



Wejherowo, 18.05.2019

RULES & REGULATIONS

Ultramaraton140.pl Team and the Main Sponsor ARENA TAX GROUP invite you to sport events:

4 Festival of Roller-Ski Races ArenaTax Ultramarathon 200 km

4 Roller-Ski Ultramarathon 200 km
4 Roller-Ski Marathon 80 km
2 Roller-Ski Half-Marathon 40 km

I. OBJECTIVES:

1. Promoting active life style, in particular popularizing cross-country skiing type sports, i.e.: sport roller-skis and roller-skis and rollers with tires
2. Continuing tradition of the first in the history ultramarathon of roller-skiing run at the distance of 140 km
3. Support for seriously sick children and youth who are in a difficult material situation
4. Promotion of landscape values of Poland, Pomerania, Kashubia and Wejherowo



IN COOPERATION WITH





II. SPONSORSHIP AND ORGANIZATION:

- MAIN SPONSOR OF THE COMPETITION

ARENA TAX GROUP

- SPONSORS OF MAIN PRIZES

ARENA TAX GROUP

ROLLSPEED ROLLER-SKI – the first producer of roller-ski in Poland
shop www.NARTOROLKI.com.pl – Your roller-ski shop

- SPONSORS

ultramaraton140.pl Team

MT - Sport Marek Tokarczyk – attestations (International IAAF/AIMS Road Race Measurer Grade B) and organization of sport events
shop nartorolkowy.pl

Motopozytywni Trójmiasto (Motopositive Tricity)

Forest Inspectorate Wejherowo

„Pod Turbotem” Inn in Reda

- INITIATOR AND ORGANIZER

ultramaraton140.pl Team

Contact person: Grzegorz Musioł, Klaudia Musioł

Contact: e-mail ultramaraton140km@gmail.com (preferred)

tel. +48 572567385 (ancillary)



IN COOPERATION WITH





III. DISTANCES AND CATEGORIES. EQUIPMENT REGULATIONS.

1. Distances:

- roller-ski ultramarathon is a distance of 200 km
- roller-ski ultramarathon is a distance of 80 km
- roller-ski halfmarathon is a distance of 40 km

2. Categories:

- ultramarathon 200 km means 1 race in the category: „pneumatic wheels” or „rubber wheels” – to be selected.
- marathon 80 km means 2 races in the categories: „rubber wheels” in any technique and „pneumatic wheels”
- halfmarathon 40 km means 3 races in the categories: „rubber wheels” in classical technique, „rubber wheels” in any technique and „pneumatic wheels” Irregular wheels shall result in preventing the entry or disqualification of the contestant.

3. Effective wheelbase is min. 530 mm

4. Classification includes exclusively sport roller-skis and roller-skis/ field rollers (roller-skates etc. are excluded from the classification)

IV. ROUTE, CERTIFICATION, DATE, START TIME AND TIME LIMITS:

1. The route runs as a 10 km shuttle in the Darżłubska Primeval Forest (Wejherowo Forest Inspectorate). It is wide, asphalt cycling lane. Two speed humps at the forester’s lodge Kapino. Local road rolling and cracks do not limit sport roller-skis but they require more attention. The route mostly closed to vehicular traffic, however it is open to pedestrian, bicycle, residents and forest inspectorate traffic. There are no relevant elevations.

<https://www.google.pl/maps/dir/54.631100Q.18.2317377/54.6836Q75.18.306218/@>

[54.6517144.18.2521Q15.14z/data=!4m2!4m1!3e1](https://www.google.pl/maps/dir/54.6517144.18.2521Q15.14z/data=!4m2!4m1!3e1)

2. Route of the competition is certified according with standard IAAF / AIMS (Polish certificate PZLA)

3. The competition will be held on 29 June 2019.



IN COOPERATION WITH





Start at the distance of 200 km takes place at 7.00 a.m.

Time limit for the race ultra is 11 hours.

The competitors who will not finish the race by 18.00 have to stop the run and arrive to the finish otherwise, retaining the right to have the result from the last loop classified provided the min. distance of 140 km was covered.

Start at the distance of 80 km takes place at 11.00

Start at the distance 40 km takes place at 11.00

Start and the office of competition are located at the forester's lodge Kapino (with the parking lot).

V. APPLICATIONS. DATES. FEES. SPENDING PERFORMANCE.

Online applications of participants will be accepted at website

www.elektronicznezapisy.p

- Dates of applications and fees:

Between 21.05-20.06.2019 r. - 150 PLN (40 EUR)

Between 21.06-28.06.2019 r. - 200 PLN (50 EUR)

Applications on the day of competition - 250 PLN (60 EUR) paid by cash in the office of the competition

Account ING No. 04 1050 1764 1000 0091 1241 5790

The fee is not reimbursable.

- Spending performance of entry fees:

100% entry fees shall be donated to Natalia Labudda from Wejherowo, who is sick with bone cancer via Fundacja Znajdź Pomoc (United Way Polska), without any commission nor administration fees, with the possibility of current insight by Natalia into her subaccount

<https://znajdzpomoc.pl/marzenia/natalia-labudda/>



IN COOPERATION WITH





Only properly completed application form, paid fee, and signed invitation-regulations at the Office located at the 4th kilometer, entitle to participate in the race.

We prefer participation of people who will have finished 18 years of age by 29.06.2019.

Under-age youth shall be obliged to provide consent to participate in the race, signed by a parent or a legal guardian.

In special cases the organizer reserves the right not to admit to the race without providing the reasons.

The planned limit of participants is 60. If more applications are received the organizers shall consider extending the limit.

The results will be provided at the website www.elektronicznezapisy.pl and at www.ultramaron140.pl

VI. AWARDS:

MAIN PRIZES

- 6 main prizes (men) these are **ROLLER-SKI ROLLSPEED Sponsor: company ROLLSPEED – the first producer of roller-skis in Poland**
- 6 main prizes (women) these are **ROLLER-SKI ROLLSPEED Sponsor: ARENA TAX GROUP**

In ladies' classification, roller-skis are available for voucher in the producer's shop www.nartorolki.com.pl – **Your roller-skis shop.**

The vouchers are of 500 PLN value (equivalent of roller-skis without bindings in a special price). Voucher can be alternatively exchanged for 250 PLN at purchase of other accessories from the shop range of products. The condition to being awarded the main prizes is start and finish of at least one lady at 200, min. two starting contestants at 80 km and at least 3 contestants at 40 km.



IN COOPERATION WITH





SPECIAL AWARD

- SUPER AWARD surprise: 1 pair from the new line of roller-skis from the producer Rollspeed. **Innovative composite roller-skis SUMMERSKI V73** www.summerski.pl with the **V-cut wheels** (market price 1298 PLN)
Sponsor: producer ROLLSPED

AWARDS FOR II AND III PLACES

- Prizes for II and III places are awarded in the classification „open”. These are:
 - branded roller-ski accessories and wear sponsored by the producer **ROLLSPEED and the shop NARTOROLKI.com.pl**
 - branded roller-ski accessories for the III place sponsored by the **shop nartorolkowy.pl**

AGE AWARDS

- The following two surprise prizes will be given to the youngest and the oldest participants- who will finish one of the races 4 FBN ArenaTax Ultramaraton 200 km
Sponsor: **ultramaraton140.pl Team**

COMMEMORATIVE AWARD FOR PARTICIPATION

Start up package includes practical **pen drive Trix 32GB specially designed for celebrating record distance** ultra 4 FBN ArenaTax Ultramaraton 200 km with logos under colors of main sponsor **ARENA TAX and ultramaraton140.pl**



IN COOPERATION WITH





VII. ORGANIZATION OF THE RACE, TIPS AND PRACTICAL GUIDELINES:

1. **The meeting of contestants on 200 km on a day 29.06.2019 is at 6.30 a.m. at the latest.**
2. **The main parking is located by the forester's lodge in Kapino. The contestants arriving at the 80 km marathon and 40 km halfmarathon are asked for exceptional caution (contestants of "ultra" on the route!) and for not obstructing the competition route.**
3. Every participant signs the regulations and receives a starting pack with a start number
 - a. During the race, participants should have their start numbers attached in a visible place.
 - b. Participants compete on their own equipment in 1 type and 1 category from the beginning to the end of the race.
 - c. During the event, participants are subject to right hand traffic and traffic rules.
4. Participants shall be required to cross the lines marked on the edge of the route, i.e. at the 1st and the 10th kilometers with both their roller-skis.
5. A nutrition-refreshment point for the participants (water, isotonic drinks, dry snacks, fruits) will be organized on the start.
6. Organizer advises the contestants equipping themselves with a drink backpack and water bottles with an ability of refilling them without the necessity to stop during the race.
7. Organizer expects to provide a singular warm meal and tea, coffee, power drinks and snacks for the contestants.
8. We strongly encourage to take bicycles. With them – apart from the sports and sightseeing experience – the participants may be accompanied by a person as a mobile technical service or a nutrition-refreshment point.
9. Participants, members of the families, cheerers – please do not forget taking practical and waterproof clothes. Despite being relatively close to Wejherowo, it is the middle of woodland, together with a possibility of partial telephone signal loss.



IN COOPERATION WITH





VIII. SAFETY REGULATIONS, EVENT SECURITY AND INSURANCE:

- Safety:** At curves and bends right-handed traffic is in force. Usage of protection helmets and goggles is strictly required (lack of these will result in exclusion from the race). It is recommended to use elbow and knee pads, goggles adjusted to the changing weather conditions and reflective safety vests. It is recommended to get equipped with a rearview mirror mounted at the helmet. It is recommended to get equipped with the LED type signal lighting.
- Every contestant participates solely on their own responsibility and bears the associated risk. The participants acknowledge, that participation in the event has an ultra-competitive character, and involves above average physical effort, bears natural risks and risk of accidents, risks of body damage and physical injuries (including death), and damage or loss of personal property. Moreover, there may occur other risk factors impossible to predict at the stage of organization. If a participant signs the invitation-regulations it means that they have considered and evaluated the nature, scope and extent of the risks of participation, and have voluntarily decided to take these risks. Every participant declares that they will not operate against the organizer. Every participant declares that they will pay back all the costs (including costs of attorney fees and expert fees) incurred or paid by the organizer to any person (including the participant or any of its insurers) due to any accident, loss, damage or injury (including death) that would arise from the participant's presence or participation in the race.
- Event insurance and safety:** Following the generally understood safety of the participants in the social race on the "ultra" distance, organizer secures, for the duration time of the race, a paramedic in case of unpredictable occurrences. However, the organizer does not provide a life or health insurance, or an insurance against civil liability due to illness, accident, injury, death or any loss or damage, which can occur due to being present and/or participation in the race. We strongly advise the participants to buy relevant insurance against the after-effects of potential unfortunate accidents – both sport and traffic related.
- We reserve the right to give consent to medical and paramedical staff employed by the organizer to provide medical first aid or carry out other medical procedures, as well as transport injured participants to a safe place. The participant agrees to the above-mentioned actions. Each participant shall be responsible for all medical and/or transport costs incurred by the organizer, cooperating persons, paramedics, and the resulting illnesses,



IN COOPERATION WITH





accidents and suffered injuries incurred due to the presence or participation in the competition. 5. Organizer does not provide roller-skis and equipment for the contestants nor technical support for the contestants. 6. In part of the competition route excluded from traffic, no vehicles are allowed, except from roller-skis and bikes used by the participants and their companions. 7. Organizer does not anticipate deposit and is not responsible for the personal belongings of the participants. 8. Participants agree to the processing and use of their image in marketing, informative and promotional materials of the competition. 9. Participants are bound by these agreements. 10. Regulations, results and other information concerning the race will be posted on the internet.

Organizer

Legible signature of the participant, date, place

The ultramaraton140.pl Team

Postscript from Grzegorz of the ultramaraton140.pl Team: I have always regarded each marathon as a kind of unique and personal holiday. I have spent every marathon together with a person or people closest to my heart for whom my happiness is theirs as well. I have always had time planned to rest (before) and regenerate (after) the event. Due to the uniqueness of our race, I recommend planning a holiday stay with the accompanying person and arrival on the day before the event. The city of Jakub Wejher is expecting you, together with its beautiful history and charming market (see the Calvary of Wejherowo), with architecturally stunning Kashubian Philharmonic, the well-connected Tri-City or – for the beach lovers – the Baltic Sea from the side of Dębki (placed among top beaches in Poland).



IN COOPERATION WITH

