



ULTRAMARATHON KASZUBSKA PONIEWIERKA 100 (UKP100) / ULTRAMARATHON KASZUBSKA PONIEWIERKA HARD (UKP130H) RACE REGULATIONS

1. GENERAL

1.1. Ultramarathon Kaszubska Poniewierka 100 and Ultramarathon Kaszubska Poniewierka HARD are voluntary, individual, long-distance trailrunning races in hilly terrain.

1.2. The following definitions are adopted in this document:

1.2.1 Start Office – due to the fact that the race has linear characteristic (different place for start and finish), Organizer will run separate office for runner's pre-start start service in Gdańsk,

1.2.2 Finish Line Office – Organizer will run separate office during race and after in Wieżyca – Koszałkowo.

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 During the Race runners will compete on two distances:

- Ultramarathon Kaszubska Poniewierka 100: 100,6km (D+2790m/D-2660m)

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

Trace de Trail: <https://tracedetrail.fr/en/trace/trace/71799>

- Ultramarathon Kaszubska Poniewierka HARD: 131,1km (D+3740m/D-3610)

(optional – this is an extended version of 100km distance – runners have possibility to run the race course in HARD version, which consists of connected 100km route and additional 30km loop. HARD version is available for athlete only if conditions from p. 6.2 are met. There is no need to declare the willingness of running the race in HARD version, and there is no additional fee for it. Runners can make a decision during the race.

GPS track (.gpx format): **NOTE: updated 09.09.2019**

Trace de trail: <https://tracedetrail.fr/en/trace/trace/71802>



- 4.2 All regulations that apply to Ultramarathon Kaszubska Poniewierka 100, apply also to Ultramarathon Kaszubska Poniewierka HARD.
- 4.3 The course leads mostly along forest paths, single tracks, and dirt roads (95%) 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.
- 4.4 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.
- 4.5 There will be 4 refreshment points on the course of Ultramarathon Kaszubska Poniewierka 100, including one deposit area:
- 28 km Gdańsk – „Wróblówka” (refreshment point / buffet)
 - 51 km Skrzyszewo, local firehouse (refreshment point / buffet / deposit)
 - 70 km Kartuzy, “Assesor’s Bench” – view spot (refreshment point / buffet)
 - 87 km Brodnica Dolna (refreshment point / buffet)
- The runners who decide to run optional HARD distance will have additional 2 refreshment points at disposal:
- 100km Wieżycza-Koszałkowo (refreshment point / buffet)
 - 117km Brodnica Dolna (refreshment point / buffet)
- 4.6 It is guaranteed that all finishers who complete the Race within the time limits will gain ITRA (International Trail Running Association) qualification points. The event is also registered as a qualification race to Ultra-Trail du Mont-Blanc® and CCC®:
- Ultramarathon Kaszubska Poniewierka 100km - 4 ITRA points / qualification points to Ultra-Trail du Mont-Blanc® / CCC®
 - Ultramarathon Kaszubska Poniewierka HARD 130km - 5 ITRA points / qualification points to Ultra-Trail du Mont-Blanc® / CCC®

5. DATE AND LOCATION

- 5.1 The Race will start in Sopot, PL on 2019.09.14 at 2:00 CET (AM) at the foot of Łysa Góra (local hill). Address: ul. Zbigniewa Herberta 9, Sopot.
- 5.2 Start Office will be located in Szkoła Podstawowa nr 35 im. Jana Parandowskiego (Primary School no 35), address: ul. Wąsowicza 30, Gdańsk-Oliwa. Start Office location may change and in such case the Organizer will inform Participant in advance.
- 5.3 Finish Line Office will be located in Centrum Aktywnego Wypoczynku Wieżycza-Koszałkowo (<http://wiezyca.pl/jak-dojechac/>).
- 5.4 The Organizer will distribute bib numbers and race packs in the Start Office (in accordance with p. 5.2) during 13.09 and 14.09: 18:00 CET (13.09.2019) till 0:30 CET (14.09.2019), and additionally on 11.09.2019 in location (somewhere in Gdańsk), which will be communicated at least two weeks before planned start date, in special “Race Announcement”.
- 5.5 The Organizer will not distribute bib numbers and race packs at starting point in Sopot.
- 5.6 In order to 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.



5.7 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.

5.8 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 LIMITS AND CUT OFF TIMES

6.1 There are following time limits and cut off times on Ultramarathon Kaszubska Poniewierka 100:

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|---|---|
| ▪ 28km (Gdańsk „Wróblówka”) | 4h 30min (leaving the point no later than 6:30), |
| ▪ 51km (Skrzeszewo, local firehouse) | 8h (leaving the point no later than 10:00), |
| ▪ 70km (Kartuzy, “Assesor’s Bench” – view spot) | 11h (leaving the point no later than 13:00), |
| ▪ 100km (Wieżyca-Koszałkowo) | 16h (finish line is closed at 18:00). |

Time limits and cut off times will be rigorously executed by refreshment point referee due to security reasons.

6.2 Runners who want to continue the race in HARD 130km option can make that decision during competition and will be classified as HARD finishers under the following conditions:

- athlete must leave refreshment point at 100km in Wieżyca-Koszałkowo no later than at 14:00 CET, so before 12h time limit,
- athlete must finish the 130km distance in the limit of 16h. Total limit for Ultramarathon Kaszubska Poniewierka 100 is the same as for HARD option. Finish line will be closed at 18:00.

7. DEPOSITS AND TRANSPORT OF BELONGINGS TO THE FINISH LINE

7.1 The Participants of Ultramarathon Kaszubska Poniewierka are entitled to deposit their belongings (weight limit: 5kg), which will be available at 51km in Skrzeszewo. Deposit must fit into 40 liter backpack or plastic bag delivered by Organizer in race pack, marked with Participant’s bib number. Deposit will be transported to the finish line and available for return after the Race is over, based on bib number presented to the staff.

7.2 The Organizer assures transport of belongings from the start point to the finish line in Wieżyca – Koszałkowo. In this case weight limit is 10kg, 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.

7.3 Runners can leave their deposits and finish line belongings in specially marked area of starting zone in Sopot.

8. REGISTRATION, PARTICIPANT NUMBER LIMITS AND REGISTRATION FEE

8.1 The Organizer sets limit of 250 Participants for Ultramarathon Kaszubska Poniewierka 100 (including 20 places at Organizer’s disposal).

8.2 Fees:

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|--|----------------|
| ▪ Registration till 2019.04.30 | 150 PLN |
| ▪ Registration between 2019.05.01 and 2019.07.31 | 190 PLN |



- Registration between 2019.08.01 and 2019.09.08 **230 PLN**
- Registration between 2019.09.09 and 2019.09.13(*) **270 PLN**

(*) In this case the fee can only be paid at the Start 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)
- a light emitting device (flashlight / headlamp).

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 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 points (a detailed list of products available at refreshment points 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.

11. ACCOMODATION AND LOGISTICS

11.1 **START:** The Organizer provides possibility of free of charge accommodation at the gym hall (in tourist conditions) in Start Office in Gdańsk (Szkoła Podstawowa nr 35 im. Jana Parandowskiego, ul. Wąsowicza 30, 80-318 Gdańsk-Oliwa). The Participants are required to leave the place of accommodation at 08:00 on 2019-09-14 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.

11.2 The Organizer provides a transport by shuttle from Start Office in Gdańsk to the starting line in Sopot. This service is additionally charged by **5 PLN** (option can be selected in registration form and charge is added to registration fee).

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.