RULES OF
BIEGI W SZCZAWNICY 2020

1. Purposes of the event
   ▪ popularization of sport and physical activity;
   ▪ popularization of running in the mountains;
   ▪ selecting the best runners in the competition;
   ▪ promotion of regions: Pieniny, Beskid Sądecki and city of Szczawnica in Poland and abroad;
   ▪ promotion ecological awareness;
   ▪ promotion of safe running in the mountains.

2. Organizer of the event
   Fundacja Strefa Przygód
   Staw II 12/17
   62-420 Strzałkowo
   TAX NR: PL667 176 65 77

   Mountain Touch
   Ul. Pod Sadami 5a
   34-460 Szczawnica
   TAX NR: PL6312510375

3. Basic information
   Participants of Biegi w Szczawnicy may choose one of 5 courses:
   ▪ Hardy Rolling – 11 km
   ▪ Chyża Durbaszka – 20 km
   ▪ Wielka Prehyba – 43 km
   ▪ Dziki Groń – 64 km
   ▪ Niepokorny Mnich – 97 km

4. Time and place
   Date and location: 25th of April 2020, Szczawnica, Poland.

5. Rules of participation
   ▪ To take part in the competition a Participant must be an adult, must register via entry form, pay the entrance fee and sign a declaration during registration in the race office, that he/she starts on his/her own risk;
   ▪ Participants who are 16-17 are required to hold a permit for the participation, signed by their parents/legal guardians and with their ID number on it. Parent or legal guardian needs to show up in the race office during registration, so the organizers may verify their ID.

6. Detailed information about courses
   A) Hardy Rolling - 11 km
B) Chyża Durbaszka – 20 km
Distance: 19.9 km
Elevation: +820 m/-970 m
Date: 25th of April 2020 (Saturday)
Location of start: Jaworki, Main Square
Location of finish: Szczawnica
Time limit: 5 hours
Limit of Participants: 500 people + 50 for Organizer

C) Wielka Prehyba – 43 km
Distance: 43.3 km
Elevation: +1925 m/-1925 m
Date: 25th of April 2020 (Saturday)
Location of start: Szczawnica
Location of finish: Szczawnica
Time limit: 9 hours
Limit of Participants: 820 people + 50 for Organizer

D) Dziki Groń – 64 km
Distance: 64.0 km
Elevation: +3150 m/-3150 m
Date: 25th of April 2020 (Saturday)
Location of start: Szczawnica
Location of finish: Szczawnica
Time limit: 13 hours
Limit of Participants: 500 people + 20 for Organizer

E) Niepokorny Mnich – 97 km
Distance: 97.2 km
Elevation: +4100 m/-4100 m
Date: 25th of April 2020 (Saturday)
Location of start: Szczawnica
Location of finish: Szczawnica
Time limit: 17 hours
Limit of Participants: 290 people + 10 for Organizer

7. Technical statement
The most detailed information about the event will be published in a technical statement before the event.
The technical statement will be sent to all Participants via email (from registration) at least 5 days before the event.

8. **Registration**
- Registration is available via our registration system provided on a webpage [www.zapisy.strefaprzygod.pl](http://www.zapisy.strefaprzygod.pl)
- To register a Participant needs to have an account in the system, then he logs in, picks a course, clicks “register” and puts additional information about post-race meal, etc.
- On each course when the limit of Participants is reached there will be a waiting list of 50 people automatically opened.
- All the lists are verified according to the payment deadlines on each course. The most recent information is always published on the top of each list.
- If a Participant is transferred from a waiting list to the main one he/she is informed via e-mail given during registration.

**Niepokorny Mnich**
- Registration is open from 5th of November 2019 (from 8 pm) till 1st of March 2020 or until the limit of participants (290 people) is reached.
- The entrance fee should be transferred within 5 days from the registration. In case of lack of payment of an entrance fee the application will be deleted.
- If the limit of participants is reached additional runners will be put automatically on the waiting list.
- The Organizer has 10 more places for elite runners, sponsors and partners.

**Dziki Groń**
- Registration is open from 12th of November 2019 (from 8 pm) till 1st of March 2020 or until the limit of participants (500 people) is reached.
- The entrance fee should be transferred within 5 days from the registration. In case of lack of payment of an entrance fee the application will be deleted.
- If the limit of participants is reached additional runners will be put automatically on the waiting list.
- The Organizer has 20 more places for elite runners, sponsors and partners.

**Wielka Prehyba**
- Registration is open from 19th of November 2019 (from 8 pm) till 1st of March 2020 or until the limit of participants (820 people) is reached.
- The entrance fee should be transferred within 5 days from the registration. In case of lack of payment of an entrance fee the application will be deleted.
- If the limit of participants is reached additional runners will be put automatically on the waiting list.
- The Organizer has 50 more places for elite runners, sponsors and partners.

**Chyża Durbaszka**
- Registration is open from 26th of November 2019 (from 8 pm) till 1st of March 2020 or until the limit of participants (500 people) is reached.
- The entrance fee should be transferred within 5 days from the registration. In case of lack of payment of an entrance fee the application will be deleted.
- If the limit of participants is reached additional runners will be put automatically on the waiting list.
- The Organizer has 50 more places for elite runners, sponsors and partners.

**Hardy Rolling**

- Registration is open from 3rd of December 2019 (from 8 pm) till 31st of March 2019 or until the limit of participants (500 people) is reached.
- The entrance fee should be transferred within 5 days from the registration. In case of lack of payment of an entrance fee the application will be deleted.
- If the limit of participants is reached additional runners will be put automatically on the waiting list.
- The Organizer has 20 more places for elite runners, sponsors and partners.

9. **Benefits for all Participants**

- insurance against consequences of sudden accidents; additional insurance (medical costs in Slovakia) for runners participating in Niepokorny Mnich;
- refreshment points according to selected course;
- post-race meal and buffet;
- bib number;
- electronic chip and time measurement;
- map of the courses;
- information magazine;
- medals for finishers;
- course marking;
- prizes and cups for top finishers;
- medical and mountain rescue coverage;
- deposit bag (30 l) for the finish line;
- deposit bag (30 l) for transition area (Niepokorny Mnich);
- transportation to the starting line (Szczawnica – Jaworki) for Participants of Chyża Durbaszka and Hardy Rolling.

10. **Entrance fee**

Niepokorny Mnich: 52 euro
Dziki Groni: 43 euro
Wielka Prehyba: 38 euro
Chyza Durbaszka: 29 euro
Hardy Rolling: 17 euro

- After registration the application is automatically visible on the starting list on the website of the event.
The application is valid only if it’s full and an entrance fee is paid according to the rules stated in this document. Confirmation of registration is an e-mail send automatically to the Participant and his/her name visible on the list.

If the payment is made without on-line application or is transferred to some other account or after deadline it’s not valid.

Participants born in 1954 or earlier are granted 50% discount of the regular entrance fee.

11. **Return of the entrance fee**
   If a Participant can’t participate in the competition he/she may get a return of an entrance fee according to the rules listed below:
   - A Participant need to inform the Organizer via e-mail: zapisy@biegiwszczawnicy.pl
   - If a Participant resigns before 31st of January 2020 the Organizer returns 100% of entrance fee minus 1 euro of a manipulative cost.
   - If a Participant resigns between 1st and 28th of February 2020 the Organizer returns 50% of an entrance fee.
   - If a Participant resigns after 28th of February 2020 he/she may only pass his/her entrance fee to another Participant, and it is possible until 10th of April 2020.
   - The Organizer does not return the entrance fee to Participants who haven’t finished the race, or didn’t participate at all and does not postpone the entrance fee to the next edition of the event.

12. **Change of the course**
   - The Organizer allows Participants changing the course he/she chose during registration process. Each transfer is considered individually due to free spots on other courses.

13. **Collecting of packages**
   - All Participants need to be verified in the Race Office before the event.
   - The verification can be made:
     a) personally with an ID or other document with a photo;
     b) by an authorized person with a starting card signed by the Participant (available to download on the webpage 3 weeks before the event) and with a copy of that person’s ID or other document with a photo.
   - During verification in the Race Office Participants collect their race packages with bib numbers and electronic chips;
   - Not collected packages won’t be sent to Participants nor available after the event.

14. **Course**
   - Most of the courses lead across the mountains along signposted trails or dirt roads.
   - During the competition Participants must go along the trail marked by the Organizer.
   - All the courses are marked by the Organizer in a specific way (yellow tape, special signs). Details of marking will be provided in the technical statement (point 7).
   - Detailed and final course will be published on the website and on a map, that every Participant receives in the Race Office.

15. **Rules during competition**
• During whole time of the competition Participants must move along the trail marked by the Organizer.
• Getting help from third party (support) is permitted only in the zones of refreshment points. Any other organized help besides these zones is not allowed and will lead to a disqualification of a Participant.
• Organizer allows help of third party if it’s natural gesture of kindness of local people or tourists along the course.

16. Bib numbers and time measurement
• Each participant gets a bib number and a chip during registration in Race Office.
• The bib number must be put in a place visible for the judges and the chip should be placed on the shoe to make sure the time measuring system reads it correctly. Hidden bib number or chip in a different location don’t guarantee a proper reading by a time measuring system, what may lead to a disqualification.

17. Control points
• On each course there are checkpoints to measure time of Participants. Each Participant needs to be checked at each point. The location of each checkpoint is available on the website of the event.
• There are also additional checkpoints in unknown places which are important in case of taking shortcuts by the Participants.

18. Time limits
• Each course has a limit, which, if exceeded results in disqualification of a Participant.
• Final cut-off times:
  Hardy Rolling: 3 h
  Chyża Durbaszk: 5 h
  Wielka Prehyba: 9 h
  Dziki Groń: 13 h
  Niepokorny Mnich: 17 h

• Additional cut-off times for Dziki Groń:
  Mountain Shelter on Obidza – 8 h 30 min
  Mountain Shelter under Durbaszka – 11 h 10 min

• Additional cut-off times for Niepokorny Mnich:
  Mountain Shelter on Obidza – 8 h 30 min
  Vyžne Ružbachy – 12 h
  Lesnicke Sedlo – 14 h 30 min

• If the time limit is reached a Participant cannot continue the race and is disqualified.

19. Refreshment points
• Along each course there are refreshment points. Detailed information about the refreshment points is available on the website of the event: www.biegwyszczawnicy.pl
At each refreshment point Participants may use all the infrastructure provided by the Organizer and take food and drinks with them.

Besides the refreshment points Participants may use tourist shelters along the course and buy food, if needed.

20. **Protection of environment**
- All actions that could lead to destroying the nature are prohibited, especially: littering along the course (all the garbage should be taken to the zones of refreshment points or to the finish line), destruction of vegetation, disturbing the peace in and around reserves, bonfires, etc.
- All trash should be left in the area of refreshment points or taken to the finish line.
- Not obeying the rules of protection of environment will be disqualified.

21. **Safety**
- Leaving valuable objects (wallets, documents, phones, etc.) in deposit bags is forbidden.
- The Organizer reminds all the Participants about all dangerous effects connected with participating in a sport event and intensive physical activity, that may lead to losing health or even life. The Organizer recommends all the Participants taking medical test appropriate to confirm that he/she may safely Participate in such an event.
- The Organizer is insured against liability towards the Participants of the competition.
- The Organizer insures all the Participants against the consequences of sudden accidents.
- The Organizer announces that it does not provide any insurance for life, health or civil liability in respect of sickness, accident, injury, death or incurring any loss or damage that may occur due to the presence and/or participation in the competition.
- The condition to take part in the event is allowing medical and paramedical staff employed on behalf of the Organizer to provide medical first aid or perform other medical procedures, including transport of a victim to a safe place.
- Medical service or the Organizer may forbid a Participant continuing the race if they find it threatens health or life of the Participant.
- By accepting these Rules a Participant admits that participating in the event is associated with physical activity and natural risk of accidents that may lead to damage of a body or other injury (including death). The delegation to the Organizer properly completed registration form and paying an entrance fee means that the Participant has considered and evaluated the nature, scope and extent of the risks of participating in the competition and voluntarily decided to take that risk, starting in the competition at his/her own risk.
- The condition to participate in the event is having a current medical examination allowing to start in competition or personally signing a statement of no contraindications to participate in the competition.
- The safety of the Participants in the mountains will ensure Podhalanska Mountain Rescue Group and Horská Záchranná služba.

22. **Withdrawal from the race**
- When a Participant withdraws from the competition must immediately inform the Organizer, using the phone number provided on the bib number.
- If a Participant decides to withdraw in the area of refreshment point, he/she should inform about the fact the service of the point, who represents the Organizer. The organizer, if possible at the time,
will provide transportation to the base for competitors withdrawing from the race and waiting in the areas of refreshment points.

- If a Participant decides to withdraw out of the area of refreshment point, he/she should inform about the fact the organizer, using the phone number provided on the bib number. If possible he/she should get to the nearest refreshment point or an asphalt road. The organizer, if possible at the time, will provide transportation to the base for competitors withdrawing from the race outside of the refreshment points.
- Participants that don’t inform the Organizer about their withdrawal may by charged with the cost of unreasonable search and rescue action.

23. **Equipment**

- During the competition participants must possess an equipment mandatory for a chosen course.
- The mandatory equipment may be checked by the Organizer before the start, along the course and at the finish line.
- Any lack of any component of mandatory equipment can result in charging time penalty in the amount of 15 minutes for each lacking piece of equipment. Time penalty will be added to the final time of a Participant.

24. **Mandatory equipment:**

**Hardy Rolling:**
- bib number (in a place visible for the judges) and chip,
- mobile phone with a battery charged for at least several hours (roaming recommended),
- canteen/water bottle(s)/cup with a total capacity of at least 0.25 liters to be used along the course and at refreshment point.

*Caring about environment we do not use plastic cups at the refreshment points

**Chyża Durbaszka:**
- bib number (in a place visible for the judges) and chip,
- mobile phone with a battery charged for at least several hours (roaming recommended),
- canteen/water bottle(s)/cup with a total capacity of at least 0.25 liters to be used along the course and at refreshment point.

*Caring about environment we do not use plastic cups at the refreshment points

**Wielka Prehyba:**
- bib number (in a place visible for the judges) and chip,
- mobile phone with a battery charged for at least several hours (roaming recommended),
- canteen/water bottle(s)/cup with a total capacity of at least 0.5 liters to be used along the course and at refreshment point,
- survival blanket.

*Caring about environment we do not use plastic cups at the refreshment points
Dziki Groń:
- bib number (in a place visible for the judges) and chip,
- mobile phone with a battery charged for at least several hours (roaming recommended),
- backpack or a running belt,
- canteen/water bottle(s)/cup with a total capacity of at least 0.5 liters to be used along the course and at refreshment point,
- survival blanket.

*Caring about environment we do not use plastic cups at the refreshment points

Niepokorny Mnich:
- bib number (in a place visible for the judges) and chip.
- mobile phone with a battery charged for at least several hours (roaming recommended).
- backpack or a running belt,
- canteen/water bottle(s)/cup with a total capacity of at least 0.5 liters to be used along the course and at refreshment point,
- ID or passport,
- survival blanket,
- headlamp/flashlight.

*Caring about environment we do not use plastic cups at the refreshment points

**Equipment recommended:**
- clothes appropriate for the weather,
- waterproof jacket,
- headlamp or flashlight for Participants of Dziki Groń,
- personal first aid kit.

25. **Deposit and transition area**
- Each Participant receives a deposit bag in the race office that he/she may leave in a signed place near the starting line. All the deposit bags later will be waiting in a deposit area near the finish line. Participants of Niepokorny Mnich may use another deposit bag and the Organizer will transport it to the refreshment point (Mountain Shelter on Obidza). All the details will be provided in a technical statement.
- All the deposit bags will be ready to collect in a specific area near the finish line.
- Collection of a deposit bag is possible only if the Participant has a bib number.
- All the deposit bags that are not collected during the event will be forwarded to a proper lost and found office.

26. **Prizes**
- Fastest men and women will get prizes.
- The Organizer provides classifications: Open, Open men and Open women.
- The Organizer may add more classifications.
- The general basis of the classification is electronic time measuring system.
• General classification is made by the gross time, counted from the moment of start of each race.
• Unofficial results are available on the website of the Organizer during the race and immediately after the race.
• Written protest are collected until April 28 (6 pm) via e-mail: zapisy@biegiwszczawnicy.pl. All the protest are resolved as soon as possible, but no longer than 48 hours. Official results will be published until April 30, 2020.
• All finishers get souvenir medals.
• Finisher of places 1-3 (men and women) of each race get additional prizes and cups.
• Organizer may sponsor additional prizes in other categories.

27. **Image protection and personal data**
• The condition for participation in the race is the signing of an appropriate statement in the race office regarding consent to use the participant’s image free of charge and a declaration regarding the processing of the participant’s personal data.
• 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 Strefa Przygód Foundation with the seat at Staw II 12/17, 62-420 Strzalkowo, 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.
• Personal data will be kept for the period necessary to carry out the event, details of the storage of specific data are set out in the Privacy Policy.
• 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 Biegi w Szczawnicy also in cooperation with other people, eg. volunteers, who are carrying out activities related to the organization and the event.
• Details of the participant's personal data protection are set out in the Privacy Policy.

28. **Invoices**
• If you need an invoice for the entrance fee, please send all your details to zapisy@biegiwszczawnicy.pl.
• According to law, the Organizer issues an invoice until 15\(^{th}\) of the month after the month of payment.
• According to polish tax law, if the payment is made before delivering the service, we provide an advance invoice for the whole amount of entrance fee, which means it is a final invoice.
By accepting the Rules of the event, the Participant accepts that we deliver an invoice via email without signing.

29. Protests
- The Organizer receives protest regarding breaking the rules of the regulations in the day of the competition (25.04.2020) until 8 pm. Protests brought after this time won’t be dealt.
- Protest should be brought to the Organizer via e-mail: biuro@biegiwszczawnicy.pl or personally in the Race Office located near the finish line.
- The Organizer deals with the protests as soon as possible, but no longer than 48 hours.
- All complaints, comments and requests in matters related to the participation in the event can be submitted within 14 days from the date of its completion, in particular to the Organizer’s e-mail address or in writing to the Organizer’s correspondence address, with the note "Complaint". The organizer recognizes complaints within 14 days from their delivery to the Organizer.

30. Bank account
The entrance fee should be payed via on-line payment system (our service links to przelewy24.pl) or to one of the bank accounts:

**PLN**
95 1140 2004 0000 3202 7721 0296
(mBank)
Fundacja Strefa Przygód
Staw II 12/17
62-420 Strzalkowo

Title of transfer: [course name] + [full name(s)]
*(if you pay for 3 or more runners send the names via email)*

**Euro - International payments**
IBAN: PL 71 1140 2004 0000 3212 0612 0267
BIC: BREXPLPWMBK
Name and address of the bank: mBank S.A., PO BOX 2108, 90-959 Łódź 2
SORT CODE: 11402004

31. Final word
- Any changes to the agenda of the event or the courses will be announced before the event.
- Violation of the Rules of this regulation may result in the imposition of a penalty or disqualification of a Participant.
- During the event Participants should follow instructions given by persons responsible for safety, security services and other persons designated by the Organizer.

32. Contact with the Organizer
website: www.biegieszczawnicy.pl/en/
e-mail: biuro@biegiwszczawnicy.pl