

RULES of TriCity Trail 80k+ 2017

1. Goals of the event:

- Promotion of Tricity Landscape Park in Poland and abroad
- Popularize healthy lifestyle, ecological education

2. Organizer:

Stowarzyszenie Sport dla Każdego
ul. Kulińskiego 18, 62-100 Wągrowiec
Phone: +48 513 083 555
e-mail: kontakt@citytrail.pl

3. Date and course:

TriCity Trail 80k + will take place on 9th of July 2017.
Distance: 80k +

4. Start/Finish/Race office localization:

- Race office will be open on Saturday (8.07.2017) and it is located in Upper-Secondary School No. 4, ul. Sobieskiego 344, 84-200 Wejherowo. This is also a place where free accommodation is provided by organizer. During registration process you need to decide if you want to use free accommodation.
- Start line: entrance to Tricity Landscape Park at street Harfowa (close to Gdańsk airport road hub (road No. S6))
- Time of the start: 05:00 AM
- Finish line: City Park in Wejherowo (Park Miejski im. Majkowskiego).

5. Race office:

Race office will be open on Saturday (8.07.2017) from 14:00 till 20:00 and it is located in Upper-Secondary School No. 4, ul. Sobieskiego 344, 84-200 Wejherowo.

6. The course:

- The course passes through tourist's paths in Tricity Landscape Park.
- In few places those paths (as well as the course) will be part of the public roads. In that cases you must follow traffic rules. Breaking any rules may incur a time penalty.
- The course will be marked on the whole way. Especially on every track junction. The course map will be provided to you at race Check-in.
- Course description and elevation profile is available at „TRASA” bookmark on the website.
- The course is challenging - it has significant climb and descent, especially when it comes to northern Poland
- Distance: 80k
- Climb and descent: +1700/-1800
- There is a 13h limit to complete the full 80k course

7. Refreshment points and checkpoints

- Refreshing points will be as well checkpoints. Those runners who won't show up at the checkpoints at a specific limit times will be disqualified.
- Those runners who will reach checkpoints after time limit won't be classified in the race, they should stop the race, take off their race number

and follow organizer instructions.

- If they don't follow instructions given by race organizers and a rescue operation will be needed, they might be charged with the costs. The organizer is no longer responsible for the runner.

List of refreshment points:

- Refreshing point/Buffer 1 – around 19k - water, isotonic drink, sweets, fruits, time limit: 03:00
- Refreshing point/Buffer 2 - around 35k - water, isotonic drink, sweets, fruits, time limit: 05:45
- Refreshing point/Buffer 3 - around 55k - water, isotonic drink, sweets, fruits, time limit: 09:00
- Refreshing point/Buffer 4 - around 72k - water, isotonic drink, sweets, fruits time limit: 12:00
- On the course might be additional checkpoints at which referees will note race numbers of runners
- Not showing at one of this checkpoints will result in fee penalty or disqualification (the final decision is up to main referee).

8. Deposit:

At the start of 80k + there will be a deposit for runners, who want to leave their clothes.

9. Entry requirements:

- Everyone who till 9th of July 2017 is 18 years of age or older is allowed to participate in TriCity Trail races.
 - Runners who register for the race claim that they take part in the race on their own responsibility and that they don't have any medical contraindications.
 - All runners need to be verified at the Race Office/Check-in.
 - During the verification every runner need to have identity card (ID, driving license, passport) in order to check his/her identity and date of birth.
 - All runners need to follow Race Rules and Tricity Landscape Park Rules.

10. Entry details:

- Entries are taken online from 1st of December 2016 via website: www.tricitytrail.pl
 - There is a limit of 250 entries for 80k +
 - Check-in/verification of runners will take place at Race Office on 8th of July 2017 from 14:00 till 20:00.
 - Your entry is only valid when you fill in the online form and pay the entry fee.

11. Entry fee:

- 90 PLN till 5th of February 2017
- 120 PLN till 30th of June 2017
- 160 PLN from 1st of July 2017

12. General rules:

- Entry fee is done through online payments (dotpay.pl) which is available

during registration.

- Fee is not valid if it was done after the payment deadline or after the limit of entries is reached.
- Till 30th of June there is a possibility to pass your entry to another person. In order to do that write us an email: kontakt@citytrail.pl
- Entry fee is non-refundable.
- Shortening, changing the course and cancellation of the race during the race are not the reasons to return entry fee.
- If the race is canceled before it starts all runners are ensured of receiving entry fee back.
- During registration for the race you are able to order:
 - event Salomon t-shirt, than to your entry fee additional cost will be added - 59 PLN
 - event Halfworn sleeves, than to your entry fee additional cost will be added - 39 PLN
 - there won't be a possibility to buy this t-shirt or sleeves at a later date

Entry fee covers:

- Start in the race, electronic time measurement and service at the course
- Transport from Wejherowo (main event spot) to start place of the race
- Event multifunctional scurf
- Event t-shirt (additional cost of 59 PLN)
- Event sleeves (additional cost of 39 PLN)
- Access to showers and toilets (before and after the race)
- Race number
- Drink and food on the course
- Meal after the race
- Health protection
- Referees service
- Statuettes and prizes (not financial) for the best runners
- Medal for every runner, who will finish the race
- Other benefits whenever possible for organizer

13. Classification:

- General women and men classification - in OPEN classification prizes will be awarded to 1st, 2nd, 3rd, 4th and 5th both men and women.
- Age divisions: K1 (18-39 years old), M1 (18-39 years old), K2 (40 year old and older) M2 (40 years old and older) – in age divisions prizes will be awarded to 1st, 2nd and 3rd.
- Runners from OPEN classification won't be awarded in division classification.

14. Prizes:

- In general women and men classification and in age divisions: statuettes and prizes (not financial).
- In order to receive prize you need to take part in decoration ceremony. If the awarded person doesn't show at the ceremony, the prizes are lost and won't be handed.

15. Mandatory gear:

For **80k +** you must carry a set of mandatory gear at all time during the race:

- Camelback or any other container/bottles to carry 1 liter of fluids
- One working mobile phone

- One emergency space blanket
- Course map (provided by organizer and collected at race Check-in)
- In case of bad weather conditions - waterproof jacket
- Race number
- Chip to measure your time

16. Final rules:

- For safety reasons organizer can change or shorten the course, in case of extreme weather conditions the race can be cancelled.

- Runner must wear their race number on front. It has to be visible all the time and they have to wear t-shirt/top.

- Runners must get insurance against accidents on their own.

- Runner who takes part in TriCity Trail agrees to use his own image for TriCity Trail promotion and processing personal data given during registration.

- Organizer provides free accommodation.

- Organizer of TriCity Trail reserve the rights to make changes in the Rules.

Organizer is obliged to inform about it all participants before the event starts on their website.

- Final and binding interpretation of this Rules belongs only to TriCity Trail Organizer.