceremony: Warsaw

## COURSE

The race mostly follows the route of the natural paths.

EcoTrail® Warszawa 80 km - 77,2 km, +280m/-270m

EcoTrail® Warszawa 47 km - 47,8 km, +150m/-180m

EcoTrail® Warszawa 21 km - 20,7 km, +60m/-80m

EcoTrail® Warszawa Vistula Cross - 7,3 km, +20m/-20m

The organizer reserves the right to change the course parameters according to public institutions instructions, for safety reasons or in case of vis maior situations which causes abnormal problems and threats organizing the event.

## CHECKPOINTS AND AID STATIONS

The course will include aid stations, all of them will also serve as checkpoints.

EcoTrail® Warszawa 80 km – minimum 5 aid stations

EcoTrail® Warszawa 47 km – minimum 3 aid stations

EcoTrail® Warszawa 21 km – minimum 1 aid station

EcoTrail® Warszawa Vistula Cross – without aid stations

Moreover, the organiser reserves the right to set up additional aid stations and checkpoints which can be moved along the entire route.

## TIME BARRIERS, RACE CAPACITY

The entire race must be completed within:

EcoTrail® Warszawa 80 km – 12,5 hours

EcoTrail® Warszawa 47 km – 9 hours

EcoTrail® Warszawa 21 km – 4 hours

EcoTrail® Warszawa Vistula Cross run – 1,5 hours

EcoTrail® Warszawa Vistula Cross nordic walking – 2 hours

Cut-off times at particular checkpoints can be implemented.

Maximum number of runners with paid fee:

EcoTrail® Warszawa 80 km – 350 runners

EcoTrail® Warszawa 47 km – 350 runners

EcoTrail® Warszawa 21 km – 400 runners

EcoTrail® Warszawa Vistula Cross run – 400 runners

EcoTrail® Warszawa Vistula Cross nordic walking – 400 runners

The organizer reserves the right to add 15 runners at his discretion at each course.  
The organizer reserves the right to change the maximum number of runners.

## **ENTRY**

In order to enter Ecotrail® Warsaw, competitors need to be in good physical condition and a clean bill of health (without medical contraindications to take part in mountain ultra runs) and have the necessary experience in mountain runs.

Formal entry requirements are as follows:

1. accepting the rules and regulations and registering by completing the registration form
2. at least 18 years of age no later than the day before the competition
3. payment of entry fee within 6 days from the start of registration
4. collecting the start pack, in person, in the race office within working hours
5. signing a declaration stating that you are of good health and that you enter the race at your own risk
6. signing a declaration permitting the use of personal data of the runner
7. signing a declaration permitting free use of the runners' photo (video) image
8. on time arrival at the race start line with complete obligatory equipment
9. positive result of obligatory equipment checking
10. on the 10 km course it is possible to participate for runners below 18 years old on conditions: a) completed 16 years old and presented agreement from legal guardian, b) completed 14 years old and presented agreement from legal guardian and cover the whole distance with company of legal guardian.

Detailed registration procedure has been explained at the website: <https://warsaw.ecotrail.com/pl>

## **RACE RULES**

Competitors cover the entire distance on foot only.

Competitors move along the marked route only.

Each competitor is obliged to observe road traffic regulations.

Each competitor is obliged to observe the rules of Kampinoski National Park and general rules applicable within national parks in Poland and in forest areas.

Each competitor is obliged to observe the epidemic rules set by the Organizer as well as the official regulations binding in Poland.

It is strictly forbidden to leave rubbish behind, destroy plants or engage in any other activities which may harm nature.

Competitor should attach the runner number in a visible place at the front.

Competitors will be classified in female and male categories. The best performers will be awarded prizes.

## **PROTESTS, PENALTIES, DISQUALIFICATIONS**

Participants who do not comply with the provisions of the regulations, may be punished by the Organizer with a warning, time penalty or disqualification. The Organizer commences proceedings in this matter in connection with an effectively lodged protest or on its own initiative.

The organizer allows the possibility of submitting protests regarding the competition up to 72 hours from the end of the time limit. The protest must be submitted in writing or by e-mail. The condition for the effectiveness of lodging the protest is the payment of the bid security in the amount of PLN 100 to the Organizer's account. If the protest is obviously unfounded, it will not be considered, the deposit will not be returned and its amount will be transferred for charity. The person submitting the protest agrees that its content, first and last name will be made public.

For the lack of complete mandatory equipment, there is a time penalty of 20 minutes for each missing item of equipment.

In other cases, the penalty is determined by the Race Director or a person authorized by him, on the basis of all known circumstances related to the violation of the Regulations. The decision to punish the participant is final at the time of its announcement and cannot be appealed against.

### SAFETY, COMPULSORY KIT

Competitors enter the race at their own risk and in case of injury or material loss they will not lodge any claims to the organisers. By taking part in the race, each competitor declares that their health condition allows them to engage in this type of physical activity. Competitors are obliged to exercise extreme caution at race office, start/finish zones, when crossing paved roads and railway tracks; while running on paved roads competitors are obliged to observe warning signs placed by the organisers, as well as adhere to the instructions given by police and security staff. While using public roads, runners bind themselves to use the pavement or –as second choice – the left roadside. If there is no such possibility, runners use the left side of the road and give the right of way to vehicles on the road.

Due to safety reasons, each competitor is obliged to have the following compulsory equipment with them during the race:

	80 KM	47 KM	21 KM	VC	VC NW
runner number – in a visible place on the front of body – throughout the entire course	+	+	+	+	+
chip for timing	+	+	+	+	+
charged mobile phone with saved organiser's emergency phone number	+	+	+	+	+
valid ID or passport	+	+	+	+	+
survival blanket –140x200cm minimum	+	+	+	-	-
drinking cup (120ml minimum) to receive drinks at aid stations	+	+	+	-	-
water container (500 ml minimum)	+	+	-	-	-
elastic band + sterile dressing	+	+	-	-	-

Moreover, the organizer recommends competitors to upload GPX track of the route or the digital map to their devices.

Organizer reserve the right to conduct the checking of the compulsory kit before, during or just after the race. Failure to have any of the above elements of the compulsory kit will result in the competitor being disqualified or time penalty.

### WITHDRAWAL, INJURIES

If you want to withdraw from the race during the run, you should, as far as possible, do so in one of the checkpoints and inform the checkpoint staff about your withdrawal. If you cannot notify the checkpoint staff it is necessary to inform the organiser by calling the emergency number provided in your start pack. If not injured, transportation will be available only at checkpoints.

If a competitor requires medical or emergency assistance, they should, as far as possible, inform the organiser at one of the checkpoints or by calling the emergency telephone number. Each competitor, upon seeing that a fellow competitor requires assistance, is obliged to provide such assistance to the extent possible and call the emergency number in order to inform the organiser about the location, injury type and runner number of the injured competitor.

In case of withdrawal from the race, a competitor has to collect the deposit from the finish line, in person. Upon email request it is possible to send the deposit to the competitor at his/her expense.

### ENTRY FEE

Competitors pay the entry fee of

Payment date	80 KM	50 KM	20 KM	10 KM	10 KM NW
till 1st May 2022	279 PLN	239 PLN	159 PLN	89 PLN	89 PLN
from 2nd May 2022	299 PLN	259 PLN	179 PLN	99 PLN	99 PLN

The date when the full fee has been received in the organiser's bank account or the date and hour of online payment (provided by Blue Media S.A.) will be considered the payment date.

The fee should be transferred to the organiser's bank account:

Holder of the account: PK 1 Sp. z o.o.,

Address: Spokojna 30, 38-400 Krosno

IBAN number: 54 1090 2590 0000 0001 4896 6872

BIC/SWIFT: WBKPPLPP

Bank name: Santander Bank Polska S.A.

Please provide 12-digit registration code or your name, surname, course in the title of your transfer, i.e. 'Jack London, 80km.

Moving a runner to other courses is allowed until 26th August 2022 (from a longer course to a shorter one – without reimbursement of the excess payment, from a shorter course to a longer one – with additional payment of the difference in fee) and only if there is space on the starting list of the particular course.

Transfer BIB for other person will be able until 26th August 2022 with additional cost of 50 PLN and difference between actual fee and bought one.

Should runner decide not to start, a portion of the fee will be returned by transfer to the bank account or with use of Blue Media payment system. If the competitor wishes to cancel his registration, cancellation must be notified by e-mail. Depending on the date of resignation, the fee shall be returned in the following amount:

Cancellation date:	Reimbursement:
till 1st May 2022	75%
from 2nd May 2022 till 26th August 2022	40%
after 26th August 2022	0

On participant's request a VAT invoice may be issued for entry fee. Invoices shall be issued only in the month of payment and the data of the buyer must be identical with the data of the person who made the payment. By accepting the rules and regulations, participant agree to be sent invoices without the buyer's signature and by electronic means.

Should you have any doubt, please contact the organizer before the payment.

#### **TRANSPORTATION BEFORE AND AFTER THE RACE, DEPOSITS AND DROPPING BAGS**

Organiser provides transport from race office to the start line. Registration will be obligatory.

Finish line deposit may be submitted on the start line and in the race office.

On the finish line the bags will be released in marked zones only upon showing the runner number. A deposit which was not collected during the race may be sent by courier to the designed address, on participant's request filed by mail no later than 14 days after the event. The participant covers all expenses thereof. Sending out the deposits and dropping bags will occur no later than 21 days after the event. Afterwards all deposits and dropping bags will be passed for charity or destroyed.

#### **RACE OFFICE**

Head office and race office precise addresses will be published on the official website of the event.

## **SERVICES PROVIDED**

As part of the entry fee, the organiser provides the following:

- refreshments on the course
- recovery meal at the finish line
- timing service
- runner number
- a medal and a surprise for all finishers
- prizes for best competitors
- medical assistance and on the course
- deposit for the time of the event

In case of an increase in the consumer price index in the first half of 2022 by more than 10% compared to the first half of 2021, according to the data of the Polish Central Statistical Office, the Organizer reserves the right to resign from some services.

## **IMAGE PROTECTION, PERSONAL DATA**

By entering the race, competitors agree to have their image published free of charge in materials related to the race, i.e. in particular in reports from the race and promotional publications related to the race and its Partners.

The condition for participation in the race is also consent to the processing of personal data of the participant provided in the application form, by the personal data controller within the meaning of the Act on personal data protection of May 10, 2018 and the General Data Protection Regulation No. 2016/679 of 27 April 2016 (RODO), which is the PK1 Sp. z o.o., Spokojna 30, 38-400 Krosno, for the purpose and to the extent necessary for the implementation of the sporting event, including publication of participant's data on start lists and results and sending the participant's result to the telephone number indicated during registration.

The participant has the right to request access to data, rectification, deletion or limitation of processing and opposition to processing, as well as the right to transfer data. Providing personal data is voluntary, but necessary and necessary to participate in a sports event.

Participant's data may be provided to cooperating entities during the event and related actions, based on relevant entrustment agreements. These entities mean in particular: timing system company, fast payment company and International Trail Running Association, Ultra Cup Poland.

Personal data will be kept for the period necessary to carry out the event.

The participant has the right to lodge a complaint to the President of the Office for Personal Data Protection when he / she considers that the processing of personal data concerning a participant violates the provisions of the General Regulation on Personal Data Protection No. 2016/679 of 27 April 2016 or the provisions of the Act on Personal Data Protection of 10 May 2018.

The administrator may process personal data in connection with the organization of the event Ecotrail® Warsaw also in cooperation with other people, eg. volunteers, who are carrying out activities related to the organization and the event.

## **EPIDEMIC THREAT REGULATIONS**

Due to possible epidemic threat, the Organizer reserves the right to implement relevant sanitary-epidemiological instructions in compliance with current legal stipulations, advices and medical science.

Every Participant shall be informed about implementation of the Instructions by mail at the address given at registration.

Should the Instructions be implemented, the Participants are obliged to abide, otherwise they shall be subjected to a reminder, a time penalty, denied admission to Event grounds or subjected to disqualification.

The Instructions may introduce numerous amendments to Event organization, in particular:

- DOs and DON'Ts regarding social distancing, face covering, sanitizing etc.,
- a possible change of start procedures – from mass start to group or individual start,
- a possible change of aid stations organization,
- a possible change of race headquarters organization,
- a possible change of Event schedule, keeping the dates as stated in the Rules.

By accepting these Regulations, a Participant acknowledges that even the greatest caution and sanitary-epidemiological compliance exercised by both the Organizer and the Participants does not exclude the risk of transmission of infectious diseases, and that any Participants' claims regarding possible contagion shall be deemed unfounded.

#### **ETHICAL CODE**

Participants are committed to Ethical Code, which accompanies these regulations.

#### **POSSIBLE CHANGES TO RULES AND REGULATIONS**

In case Polish and English version of regulations are different, the Polish version is in power. Amendments to rules and regulations will be published on the race website: <https://warsaw.ecotrail.com/pl>  
Competitors are obliged to read the amendments to the regulations.