

RULES of TriCity Trail Relay 2018

1. Goals of the event:

- Promotion of Tricity Landscape Park in Poland and abroad
- Popularization of 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 distance:

TriCity Trail will take place on July 8th 2018.

Distance: 81,5 km

Distance of individual exchanges:

I exchange – 19 km (to I nutritional point)

II exchange – 16 km (from I to II nutritional point)

III exchange – 20 km (from II to III nutritional point)

IV exchange – 27 km (from III nutritional point to finish line)

4. Place:

- On Saturday, the race office (and also a place where free accommodation is provided by the organizer, for the participants who declared their will to stay there during the registration process):
- Upper-Secondary School No. 4, Sobieskiego street 344, 84-200 Wejherowo
- Start line will be located at the entrance to the Tricity Landscape Park at Harfowa Street (around the "Gdańsk Lotnisko" node ring road – on the Tricity beltway (road S6))
- Time of the start: 5:00
- Finish line: City Park in Wejherowo (Park Miejski im. Majkowskiego).

5. Race office:

- Race office will be open on Saturday July 7th, 2018 from 14:00 till 20:00 and it will be located in the Upper-Secondary School No. 4, ul. Sobieskiego 344, 84-200 Wejherowo.
- In the competition office, the whole team or its captain must be registered with the authorization to collect the starter packets of all team members (the authorization form prepared by the organizer applies).

6. The course:

- The course passes through tourist's paths in the Tricity Landscape Park.
- In several places those paths (and the course also) enters the urbanized area. In those cases participants are obliged to must follow traffic rules. In the event of violation of these rules, time penalties will be applied.
- The course will be marked on the entire way with particular emphasis on the parts where the course changes, the exact course and its profile is available on TriCityTrail website in the 'TRASA(ULTRA)' section.

- The course is challenging - it has significant climbs and descents, for the northern part of Poland.
- Distance: approx. 81,5 km
- Climb and descent: +1700/-1800
- There is a 13h limit to complete the competition

7. Refreshment points and checkpoints

- Refreshing point will be also a checkpoint. Runners who won't show up at the checkpoint at a specific time will not be able to continue their race.
- 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 the organizer's instructions.
- In the event of non-compliance with the instructions when a rescue operation is needed, the competitor might be charged with the costs of this operation and the organizer will no longer be responsible for the participant.

List of refreshment points:

- Refreshing point/Buffer 1 – around 19 km - water, isotonic drink, sweets, fruits, time limit: 3h00min.
- Refreshing point/Buffer 2 - around 35 km - water, isotonic drink, sweets, fruits, time limit: 5h45min.
- Refreshing point/Buffer 3 – around 55 km - water, isotonic drink, sweets, fruits, time limit: 8h30min.
- Refreshing point/Buffer 4 - around 72 km - water, isotonic drink, sweets, fruits, time limit: 12h00min.
- The organizer does not provide plastic cups at the buffers.
- For exchanges I, II, and III – nutritional refreshment points are only in the zone of change, exchange IV will be able to use the Buffet 4 (around 19 km).
- Additional checkpoints may be added to the course, in which the referees will write down the starting number of the participants.
- Omitting any checkpoint will result in time penalty or disqualification (the final decision belongs to the main referee).

8. Deposit:

- At the start of 80km+ there will be a deposit for runners, who want to leave their belongings.
- There will be no possibility to leave a deposit at the exchange zones.

9. Entry requirements:

- Anyone who has completed 18 years of age by July 8th, 2018 may participate in the TriCity Trail races.
- Runners registering for the race declare that they take part in the race on their own responsibility and that there are no medical contraindications to participate in the run.
- During the verification, every runner must have an identity document (ID, driving license, passport) in order to check his/her identity and date of birth.

- All runners must comply with the Race Rules and the regulations of the TriCity Landscape Park.

10. Entry details:

- Entries are taken online from December 19th, 2017 using an online registration form available on the organizer's website: www.tricitytrail.pl
- The organizer sets the limit of 25 relays for the TriCity Relay.
- Check-in/verification of runners will take place at the Race Office on July 7th, 2018 from 14:00 until 20:00
- Your entry is only valid when you fill in the online form and pay the entry fee.

11. Entry fee:

- 200 PLN till February 28th, 2018
- 280 PLN till June 30th, 2018
- 320 PLN from July 1st, 2018

General rules:

- Payments should be made via electronic payments (dotpay.pl) available in the application form.
- The fee is not valid if it was made after the deadline or when it is brought after the limit of places has been reached.
- Till 30th of June there is a possibility to pass your entry to another person.
- Entry fee is non-refundable.
- Shortening, changing the course of the route and canceling the competition on one of the routes or completely canceling the race during its duration are not a basis for refunding the entry fee.
- In case of canceling the competition due to the fault of the organizer before the start, participants are entitled to a refund of the entry fee.
- During the electronic registration for the race, it is possible to order:
 - an occasional Salomon technical shirt, if you choose a T-shirt, you will be charged an additional cost- 59 PLN
 - an occasional Salomon peak, in case of selecting it, an additional cost will be added to the entry fee- 99 PLN (can be ordered by May 31st, 2018);
 - there will not be possible to purchase a shirt and/or a peak at a later date.

Entry fee covers:

- Start in the race, electronic time measurement and service at the course;
- Transport from Wejherowo (race base) to the starting line (for the runner of the 1st exchange);
- An occasional multifunctional scarf – 4 pcs.;
- Map of the route – 4 pcs.;
- Occasional t-shirts (for an additional cost of 59 PLN/ per one);
- Occasional peaks (for an additional cost of 99 PLN/ per one, can be ordered by May 31st);
- Access sanitary facilities before and after the race;
- Race numbers – 4 pcs.;
- Drinks and food on the course for all members of the relay;
- Regeneration meal after the race (at the finish line, Park im.Majkowskiego in Wejherowo);

- Medical protection;
- Referees' service;
- Statuettes and prizes for the best relays;
- Medals for all participants, who will finish the race- 4 pcs.;
- Other services, if possible.

12. Entry fee does NOT cover:

- transport of competitors to the place of relay exchange.

13. Classification and prizes:

- The OPEN Relay classification – best 3 relays will be awarded. The best relays will receive statuettes and in-kind prizes.
- Classifications do not duplicate, people awarded in the general classification will not be awarded in the age category.
- The condition for receiving the prize is a personal participation in the ceremony of awarding (at least 1 member of the group)- in the case of absence, the prizes will not be given.

14. Mandatory gear:

During the race, all participants are required to have (elements of the equipment may be “transitive”- relay members may transfer them to competitors who will “take over the baton” from them):

- Container/s (water bottles) holding min. 1 liter of liquids;
- Multi-use cup (if the participant does not have water bottles out of which he/she can drink from at the refreshment points), the organizer does not provide disposable cups;
- Working cell phone;
- Space blanket;
- Map with the route of the race (each participant receives it in the starting packet);
- Race number;
- Time measurement 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.
- Referring to the data processing from the first point of this paragraph, according to participation in the TriCity Trail also includes the publication of the participant's first and last name along with the name of the town where he/she lives.
- The participant has the right to review their personal data and correct them.
- Providing personal data and giving permission to its processing is voluntary, but its 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, eg. 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 from No. 133, item 883. The guardian has the right to withdraw such consent and may do so at any time by directing correspondence to the address of the organizer.

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

16. Final rules:

- For safety reasons, the organizer can change or shorten the course, and in case of extreme weather conditions the race can be cancelled.
- Runners must have their race number on front of their body.
- Runners must get accident insurance on their own.
- Participants taking part in TriCity Trail agrees to use his own image for TriCity Trail promotion.
- The organizer provides free accommodation (for people who declare their will during registration, there is a limit of 100 places)
- The organizer of TriCity Trail reserves the rights to make changes in the Rules, but is obliged to inform about it on the website before the event starts.
- Final and binding interpretation of these Rules is only granted to the organizers of the TriCity Trail.