

The rules for "Biegi w Szczawnicy" 2021

1. Event format

"Biegi w Szczawnicy" will be held from April 23 - May 2, 2021 in the form of an individual run. Each participant will be able to choose the day and time of the start of the run and appear at the start with the starting number and chip at the moment they choose.

- In order to use the support we have prepared, nutrition points or medical support, you should adjust your start to the assumptions presented in point 3.
- You can also take part in the run outside the schedule adopted by us, and use a special application to measure the time, which we will make available or, after the run, send a record of the route in a *.gpx file. However, it should be remembered that the nutrition points will have a detailed schedule of activities adjusted to the days and hours of the start listed in point 3.

2. Start and finish locations

For logistical reasons, there will be slight shifts in the starting location of the Chyża Durbaszka and the main start / finish zone in Szczawnica, which will slightly affect the overall distance of Hardy Rolling and Chyża Durbaszka courses.

3. Details of individual distances

- Hardy Rolling

Distance: 11.9 km

Time: 23.04. - May 2, 2021

Starting times: electronic timing runs from 7:00 to 12:00

Starting point: Jaworki, parking lot near Durbaszka

Limit: 3 hours

Getting to the start: buses will be available only on Saturdays and Sundays at full hours: 8:00, 9:00, 10:00. Details will be available in the technical release.

- Chyża Durbaszka

Distance: 21.8 km

Time: 23.04. - May 2, 2021

Starting times: electronic timing runs from 7:00 to 12:00

Starting point: Jaworki, parking lot near Durbaszka

Limit: 5 hours

Getting to the start: buses will be available only on Saturdays and Sundays at full hours: 8:00, 9:00, 10:00. Details will be available in the technical release.

- Żwawe Wierchy

Distance: 32.4 km

Time: 23.04. - May 2, 2021

Starting times: at any time from 7:00 a.m. to 8:00 p.m., however, you should remember about the time limit (finish line closes at 8:00 p.m.) and the schedule of food points and security (details in the technical announcement).

Start and finish place: Szczawnica

Time limit: 8 hours

- Wielka Prehyba

Distance: 43.3 km

Time: 23.04. - May 2, 2021

Starting times: at any time from 7:00 a.m. to 8:00 p.m., however, you should remember about the time limit (finish line closes at 8:00 p.m.) and the schedule of food points and security (details in the technical announcement).

Start and finish place: Szczawnica

Time limit: 9 hours

- Dzik Groń

Distance: 64 km

Dates: START ON SATURDAYS ONLY, 24.04. and May 1, 2021

Start times: at any time from 3:00 a.m. to 8:00 p.m., but remember about the time limit (the finish line closes at 8:00 p.m.) and the schedule of food points and security (details in the technical announcement).

Start and finish place: Szczawnica

Time limit: 13 hours

- Niepokorny Mnich

Distance: 97 km

Dates: START ON SATURDAYS ONLY, 24.04. and May 1, 2021

Start times: at any time from 3:00 a.m. to 8:00 p.m., but remember about the time limit (the finish line closes at 8:00 p.m.) and the schedule of food points and security (details in the technical announcement).

Start and finish place: Szczawnica

Limit: 17 hours

Route version: only on the Polish side, through Lubań

Deposit on the course: Items for the deposit must be deposited by 22:00 the day before the scheduled start, i.e. on Friday, 23/04. or Friday 30/04/2021

Standard time limits apply due to the fact that races are included in the ITRA scoring, Ultra Cup Poland or the Crown of Polish Ultramarathons.

4. Benefits

As part of the packages, we provide:

- accident insurance;

- nutrition points will not be significantly different from previous editions, we anticipate that water, isotonic drinks, tea, Coca-Cola, bananas, oranges, warm soups (Obidza, Przehyba) and other snacks will be available, but for epidemic reasons, differently stored or packed than usual (details in technical communication);
- a meal voucher to be issued after the race;
- starting number with a chip;
- a map with the route of the run;
- information booklet containing the most important information about the individual race;
- 30-liter bag for deposit at the finish line;
- 30 liter bag for re-packing in the case of Niepokorny Mnich; due to the change of the route, the deposit is transported to the point in Rytro (53.8 km);
- electronic time measurement; timing only at the start and finish line, no intermediate points;
- commemorative medals for people who finish the run;
- medical and mountain rescue protection;
- in the case of the Chyża Durbaszka and Hardy Rolling routes, transport to the start of the individual race (from Szczawnica to Jaworki); available only on Saturdays and Sundays at full hours: 8:00, 9:00, 10:00;
- route marking.

5. Refund of the starting fee and / or delivery of the package

- Resignation after March 21, 2021 or failure to use the individual race package does not entitle to a refund of the registration fee;
- Until April 10, 2021, the participant may transfer his entry fee to another person (the person to whom the package is transferred should register in the registration system).

6. Course

- The route of each run will be marked.
- Roads will not be closed, and car traffic will not be stopped, so in places where roads cross or on road sections, road traffic regulations must be respected.

7. Rules on the route

Due to the change in the nature of the event (no competition), help from third parties (support) is allowed.

8. Time Limits

- There are time limits on the route of all races, if exceeded, the result of a given participant will not be included in the final list;

- Limits to cover individual routes:

Hardy Rolling: 3 hours.

Chyża Durbaszka: 5 hours.

Żwawe Wierchy: 8 hours.

Wielka Prehyba: 9 hours.

Dziki Groń: 13 hours.

Niepokorny Mnich: 17 hours.

- When choosing the start time, each participant must take into account the fact that the finish line (timing) runs every day until 20:00. After this time, the running time will not be measured using the chip, but it can be measured using the application or the participant can send a record of his run as a *.gpx file.

9. Leaving the course

The waiting time for transport outside weekends may be longer than in the case of the event held in previous years. In the technical announcement we will publish a map of the most accessible locations from which the participant can be transported to Szczawnica.

10. Individual Run Office

An Individual Run Office will operate throughout the duration of the event. We will present a detailed schedule of the office's work in the technical announcement.

11. What we gave up?

Due to the current situation, we gave up part of the event setting, lectures and meetings, the official ending, the expo zone, accommodation in the gym and children's runs. There will also be no possibility of gathering in the start and finish zones, which we will pay special attention to.

12. COVID-19

Participants will be obliged to comply with all restrictions, orders and prohibitions related to social distancing, covering the mouth and nose, disinfection and other valid on the day of receiving the package and starting of a given participant. All detailed restrictions and information will be published by us closer to the event date. If the restrictions are loosened, we will adapt to the new assumptions.