



RULES OF THE COMPETITION

Kierunek Ultra Hańcza 2022

Initial statements

Ultra Hańcza is a trail running event which is not only about winning or competing against others, but also about discovering nature, self-exploration and be together with other runners. The objective of this extraordinary trail journey in Suwałki Landscape Park is to provide a challenge in which you can explore your physical and mental limits and discover new possibilities within yourself. As the race takes place in a protected and environmentally sensitive area, everyone involved has the moral and legal obligation to respect the flora and fauna minimizing the impact to our surroundings.

Friendship, respect for nature and for other runners - this is our main principles.

1. Purpose of the event

- promotion of the Suwałki Landscape Park and the Suwałki Region in Poland and in the world
- popularization of long-distance trail running
- popularizing outdoor physical activity

2. Place and date of the event

Start and finish place: Smolniki

Competition office: Hotel LOFT Suwałki / Smolniki, Poland

The Ultra Hańcza competition takes place in the north-eastern corner of Poland, close to the border with Lithuania, approx. 350 km from Warsaw, in a very hilly area full of lakes and ancient forests. It is a very young postglacial landscape, unique in the scale of the entire Central Europe. The routes run, among others along the deepest lake in Poland. Nature and landscape are protected in a specially created for this purpose Suwałki Landscape Park. The name of the run comes from both Lake Hańcza and the Czarna Hańcza River, which flows from the lake.

3. Distances

a. Ultra Hańcza 170 km

- Date: April 1, 2022
- Start: 19:00 p.m.
- Distance approx. 170 km
- Finish line: April 3, 2022. Closing time. 00:01 (time limit 29:01 hours).

b. Ultra Hańcza 100 km

- Date: April 2, 2022
- Start time: 3:00 a.m.
- Distance approx. 100 km
- Finish Closing: 17:30 (limit of 14.5 hours).

c. Ultra Hańcza 67 km

- Date: April 2, 2022
- Start: 7:00 a.m.
- Distance approx. 67 km
- Finish Closing: 16:00 (9 hours' time limit)

d. Cisowa Trail 25 km

- Date: April 2, 2022
- Start: 10:00 a.m.
- Distance approx. 25 km,
- Time limit - 3.5 hours

e. Jaczno Run 10 km

- Date: April 2, 2022
- Start: 10:00 a.m.
- Distance approx. 10 km
- Time limit - 2.5 hours

A detailed schedule with office hours, compulsory technical briefing and winners' decorations will be announced at a later date on the Facebook profile of the event and at www.kierunekultra.pl. For safety reasons, the Organizer reserves the right to shorten the route, change the start time, interrupt or cancel the competition in the case of very difficult weather conditions or natural disasters, without the possibility of returning the entry fee.

4. Organizer

Fundacja Kierunek Ultra
ul. Filipowska 24 a
16-400 Suwałki
KRS 0000717841

Competition management:

Iwona Łobasiuk, mobile: +48 512 787 642
Agnieszka Frybes, mobile: +48 792 906 707

5. Routes

- Ultra Hańcza 170, Ultra Hańcza 100 and Ultra Hańcza 67 - the route of the run is approximately 170, 100 and 67 km long, respectively, and

leads in 95% along forest roads, tracks, gravel and paths, and 5% on asphalt. The map, profile and a detailed description of the route will be published on the website of the competition. The differences on the route are over +2700 / -2700 m (the longest distance)

- b. Cisowa Trail - the route of the run for a length of 25 km, of which approx. 2 km asphalt. The map, profile and detailed description of the route will be provided on the event website.
- c. The route will be marked with a warning tape with the race logo and signposts changing the direction of the run.
- d. A map with the routes of the runs will be posted on the Organiser's website. The GPS track files of the routes will also be downloadable from the website.

6. Checkpoints and nutrients

- a. Ultra Hańcza 170 - at least 7 points, place, mileage and point limits will be announced at a later date
- b. Ultra Hańcza 100 - at least 4 points; place, mileage and point limits will be announced at a later date
- c. Ultra Hańcza 67 - at least 3 points; place, mileage and point limits will be announced at a later date
- d. Cisowa Trail - 1 nutritional point in Wodziłki, no partial time limit
- e. There will also be flight checkpoints on the route to check the presence of competitors.

Electronic time measurement is provided at the start and finish of the route.

7. The nature of the race / classification of winners

- a. The competition takes the form of a linear time trial, along a route along forest roads and tracks as well as asphalt, including the SPK tourist routes.
- b. The winners of all distances will be classified in 2 categories: women and men. The prizes will be awarded to the three competitors who will be the first to complete the route in each category.

- c. Additional classifications are dependent on the sponsors' generosity and will be announced in a separate announcement.

8. Conditions of participation

- a. A participant of the competition Ultra Hańcza 2022 may be a person who turns 18 years of age at the latest on the starting date.
- b. The competitors declare that they start at their own risk and that there are no health contraindications for participating in the off-road ultra-distance race, which will be confirmed by signing the declaration when collecting the starter package.
- c. Each competitor is required to undergo verification at the Competition Office on the day before the start. Verification includes checking your photo ID (ID card, passport, driving license).
- d. Any help from third parties is forbidden along the route of the race. The help from third parties allowed at aid stations and 200 m before and after those stations.

Each Competitor must visit all refreshment points and checkpoints located throughout the course and have the bib number on top in a visible place. Failure to pass all the control points results in the disqualification of the competitor.

- e. Littering, damaging vegetation and other activities harmful to nature are strictly forbidden on the route. Failure to comply with these rules will result in absolute disqualification of the competitor.
- f. The starting list will include competitors who will pay the entry fee by March 24, 2022. Fee is a donation to the Foundation. The order on the starting list is determined by the order of booking payments on our account.
- g. A competitor who does not reach any checkpoint within the time limit, should leave the route and inform the race organizer about this fact. Food and checkpoints will be closed half an hour after the time limit set for a given point.

- h. The organizers support the possibilities to leave a drop bag for participant of the UH 170 and UH 100 distances; it will be also possible to leave the deposit at the finish line.
- i. The decision of the medical team about the possibility to continue the race in the event of health problems is final every and each Participant.
- j. The competition will be held in accordance with the safety protocol regarding the covid-19 pandemic, in force on the day of the event.

9. Applications

- a. Entries can only be made via the electronic platform available on the organizer's website and FB.
- b. Date of commencement of registration: November 15, 2021; end date of registration: March 20, 2022. No subscriptions or payments will be accepted after this date.
- c. After completing the application form, payment must be made. The order of entry on the final start list is determined by the date when the entry fee is credited to the Organiser's account.
- d. The limit of participants is - 330 places on all distances in total. The organizer reserves the right to increase the number of participants.
- e. The organizer also reserves the right to distribute an additional part of places for the partners of the race.
- f. The entry fee is non-refundable.
- g. It is possible to transfer the package to a third party by 15/03/2022 after paying a handling fee of PLN 30.
- h. It is possible to rewrite from one distance to another. In the case of rewriting from a shorter distance (from November 15, 2021) to a longer distance, the difference in the cost of the run + PLN 25 handling fee must be paid. In case of rewriting from longer to shorter distance, the difference in price will not be refunded and a handling fee of PLN 25 must also be paid.

10. Entry fees.

a. The starting fee is:

i. Ultra Hańcza - 170

1. 15/11/2021 - 30/11/2021 - 85 €
2. 01/12/2021 - 15/12/2021 - 90 €
3. 16/12/2021- 31/01/2022 - 95 €
4. 01/02/2021 - 28/02/2022 - 100 €
5. 01/03/2022 – 20/03/ 2022 - 110 €

ii. Ultra Hańcza 100

1. 15/11/2021 - 30/11/2021 - 45 €
2. 01/12/2021 - 15/12/2021 - 50 €
3. 16/12/2021- 31/01/2022 - 54 €
4. 01/02/2021 - 28/02/2022 - PLN €
5. 01/03/2022 – 20/03/ 2022 - 62 €

iii. Ultra Hańcza 67

1. 15/11/2021 - 30/11/2021 - 40 €
2. 01/12/2021 - 15/12/2021 - 45 €
3. 16/12/2021 - 31/01/2022 - 48 €
4. 01/02/2021 - 28/02/2022 - 52 €
5. 01/03/2022 – 20/03/ 2022 - 56 €

iv. Cisowa Trail 25

1. 15/11/2021 - 30/11/2021 - 30 €
2. 01/12/2021 - 15/12/2021 – 32 €
3. 16/12/2021- 31/01/2022 - 34 €
4. 01/02/2021 - 28/02/2022 - 36 €
5. 01/03/2022 - 20/03/2022 - 40 €

v. Jaczno Run 10

1. 15/11/2021 - 30/11/2021 - PLN 20
2. 01/12/2021 - 15/12/2021 - 22 PLN
3. 16/12/2021 - 31/01/2022 - 24 PLN
4. 01/02/2021 - 28/02/2022 - 26 PLN
5. 01/03/2022 - 20/03/2022 - PLN 28

b. For those willing, we offer the possibility of purchasing products of the Fundacja Kierunek Ultra: a mug with a logo, a cotton T-shirt and a long-sleeved sweatshirt. The purchase can be made via the registration page, or a separate payment to the account with an appropriate note.

ACCOUNT NUMBER FOR PAYMENTS

Alior Bank

54 2490 0005 0000 4600 5773 5309

"Kierunk Ultra" Fundacja

Filipowska 24a

16-400 Suwałki

Transfer title:

Ultra Hańcza 170 - Donation of Ultra Hańcza 170

Ultra Hańcza 100 - Donation of Ultra Hańcza 100

Ultra Hańcza 67 - Donation of Ultra Hańcza 67
Cisowa Trail - Donation of Cisowa Trail
Jaczno Run - Donation of Jaczno Run

11. Equipment

11.1. Obligatory equipment:

Note! The organizer reserves the right to check the obligatory equipment at the finish line and along the race route. A penalty of 15 minutes will be given for the lack of any element.

- a. bib number provided by the Organizer (placed on the front in a way that can be read by the staff of the run),
- b. charged mobile phone with the GSM card numbers given during registration to the competition.
- c. personal mug
- d. NRC foil
- e. head lamp (at Ultra Hańcza 170 and 100)
- f. ID card

11.2. Recommended equipment:

- a. clothing appropriate to the weather
- b. GPS receiver with an uploaded route
- c. petty cash
- d. running backpack with a container for drinks

11.3. Note! The organizer reserves the right to check the obligatory equipment at the finish line and along the race route. There will be a penalty of 15 minutes for the lack of any element.

12. Benefits

- a. bib number
- b. medical care
- c. nutrition points along the route and a regeneration meal at the finish line,

- d. referee service on the route,
- e. clear marking of the route with warning tape,
- f. deposit,
- g. a commemorative medal for all those who complete the competition within the time limit. The starter package may be enriched depending on the generosity of the sponsors,
- h. integration event after the competition.

13. Awards

The nature and amount of the prizes will be announced at a later date.

14. Security

- a. Participants take part in the competition on their own liability, and in the case of health or material damage, they will not make any claims against the Organizers.
- b. In the case of resignation from the competition during its duration, the organizer should be immediately notified of this fact. Otherwise, the competitor will be charged with the costs of any search action.
- c. By entering the Competition, each Participant declares that his or her health condition allows him/her to participate in this type of physical activity.
- d. In the case of an injury, accident or bodily injury, you should call the emergency number provided during registration and wait for rescuers to arrive after giving an approximate location.
- e. Each participant, seeing another competitor who needs help, is obliged to provide him with help to the extent possible and notify the Organizer by phone about the place of the event, type of injury and competitor number.
- f. Participants undertake to keep extreme caution when crossing asphalt roads and tracks, while moving along asphalt roads and to strictly follow the Organizer's warning signs and the orders of the Police and the Organizer's security service. When moving on public roads, the competitors undertake to use the pavement / bicycle path and, secondly, the left

roadside. If this is not possible, move on the left side of the road and give way to vehicles on the road.

- g. In the event of resignation from the competition, the organizer does not provide transport to the base.

15. Final provisions

- a. The organizer reserves the right to amend the Competition Regulations.
- b. Information about changes to the Regulations will be posted on the website of the Competition and FB.
- c. In the event of disqualification, competitors will not be entitled to a refund of the entry fee.
- d. Each competitor, deciding to participate in the Competition, declares that he understands the possible threats to health and life that are associated with participation in the long-distance cross-country race.
- e. At the same time, the competitor accepts responsibility for any damage to health arising during the participation and not resulting from the Organizer's negligence.
- f. Competition participants allow their image to be published in the materials relating to the Competition, i.e. in particular in the coverage of the Competition and promotional materials. Participants consent to the processing of personal data to the extent necessary for the proper conduct of the Competition. Personal data of the Competition participants will not be transferred to third parties.
- g. All disputes are settled by the Organizer.
- h. Signing up for the race is tantamount to accepting the Regulations.

Please be advised that:

The administrator of your personal data is the 'Direction Ultra' Foundation with its registered office in Suwałki at ul. Filipowska 24a, hereinafter referred to as the Administrator. The administrator conducts the processing of your personal data.

Your personal data will be processed in order to conduct the event "Direction Ultra Hańcza 2022" and will not be made available to other recipients, providing

data is necessary to conclude a contract, in the event of failure to provide data, it is impossible to conclude a contract, you have the right to:

- requests from the Administrator to access their personal data, rectify them, delete or limit the processing of personal data,
- object to such processing,
- data transfer,
- lodging a complaint to the supervisory body,
- withdrawal of consent to the processing of personal data.

Your personal data is not subject to automated decision making, including profiling.