



KASZUBSKA PONIEWIERKA 30 (KP30) RACE REGULATIONS

1. GENERAL

1.1 Kaszubska Poniewierka 30 is voluntary, individual, long-distance trailrunning races in hilly terrain.

1.2 The following definitions are adopted in this document:

1.2.1 Race Office – the main location where Participants are served.

2. OBJECTIVES OF THE EVENT

The Organizer sets following goals with respect to the race: promotion of the Kashubia and Pomerania region in Poland and abroad; selecting the best runners of demanding endurance race; promotion of healthy life styles; promotion of trailrunning as a form of active tourism; ecological education and raising awareness on environmental matters.

3. ORGANIZER

3.1 The race is organized by the “Aktywni w Trójmieście” association, based in Gdańsk.

Address: ul. Romualda Traugutta 15/5, 80-221 Gdańsk, Poland.

3.2 E-mail address: kontakt@kaszubskaponiewierka.pl

3.3 Bank account (mBank):

- IBAN: PL 52 1140 2004 0000 3202 7613 7571
- SWIFT(BIC): BREXPLWMBK

4. DISTANCE

4.1 Runners will compete on a distance 30,5 km (D+960m/D-960m)

GPS track (.gpx format): **NOTE: updated 01.09.2019**

Trace de Trail: <https://tracedetrail.fr/en/trace/trace/71798>

4.2 The course leads mostly along forest paths, single tracks, and dirt roads (90%) with short paved sections wherein there are few sections in urbanized areas along public roads with regular traffic possible, so runners are obliged to obey the traffic rules and to pass these sections with caution.

4.3 The course will be marked with a special tape on the entire distance. Additionally, during the night stage or in crucial places where the course direction changes, the Organizer might use markings in the form of arrows, lights or reflective tape.

4.4 There will be 1 refreshment point on the course of Kaszubska Poniewierka 30:

- 17 km Brodnica Dolna (refreshment point / buffet)

4.5 It is guaranteed that all finishers who complete the Race within the time limits will gain 1 ITRA (International Trail Running Association) qualification points. The event is also registered as a qualification race to Ultra-Trail du Mont-Blanc® and CCC®



5. DATE AND LOCATION

- 5.1 Both the Race Office, starting point and finish line of Kaszubska Poniewierka 30 is located in the same place called Centrum Aktywnego Wypoczynku Wieżyca-Koszałkowo (municipality Stężyca, <http://wiezyca.pl/jak-dojechac/>). The Race will start at 13:00 on Saturday 14th September, 2019.
- 5.2 The Organizer will distribute bib numbers and race packs in the Race Office (in accordance with 5.1) on 14.09.2019 between 09:00 and 12:00.
- 5.3 Additionally on 11.09.2019 race packs can be picked up in the Intersport store located in Galeria Bałtycka on Aleja Grunwaldzka 141, Gdańsk between 17:00 and 20:00.
- 5.4 The Organizer will also distribute bib numbers and race packs for KP30 on 13.09.2019 in the Start Office of ultramarathon which located in Szkoła Podstawowa nr 35 im. Jana Parandowskiego (Primary School no 35) between 18:00 and 21:00, address: ul. Wąsowicza 30, Gdańsk-Oliwa.
- 5.5 In order verify runner's identity, while handing race pack off, participants are asked to present valid personal id with photo or another identification document clearly confirming personal data.
- 5.6 If the runner wants his bib number and race pack to be picked by third party, special form (letter of authority) must be filled in, available here: http://kaszubskaponiewierka.pl/KP_Letter_of_Authority_2019.pdf. The representative must deliver and present signed document to the Organizer before bib number and race package is issued.
- 5.7 The Organizer can change the Race starting hour if that turns out to be necessary due to organizational reasons. In such case, the Organizer will inform all Participants.

6. TIME LIMIT

There is general 5h time limit for Kaszubska Poniewierka 30 (finish line is closed at 18:00). There is no cut off time for refreshment point in Brodna Dolna.

7. DEPOSITS

The Organizer provides deposit for belongings in the Race Office. Deposit must fit into 80 liter backpack or plastic bag delivered by Organizer in race pack, marked with Participant's bib number. Belongings will be available for return after the Race is over, based on bib number presented to the staff.

8. REGISTRATION, PARTICIPANT NUMBER LIMITS AND REGISTRATION FEE

- 8.1 The organizer sets limit of 450 participants for Kaszubska Poniewierka 30 (including 20 places at Organizer's disposal).

8.1 Fees:

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|---|----------------|
| ▪ Registration till 2019.04.30 | 80 PLN |
| ▪ Registration between 2019.05.01 and 2019.07.31 | 95 PLN |
| ▪ Registration between 2019.08.01 and 2019.09.08 | 120 PLN |
| ▪ Registration between 2019.09.09 and 2019.09.13(*) | 150 PLN |



(*) In this case the fee can only be paid at the Race Office (in cash only, local currency) or in another location indicated by the Organizer before the race (provided that the limit of participants has not been reached). In case of registration on site, the Organizer does not guarantee all services in the race pack.

9. MANDATORY EQUIPMENT

9.1 The following equipment is mandatory and must be carried by athletes for the entire duration of the Race:

- charged cell phone, with associated number that is provided to the Organizer either in registration form or before the Race,
- personal ID or passport,
- chip for time measurement delivered with race pack,
- bib number, attached in the front, visible during the entire duration of the Race,
- **a reusable cup (the Organizer does not provide plastic cups at refreshment points due to eco reasons).**

9.2 Apart of mandatory equipment race participants are advised to bring the following with them:

- emergency blanket,
- running backpack / hip bag,
- camelbag or water bottle holder with a capacity for at least a half liter of liquid,
- clothing appropriate for the weather conditions,
- ca. 20 PLN in cash in case of an emergency need to purchase something in a shop on the course.

10. PROVISIONS, RACE PACK

The Organizer provides the following to every Participant:

- a possibility to start in the Race and service on the course,
- referee services,
- electronic time measurement,
- pre-medical assistance (during the Race),
- bib number, which needs to be attached in a visible place in the front for safety and control during the Race,
- finisher's medal for all runners who completed the run within the set time limit,
- drinks and light snacks at refreshment point (a detailed list of products available at refreshment point will be published minimum 2 weeks before the planned date of the Race),
- hot meal at finish line (vegan or traditional),
- prizes for at least 3 best participant on each distance,
- photographic coverage of the Race,
- other provisions depending on the financial situation of the Organizer.
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11. ACCOMODATION AND LOGISTICS

11.1 **START:** The Organizer does not provide accommodation before start of the Race.

11.2 The Organizer does not provide transport to the start. There is a convenient way to get to the Race Office from Tricity (Gdańsk, Sopot, Gdynia) by PKM railway to "Krzyszna" railway station located 800m from the Race Office). In case the assistance is needed with tickets or timetables Participant is advised to contact Organizer via email.

11.3 **FINISH:** The Organizer provides possibility of free of charge accommodation at the gym hall (in tourist conditions) close to the finish line of the race at Zespół Kształcenia i Wychowania in Szymbark, ul. Szkolna 1. The place is located about 2,4km from the finish line. The Participants are required to leave the place of accommodation at 10:00 on 2019-09-15 the latest. Due to a limited number of places, the Participant is required to fill in relevant information in the registration form and inform the Organizer in case of resignation from the accommodation.

11.4 The Organizer does not provide transport from the finish line to Gdańsk or Sopot due to proximity of public transport (there is a PKM line and railway station "Krzyszna" located 800m from the Finish Line Office). The Organizer however, may consider organizing transport for limited group of people if such need arise. Service details including pricing should be agreed earlier. In case the assistance is needed with tickets or timetables Participant is advised to contact Organizer via email.

11.5 As part of the Race, the category "Legal professions" is opened - declaration of participation in this category is to be made by persons who practice legal professions, including lawyers, notaries, bailiffs, legal advisers, judges, trustees, patent agents and trainees / assessors of these professions, persons acting as deputies. The declaration of participation is submitted in the registration form.