



REGULATIONS OF SPORTS EVENT

„PUSZCZYGÓR”

1. GOAL OF THE EVENT

1.1.

Popularization of running as a healthy and active lifestyle and a way of integrating a community of active people.

1.2.

Create an opportunity for proving own mettle in a sports competition.

1.3.

Promoting the City of Szczecin including the terrain and infrastructure of its iconic landmark - “Puszcza Bukowa”(The Beech Forest).

2. ORGANIZER

Association „Puszczycgór”.

3. DATE AND LOCATION OF THE EVENT

3.1.

PUSZCZYGÓR event will take place on 31st of may 2020.

3.2.

Start/Finish line, event stalls and offices, during the event, will be located at ul. Grabowa 1 grounds of the former “Grotka” restaurant.

3.3.

Routes of all the runs will be led via turistic tracks of “Puszcza Bukowa”. Detailed route maps will be published on the event website.

3.4.

Schedule of the runs:

31.05.2020 – Sunday

PUSZCZYGÓR 55KM – 6:00 AM

PUSZCZYGÓR DOKRĘTKA 70KM – 6:00 AM

PUSZCZYGÓRKA 15KM – 9:00 AM



4. RUNS

4.1. PUSZCZYGÓR 55KM

4.1.1. Description.

This is the classic distance often referred to as the main run. It is the base for the other runs. The run distance is 55km and it is led through various touristic trails of "Puszcza Bukowa" with all types of surface. Main type is a forest path rarely interrupted by paved roads and tarmac. There is a special part where mud is always present. **The time limit is 8h.**

Checkpoint completion Limits:

Checkpoint 1. - 17 km - **2h Time limit.**

Checkpoint 2. - 28 km - **4h Time limit.**

Checkpoint 3. - 35,5 km - **5h Time limit.**

Checkpoint 4. - 45,5 km - **6,5h Time limit .**

Checkpoint 5. - 55 km - Start/Finish line - **Time limit 8h.**

4.1.2. Run Details.

Distance: 55 km with few extra meters.

Highest point: Bukowiec 148,4 m

Start/Finish Elevation: 0 meters (height difference between the start and the finish).

Total Elevation raise: about 1300 meters (depending on the measuring tool).

Total Elevation fall: about. 1300 meters (depending on the measuring tool).

4.1.3. Nutritional points.

Nutritional points will be located at the checkpoints (map available on the event website):

Checkpoint 1. - 17 km - Backyard of Mrs Bogumiła's grocery store in Binowo

Checkpoint 2. - 28 km - Picnic place at the Glinna dendrological garden

Checkpoint 3. - 35,5 km - Stone "Serce Puszczy"(the hearth of the forest)

Checkpoint 4. - 45,5 km - "Lipa Pokoju"(the peace linden)

Checkpoint 5. - 55 km - Start/Finish Line.

At the Nutritional points you can find:

-water

-isotonic drinks

-food

-medical assistance

-a referee, who is allowed to check everything. For example - if your jelly is signed :)

-great service

These Regulations were made in cooperation with
FO Law & Tax Małgorzata Fułczyńska-Ostapowicz, attorney at law. The
Regulations or any part of them may not be copied, multiplied or redistributed
without the Author's consent.





4.2. PUSZCZYGÓRKA 15KM

4.2.1. Description.

Our second run proposal that we offer from the very beginning. "Puszczygórka" features an essence of what our forest hill has to offer. This is an option for those who are not yet prepared for an ultra run but would like to try a mountain run or just prefer a shorter distance. The 15km run is led through tracks of Puszcza bukowa mainly composed of forest paths with small parts of paved roads.

The time limit is 3h.

4.2.2. Run Details.

Distance: 15 km with few extra meters.

Highest point: Bukowiec 148,4 m

Start/Finish Elevation: 0 meters (height difference between the start and the finish).

Total Elevation raise: about 460 meters (depending on the measuring tool).

Total Elevation fall: about. 460 meters (depending on the measuring tool).

4.2.3. Nutritional points.

Puszczygórka is meant to provide a genuine ultra mountain run feeling so on this distance **THERE IS NO NUTRITIONAL POINTS PROVIDED.** Only on the finish line the organiser provides drinks and food. Every participant should take enough fluids for their own needs.

4.3. PUSZCZYGÓR DOKRĘTKA 70KM

4.3.1. Description.

This is a run made for those who did not get enough :)

The Run is divided into two parts: first - distance about 55km and the second - distance about 15km. The first part is the classic Puszczygór 55km; second part is the extra titular "dokrętka" which is the track of the 15km "Puszczygórka" run. Both parts are starting and ending in the same spot - on the Start/Finish Line.

To start the second part, the following requirements must be met. After crossing the finish line of the first part the intent of running the second part must be submitted to the jury member. The first part must be finished in the time not longer than 6 hours and 30 minutes from the time of start. Start the second run not later than 6 hours and 30 minutes from the start of the first part.

The time limit for both parts is 8 hours.

4.3.2. Run Details..

As aforementioned. Dokrętka is made up from Puszczygór 55km, Puszczygórka 15km



4.3.3. Attention!

Dokrętka is a honorary distance and is not classified for order of completion. The general classification will **only** include results of PUSZCZYGÓR 55KM.

Nevertheless the contestants who will take upon the extra distance and successfully achieve the 70km run within the limit will be placed in the hall of fame and glory and stay there forever until lux perpetua is exhausted 😊

5. ROUTE MARKING.

All the runs will be led through tourist trails and will be additionally marked by the organizer. The final routes of the runs will be defined latest one week before the event and will be published on the website www.puszczzygor.pl. **The route of the run will be clearly marked.**

6. RULES OF PARTICIPATION

6.1.

To participate in the run one has to be 18 years old on 31st of May 2020.

6.2.

A written statement confirming adequate health conditions must to be submitted in the event office

6.3.

To participate in the run it is required to pay the participation fee as described in section 8 of this Regulations.

7. STARTER PACKS

The organizer, wishing to fulfill the needs and requests of the participants, has defined two types of starter packs.

7.1. SÓWKA – WITHOUT THE FINISHER T-SHIRT

7.1.1. start number with a chip and safety-pins

7.1.2. electronic time measurement

7.1.3. commemorative medal (only for people who finish the run within the time limit)

7.1.4. drinks (water, isotonic drink) along the route

7.1.5. a plastic bag for personal luggage to be stored in the Deposit

7.1.6. marking of the route, Event Office and the Deposit in which the participants can store their belongings for the time of the event.

7.1.7. deposit located near the START/FINISH line



7.1.8. FOOD on the finish line - something warm for sure

7.1.9. photo relation from the event

7.1.10. medical assistance during the event

7.2. PUCHACZ –WITH A FINISHER T-SHIRT

7.2.1. start number with a chip and safety-pins

7.2.2. electronic time measurement

7.2.3. commemorative medal (only for people who finish the run within the time limit)

7.2.4. drinks (water, isotonic drink) along the route

7.2.5. a plastic bag for personal luggage to be stored in the Deposit

7.2.6. marking of the route, Event Office and the Deposit in which the participants can store their belongings for the time of the event.

7.2.7. deposit located near the START/FINISH line

7.2.8. FOOD on the finish line - something warm for sure

7.2.9. photo relation from the event

7.2.10. medical assistance during the event

7.2.11. Commemorative FINISHER t-shirt(only for those who finish the run within the time limit – yes, we know, the money is paid but you need to earn it anyway). The t-shirt sizes are available on the event web site.

8. ENTRY FEE

We kindly ask you to familiarize yourself with the contents of individual packages.

See point 7. :)

8.1. PUSZCZYGÓR 55KM

8.1.1. Notification + payment **until 29 February 2020** - Packages:

„SÓWKA” – **100 zł** - Package without a finisher T-Shirt

„PUCHACZ” – **115 zł** - Package with finisher T-shirt

8.1.2. Notification + payment **from March 1, 2020 to April 30, 2020** – Packages:

„SÓWKA” – **120 zł** -Package without a finisher T-Shirt

„PUCHACZ” – **135 zł** - Package with finisher T-shirt



8.2. PUSZCZYGÓRKA 15KM

8.2.1. Notification + payment **until 29 February 2020** – Packages:

„SÓWKA” – **65 zł** - Package without a finisher T-Shirt

„PUCHACZ” – **80 zł** - Package with finisher T-shirt

8.2.2. Notification + payment **from March 1, 2020 to April 30, 2020** – Packages:

„SÓWKA” – **85 zł** -Package without a finisher T-Shirt

„PUCHACZ” – **100 zł** - Package with finisher T-shirt

8.3. PUSZCZYGÓR DOKRĘTKA 70KM

8.3.1. Notification + payment **until 29 February 2020** – Packages:

„SÓWKA” – **120 zł** -Package without a finisher T-Shirt

„PUCHACZ” – **135 zł** - Package with finisher T-shirt

8.3.2. Notification + payment **from March 1, 2020 to April 30, 2020** – Packages:

„SÓWKA” – **140 zł** - Package without a finisher T-Shirt

„PUCHACZ” – **155 zł** - Package with finisher T-shirt

8.4.

Persons who do not make a payment within 7 days from the filing of notification date will be removed from the start list.

8.5.

In case of cancellation of participation in the run entry fee is not refundable.

8.6.

It is possible for another competitor to participate as part of the already paid admission fee, after informing the organizer in good time until 30/04/2020.

8.7.

The entry fee is intended to cover the organizational costs.

8.8.

Payment of the entry fee means acceptance of the Regulations.

9. APPLICATIONS

9.1.

Registration for the PUSZCZYGÓR Run will be in electronic form via the website <http://super-sport.com.pl/> until 30/04/2020.

9.2.

The limit of participants was set at total 600 people.

9.3.

Start Lists will be closed after the limits are reached (the order of applications is determined by the date of receipt of the entry into the Association's account).



9.4.

Information on closing the Start List will be posted on the race website www.puszczygor.pl and on the Facebook platform, @PUSZCZYGOR.

9.5.

The organizer reserves the right to change the limits of competition participants.

10. COLLECTION OF STARTING PACKAGES

10.1.

Participant' will be verified based on an identity document.

10.2.

The start packages will be collected on May 29-30, 2020 (Friday, Saturday) at the Event Office.

10.3.

The Event office will be in the store DECATHLON PRAWOBRZEŻE on ul. Andrzeja Struga 31A.

10.4.

The Event office will be open May 29-30, 2020 between 16: 00-20:00.

10.5.

If the package is received by another person, an authorization (downloadable on the website) and a copy of the competitor's identity card should be provided for inspection. A health statement signed by the participant for whom the package is collected must also be provided.

10.6.

The organizer reserves the right to change the place of collection of packages and the place of the competition office.

11. SAFETY

Due to the nature of the race and its difficulty level there is a certain amount of risk involved. We, as organizers, are investing great attention and effort to ensure safety at the event. All participants, by confirming their participation and paying the participation fee, are acknowledging the following rules:

11.1.

Each participant starts only on their own responsibility and bears the associated risk. All Participants acknowledge that participation in the competition is associated with physical exertion and involves a natural risk and risk of accidents, the possibility of injury and physical injury (including death), as well as property damage and losses.



11.2.

The route will be covered by paramedics.

11.3.

The organizer has civil liability insurance.

11.4.

Help and support other players. Remember the fairplay rules and that someone may have a bad day.

11.5.

If other competitors see physical exhaustion or other disturbing symptoms, please inform the people who secure the route as soon as possible.

11.6.

Try to assess your well-being. If it is very bad, make a responsible decision to stop the race and immediately inform the organizer. Leaving the race without informing the organizer's services may result in the costs of any rescue operation being charged.

The organizer or a paramedic may issue a prohibition to continue the race for a given competitor if in his opinion he is not able to continue to compete or his condition threatens his health or life. Then the competitor is obliged to forfeit his start number and cannot continue the race.

11.7.

In the event of unexpected natural disasters or bad weather that could endanger the lives and health of competitors, the Organizer reserves the right to cancel the event and postpone it to another date or change the formula of the competition. In this case, there is no refund of the participation fee.

12. PRIZES

12.1.

All competitors who complete their race will receive commemorative medals at the finish.

12.2.

In the general categories of women and men, the first three places (the order of crossing the finish line) receive commemorative cups.

12.3.

Prizes and statuettes can be collected only at the end of the prize giving ceremony. The competitor may authorize another person to collect the prize. The organizer does not send uncollected prizes and statuettes.



13. „I AM RUNNING ULTRA, I DON'T LITTER”

13.1.

PUSZCZYGÓR supports the action „I am running ultra, I don't litter”. The event takes place in the Szczecin Landscape Park "Puszcza Bukowa". We would like to leave our wood after the competition in the condition we found it. Therefore, participants will not find plastic cups at the nutrition points.

13.2.

Each participant is required to have their own container for water or isotonic drink, which will be available on nutrition points.

13.3.

Each participant is obliged to sign with their starting number any packaging of bars, jellies etc.

13.4.

The competitor may be asked to show signed packages before the start and during the run at the nutrition points (it will be done in a way that will not slow you down).

13.5.

Before the start, if the packages are not signed, the participant will be asked to sign them during the organizer's control (yes, we will have markers prepared).

13.6.

During the race - the lack of signed packages will be associated with the need to serve a 15-minute time penalty at the point where the control took place.

13.7.

Refusal will be treated as a disqualification. We are sure that you all unanimously share our opinion☺

14. PERSONAL DATA PROTECTION

14.1.

The Administrator of the Participants' personal data is the Organizer - Stowarzyszenie Puszczycgór, ul. Komuny Paryskiej 34/18, 71-681 Szczecin.

14.2.

The Data Administrator can be contacted by e-mail to the following address: puszczygor@gmail.com, or by phone - phone numbers are in the final part of these Regulations.

14.3.

Personal data was provided by Participants in the application form.

14.4.

The administrator processes the following data:

- 14.4.1. identification data: name and surname, date of birth, gender, place of residence,
- 14.4.2. contact details: phone number, email address, home address,
- 14.4.3. billing information: bank account number,
- 14.4.4. name of the sports club,
- 14.4.5. visual identity.

14.5.

Personal data of Event Participants will be processed for the following purposes:

- 14.5.1. conclusion and performance of the contract, i.e. organization and conduct of the Event (Article 6 paragraph 1 letter b of Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 on the protection of individuals with regard to the processing of personal data and on the free movement of such data and the repeal of Directive 95/46 / EC (General Data Protection Regulation) - hereinafter as the GDPR;
- 14.5.2. performance of legal obligations, including issuing bills or invoices (Article 6 paragraph 1 letter b GDPR);
- 14.5.3. for information, internal administrative, analytical and statistical purposes (Article 6 paragraph 1 letter a and f GDPR as part of the legitimate legal interest of the Administrator);
- 14.5.4. announcement of the results of the Event (legal basis: Article 6 paragraph 1 letter a GDPR);
- 14.5.5. pursuing possible claims (Article 6 paragraph 1 letter f GDPR as part of the legitimate legal interest of the Administrator);
- 14.5.6. promotional and marketing (legal basis: Article 6 paragraph 1 letter a and f GDPR as part of the legitimate legal interest of the Administrator)

14.6.

Personal data of Event Participants may be provided to the following categories of recipients:

- 14.6.1. entities to which they must be made available on the basis of legal provisions;
- 14.6.2. entities with which the Administrator cooperates in order to organize the Event, in particular entities through which applications for participation in the Event are submitted, entities providing time measurement services,
- 14.6.3. other entities cooperating with the Administrator to exercise his rights (insurers, entities providing IT, legal, marketing and accounting services).



14.6.4. Personal data will be kept stored by the Administrator of personal data until the expiry of the limitation period and the retention of documents for accounting and tax purposes. After the last of these periods, the Participant's data will be deleted or anonymized by the Administrator.

14.7.

The participant has the right to request the Administrator to access personal data concerning him, rectify it, delete or limit processing, has the right to object to the processing, as well as transfer data.

14.8.

In the event of infringements related to the protection of personal data by the Administrator, the participant has the right to lodge a complaint with the supervisory authority.

14.9.

Providing personal data is voluntary, but failure to do so prevents participation in the Event.

14.10.

Expressing consent to the processing of data for the purpose of announcing the results of the Event and the processing of personal data in the form of an image is voluntary, and not expressing it will prevent publication of the result or image obtained. Consent may be withdrawn at any time, but withdrawal of consent does not affect the lawfulness of the processing that was carried out on the basis of this consent before its withdrawal.

14.11.

Personal data will not be processed in an automated manner.

14.12.

Personal data will not be transferred to a third party.

15. FINAL REGULATIONS

15.1.

The event will take place regardless of weather conditions, except for the case referred to in point 11.7 of these regulations.

15.2.

Each participant must have a starting number pinned to the front of the shirt at the chest.

15.3.

Riders who race the route in an unauthorized manner, bypassing checkpoints, will be disqualified.



15.4.

If the Organizers find that the route is shortened by the participant (running on a route other than the designated route), the participant will be disqualified.

15.5.

Interpretation of the Regulations is the Organiser's prerogative.

15.6.

Matters not regulated in the Regulations shall be resolved by the Organizer.

15.7. The organizer reserves the right to change these Regulations.

15.8. ATTENTION !!!

Run participants take part in the event at their own risk. The organizer does not insure the participants of the Race against the consequences of accidents. It is advisable to take out personal accident insurance.

The participant starts only at his own risk and bears the associated risk. By registering for the race, the participant acknowledges that participation in the PUSZCZYGÓR race involves physical effort and involves risk of accidents.

Contact Persons:

Radosław Erkiert
506 271 067

Karolina Pająk
531 765 133

puszczygor@gmail.com