



II GORCE ULTRA-TRAIL - WINTER

22.02.2020 - OCHOTNICA GÓRNA - GORCE - Poland

RACE REGULATIONS

version 2.0 from 16.02.2020 - new distance of 10 km added

1. Organization and the purpose of GUT

- 1.1. The Gorce Ultra-Trail WINTER (hereinafter: GUT WINTER) is organized by the Run Vegan Foundation (hereinafter: the Organizer).
- 1.2. The co-organizer of GUT WINTER is the Ochotnica Dolna commune, the host of the event.
- 1.3. The honorary patronage over the event was taken by the head of the Ochotnica Dolna commune, Tadeusz Królczyk.
- 1.4. The goals of the GUT WINTER organization are:
 - popularizing mountain races as well as active and responsible winter tourism
 - selecting the best mountain runners
 - promotion of the Gorce Mountains among the Polish and international community of runners
 - activation and integration of the local community through sport and volunteering

2. Protection and respect for nature - EKO-CODE GUT

- 2.1. Gorce Ultra-Trail Winter is a run held in natural surroundings, on the forested ridges of Lubań, which are a refuge for wild animals - bears, wolves, roe deer and deer. We treat respect for nature as the key message of the event. We emphasize and remind you that any destruction of nature, picking plants, deliberate disturbance of animal peace or littering along the route are unacceptable. Runners who violate these rules may be subject to time penalties and, in extreme cases, disqualification
- 2.2. In order to minimize the negative impact on the environment at the food points there will be no disposable cups for cold drinks. For this reason, the participant is required to have his own reusable cup and a bottle/ soft flask to replenish his fluid supply.
- 2.3. The competitor must take with him all the waste that he has generated on the route. Waste and trash can only be left at the food points and the finish line, using the waste sorting bins. We remind you that the gel tip, bottle cap and handkerchiefs are also rubbish! We also encourage you to collect spotted rubbish from other competitors - as part of solidarity and care for the image of mountain runners.
- 2.4. **The competitor is obliged to sign with his starting number all gels, energy bars and other food products in packaging** that he takes on the route. Markers will be available in the race office and the packages can be randomly checked on the route.



3. Rules applicable on the route

- 3.1. The race will be conducted in accordance with the fair-play principles formulated by the International Trail-Running Association. The basic assumption is to ensure equal opportunities for all participants and to conduct competitions in the formula of an individual test of sport possibilities. It means respecting the three most important principles: **act fair, take care of yourself and others, protect the environment.**
- 3.2. Each participant covers the entire distance on his own, without any help from third parties and without the participation of any motor vehicles. The organizer does not allow the use of "hares" / pace-makers on any route section. Third party assistance is only permitted at official checkpoints. The organizer allows the help of third parties outside the official points only in cases where it is a spontaneous gesture of hospitality of the inhabitants of the areas through which the routes run.
- 3.3. Competitors may not stray from the designated route. In case of getting lost, it is obligatory to go back to the last signs and follow the official route. Shortening or changing the route may result in a temporary penalty or disqualification.
- 3.4. The competitor is obliged to provide - as far as possible - assistance to those injured and in need of assistance, primarily by notifying the organizers and medical services immediately.
- 3.5. Doping is prohibited.
- 3.6. It is forbidden to use any verbal or physical violence during the run. Reported cases will be punished with time penalties or disqualification.
- 3.7. Only officially registered and paid competitors can participate in the race.
- 3.8. For the entire duration of the competition, the Participant is required to have a start number clearly visible to other participants, supporters and referees, and a chip to measure the time attached to the shoe.
- 3.9. The competition route is not closed for other users. Overtake reasonably, with care for your and other users' safety. Part of the route runs through private areas used by their owners - you might meet a horse cart, tractor or quad on the trail. We kindly ask you to use the paths with respect for the private property of the Residents.

4. Czas i miejsce, harmonogram wydarzenia

The second edition of Gorce Ultra-Trail Winter will take place on February 22, 2020.

The start and finish of the race will be in Ochotnica Górna, on the square opposite to the church.

The Race Office will be located in the Village Culture Center, Ochotnica Górna (hereinafter WOK Górna), os. Zawady 205b.



Race Agenda

21.02.2020 (Friday)

- 18.00 - 22.00 Race Office, WOK Górna
- 20.00 - 20.30 Technical briefing, WOK Górna

22.02.2020 (Saturday)

- 06:00 - 6:30 Race Office "very last minute" for a distance of 42 km, WOK Górna
- 06:30 - 6:55 verification of compulsory equipment before entering the start zone for 42 km
- 07:00 start GUT WINTER 42 km
- 07:30 - 9:00 Race Office "very last minute" for a distance of 24 and 10 km, WOK Górna
- 09:00 start GUT WINTER 24 km
- 09.30 start GUT WINTER 10 km
- 12.00 time limit of 10 km
- 15:00 time limit of 24 km
- 18:00 time limit of 42 km
- 19:00 decorations for all distances, integration and ending of the event, WOK Górna

5. Race route, ITRA points, route marking

- 5.1. The Gorce Ultra-Trail competition will be held over three distances:
 - GUT WINTER 42 - approx. 42 km and approx. 2080 m elevation gain, 2 ITRA points
 - GUT WINTER 24 - approx. 24 km and approx. 950 m elevation gain, 1 ITRA points
 - GUT WINTER 10 - approx. 10 km and approx. 450 m elevation
- 5.2. Marking the route. The route runs in the vast majority on marked tourist and nature paths. GUT markings - tapes and boards with arrows - will be placed in questionable places such as crossroads of routes, sharp turns or unmarked forest paths. Each participant is required to familiarize himself with the route before the race and move according to the markings. **ATTENTION: regardless of the markings, for safety reasons we recommend uploading the GPX track to your watch / phone or taking a map with the route marked.**
- 5.3. Asphalt sections on the routes have been kept to a minimum. In all these places race is held with the traffic of motor vehicles maintained. Competitors are required to exercise extreme caution, comply with traffic laws and carry out orders from law enforcement, road and police services.
- 5.4. Maps and GPX files with detailed routes will be available on the website www.gorceultratrail.com



6. Time measurement and time limits

- 6.1. Time measurement will be made using electronic chips and control mats that record the appearance of the runner at a given point. In order to ensure the proper course of the competition, there will be additional permanent and volatile control points at which time will be measured manually.
- 6.2. Lack of reading in the time control system at a given control point may result in disqualification.
- 6.3. Competition results are based on gross times. In case of doubt, the final decisions are made by a referee committee together with the Race Director.
- 6.4. The following time limits apply on routes:
 - GUT WINTER 42: 11 hours
 - GUT WINTER 24: 6 hours
 - GUT WINTER 10: 2.5 hours
- 6.5. For safety reasons, **an intermediate time limit of 6 hours and 30 minutes is set on GUT 42 on PK Lubań** (about 23 km from the start). **The intermediate limit applies at the EXIT from the checkpoint.** After exceeding the limit, competitors may not continue the competition.

7. Nutrition points

- 7.1. The race is based on the formula of partial self-sufficiency. This means that the competitor should calculate his own demand for food and drink during the whole run and between individual checkpoints, stock up on necessary products, and treat nutritional points as supplementary.
- 7.2. On the GUT WINTER 24 km route there is one feeding point provided with dry food on the Lubań peak.
- 7.3. On the GUT WINTER route, 42 km, apart from the dry food on Lubań, peak, there will be two additional nutrition points with hot drinks: in PK Kluszkowce and in PK Ochotnica Dolna.
- 7.4. A detailed menu on nutrition points will be given in the technical announcement before the competition.

8. Mandatory and recommended equipment

- 8.1. The competitor must have compulsory equipment in line with his distance throughout the entire race. The equipment will be verified in the race office, race start and randomly checked on the route and at the finish.
- 8.2. Obligatory equipment - all distances:
 - BIP number placed in a visible place throughout the entire competition as well as a time measurement chip placed as recommended on its packaging, i.e. on the shoe or ankle above the shoe.
 - switched on, active and charged mobile phone with the GUT emergency number saved (will be given in the technical briefing). **NOTE: the Athlete's phone number must match the**



- number provided during registration.** For security reasons, you must verify your telephone number in the race office when collecting the start number!
- NRC foil with a minimum size 140 × 200 cm
 - own cup or container for drinks - we remind you that according to the ECO-CODE GUT there will be no disposable cups for cold drinks
 - elastic bandage
 - whistle
- 8.3. Obligatory equipment, additional for GUT WINTER 42 km
- A working headlamp
 - clothing: long-sleeved sweatshirt, waterproof jacket with hood, cap or chimney, full gloves
- 8.4. Recommended equipment - all distances
- footwear and clothing adapted to the difficult mountain route and anticipated weather conditions, including spare socks :)
 - water container with a minimum capacity of 1.5 liters
 - GPX track uploaded to a phone / running watch or route map
 - basic first aid kit, containing in addition to the mandatory elastic bandage a disinfectant and patches.

9. Registration, limit of participants, entry fees

- 9.1. In the GUT WINTER 42 and 24 races may be attended by runners who are at least 18 years old on the day of the event. GUT WINTER 10 can be attended by a person who is at least 16 years old on the day of the race, provided that the Race Office receives written consent from parents or legal guardians.
- 9.2. Participant's registration is done via the online registration form. The link to the form is available on the website www.gorceultratrail.com. To sign up for the selected race, you must set up your individual account, log in, choose your distance and register in the system. Online registration and fees will be accepted until February 14, 2020 or until the limit of places is reached. After closing online registration will be possible in the race office, if there are places available.
- 9.3. Registration is possible until the limit of places is reached, which is respectively:
- GUT WINTER 42 - 100 participants
 - GUT WINTER 24 - 200 participants
 - GUT WINTER 10 - 100 participants
- 9.4. An integral element of the registration process is the payment of the entry fee in the amount applicable on the date of payment. Registration without payment does not constitute a BIP reservation. The entry fee should be made through the online system in accordance with the instructions on the registration page. The competitor will appear on the start list after the payment has been credited. The entry fee is not valid if the participant has not completed the electronic



registration, if it was paid after the deadline or after the places limit was reached.



9.5. The entry fees are respectively:

Race distances	till 31.12.2019	1.01.2020 - 14.02.2020	21.02.2020 - 22.02.2020
GUT WINTER 42 km	180 zł	220 zł	260 zł
GUT WINTER 24 km	120 zł	145 zł	160 zł
GUT WINTER 10 km	---	80 zł	100 zł

9.6. The Organizer grants the following discounts on starting fees:

- o competitors classified according to ITRA as INTERNATIONAL LEVEL - ITRA CODE A (Performance Index K> 700 points, M> 825) are entitled to free BIP number for chosen race
- o residents of the Ochotnica Dolna commune are entitled to a 20% discount on the current race fee.
- o persons born in 1950 or earlier are entitled to a 50% discount on the current race fee
- o runners who stood on the podium of Gorce Ultra-Trail - according to the information in 12.4.

To take advantage of the above discounts, the runner shall write till 14.02.2020 to: kontakt@gorceultratrail.com, and then register with the received discount code.

9.7. The organizer reserves the right to close the registration earlier if the limit of applications is met and the right to increase the pool of starter packages.

9.8. Invoices. A competitor who wants to receive an invoice should provide the required data during online registration or send it to the following address: kontakt@gorceultratrail.com. An invoice for the paid entry fee will be issued by the 15th day of the month following the month in which the payment was made. By accepting the Regulations, the Participant agrees to send the invoice in electronic form without the recipient's signature.

10. Resignation from start, changing distance, transferring of BIP numbers

10.1. In the event of the Participant's resignation from the competition - for any reason - the Organizer will not be refunding the entry fee paid.

10.2. The Organizer allows to change the distance until February 7, 2020. In the event of a transfer from a shorter distance to a longer distance, it is necessary to adjust the entry fee to the amount



applicable on the day of the change. In the event of a shorter distance change, the Organizer will not refund the entry fee. Changing the distance is possible within the limits of free places for a given distance. For the operation of changing the distance, the Organizer charges a handling fee of PLN 20. The transfer becomes effective only after the payment has been received and after receiving the e-mail confirmation from the Organizer.

- 10.3. The Organizer allows you to rewrite the paid start package to another competitor by February 7, 2020. A competitor who wants to rewrite the package to another runner, informs the Organizer by e-mail about the distance, new competitor's data (name, surname, email) and confirmation of the handling fee. A new participant registers online without paying the entry fee. The players settle accounts with each other. The Organizer charges a fee of PLN 20 for the operation of transferring the BIP to another participant. The transcription becomes effective after the payment has been received and an email confirmation from the Organizer has been received.
- 10.4. The request to change the distance or rewrite the package to another runner as well as confirmation of payments shall be send to: kontakt@gorceultratrail.com. The extra charge for the new distance and the handling fee should be transferred to the account specified in point 17 of the Regulations.
- in the title of the payment for distance change, please provide: "Name and surname, change of distance from km to km."
 - in the title of the payment for BIP transfer please provide: "Rewriting the package name and surname for name and surname, distance"
- 10.5. After February 7, 2020, changes will be possible only in the Race Office, under the restrictin of the time availability of the Race Office team and vacancies at the selected distance. The handling fee for changing the distance / competitor in the Race Office is PLN 50.

11. Competition Office, collection of packages, technical briefing

- 11.1. The Race Office will operate at the Village Culture Center in Ochotnica GÓRNA, os. Zawady 205b.
- 11.2. Race Office opening hours:
- 21/02/2020 (Friday)**
18.00 - 22.00 Competition Office, WOK Górna
- 22.02.2020 (Saturday)**
6.00 - 6.30 Race Office "very last minute" for 42 km, WOK Górna
7.30 - 8.30 Race Office "very last minute" for 24 and 10 km, WOK Górna
7.30 - 9.00 Race Office "very last minute" for 10 km, WOK Górna
- 11.3. The starting number can be collected only in person, based on a document with photo and date of birth.
- 11.4. At the Race Office, while receiving the BIP number, the Competitor is required to:
- verify the date of birth and phone number in his application



- show mandatory equipment
 - sign with his start number the packaging of food taken along the route (markers provided)
- 11.5. The condition for issuing the start number and thus allowing the competitor to enter the race is to sign the competitor's card manually, including declarations of no contraindications to participate in the race and a statement about the start at own risk of the participant.
- 11.6. BIP numbers that will not be picked up during the working hours of the Race Office will be re-sold or given to volunteers.
- 11.7. Technical briefing for competitors will be held:**
- on Friday, 21.02 from 20.00-20.30 in WOK Ochotnica Górna
 - immediately before the start
 - The technical announcement will also be available on the event website.

12. Classification and awards

- 12.1. Classifications will be hold on each of 3 distances as below:
- General classification Men / Women
 - Additional classification Men/ Women of Residents of the Ochotnica Dolna commune (need to be marked during registration)
- In order to verify the race results, the Organizer may request these competitors to provide a gpx track with a record of the completed route*
- 12.2. Awards:
- Winners of places I - VI in the Open K / M classification receive statuettes and gifts.
 - Winners of places I - III in the Residents' classification of the Ochotnica Dolna commune receive statuettes and gifts.
- 12.3. Appreciating the winners' sports effort, the Organizer sets out the following rules for additional benefits as part of prizes:
- I K / M OPEN winners are entitled to a free start at the chosen distance in the following year
 - competitors who took II-III K / M OPEN places in a given year are entitled to a 50% discount on any distance in the following year
 - competitors who took places I-III K / M OPEN in the previous classification in previous years have the lifelong right to a 20% rebate.
 - the discount is calculated from the fee level at the time of paying the start fee.
- 12.4. The condition of collecting statuettes and gifts is the player's presence at the official ceremony of the event.
- 12.5. The competitor has the right to lodge a protest after paying a deposit of PLN 200 (EUR 50) no later than 3 hours after the end of the given distance. The protest must be submitted in writing to the email address kontakt@gorceultratrail.com. The protest will be considered within 2 hours, and the



Chief Referee will decide. A rejected protest will result in the loss of the deposit by the applicant.

13. Race package, benefits, passes and deposit

- 13.1. The Organizer as part of the entry fee provides:
- the right to participate in the competitions at a selected distance
 - personalised BIP number
 - sport cap with event logo
 - OWCA RUN beer from GUT Partner, Podgórz Brewery
 - commemorative medal at the finish line for competitors who have completed the race
 - judge service and electronic timekeeping
 - nutrition points on the route: GUT WINTER 42 - 3 points, GUT WINTER 24 - 1 point
 - drop bag point for GUT WINTER 42 at PK2 (Ochotnica Dolna)
 - regenerative meal at the finish line
 - deposit at the finish line
 - accident insurance
 - medical support on the route, in cooperation with GOPR Grupa Podhalańska
- 13.2. Depository. The organizer provides a deposit in the start / finish zone. Deposit bags will be available in the Race Office. It is forbidden to place glass containers and beverage cans in bags. The deposit can be given during the Race Office's business hours or immediately before the start. The deposit will be available for pickup only after showing the start number. Receipt of the deposit will be possible until the end of the event. The organizer is not responsible for valuable items left in the deposit and is not responsible for loss of the deposit. A deposit not collected during the event may be sent by courier to the indicated address at the Competitor's request. The request should be sent till 23.02.2020 at the latest to: kontakt@gorceultratrail.com. All shipping costs are covered by the participant. After this date, unclaimed deposits will be donated to charity.

14. Important information: resignation during the race, start with sticks, dogs on the route

- 14.1. A competitor who withdraws from the race is obliged to notify the Organizer immediately and effectively. In the event of a failure to notify about resignation from the race, a search action will be taken and the runners may be charged for it.
- 14.2. The Organizer allows the possibility of starting with running poles at all distances. The competitor using the poles is absolutely obliged to ensure the safety of people running within the range of his poles.
- 14.3. The Organizer allows the possibility of starting with a dog, subject to:
- taking care of water and food for the dog while running
 - prohibition of using "dog tag" collars



- in order to ensure equal chances for all runners, it is forbidden to run with a dog in the canicross formula, i.e. to strengthen the pace of a man by force of a pulling dog

15. Regulatory penalties

- 15.1. Players who violate the Regulations may be subject to time penalties, and in special cases disqualification. In particular, the following rules are laid down:
 - shortening or changing the route: time penalty according to the decision of the Race Director
 - no mandatory equipment element: 15 min time penalty for each element
 - documented intentional littering on the route by the player or his technical team: disqualification
 - documented aggressive behavior towards other players or volunteers, refusal to follow the instructions of the medical or referee team: time penalty or disqualification
 - start with another competitor's BIP number: disqualification.
- 15.2. Time penalties will be added to time the competitor obtained at the finish line.

16. Image protection and personal data

- 16.1. Personal data of participants will be processed for the purposes of organizing and promoting this and other events of the Organizer, including selecting the winners of the race and awarding and issuing prizes. This also includes the publication of: name, surname, year of birth, city and club name.
- 16.2. Providing personal data and agreeing to their processing is voluntary, but it is a necessary requirement to participate in the race.
- 16.3. Personal data of Participants in the race 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 95/46 WE (General Data Protection Regulation). The Participant acknowledges that he has the right to access his data, correct it or delete it completely from the Organiser's IT systems.
- 16.4. The Organizer - Run Vegan Foundation with headquarters in Warsaw at Karmelicka 15/37, (contact: robert@runvegan.pl, tel: +48 506 009 611), will process the entrusted personal data using security measures with appropriate technical and organizational measures to ensure an adequate degree security, corresponding to the risk associated with the processing of personal data. The participant, if he has any questions about his personal data, may contact the Personal Data Administrator.
- 16.5. By registering for the competition, the participant accepts these Regulations and agrees to the free publication of his image for the promotion and organization of the Organizer's events in the



media, as well as in advertisements, promotional materials of the Organizer, partners, media patrons and sponsors

17. Final Provisions

- 17.1. The Organizer reserves the right to make changes to the regulations. All changes will be published on the event site: www.gorceultratrail.com
- 17.2. The Organizer reserves the right to cancel the event without giving reasons.
- 17.3. The race will take place regardless of the weather, however, for safety reasons and in consultation with GOPR, the Organizer may change or shorten the route or temporarily stop the race in the event of sudden rainfall or blizzards.
- 17.4. The competitors start at their own risk, aware of the risks posed by the long-distance winter mountain run.
- 17.5. In matters not covered by these regulations, the Organizer decides.
- 17.6. Only the Organizer has a binding and final interpretation of these Regulations.

18. Organizer's contact details

Run Vegan Foundation, Karmelicka 15/37, 00-163 Warsaw

NIP: 5252731220

Mail: kontakt@runvegan.pl

Tel: +48 507 006 851

mBank: 71 1140 2004 0000 3302 7737 4900

IBAN: PL71 1140 2004 0000 3302 7737 4900

SWIFT: BREXPLPWBW

.....APENDYKS - handy shortcuts, addreses,usefull knowledge:)

WOK Village Culture Center

WOK Górna Village Culture Center in Ochotnica Górna, os. Zawady 205b, Race Office of GUT WINTER
<not to be confused with WOK Dolna, i.e. the Village Culture Center in Ochotnica DOLNA:>

Start / Finish square opposite the church in Ochotnica Górna, where used to be an old wooden church

Rungerówka the base of the GUT WINTER organization team, os. Stasichy 313, Ochotnica Górna

Volunteer

OSP Volunteer Fire Brigade, respectively: Dolna, Górna, Tylmanowa

GOPR Mountain Volunteer Rescue Service

GPN Gorczański National Park/ Gorce National Park

