



VIII GORCE ULTRA-TRAIL® MOUNTAIN RUNNING FESTIVAL

August 2-4.08.2024, Ochotnica Dolna, Poland

First 5km, 10km, half marathon, marathon, another marathon. Stories about running in the mountains, sunrises, sunsets and fog over the peaks you listen with curiosity. And then more and more daring attempts to step foot on a mountain trail and longer (or not :) distances - half marathon, marathon, first 100 km, maybe even 100 miles. Some will get involved in mountain volunteering, some will start organizing their own runs, and others will start training "young people". Everyone owns their own story, their own mountains, valleys and sometimes outstanding and unique peaks.

We sincerely invite you to the ninth edition of the event in Ochotnica Dolna - come over, run, and fall in love with the Gorce Mountains!

See you in Gorce,

Fundacja Run Vegan
Ochotnica Dolna, Feb 10, 2024



GUT 2024 REGULATIONS

*Date of publication of the regulations: 12/02/2024**

Start of the registration: 14.02.2024

1. Organizers and goals of the event

1.1 The Organizer of the Gorce Ultra-Trail® Mountain Running Festival (hereinafter: GUT) is the Run Vegan Foundation (hereinafter: the Organizer).

1.2 GUT is co-organized by the commune of Ochotnica Dolna, the host of the event.

1.3 Goals of the Gorce Ultra-Trail® are as follows:

- popularization of mountain running and promotion of active and responsible tourism
- selection of the best mountain running Competitors
- promotion of the Gorce, Beskid Wyspowy and Beskid Sądecki regions among the Polish and international community of runners
- activation and integration of the local community through sport and volunteering
- popularizing of an ecological awareness among runners and inhabitants of mountain areas

2. Protection and respect for nature - GUT-ECO-CODE

2.1 Gorce Ultra-Trail® is a run held in wild nature, partly in the Gorce National Park. The respect for nature is the key message of the event. We emphasize and remind you that leaving any waste on the route, destroying nature, picking plants or intentionally disturbing animals is strictly prohibited. Runners breaking these rules may be punished with time penalties, and in extreme cases, with the disqualification.

2.2 When moving in the area of Gorce National Park, all Competitors are bound by the Regulations for the visitors available on the Park's website, *i.e.* <http://www.gorczańkipark.pl>

2.3 In order to minimize the adverse effects of an environmental impact, there will be no disposable cups for cold drinks at aid stations. For this reason, the Competitor is obliged to have their own reusable cup and a bottle (water bag) to replenish the supply of fluids.

2.4 The Competitor is obliged to take with them all the waste they have produced on the route. Waste and litter can only be left at the aid stations and at the finish line. We would like to remind you that we consider a tip of the gel, a bottle cap and tissues to be garbage as well! We also encourage you to collect noticed waste left by other players - as part of solidarity and care for the image of mountain runners.

2.5 The Competitor is obliged to sign with their starting number all gels, energy bars and other food products in packaging to be taken the route. Markers will be available at the Race Office, and packages can be randomly checked on the route.



3. Rules applicable on the route

3.1 The run will be conducted in accordance with the fair-play rules by the International Trail-Running Association. The basic assumption is to ensure equal opportunities for all participants and to conduct the competition in the formula of an individual sports ability test. This means respecting the three most important principles: to act fair, to take care of your own and others' safety and to protect the environment.

3.2 Each participant covers the entire distance on his own, without any help from third parties and without the use of any motor vehicles. The Organizer does not allow the use of pacemakers on any section of the route. The assistance of third parties is allowed only within the official checkpoints and at a maximum of 100 m from the checkpoint. The Organizer allows the help of third parties outside the official points only in a spontaneous gesture of hospitality of the inhabitants of the villages through which the routes run.

3.3 Runners must not deviate from the marked course. In case of getting lost, it is absolutely necessary to return to the last signs along the same route and to continue the run according to the official route. Shortening or changing the route may result in a time penalty or disqualification.

3.4 The Competitor is obliged to provide - as far as possible - help to the injured and those in need of help, first of all by an immediate notification of the Organizers and medical services.

3.5 It is forbidden to use any doping substances.

3.6 It is forbidden to use any verbal and physical violence during the race. Reported cases will be punished with time penalties or disqualification.

3.7 Only officially registered runners with a BIP number may participate in the race.

3.8 Throughout the duration of the competition, the Participant is obliged to have a BIP number visible to other participants, supporters and judges, and a time chip, attached as per the instructions.

3.9 The competition route is not closed to other users for the duration of the competition. In addition, part of the route runs through private lands used by their owners - you can meet horse-drawn carts or tractors on the trail. **Use roads and forest paths reasonably, with respect to the private property of residents and with care for the safety of yourself and other users.**

3.10 During the race, Competitors move as "pedestrian road users" and are obliged to **observe the rules and regulations of the road safety in accordance with the Traffic Rules and Regulations.**

4. Date and place

4.1 The 9th edition of the Gorce Ultra-Trail® run will take place on August 2-4, 2024 in Gorce, and participants will be able to start at distances from 5 to 163 km.

- 4.2 The start of Competitors at individual distances will take place:
- GUT 5 – August 2, **17.00** (!!! different starting place!!!), **Fri.**
- GUT 163 – August 2, **20.00, Fri.** - **providing at least 50 participants will declare their access**
- GUT 102 – August 3, **04.00, Sat.**



- GUT 66 – August 3, **08.00.00, Sat.**
- GUT 48 – August 3, **08.00, Sat.**
- GUT 33 – August 3, **10.00, Sat.**
- GUT 20 – August 4, **09.00 - Ochotnica Challenge, Sun.**
- GUT 12 – August 4, **10.00 (!!! different starting place!!!), Sun.**

NOTE: Start times may change. The final times will be given in the technical announcement no later than 3 days before the start.

4.3 The base of the competition as well as the start and the finish lines of the races will be located in Ochotnica Dolna, in the Wiejski Ośrodek Kultury, 173b, Dłubacze estate. The exception is the distance GUT 5, which will start from the Centrum estate (church) in Ochotnica Dolna and the GUT 12 race, which will start from Przełęcz (Pass) Wierch Młynne, Młynne estate, Ochotnica Dolna.

⇒ *Good to know: Wiejski Ośrodek Kultury (Village Culture Centre) = WOK*

5. The route, elevation gains, ITRA points, markings

5.1 The Gorce Ultra-Trail® competition will be held on seven distances. The number of kilometers and elevation gains are determined based on route record by the Organizer, verified by ITRA.

- GUT 163 - approx. 163 km, +/- 8270 m elevation gain, 6 points ITRA
- GUT 102 - approx. 100 km, +/- 4250 m elevation gain, 4 points ITRA
- GUT 66 - approx. 66 km, +/- 2100 m elevation gain, 3 points ITRA
- GUT 48 - approx. 48 km, +/- 2380 m elevation gain, 2 points ITRA
- GUT 33 - approx. 33 km, +/- 1570 m elevation gain, 2 points ITRA
- GUT 20 - approx. 20 km, +/- 1020 m elevation gain, 1 point ITRA
- GUT 12 - approx. 11 km and +510/-1020 m of elevation gain
- GUT 5 - approx. 5.5 km and +740/-20 m of elevation gain

5.2 Marking the route. The route of the run leads mostly along marked hiking trails and nature paths. GUT markings - tapes and boards with arrows - will be placed in doubtful places such as trail intersections, sharp turns or unmarked forest paths. Each participant is obliged to familiarize themselves with the route before the run and move in accordance with the markings.

NOTE: regardless of the markings, for safety reasons, we recommend uploading the GPX track to your watch/phone or taking the map with the marked route of the run. As for the GUT 163 and GUT 102 distances, the GPX track or map is an element of mandatory equipment.

5.3 Asphalt sections on GUT routes were kept to the minimum. In all these places, competitions are held with the traffic of motor vehicles maintained. Competitors are required to keep extreme caution, comply with the road traffic law and follow the instructions of the security services, road services and the police.

5.4 Maps and gpx files with detailed routes will be available on the www.gorceultratrail.pl website.

6. Time measurement and limits



6.1 Time measurement will be done using electronic chips and control mats that record the arrival of a Competitor at a given point. In order to ensure the proper course of the event, the Organizer will provide for setting up additional permanent and flying checkpoints.

6.2 Failure to read at a given checkpoint may result in disqualification of the Competitor.

6.3 The results of the competition are determined based on **gross** times.

6.4 The following time limits apply to the routes.

- GUT 163 - 42 hours
- GUT 102 - 18 hours
- GUT 66 - 14 hours
- GUT 48 - 11 hours
- GUT 33 - 8 hours
- GUT 20 - 5 hours
- GUT 12 - 3 hours
- GUT 5 - 2 hours

6.5 At checkpoints on GUT 163, 102, 66 and 48, intermediate limits apply according to the table below. **Limits apply at the exit of the checkpoints**, where there will be measuring mats or manual timing. After exceeding the limit, the Competitors cannot continue the competition and are obliged to give away the chip point to the boss for time measurement and to remove the BIP number.

Distance	PK1 Prz. Knurowsk a	PK3 Rzeki	PK4 Szczawa	PK6 Łącko	PK8 Krościenko nad Dunajcem	FINISHLINE Ochotnica Dolna
GUT 163	03.00 Saturday, 2.08	-----	14.30 Saturday 2.08	22.00 Saturday 2.08	09.00 Sunday 3.08	14.00 Sunday 3.08
GUT 102	9.00	15.00	19.00	-----	-----	22.00
GUT 66	13.00	-----	-----	-----	-----	22.00
GUT 48	13.00	-----	-----	-----	-----	19.00

GUT 33, GUT 20, GUT 12 and GUT 5 Competitors have no intermediate limits.



7. Aid stations

7.1 The run is run in the formula of a partial self-sufficiency. This means that the Competitor should independently calculate their own needs for food and beverages during the entire run and between individual checkpoints, supply the necessary products and treat aid stations as a necessary supplement.

7.2 The following aid stations will be available:

On route **GUT 163**:

- Przełęcz Knurowska (approx. 25 km)
- Jaszczce (approx. 35 km)
- Rzeki, Polana Trusiówka (approx. 47 km)
- Szczawa (approx. 67 km)
- Kamienica (approx. 82 km)
- Łącko (approx. 100 km)
- Przehyba (approx. 120 and 130 km)
- Krościenko nad Dunajcem (approx. 145 km)

On route **GUT 102**:

- Przełęcz Knurowska (approx. 25 km)
- Obidowa (approx. 43 km)
- Rzeki, Polana Trusiówka (approx. 63 km)
- Szczawa (approx. 84 km)

On route **GUT 66**:

- Przełęcz Knurowska (approx. 25 km)
- Jaszczce (approx. 35 km)
- Rzeki, Polana Trusiówka (approx. 47 km)

On route **GUT 48**:

- Przełęcz Knurowska (approx. 25 km)
- Jaszczce (approx. 35 km)

On route **GUT 33**:

- Ochotnica Górská (approx. 16 km)
- Jaszczce (approx. 20 km)

On route **GUT 20** and **GUT 12**:

- Polana pod Gorcem (respectively 11 km and 3 km)



7.3 A detailed menu at the nutrition points will be provided in the technical announcement before the competition.

The selection of products and beverages available at the points and the form of their distribution will be adapted to the current epidemic recommendations. At the entrance to the point, the Competitors will have to wash/disinfect their hands. It is also recommended to minimize the time spent on the point in order to maintain social distance.

8. Mandatory and recommended equipment

8.1 The Competitor must wear mandatory equipment for the entire duration of their run, in accordance with their distance. The equipment will be verified in the competition office, before entering the start zone, on the route (randomly) and at the finish line.

8.2 Mandatory equipment for all the distances:

- starting number visibly placed throughout the competition and a timing chip attached as recommended, *i.e.* on the shoe or on the ankle above the shoe.
- **switched on, functional and charged mobile phone with the saved GUT emergency number +48 665 290 141.** The telephone number that the Competitor will have with them on the route must match the number provided in the application. NOTE: for safety reasons, you should verify your phone number in the competition office when collecting the starting number!
- NRC foilsized min. 140×200 cm (does not apply to GUT 5)
- own cup or container for beverages - in accordance with the GUT-ECO-CODE, there will be no disposable cups for cold beverages at the points (does not apply to GUT 5)
- elastic bandage (does not apply to GUT 5)
- a mask or a multifunctional scarf to cover the nose and mouth (does not apply to GUT 5)

8.3 Mandatory additional equipment for **GUT 163, GUT 102, GUT 66**

- working headlamp
- uploaded GPS track or map with marked route

8.4 Equipment recommended for all the distances, especially for ultra distances

GUT 163, GUT 102, GUT 66 and GUT 48

- hooded rain jacket
- long-sleeved jacket in case it cools down
- a water container with a minimum capacity of 1.5 liters
- gpx track uploaded to the phone/running watch or map of the route
- first aid kit, containing additionally (apart from the obligatory elastic bandage)
 - wound disinfectant e.g. Octenisept,
 - plasters
 - hand sanitizer gel

9. Registration, participant limits, starting fees

9.1 The GUT 163, 102, 66, 48 races may only be attended by a person who is over 18 years old on the day of the race. The GUT 33, GUT 20, GUT 12 and GUT 5 races may only be attended by a person who is over 16 years old on the day of the race, providing that the written consent of their parents or legal



guardians is provided to the Race Office. Competitors between 12 and 16 years old who attend the distances of 20, 12 and 5 km should be under the direct care of a parent/guardian who will also attend the competition for the entire duration of the run.

9.2 The distance GUT 163 and GUT 102 as the crowning distances of the competition are treated in a special way. Only these Competitors whose individual ITRA Performance Index is at least 400 points are entitled to attend them, and if they are not classified in the ITRA database, they can document the completion of at least two mountain runs at the distance of at least 50 km by the date of the GUT registration. The relevant data should be entered in the registration form. ITRA points or the races' documentation is mandatory.

⇒ Check your ITRA index at <https://itra.run/community/>

9.3 Participant registration is done via the online registration form. The link to the form is available on the website www.gorceultratrail.pl. In order to successfully register for the selected run, you need to set up your individual account on the <https://b4sportonline.pl/> platform, select the distance, register and pay for the selected run.

9.3 Online registration works until July 10, 2024. Only applications paid for by this date guarantee receipt of the full package and personal BIP number. After this date, registration will be possible at the Race Office, according to available places.

9.4 Registration is possible until the limit of places at individual distances is reached. Participants limits are as follows:

- GUT 163 - 100 people
- GUT 102 - 150 people
- GUT 66 - 100 people
- GUT 48 - 300 people
- GUT 33 - 200 people
- GUT 20 - 200 people
- GUT 12 - 150 people
- GUT 5 - 100 people

9.5 An integral element of the registration process is the payment of the entry fee in the amount applicable on the date of execution of the payment. **Registration without payment does not constitute a place reservation.** The entry fee should be paid via the online system in accordance with the instructions on the registration page. The Competitor will appear on the starting list once the payment is booked. The entry fee is not valid if the participant did not register electronically or once the payment was executed either after the deadline or after reaching the limit of places.

⇒ Availability of places and starting list: https://b4sportonline.pl/Gorce_Ultra_Trail/

9.6 The following starting fees are established:



Distance	I rate 14.02.2024 29.02.2024 *** - 14.03.2024	II rate 1.03-30.04.2024 **15.03-30.04.2024	III rate 01.05-10.07.2024	IV rate 02-04.08.2024
GUT 163	PLN 420	PLN 470	PLN 490	PLN 520
GUT 102	PLN 270	PLN 310	PLN 330	PLN 370
GUT 66	PLN 230	PLN 260	PLN 290	PLN 330
GUT 48	PLN 190	PLN 210	PLN 240	PLN 280
GUT 33	PLN 160	PLN 190	PLN 210	PLN 230
GUT 20	PLN 140	PLN 160	PLN 180	PLN 200
GUT 12	PLN 90	PLN 110	PLN 130	PLN 150
GUT 5	PLN 60	PLN 80	PLN 100	PLN 120

9.7 Souvenir T-shirts. By **July 10, 2024**, you can order a technical T-shirt for an additional fee of PLN 100. The packages with ordered T-shirts can only be collected at the competition office. In the event of a resignation from the race, you can receive the ordered T-shirt providing the following: collection in person, collection by a designated person with your written authorization or by post, provided that the Organizer is informed by e-mail by July 31, 2024. The cost of postage is PLN 15, payable to the Foundation's account. Shipping will be executed within 14 days after the end of the event.

A small lot of t-shirts will also be available at the competition office - PLN 120 each.

9.8 The Organizer grants the following **discounts on the starting fees**. To take advantage of the discount and obtain a discount code, please contact the Organizer **by July 10, 2024 and BEFORE** registering at: info@gorceultratrail.pl, and then register by entering the received discount code.

NOTE: the discount is calculated out of the applicable fee rate. **Fees paid without a code, and thus without a discount, will not be billed retroactively.**

The persons entitled to the discounts are:

- The Competitors classified according to ITRA as INTERNATIONAL LEVEL - ITRA CODE A (Performance Index K>700 points, M>825) have the right to start free of charge at a distance of their choice
- **The Competitors who won a place on the podium in previous editions are entitled to discounts described in detail in point 12.3**



- The residents of the Ochotnica Dolna commune are entitled to the 20% discount on the current entry fee.
- The persons born in 1953 or before 1953 are entitled to the 50% discount on the current entry fee
- The competitors who decide to start at 2 or 3 distances are entitled to the 20% discount on the current entry fee for shorter distances.

9.9 The Organizer reserves the right to close the registration earlier if the limit of entries is reached and to increase the number of starting packages.

9.10 The Competitors who want to receive an invoice should provide the required data during online registration or send it to: info@gorceultratrail.pl. The invoice for the paid entry fee will be issued by the 15th day of the month following the month in which the payment was made. By accepting the Regulations, the Participants agree to obtain the invoice in electronic form without the recipient's signature.

10. Resignation from the start, change of distance, change of participant

10.1 In the event of resignation from the start, the Participant are entitled to:

- Vy June 30, 2024: receipt of 80% of the payment or transfer of your payment in the formula of obtaining a voucher for 100% of the value of the payment made by July 10, 2024: reception of 50% of the payment or transferring your payment in the formula of obtaining a voucher for 80% of the value of the payment made
- July 11-15, 2024: transfer your payment to subsequent events organized by the Foundation in the formula of obtaining a voucher for 80% of the value of the payment made.

The participants who will resign after **July 26, 2024 shall not** be entitled to the return of the payment.

10.2 Changing the distance is possible until July **10, 2024**. In the case of a change from a shorter to a longer distance, it is necessary to adjust the entry fee to the amount applicable on the day of the change. In the event of a reverse change, *i.e.* for a shorter distance, the Organizer does not refund the difference in the entry fee. Changing the distance is possible within the free places for a given distance. For the operation of changing the distance, the Organizer will charge the Participant with a handling fee of PLN 25. The transfer becomes effective only after the payment is credited and after receiving an e-mail confirmation from the Organizer.

10.3 Transferring the paid package to another Competitor is possible until **July 10, 2024**. The Competitor who wants to transfer the package to another runner will inform the Organizer about it by an e-mail containing the details of the new Competitor (name, surname, e-mail) and confirmation of the handling fee. A new participant registers online without paying the entry fee. Players account between each other. The Organizer will charge a fee of PLN 40 for the operation of rewriting a participant. The transfer becomes effective after the payment is credited and the Organizer receives an e-mail confirmation.

10.4 The Organizer's e-mail address to which a request to change the distance or transfer the BIP number to another Competitor and to confirm the payment should be sent to is as follows: info@gorceultratrail.pl. The surcharge for the new distance and the handling fee should be transferred to the Foundation's account specified in point 18 of the Regulations, with the description:



- In the title of the distance change transfer, please provide: name and surname, change of distance from km to km.
- in the title of the transfer of the change of the player, please specify: "Rewriting the package name and surname to name and surname, distance"

10.5 After **July 10, 2024**, changes to the distance/Competitor will only be possible in the Race Office, subject to the time available of the Office team and free places on the selected distance. The handling fee for changing the distance/Competitor in the Competition Office is PLN 50.

11. Race Office, packet collection, technical briefing

11.1 The GUT Competition Office will operate in the Wiejski Ośrodek Kultury (Village Culture Centre) in Ochotnica Dolna. The exact address is Dłubacze 173b, 34-452 Ochotnica Dolna. Opening hours of the Competition Office:

FRIDAY, August 2:

13.00 – 23.00 (all the distances)

SATURDAY, August 3:

06.30 - 07.15 (GUT 66 and GUT 48)

18.00 - 20.00 (GUT 20 and GUT 12)

SUNDAY, August 4

07.00 - 8.00 (GUT 20 - "Ochotnica Challenge")

07.00 - 9.00 (GUT 12)

09.00 - 10.30 (Children's Run - separate regulations and registration)

11.2 Picking up the BIP number is possible only **IN PERSON**, based on a document with a photo and date of birth.

11.3 At the Race Office, when collecting the number, the Competitor is obliged to:

- confirm/verify the date of birth in the application (age classifications) and the telephone number provided (security)
- show mandatory equipment
- show food packaging taken on the route signed with your starting number (markers on your own)
- sign a certificate of no medical contraindications to start

11.4 The condition for issuing the starting number and thus allowing the Competitor to run is the signature of the Competitor's Card, containing, among others, a declaration of no contraindications to participate in the run and a declaration of starting at your own risk.

11.5 Packages that are not collected during the hours of operation of the Race Office appropriate for a given distance will be sold again or will be given to the volunteers.

11.6 Technical briefing - technical announcement will be available on the event website www.gorceultratrail.pl, FB profile and will be sent by e-mail 3 days prior to the event.



12. Classifications and awards

12.1 The Organizer provides for the following individual classifications:

- OPEN F and OPEN M classifications at all distances
- Age classifications F and M for all the distances except for **GUT 163 and GUT 5** broken down as below, F/M up to 35 years

F/M 36 - 45 years old

F/M 46 - 55 years old

F/M 56+ years old

NOTE. The OPEN rating and the age ratings overlap.

12.2 Statuettes, diplomas and prizes

The Winners of the I-III places in the OPEN F/M classification in all the distances will be awarded with statuettes and gifts. The Winners of the I-III places in all the age categories will be awarded with commemorative diplomas.

The Winners of the I-VI places in the OPEN F/M classification in the GUT 163 distance will be awarded with statuettes.

For the purpose of a verification of the proper covering of the route by the Competitors with the I-III places (OPEN F/M classification) at all the distances, the Organizer is entitled to request the gpx track with the route covered.

12.3 Appreciating the sport effort of the Winners, the Organizer define the following rules for additional benefits in the form of discounts for subsequent editions of the event:

- Winners of the 1st K/M OPEN of all distances have the right to start free of charge at the selected distance in the next year/event
- Competitors who took 2nd-3rd places in K/M OPEN in a given year are entitled to a 50% discount on any distance in the next year/event
- Competitors who in the OPEN K/M classification in previous years took places I-III K/M, have a lifetime right to a 20% discount on the distance of their choice
- The discount is calculated from the rate applicable at the time of paying the start fee.

NOTE: Starter packages obtained with the VIP discount are not transferable to other Competitors.

12.4 Appreciating the sports effort of the Winners, the Organizer defines the following rules for additional benefits in the form of discounts for subsequent editions of the event:

- Winners of the I place in the F/M OPEN competition of all the distances have the right to start free of charge at the selected distance in the next year/event
- Competitors who took II-I places in the F/M OPEN classification in a given year are entitled to a 50% discount on any distance in the next year/event
- Competitors who took I-III places in the OPEN F/M classification in previous years are entitled for a lifetime to a 20% discount on the distance of their choice
- The discount is calculated out of the rate applicable at the time of paying the start fee.



NOTE: Starter packages obtained with the VIP discount are not transferable to other Competitors.

12.4 Additional classifications are provided in the following categories:

- **Oldest Ultra Runner** to complete an ultra distance: GUT 163, 102, 6684 or 48 (FK or M)
- **A resident of the Ochotnica Dolna commune:** distances GUT 20 and GUT 12, places I-III FK/M

12.5 The condition for collecting statuettes and gifts is the presence of the Competitor at the awards ceremony, which will take place on August 4, 2024 (Sunday). In the absence of awarded players, the prizes will be forfeited and will not be handed over. It is possible to send the statuettes by post, providing that such a request is made by e-mail to the following address: info@gorceultratrail.pl, by August 7, 2024 at the latest.

12.6 The Competitor is entitled to lodge a protest after paying a deposit of PLN 200 (EUR 50) no later than 3 hours after the end of the given distance. The protest must be submitted in writing or sent to the e-mail address info@gorceultratrail.pl. The protest will be considered within 2 hours, and the Chief Judge of the competition will decide. A rejected protest results in the loss of the deposit by the applicant.

13. BIP number gifts, benefits, deposit

13.1 As part of the entry fee, the Organizer provide the following benefits:

- the right to start in competitions over a selected distance
- personal starting number and electronic return chip for time measurement
- a commemorative gift with the GUT logo
- dedicated OWCA RUN beer from GUT's Partner, Browar Podgórz
- referee service and electronic time measurement
- nutrition points:
 - GUT 163 - 8 points, GUT 102 - 4 points; GUT 66 - 3 points, GUT 48 and GUT 33 - 2 points,
 - GUT 20 and GUT 12 - 1 point.

Details on nutrition points will be provided in the technical announcement.

- a regenerative meal at the finish line, in a formula in accordance with the sanitary regime applicable at the time of the event
- a commemorative medal at the finish line for the runners who finish the race
- medical protection on the route, in cooperation with GOPR (mountain rescue team) Grupa Podhalańska
- repack at distances GUT 102 and GUT 66 (PK Rzeki)
- repack at distance GUT 163 (PK Kamienica)
- Deposit at the finish line



13.2 The Organizer provides a **deposit** in the start/finish zone. Deposit bags will be available at the Race Office. It is forbidden to put glass containers and cans with drinks in the bags. The deposit can be given during office hours or immediately before the start. The deposit will be available at the finish line only upon presentation of the BIP number. Collection of the deposit will be possible until the end of the event. The Organizer is neither responsible for the valuables left in the deposit nor for losing the deposit. The deposit not collected during the Competition may be sent by courier to the indicated address at the request of the Competitor. The request should be sent by August 7, 2024, at the latest to info@gorceultratrail.pl. All shipping costs will be covered by the Competitor. After this date, unclaimed deposits will be donated to charity or disposed of.

14. Leaving the route during the competition, start with running poles, dogs on the route

14.1 A Competitor withdrawing from the race during the competition is obliged to immediately and effectively notify the Organizer of this fact. In the event of failure to notify about leaving the route and resignation from the race, a search action may be undertaken, and the Competitor may be charged for its costs.

14.2 The Organizer allows the start with running poles at all the distances. A Competitor using poles is obliged to ensure the safety of people running within the range of their poles.

14.3 The Organizer allow the possibility of starting with a dog, subject to:

- the ban on starting with a dog on GUT 102 due to the course of the route through the Gorce National Park
- banning the use of spike collars, choke collars and other similar collars
- In case of using a harness that strengthens the runner's strength and thus changes the result of the competition, the participant may start, but will not be classified on the podium.

15. Statutory penalties

15.1 Competitors who break the provisions of the Regulations may be punished with time penalties, and in special cases with a disqualification. The following rules are defined:

- shortening or changing the route: time penalty according to the decision of the Race Director
- no element of mandatory equipment: 15 minutes of a time penalty for each element
- documented intentional littering on the route by the Competitor or their technical team: a disqualification
- documented aggressive behavior towards other Competitors or volunteers, refusal to comply with the instructions of the medical or referee team: time penalty or disqualification
- starting with the starting number of another Competitor: disqualification
- time penalties will be added to the time the Competitor achieved at the finish line of the competition.

16. Image protection and personal data

16.1 Personal data of participants will be processed for the purpose of organizing and promoting this and other events of the Organizer, including selecting the Winners of the run and awarding and



issuing prizes. This also includes the publication of: a name, a surname, a year of birth, a city and a club name.

16.2 Providing personal data and consenting to their processing is voluntary, but it is a necessary requirement to participate in the run.

16.3 Personal data of Run Participants are processed in accordance with Regulation (EU) 2016/679 of the European Parliament and of the Council of April 27, 2016 on the protection of individuals with regard to the processing of personal data and on the free movement of such data, and repealing Directive 95/46 WE (General Data Protection Regulation). The Participant acknowledges that they are entitled to inspect their data, correct them or completely remove them from the Organiser's IT systems.

16.4 The Organizer - Fundacja Run Vegan (Run Vegan Foundation) with its registered office in Warsaw at ul. Karmelicka 15/37, (contact: info@gorceultratrail.pl, tel: +48 507 006 851), will process the entrusted personal data using appropriate technical and organizational measures to ensure an adequate level of security corresponding to the risk related to the processing of personal data. The Participant may contact the Personal Data Administrator should they have any questions regarding their personal data.

16.5 By registering to participate in the competition, the Participant accepts these Regulations and agrees to the free publication of their image for the promotion and organization of the Organizer's events in the media, as well as in advertisements, promotional materials of the Organizer, partners, media patrons and sponsors.

17. Final Provisions

17.1 The Organizer reserves the right to make changes to the regulations. Any changes will be posted on the event page.

17.2 The Organizer reserves the right to cancel the event without giving reasons.

17.3 The run will take place regardless of the weather.

17.4 The Organizers reserve the right to shorten or modify the route, temporarily suspend the race, cancel the race or postpone the date of the competition due to the recommendations of GOPR, state services (including the Police, National Park, Fire Brigade) or government regulations, as well as due to force majeure, the risk of events threatening life or health (e.g. violent storms, floods, epidemic threat). Shortening, changing the route or schedule of the competition and canceling the competition for reasons beyond the Organizer's control does not constitute grounds for a refund of the entry fee.

17.4 Competitors start at their own risk, being aware of the risk of long-distance mountain running.

17.5 Any matters not covered by these rules shall be decided by the Organiser.

17.6 The binding and final interpretation of these Regulations will be vested solely in the Organizer.

18. Organizer's contact details and details for bank transfers



Fundacja Run Vegan (Run Vegan Foundation)

ul. Karmelicka 15/37, 00-163 Warsaw,

NIP: 5252731220

Email: info@gorceultratrail.pl

Tel: +48 507 006 851

Bank account (entry fees, rider changes, distance changes):

mBank: 71 1140 2004 0000 3302 7737 4900

IBAN: PL71 1140 2004 0000 3302 7737 4900

SWIFT: BREXPLWBM

With wishes of health on the run and very high immunity,

Violetta Domaradzka

Director of the Run Vegan Foundation

Ochotnica Dolna, February 12, 2024