

REGULATIONS of TriCity Trail 2019

1. Purpose of the event:

- Promoting the Tricity Landscape Park in Poland and abroad;
- Promoting a healthy lifestyle, education of ecology.

2. Organizer:

Fundacja Krok do Natury,
ul. Krucza 9, 62-100 Wągrowiec
e-mail: kontakt@citytrail.pl

3. Time and distance:

- TriCity Trail will be held on July 7th, 2019;
- Distances:
 - 80km+;
 - Marathon+;
 - Halfmarathon.

4. Place:

- The base/race office on Saturday (and accomodation for competitors, who declare the will to use such option during registration): Upper-Secondary School no. 4, 344 Sobieskiego St. Wejherowo;
- The start:
 - 80km – will be located at the entrance to the Tricity Landscape Park at Harfowa Street (around the „Gdańsk Lotnisko” (Gdansk Airport) junction - on the Tricity ring road (S6 road);
 - 47km – will be located at the entrance to the Tricity Landscape Park at Apollina Street (around the „Gdynia Chwarzno” junction - on the Tricity ring road (S6 road);
 - 21km – will be located on Zamkowa Street, close to City Park in Wejherowo (Park Miejski im. Majkowskiego in Wejherowo).
- Start time:
 - 80km - 04:30 a.m.;
 - 47km – 07:30 a.m.;
 - 21km – 09:00 a.m.
- Finish line: City Park in Wejherowo (Park Miejski im. Majkowskiego in Wejherowie).

5. Race office:

The race office will be open:

- For all distances: on Saturday, July 6th, between 2 p.m. – 8 p.m., Upper-Secondary School no. 4, 344 Sobieskiego St. Wejherowo;
- Additionally, for 21 km distance: on Sunday, July 8th between 7 a.m. – 8:15 a.m. close to the finish line and amphitheatre in the City Park in Wejherowo, entrance from Wybickiego Street (Park Miejski im. Majkowskiego w Wejherowie).

6. Course and distance:

- The course route leads through touristic trails of the Tricity Landscape Park;
- In a few places, the Trail (and the route also) – enters the urbanized area. Participants are obliged to go by the traffic rules in such situations. In the event of violation of these rules, time penalties will be applied to competitors;
- The course will be marked on its entire route with particular emphasis on the change of the route, the exact course and the route profile can be found in the tab: TRASA on our website;
- The course is demanding – with significant elevations – especially for the northern part of Poland;
- 80km:
 - Exact distance: approx. 81,5km;
 - Elevations: +1700/-1800;
 - Time limit to complete the distance: 13 hours.
- Marathon+:
 - Exact distance: approx. 47,5km;
 - Elevations: +1000/-1100;
 - Time limit to complete the distance: 7,5 hours.
- Halfmarathon:
 - Exact distance: approx. 21km;
 - Elevations: +320/-320;
 - Time limit to complete the distance: 3,5 hours.

7. Nutritional and control points:

- Nutrition points will be functioning for checkpoints as well and competitors who will not show up on them in time will not be able to continue the race;
- Contestants who reach the checkpoint after the time limit will not be classified in the race, should stop the run, take off the starting number and apply to given instructions;
- In the event of non-compliance with the instructions, the competitor, in case of an eventual rescue action, may be charged for it and the organizer will no longer take the responsibility for the participant;
- **List of points:**
 - Buffet 1 – at approx. 19th km for 80km+ distance – water, isotonic drink, sweets, fruits, time limit: 3h00min;
 - Buffet 2 – at approx. 35th km for 80km+ distance / start of Marathon+ – water, isotonic drink, sweets, fruits, time limit: 5h45min;
 - Buffet 3 – at approx. 55th km for 80km+ distance / 20th km for Marathon+ distance – water, isotonic drink, sweets, fruits, time limit for 80km+: 8h30min, time limit for Marathon+: 2h45min;
 - Buffet 4 – at approx. 72nd km of 80km+ distance / 37th km for Marathon+ distance / 12th km for Half-marathon – water, isotonic drink, sweets, fruits, time limit for 80km+: 12h00min, time limit for Marathon+: 5h15min, time limit for Half-marathon: 2h00min;
 - For 80km+ and Marathon+ distances the organizer does not provide disposable cups at the buffets;
 - Additional checkpoints may be added on the route, in which referees will write down the starting numbers of the competitors;

- Omitting any checkpoint will result in time penalty or disqualification (final decision belongs to the main judge).

8. **Deposit:**

- At the start of the race there will be a deposit for participants who would like to leave their belongings.
- **Terms of participation:**
- Any adult may participate in the TriCity Trail, who until the day of July 7th, 2019 will be over:
 - 18 years old – for 80km+ and Marathon+ distances;
 - 16 years old – for Half-marathon.
- Participants entering the race declare running at their own risk and state of no medical contraindications to participate in the run (also on the ultra-distances);
- All participants must be personally verified at the race office;
- The participant must have an ID document (Id card, passport, driving license) in order to check identity and date of birth;
- All competitors must comply with the Competition Regulations and the regulations of the Tricity Landscape Park.

9. **Applications:**

- Applications can be submitted since December 2018 using the electronic form available on the website: www.tricitytrail.pl;
- Limits of participants:
 - for 80km+ distance: 250 participants;
 - for Marathon+ distance: 250 participants;
 - for Half-marathon: 600 participants.
- Verification of competitors will take place at the race office on 6th-7th July 2019;
- The person who filled in the application form and paid the entry fee is considered as registered.

10. **Entry fee:**

- 80km+:
 - 110 PLN until March 31st, 2019;
 - 140 PLN until June 30th, 2019;
 - 180 PLN from July 1st, 2019.
- Marathon+:
 - 100 PLN until March 31st, 2019;
 - 130 PLN until June 30th, 2019;
 - 170 PLN from July 1st, 2019.
- Halfmarathon:
 - 50 PLN until March 31st, 2019;
 - 65 PLN until June 30th, 2019;
 - 80 PLN from July 1st, 2019.
- **Charity starter pack:**
- During the electronic registration, there is a possibility of choosing a charity starter pack, in this case the entry fee will be increased by 30 PLN;

- Whole amount (decreased by the value added tax (VAT) – 8%) collected as the part of the charity starter packs will be given to the Pomorze Dzieciom Hospice (Hospicjum Pomorze Dzieciom);
- The starting number of the person who chooses the charity version will be marked with the Hospice Pomorze Dzieciom logotype.
- General information:
 - The entry fee should be paid via the electronic payment (dotpay.pl) available during the online registration;
 - Entry fee is not valid when made after the deadline or when paid after the limit of participants has been reached;
 - There is a possibility to give your starter pack to another person until June 30th, 2019;
 - The entry fee is not refundable;
 - Shortening, changing the course of the route or completely canceling the competition during its duration will not be a basis for returning the entry fee;
 - In case of canceling the race due to the fault of the organizer before its start, participants are entitled to a refund of the entry fee;
 - During the electronic registration there is a possibility to purchase:
 - Occasional technical shirt by Salomon, in case of choosing this shirt you will be charged an additional cost: 59 PLN;
 - It won't be possible to purchase a T-shirt at a later date.

11. **Benefits:**

- The entry fee for all distances includes:
 - Start in the competition, electronic time measurement and route service;
 - Transport from the competition base in Wejherowo to the starting line – for an additional „booking” fee: 5 PLN;
 - Accommodation at the competition base (in a sports hall or classroom) between 6th-8th of July 2019 – for an additional „booking fee”: 5 PLN (limit of places available: 100);
 - Occasional multifunctional headband;
 - Access to all sanitary facilities before and after the race;
 - Starting numbers;
 - Drinks and snack along the route;
 - Regeneration meal after the competition (for distances 80km+ and Marathon+ it will be a warm meal);
 - Medical service;
 - Referee service;
 - Statuettes and prizes for the best contestants;
 - Medals for all contestants, who complete the race;
 - Other services, if possible.
- For 80km+ and Marathon+ distances the organizer also provides a route map, as a part of the entry fee.

12. Classification:

- The general classification of men and women – five best men and five best women will be awarded in the OPEN classification;
- Age categories for 80km+ and Marathon+: K1 (18-39 years old), M1 (18-39 years old), K2 (40 years old and older) M2 (40 years old and older) – in age categories winners from 1st-3rd place will be rewarded;
- Half-marathon age categories: K1 (18-29 years old), M1 (18-29 years old), K2 (30-39 years old) M2 (30-39 years old), K3 (40-49 years old), M3 (40-49 years old), K4 (50 years old and older), M4 (50 years old and older) – in age categories winners from 1st-3rd place will be rewarded;
- Classifications do not duplicate, people awarded in the general classification will not be awarded in age categories.

13. Prizes:

- In general classification and age categories of men and women: statuettes and material prizes;
- The condition for receiving the prizes is a personal participation in the decoration ceremony – in the absence of the prize winners, the prizes are lost and will not be awarded.

14. Mandatory equipment:

- **For 80km+ and Marathon+** participants are required to have during the race:
 - Containers/water bottles holding min. 1 liter of liquids;
 - reusable cup (if the participant does not have any water container), the organizer does not provide any disposable cups;
 - working cellphone;
 - rescue blanket;
 - map of the course (every participant will get one in the starting pack);
 - starting number;
 - time measuring chip.
- **For halfmarathon** participants are obliged to have during the race:
 - Starting number;
 - time measuring chip.

15. Personal data protection:

- Personal data of TriCity Trail participants will be processed for the purpose of the event, selection of winners, awarding, issuing, receiving and the settlement of prizes and also for marketing purposes;
- Data processing referred to in the first point of this paragraph, according participation in the TriCity Trail also includes the publication of the participant's first and last name along with the name of the place he/she lives in;
- Providing personal data and giving permission to its processing is voluntary, but the lack or disagreement to processing indisposes participation in the TriCity Trail competition. By submitting to the organizer a correctly filled and signed application form, the participant agrees and allows the use of the participant's personal data provided for the purpose of sending information, e.g. e-mail, text message, regular letter, regarding future events, commercial products. Data sharing to partners and event sponsors, as well as internal administrative and analytical needs, in accordance with the Personal Data Protection Act of August 29th 1997, Journal of Laws No. 133, item 883. The participant has the right to withdraw

such consent and may do so at any time by directing correspondence to the address of the organizer.

- The participant has the right to review and correct their personal data.
- All information about participants obtained by the organizer and contained in application form will be electronically saved and in any case will be used accordance with the Act on the Personal Data of August 29th 1997, Journal of Laws, no. 133, item 883. The organizer has the right to share data obtained through the registration form with partners and event sponsors.

16. Final regulations:

- For safety reasons, the organizer can change or shorten the course and in cases of extreme weather conditions the race can be cancelled;
- Participants must have their starting number on the front of their body;
- Participants must get insurance on their own;
- The organizer provides free accommodation (for people who declare such a wish during registration, there is a limit of 100 places)
- Final and binding interpretation of these rules is only granted to the organizer of the TriCity Trail.