

# Regulations of 7th Kudowa Mountains Relay Race

## 13-14 April 2024



**KUDOWSKA  
SZTAFETA  
GÓRSKA**

### §1. GENERAL TERMS

1. **Regulations** – these Regulations.
2. **Competition** – event called “Kudowa Mountains Relay Race” that will consist of the following races:
  - Relay Race 3×25+ km – the course is divided into 3 legs; 3-person relay teams.
  - Solo Race 75.4 km – individual race
  - Marathon “O-Błądny Maraton” - 42 km
  - Half-marathon „Półmaraton Błądnych Skał” 21 km
  - „Kudowska Dziesiątka” - 10 km
  - Kids Trail
3. **Date: 13-14 April 2024**
4. **Race organizer:**  
**Fundacja MARATONY GÓRSKIE**  
Wrzosowa Str. 11  
57-350 Kudowa-Zdrój, Poland  
Phone +48 513 423 887  
[biuro@maratonygorskie.pl](mailto:biuro@maratonygorskie.pl)  
[www.maratonygorskie.pl](http://www.maratonygorskie.pl)  
**Eksploris Piotr Hercog**
5. **Entry Fee** – mandatory fee that covers the cost of participation in the Competition. Its payment is mandatory for the validity of the Entry.
6. **Festival** - a series of running events held in Kłodzko Land, on different routes, in different places and on different days.
7. **Participant/Competitor** – adult runner (must be 18 years of age or older on race day) who correctly filled up the entry form available on the website [www.sztafetagorska.pl](http://www.sztafetagorska.pl) (the form will be available from 17 October 2022) or registered in person at the Race Office (during pre-race registration if there are available places), paid the Entry Fee prior to the start of the Competition in the given year in the amount indicated in the Regulations, and legibly signed the relevant statement before the start of the Competition.
8. **Team** – three Competitors participating in the Relay Race under one team name declared during the enrolment. Each Team will be given a distinct race number, common for all runners of one Team.

9. **Start:** Park Zdrojowy in Kudowa-Zdrój – Teatr pod Blachą  
**Finish line-:** Park Zdrojowy in Kudowa-Zdrój – Teatr pod Blachą
10. **Headquarters/Race Office:** Pijalnia Wód Leczniczych in Kudowa-Zdrój (Zdrojowa Street 43A, 57-350 Kudowa-Zdrój).
11. In case you have any questions concerning the Regulations and the Competition, please send an email to [biuro@maratonygorskie.pl](mailto:biuro@maratonygorskie.pl) or call +48 513 423 887
12. Participation in the Competition is voluntary and paid.
13. The Organizer dissuades persons whose health does not allow intense physical effort from participating in the Competition. The Participants bear responsibility for assessing their physical ability and health.
14. Goal of the event:
  - Promotion of sport and physical activity.
  - Promotion of mountain running.
  - Selection of the best mountain runners.
  - Promotion of the Kłodzko Land in Poland and abroad.
  - Promotion of environmental awareness.

## § 2. COURSE

1. The course follows tourist trails in the Polish and Czech areas of Stołowe Mountains. It is demanding from the technical point of view, with considerable elevation gains and obstacles such as rocks or steep curves. You can expect snow and ice.
2. The course will be marked by the Organizer with tapes and washable chalk markers; the turns will be marked with additional arrows. Race judges will be present at certain points.
3. There will be aid stations (with refreshments) along the course providing: water, isotonic drink, and snacks.
4. A Participant who arrives at a check point after the cut-off will not be classified in the race. Such person has to retire from the race, take off the race bib, and follow the race staff's instructions.
5. The running route may be changed if the owners or managers of the area do not agree to the planned route. The final route will be published no later than at least 4 weeks before the competition.

## § 3. RACES

### 1. Relay Race 3×25+

Start - 13.04.2024. (Saturday) 5:30 - Park Zdrojowy in Kudowa-Zdrój – Teatr pod Blachą

Relay Race 3×25+ - classical relay race, divided into 3 distinct legs:

**1st Leg (E1)** – distance: 29 km (Kudowa-Zdrój – Hvezda)

Elevation gain/descent: +1460m/-1150m

Cut-off time for this leg is 6 hours from the start of the race.

There will be two aid stations with refreshments:

**Aid station A** – ca. 10 km – Błędne Skały – 2h15min (until 07:45)

**Aid station B** – ca. 16.6 km – Nad U Zabiteho – 3h30min (until 09:00)  
Transition area 1 (Z1) – ca. 29.2 km – Hvezda – 6h15min (until 11:45)

**2nd Leg – (E2)** – distance: 21 km (Hvezda – Karłów)

Elevation gain/descent: +1000m/-945m

Cut-off time for this leg is 10 hours 15 minutes from the start of the first Team Runner.

There will be one aid station with refreshments:

**Aid station B** – ca. 41.6 km – Nad U Zabiteho – 8h45min (until 14:15)

Transition area 2 (Z2) – ca. 50.3 km – Karłów, Ośrodek PNGS – 10h45min (until 16:15)

**3rd Leg (E3)** – distance: 25 km (Karłów – Kudowa-Zdrój)

Elevation gain/descent: +540m/-903m

Cut-off time for this leg is 16 hours from the start of the first Team Runner.

There will be one aid station with refreshments:

**Aid station A** – ca. 66.2 km - Błędne Skały – 14h15min (until 19:45)

Finish line – Kudowa-Zdrój – 16h (until 21:30)

The second Team Runner may start the 2nd Leg of the race only after the first Team Runner finished the 1st Leg. The overall result of the Team is the time of arrival of the third Team Runner to the finish line in Kudowa-Zdrój.

On the course, there will be 2 transition areas and 4 check points combined with aid stations, with enforced cut-off times that must be met by the Participants to be able to continue the race.

The next (second and then third) Team Runner may start his/her leg only after the previous Team Runner arrives and touches him/her. The transition takes place in the designated transition area next to the finish line of each leg.

At the finish line of each leg, there will be drinks and snacks available for the Team Runners.

### Transportation

To get to the transition area Z1 - Hvezda and transition area Z2 – Karłów, the Participants may choose to use their own means of transport or purchase tickets for Organizer's shuttle buses during the enrolment for the race – against additional fee (§5, pkt.1).

## **2. Solo Race**

**Start** - 13.04.2024. (Saturday) at 5:30 - Park Zdrojowy in Kudowa-Zdrój – Teatr pod Blachą.

**Distance** – ca. 75.4 km

**Cut-off time:** 16 hours

**Elevation gain/descent:** +3000/-3000 m

**Check points, aid stations and cut-off times\***

There will be 6 check points combined with aid stations along the race course, with enforced cut-off times that must be met by the Participants to be able to continue the race:

- ca. 10 km – Aid station A – Błędne Skały – 2h15min (until 07:45)
- ca. 16.6 km – Aid station B – Nad U Zabiteho – 3h30min (until 09:00)
- ca. 29.2 km – Aid station Z1 (Transition area for the Relay Race 3x 20+) – Hvezda – 6h15min (until 11:45)
- ca. 41.6 km – Aid station B – Nad U Zabiteho – 8h45min (until 14:15)
- ca. 50.3 km – Aid station Z2 – Karłów (Transition area for the Relay Race 3x 20+) – Ośrodek PNGS – 10h45min (until 16:15)
- ca. 66.2 km – Aid station A – Błędne Skały 14h15min (until 19:45)
- Finish line – Kudowa-Zdrój – 16h (until 21:30)

### 3. “O-Błędny Maraton” 42 km race

**Start:** 14.04.2024 (Sunday) at 6:00 - Park Zdrojowy in Kudowa-Zdrój – Teatr pod Blachą.

**Distance** – ca. 42 km

**Cut-off time** – 8 h 30 min.

**Elevation gain/descent:** +/- 2000 m

#### **Check points, aid stations and cut-off times**

There will be 3 check points combined with aid stations along the race course, with enforced cut-off times that must be met by the Participants to be able to continue the race:

- ca. 10 km – Aid station A – Błędne Skały – 2 h 30 min ( until 9:00)
  - ca. 26 km – Aid station B – Zielona Droga – by the road – 5 h 30 min ( until 12:00)
  - ca. 37 km - Aid station C - Jakubowice - 7 h 30 min (13:30).
- Finish line – Kudowa-Zdrój – 8 h 30 min (until 14:30)

### 4. “Półmaraton Błędnych Skał” 21 km race

**Start:** 14.04.2024 (Sunday) at 8:00- Park Zdrojowy in Kudowa-Zdrój – Teatr pod Blachą.

**Distance** – ca. 21 km

**Cut-off time** – 5 h

**Elevation gain/descent:** +/- 1000 m

#### **Check points, aid stations and cut-off times**

There will be 2 check points combined with aid stations along the race course, with enforced cut-off times that must be met by the Participants to be able to continue the race:

- ca. 10 km – Aid station A – Błędne Skały – 3 h ( until 11:00)
  - ca. 16 km – Aid station C – Jakubowice – 4 h ( until 12:00)
- Finish line – Kudowa-Zdrój – 5 h (until 13:00)

### 5. „Kudowska Dziesiątka” 10 km race

**Start:** 14.04.2024 (Sunday) at 9:00 - Park Zdrojowy in Kudowa-Zdrój – Teatr pod Blachą.

**Distance** – ca. 10 km

**Cut-off time** – 2 h 30 min.

**Elevation gain/descent:** +/- 400 m

**Check points, aid stations and cut-off times**

There will be 1 check point combined with aid station along the race course, with enforced cut-off time that must be met by the Participants to be able to continue the race:

- ca. 5.3 km –Aid station C - Jakubowice - 1 h 30 min ( until 10:30)

Finish line – Kudowa-Zdrój – 2 h 30 min (until 11:30)

**6. Kids Trail race**

Kids Trail race will be held in three age categories and on three distances.

Start: 14.04.2024 (Sunday), start at 12:00 Park Zdrojowy in Kudowa-Zdrój – Teatr pod Blachą.

The race will be held in three age categories:

Kids Trail I – (1- 4 years old) - distance – 100 m

Kids Trail II – ( 5 - 8 years old) - distance – 200 m

Kids Trail III – (9 - 11 years old) - distance - 400 m

[Rules and regulations and information about the Kids Trail race can be found in the REGULAMIN KIDS tab](#)

**§ 4. PARTICIPATION**

1. The entry form will be made available on **16.10.2023 at 9:00**
2. In order to apply, a Participant must accept the Regulations and mark the required consent boxes.
3. Admissible number of Participants:
  - For the 3 x 25+ km race: 250 Teams
  - For the SOLO race: 250 Participants
  - For the O-błądny Maraton 42 km race: 250 Participants
  - For the Półmaraton Błądnych Skał 21 km race: 250 Participants
  - For the Kudowska Dziesiątka 10 km race: 500 Participants
  - For the Kids Trail race (50 persons per category)

In each race, 20 places are at the disposal of the organizer (invited guests) - applies to those who have registered and paid the entrance fee. After reaching the limit of Participants, the entry form will be closed.

If one of the races (3 x 25 + km or SOLO, Półmaraton Błądnych Skał PBS 21 km or O-błądny Maraton 42 km) does not reach the limit of 250 Participants, the organizer can increase the limit in another race. Only valid entry form confirmed by the Entry Fee paid to the account indicated in the Regulations will be considered.

4. Correct completion of the application form on the competition website and payment of the Entry Fee is considered as valid ENTRY.
5. A person who meets the following conditions can be a Participant:
  - a. He/she fills in the entry form on the race website or makes a personal entry in the Race Office (during the registration before the start - if there are any places left!). Please note that the entry is valid only upon the payment of the Entry Fee!

- b. He/she pays the Entry Fee before the start of a given edition of the race in the amount as stated in the Regulations. The original receipt confirming the payment of the Entry Fee should be kept for inspection during registration in the Race Office.
  - c. He/she is an adult (on the day of the race, such person must be at least 18 years old (not applicable to Junior Trail and Kids Trail)
  - d. He/she legibly signs the Statement before the start.
  - e. Each Participant, after arriving at the race location, should report to the Race Office and confirm the start (in person with an identity card).
7. Kids Trail Participants have to appear with their legal guardian. Both the Participant and the legal guardian must have an identity document with them.
  8. The Participant is obliged to participate in the Competition according to applicable laws, rules of social coexistence, good customs and these Regulations.

## **§ 5. ENTRY FEES, REFUNDS, CANCELLATION**

### 1. The Entry Fee is:

#### a. Relay race 3 x 25 + km

- PLN 450/team (PLN 150/runner) – paid from 16.10.2023 to 31.10.23 + PLN 75 for 1 technical t-shirt;+ 55 PLN (running sleeves);
- PLN 525/team (PLN 175/runner) – paid from 01.11.2023 to 29.02.24 + PLN 75 for 1 technical t-shirt;+ 55 PLN (running sleeves);
- PLN 600/team (PLN 200/runner) – paid after 29.02.2024 (we don't guarantee the full race pack).

Fees for shuttle bus to check points (optional):

- Kudowa to Hvezda – PLN 30/per person
- Hvezda to Kudowa – PLN 30/per person
- Kudowa to Karłów – PLN 30/per person
- Karłów to Kudowa – PLN 30/per person

The place in the organizer's shuttle buses to the transition areas can be ordered and paid for until 25 March 2023. As there is a small parking lot near the transition zone I - Hvezda, it is recommended to use the organized transport.

In the Relay Race, one Participant can be a member of a maximum one Team.

Race packs for the Participants of the 3x25+ Relay Race are given to the first person from the Team who reports for verification in the Race Office. However, in order to receive the race bib and a chip, each team member must report to the Race Office in person.

#### b. Solo race

The Entry Fee is:

- 250 PLN – paid from 16.10.2023 to 31.10.2023 + 75 PLN (technical t-shirt), + 55 PLN (running sleeves);
- 275 PLN – paid from 01.11.2023 to 29.02.2024 + 75 PLN (technical t-shirt), + 55

PLN (running sleeves);  
– 300 PLN – paid after 29.02.2024 (we don't guarantee the full race pack).

c. O-Błędny Maraton 42 km race

The Entry Fee is:

- 220 PLN – paid from 16.10.2023 to 31.10.2023 + 75 PLN (technical t-shirt), + 55 PLN (running sleeves);
- 245 PLN – paid from 01.11.2023 to 29.02.2024 + 75 PLN (technical t-shirt), + 55 PLN (running sleeves);
- 265 PLN – paid after 29.02.2024 (we don't guarantee the full race pack).

d. Półmaraton Błędnych Skał 21 km race

The Entry Fee is:

- 185 PLN – paid from 16.10.2023 to 31.10.2023 + 75 PLN (technical t-shirt), + 55 PLN (running sleeves);
- 210 PLN – paid from 01.11.2023 to 29.02.2024 + 75 PLN (technical t-shirt), + 55 PLN (running sleeves);
- 235 PLN – paid after 29.02.2024 (we don't guarantee the full race pack).

e. Kudowska Dziesiątka 10 km race

The Entry Fee is:

- 85 PLN – paid from 16.10.2023 to 31.10.2023 + 75 PLN (technical t-shirt), + 55 PLN (running sleeves);
- 95 PLN – paid from 01.11.2023 to 29.02.2024 + 75 PLN (technical t-shirt), + 55 PLN (running sleeves);
- 105 PLN – paid after 29.02.2024 (we don't guarantee the full race pack)..

f. Kids Trail races

The Entry Fee is:

- 20 PLN – paid from 16.10.2023 to 31.10.2023
- 25 PLN – paid from 01.11.2023 to 29.02.2024
- 30 PLN – paid after 29.02.2024

The Entry Fee has to be paid via online payment system or by wire transfer to the following bank account \*:

Fundacja MARATONY GÓRSKIE  
ul. Wrzosowa 11  
57-350 Kudowa-Zdrój  
Phone +48 513 423 887  
mBank 46 1140 2004 0000 3202 7717 9362  
IBAN: PL46 1140 2004 0000 3202 7717 9362  
SWIFT: BREXPLPWMBK

\* When paying by wire transfer, you have to indicate the code you've been given during the enrolment.

2. The date of payment of the Entry Fee is the day when the Organizer's bank account is credited with its full amount.
3. The Entry Fee is not valid if the Participant hasn't completed the entry form, if the Fee is paid after the deadline or after the maximum number of Participants has been

reached. In such case, the Entry Fee will be refunded to the bank account it was sent from.

4. The entry form will be no longer available after the maximum number of Participants correctly registered and with paid Entry Fee has been reached.
5. The refund of the Entry Fee is possible only in very special circumstances, i.e., when the reasons for Participant's resignation are beyond that person's control. The amount refunded will depend on the date of the withdrawal. The Organizer will make the following deductions from the refunded Entry Fee:

- before 15.01.2024 – 30% of the Entry Fee paid;
- from 16.01.2024 to 10.03.2024 – 50% of the Entry Fee paid;
- after 10.03.2024 the Entry Fee will not be refunded.

The refund of the Entry Fee has to be mailed to [biuro@maratonygorskie.pl](mailto:biuro@maratonygorskie.pl)

6. A transfer of the Entry Fee to another Competitor (of the Solo Race or the 42 km, 21 km and 10 km race) or another Team (Relay Race 3×25+) is possible only until 26.03.2024. A handling fee of PLN 25 is charged in such case. After 26.03.2024, the Entry Fee cannot be transferred to another Competitor or Team.
7. A competitor who has enrolled and paid the entry fee may move his/her entry to another race distance – upon notifying the Organizer by email – however, no later than by 26.03. 2024. The Organizer is not able to offer refund of the entry fee in the case moving the entry to a shorter race distance. When moving the entry to a longer distance race, the competitor is obliged to pay the difference in the entry fee (applicable at the time of making the payment). There is no possibility of crediting the difference in the entry fee against the price of the ordered running t-shirt. Moving entries between particular races is only possible if there are still available places for the given race. How to move the entry to another race distance? Information is provided [HERE](#)
8. By 12.03.2024, the maximum number of 2 relay team members (Relay Race 3×25+) may be replaced, however, the name of the Team has to remain unchanged.
9. The organizer does not refund the Entry Fee to persons who have not finished the race or have not participated therein.
10. The race pack cannot be picked up in the Race Office by another person.
11. The Organizer does not transfer the Entry Fee to other competitions and does not send race packs.
12. Shortening or modification of the race course, change of the race schedule, or cancelling the Races after they have started are not the reasons for the refund of the Entry Fee to the Participants.
13. Persons who purchased the race t-shirt can pick it up until 14.04.2024. This can be done in person or by somebody else upon presentation of a written authorization. The race t-shirt can be sent by mail against an additional fee of PLN 25. If you wish your t-shirt to be sent to you, please submit such request before 13.04.2024 . Following that date, no t-shirts will be sent.



## § 6. COMPETITION RULES, SAFETY, MANDATORY GEAR

1. Basis for classification: electronic measurement of time (based on the starting pistol shot time) recorded with the timing chip attached to the Participant's shoe. The Participants will get their chip at the Race Office together with the race pack. During the race, the Participants will cross detection mats that will record their presence at the given check point in the computer system. The chips must be returned to the Race Office immediately after finishing the race. Lack of the time data of a Participant recorded in any of the check points or failure to return the chip may result in a disqualification.
2. The Competition will take place in all weathers. If very difficult weather conditions occur, the Races can get shortened. We also ask the Participants to individually assess the situation in the mountains and to react accordingly to the worsening weather conditions.
3. An external support (by family, friends, coaches, etc.) is allowed only at the aid stations.
4. Food and drinks at the aid stations are intended exclusively for the competitors and not for the supporters.
5. The supporters are not allowed to accompany the competitors along the course.
6. Any external assistance from coaches, physicians, and medical staff outside the aid stations is forbidden.
7. It is forbidden to participate in a race with a animals.
8. The provisions of the Road Traffic Law apply to sections of routes running along public roads. On these sections, Competitors are obliged to take special care and move in accordance with the provisions of the Road Traffic Law.
9. In cases provided for by Polish and Czech law, Participants may be charged with the costs of rescue operation, e.g. in case of failure to comply with rescue team instructions.
10. The Participants have to carry the following mandatory gear throughout the entire Race:
  - race bib + timing chip
  - ID card or passport (the course follows the trails in the Czech Republic)
  - charged mobile phone with activated roaming connection;
  - a cup or bottle, at least 0.5 l\*
  - a buff or cap
  - emergency blanket (participants of the 10 km run are not obligatory)
  - a map of the course (can also be downloaded into your phone or watch - provided it is active)
  - headlamp (obligatory participants 3x25 km 3rd leg and SOLO race, after 18:00)\*There will be no disposable cups and no plastic bottles at the aid stations.

Recommended gear:

- wind-proof jacket
  - nutrition, at least 300 kcal
  - headlamp\*
11. The failure to carry any element of the mandatory gear may result in a time penalty (10 minutes per item). The failure to carry the race bib or chip may result in

disqualification.

Verification of the possession of mandatory equipment may take place randomly before, during or at the finish of the Competition.

12. Attach the race bib:

- If you attach the race bib incorrectly, you may be disqualified.
- Attach the race bib **to the front of your shirt**, blouse or race belt (you can receive safety pins at the Race Office).
- Make sure the number is fully visible and no items of clothing are covering it.
- Do not attach the race bib to your backpack or back.
- Do not attach the race bib to your pants.
- Do not reduce the size of the race bib, limiting it to number only.
- You must wear a shirt or a blouse for the duration of the race.
- Attach the chip received at the race office to your shoe or ankle. If the chip is located further away from the measuring mats than your feet, your times may not be recorded.

13. Participant's mandatory gear may be checked randomly before or during the race, and at the finish line.

### § 7. DROP BAGS

1. Participants of the **SOLO 75.4 km race** may drop off a bag with items they may need at the given stage of the race. They will get access to their drop bags at:  
50. km of the race – at the Aid station 5 in Karłów
2. Participants of the SOLO 75.4 km race may drop off their drop bags in the Race Office:  
Pijalnia Wód Leczniczych Zdrojowa Street 43A, Kudowa Zdrój, on:  
Friday (12.04.2024) 16:00 -21:30  
Saturday (13.04.2024) 04:30 – 05:30
3. The post-race pick-up of drop bags will be possible on Saturday (13.04.2024) during the following hours:  
18:00 – 21:00

#### **DROP BAG regulations:**

1. Participants of the SOLO 75,4 km race may drop off a bag with items they may need at the given stage of the race.
2. Empty bags to be used as drop bags will be handed to competitors in the Race Office during registration.
3. The bags have a capacity of 60 liters.
4. The maximum weight of a drop bag is 3 kg per person.
5. Please, do not drop off the bag without attached label stating you race number.
6. Drop bags brought back from the aid station (AS 5, Karłów), can be picked up in Kudowa-Zdrój at the Race Office on Saturday (13.04.2024) between 18:00 and 21:00.
7. The drop bag will only be handed over upon presentation of the race bib or the ID card.
8. Drop bags unclaimed by the end of the event will be forfeited.
9. Drop bags will not be sent by mail.
10. Please do not place expensive items, documents, etc. in the drop bags.

11. The Organizer is not responsible for any lost drop bags.
12. It is forbidden to place glass containers and cans with beverages in the drop bags.

### **§ 8. BENEFITS**

1. Benefits provided by the Organizer as part of the Entry Fee include:
  - participation in the Competition and services provided on the race course;
  - race t-shirt (it costs additional PLN 75; the size must be specified during the enrolment);
  - access to the bathrooms before and after the Race;
  - race bib;
  - snacks and drinks during the Race;
  - warm post-race meal (we suggest that you use your own bowl/plate);
  - medical assistance;
  - race judges;
  - trophies, diplomas and prizes for the best finishers;;
  - other benefits offered by the Organizer.

All the finishers will be also awarded with a medal.

### **§ 9. CLASSIFICATION**

1. The classification in the SOLO Race, O-Błądny Maraton 42 km race, Półmaraton Błądnych Skał 21 km race and Kudowska Dziesiątka 10 km race as part of the Sztafeta Górská Competition will be as follows:
  - **OPEN MAN** – 1st – 5th place
  - **OPEN WOMEN** – 1st – 5th placeand classification by age groups (W = Women, M = Men):
  - W-20, M-20 (born 1995- and younger)
  - W-30, M-30 (born 1994-1985)
  - W-40, M-40 (born 1984-1975)
  - W-50, M-50 (born 1974-1965)
  - W-60, M-60 (born 1964 and older)
2. The classification in the Relay Race 3×25+ as part of the Sztafeta Górská Competition will be as follows:
  - **OPEN** (women and men together) – 1st – 3rd place
  - **WOMEN** (all team members are women) - 1st – 3rd place
  - **MIX** (mixed team of women and men) – 1st – 3rd place

There will be no classification by age groups for the Relay Race 3×25+.

3. The classification “Setka na raty”
  - a. The classification is dedicated to competitors taking part in at least four of the five races indicated by the Organizer, which include the following starts:
    - Winter Half Marathon of the Table Mountains - distance 21 km

- Kudowa Mountain Relay Race - distance 21 km (independent run, not participation in the relay race)
  - Table Mountain Supermarathon - distance 21 km
  - Lower Silesian Mountain Running Festival - distance 15 km
  - Lower Silesian Mountain Running Festival - distance 21 km
- b. The basis for the classification is the sum of points obtained from the four best starts in the above-mentioned races. For competitors who start in all five races, the start in which they scored the lowest number of points will not be counted in the final classification.
- c. Points will be awarded automatically after the competition in the following order:

1 month - 1000 points;	
2nd month - 970 points;	8 months - 905 points;
3 months - 950 points;	9 months - 903 points;
4 months - 940 points;	10 months - 900 points;
5 months - 930 points;	11 months - 899 points;
6 months - 920 points;	12 months - 898 points;
7 months - 910 points,	13 months and below - 1 point less.

d. "Setka na raty" is an additional classification. Regardless of this, other classifications determined for individual competitions will be conducted.

e. **The summary and presentation of diplomas and awards will take place during the award ceremony for the best 21 km route of the Lower Silesian Mountain Running Festival 2024.**

## **§ 10. PRIZES**

### **1. Relay Race 3×25+**

#### **OPEN Classification (women and men together)**

- 1st place – cash prize of PLN 4500/team, trophy, and diplomas for each Team member
- 2nd place – cash prize of PLN 2750/team, trophy, and diplomas for each Team member
- 3rd place – cash prize of PLN 1500/team, trophy, and diplomas for each Team member

#### **OPEN WOMEN Classification**

1st – 3rd place – prizes, trophy, and diplomas for each Team member

#### **OPEN MIX Classification**

1st – 3rd place – prizes, trophy, and diplomas for each Team member

### **2. Solo race, O-Błędny Maraton 42 km race, Półmaraton Błędnych Skał 21 km race and Kudowska Dziesiątka 10 km race**

#### **OPEN MAN**

- 1st place – trophy, diploma, and prizes
- 2nd – 5th place – diploma and prizes

### **OPEN WOMEN Classification**

- 1st place – trophy, diploma, and prizes
- 2nd – 5th place – diploma and prizes

### **Classification by age groups**

1st – 3rd place – diploma and small gifts

### 3. The classification “Setka na raty”

#### **OPEN MAN**

- 1st place – trophy, diploma, and prizes
- 2nd – 3rd place – diploma and prizes

#### **OPEN WOMEN Classification**

- 1st place – trophy, diploma, and prizes
- 2nd – 3rd place – diploma and prizes

4. During the Prize Giving Ceremony there will be a lottery with attractive prizes for all Participants. The drawing will be conducted by the persons indicated by the Organizer.
5. One Participant can receive more than one prize.
6. The prizes will only be handed to the Participant present at the Prize Giving Ceremony – otherwise the Participant will not receive the prize and it will be forfeited.
7. If the amount of financial prizes per person exceeds PLN 2000, the Organizer will deduct 10% of the value of the prize to be credited against a flat-rate income tax due on prizes won in the Races, in accordance with applicable regulations. The payment of such amount will be transferred by the Organizer to the bank account of the relevant Tax Office.
8. The Organizer reserves the right to introduce other classifications and prizes.

## **§ 11. ENVIRONMENTAL PROTECTION**

1. On the entire race course, the Participants have to follow the general rules of environmental protection, which are included, among others, in the regulations of Stołowe Mountains National Park. In particular, it is forbidden to:
  - litter on the course (e.g. leave nutrition packages/wrappers, bottles, and cups on the course - all such and other items need to be thrown away into litter bins provided close to the START/FINISH line);
  - leave the course marked for the Race;
  - make noise.
2. Participants breaking the above rules will be disqualified.
3. Due to limiting the use of plastic, there will be no disposable cups at the aid stations, and meals after the race will be dispensed to the competitors' own containers. It will be possible to buy bowls and cups in a store in the Race Office.

## **§ 12. PERSONAL DATA AND IMAGE PROTECTION**

1. All Participants in the competition agree to the processing of personal data by the organizers and their sponsors / partners. This is related to the promotion and carrying out of the competition.
2. Participants of the VI International Mountain Relay agree to the publication of their image in reports from the Competition published on the website of the Competition, in the media, and promotional materials of the Organizer and its partners.
3. Participants may take part in the Competition provided that they agree to the processing of their personal data given in the application form by the personal data controller in the meaning of the Personal Data Protection Act of May 10, 2018 and the General Data Protection Regulation No. 2016/679 of April 27, 2016 (RODO), which is Fundacja Maratony Górskie with its registered office at Wrzosowa Str. 11, 57-350 Kudowa Zdrój, for the purpose and to the extent necessary for the conduct of the Competition. It includes the publication of the Participant's data on the start lists and result lists and sending the Participant's result to the telephone number indicated during registration.
4. Personal data will be stored for the period necessary for the conduct of the Competition.

### **§ 13. COMPLAINTS**

1. A Participant can make a complaint if the Competition takes place contrary to these Regulations.
2. The complaint has to be mailed to Fundacja Maratony Górskie, Wrzosowa Str. 11, 57-350 Kudowa Zdrój, Poland or emailed to [biuro@maratonygorskie.pl](mailto:biuro@maratonygorskie.pl)
3. The Organizer will respond to the mailed or emailed complaint within 14 days.
4. The response to the complaint will be sent exclusively by email if the Participant doesn't declare he/she wants a response by mail.

### **§ 14. FINAL TERMS**

1. Sztafeta Górskie is an event covered by general insurance. Any individual insurance covering the consequences of an injury or an accident that might happen during the race must be purchased separately by the Participant.
2. Uncollected race packs will not be mailed.
3. The Organizer reserves the right to introduce additional classification and prizes.
4. Competitors may be disqualified or receive time penalty (10 min. for each misconduct), at any time of the competition, for the following actions:
  - Shortening of the marked route;
  - Failure to comply with traffic regulations;
  - Failure to carry mandatory gear;
  - Throwing away litter on the route of the competition;
  - Using external support on the route and in the aid station zone. Organized support is possible outside the aid station but not further than 50 m away from it.
  - Running with people who are not registered for the race.
  - It is forbidden to participate in a race with a dog.
  - Fraud (using transport, replacement runners and others).

- Not carrying the race number in the right place.
  - Continuing the race after the time limit.
  - Doping or using forbidden substances.
  - Behavior contrary to fair play rules.
  - *Failure to wear a mask in designated areas (start and finish zone, aid stations).*
5. After the race has finished, a random anti-doping control can be carried out. Each Participant indicated by the anti-doping committee has to undergo the control or otherwise he/she will be disqualified.
  6. The Organizer reserves the right to change the Regulations for important reasons. Every change will be announced on the website of the Competition or relevant information might be emailed to the Participants. The changes will become effective no earlier than 2 days after the announcement. The changes to the Regulations will not violate the rights acquired by the Participants beforehand.
  7. The Organizer reserves the right to change the date of the Competition if there exists a dangerous situation for the health or life of Participants or if a ban on organization of competitions is imposed by state institutions. If the Competition is postponed to a different date, benefits for the Participants may be changed or limited due to increased costs of organizing the event.
  8. The Organizer reserves the right to interrupt or cancel the Competition if it considers that its further continuation threatens the health or life of the Organizer or Participants. The Organizer may also decide to do so on the basis of a decision issued by other units such as the Police, Fire Brigade, National Park, medical security, GOPR or other local authorities. In case of cancellation at least three days before the event - the Entry Fee will not be refunded.
  9. Questions regarding the Regulations and the Competition itself should be sent by email to [biuro@maratonygorskie.pl](mailto:biuro@maratonygorskie.pl) or by telephone +48 513 423 887.
  10. Only the Director of the Kudowa Noutnait Relay Race is entitled to give a binding and final interpretation of these Regulations.
  11. In any matters not governed by these Regulations, provisions of the Polish or Czech law (depending on the section of the Course) will apply.
  12. The Regulations take effect on 16 October 2023.