

REGULATIONS

Rules of the Extreme Mountain Run **C**ARPATHIAN **X**TREME **T**RAIL

1. *GOAL OF THE RUN*

- 1) Promotion of tourist attractions of the Western Carpathians
- 2) Promoting a healthy lifestyle, active rest and recreation
- 3) Promotion of the Góleszów Commune
- 4) Promotion of the Run Partners
- 5) Promotion of physical activity among youth and adults
- 6) Setting out and promoting a new route through the Western Carpathians

2. *ORGANIZERS:*

GECKON Przemysław Sikora

Myśliwska 2 Str.

43-450 Ustroń

NIP:5482079059 / Regon:072865741

Cooperation: Góleszów Commune, Knight's Castle in Dziegiełków

<https://www.zamekwdziegielowie.pl/>

contact: geckon.trail@gmail.com

3. *DATE and PLACE:*

Start and finish – Knight's Castle in Dziegiełków, commune Góleszów

29.08.2023 godz. 5:00 – 7:00 working hours of the competition office and the admission committee;

29.08.2023 godz. 8:00 – Start of the I edition of the **C**X**T** 400

03.09.2023 godz. 18:00 – Limit at the finish line for competitors of the 1st edition of the **C**X**T** 400

Limits on individual sections, as well as control points along the route, will be announced later in the technical announcement.

4. *CATEGORIES and ROUTE:*

- 1) The race consists in covering the route set by the organizer in the shortest possible time, not exceeding the time limits set for individual sections and the finish line;
- 2) Map of the run route: <https://pl.mapy.cz/s/ravojemodo>
- 3) The route will be run in **Poland, the Czech Republic and Slovakia over a distance of about 400 km** along trails, it will not be additionally marked with sashes, arrows, etc., The competitor must prepare for the run knowing more or less the course of the route, they will be able to upload a gpx file to electronic devices such as: telephone, watch;
- 4) The organizer reserves the right to: change the start time, change of the route, shortening the route, stopping or canceling the race due to force majeure, which should be understood as e.g. natural disasters or other events threatening the safety of competitors. None of the cases listed above are grounds for a refund of the entry fee;

5. *TERMS OF PARTICIPATION*

- 1) Anyone over 21 years of age on the day of the run can be a participant;
- 2) Participants registering for the run declare that they are taking part in the run at their own risk and that there are no health contraindications to participate in the run, which the participant will have


to confirm with his/her own signature on the application form prepared by the Organizer in the competition office.

- 3) Each participant is obliged to sign a declaration of participation at their own risk and awareness of the risk resulting from participation in the run, which is a difficult and multi-day mountain run. Participants whose health condition does not allow them to participate in the run, who will not be able to sign a declaration of good health, will not be able to participate in the run;
- 4) All participants must be verified at the Competition Office;
- 5) The participant must have an identity document (ID or driving license) during verification;
- 6) The condition for participation in the run is submitting a statement of consent to the processing of personal data (in accordance with the GDPR) and using the image of participants for the purpose of conducting the run, public announcement of results, including on the Internet, promotion and marketing of the run. Consent is voluntary, however, the lack of consent will prevent participation in the run. The use of the participant's image may occur in particular in the information and promotional materials of the Organizer and/or its sponsors/partners related to the run, its organization and promotion, also in future years.
- 7) All participants are obliged to comply with the Regulations;
- 8) Technical assistance of accompanying persons on the route of the run is **prohibited**;
- 9) Participants are obliged to help other participants on the route in the event of an injury or other life- or health-threatening event;
- 10) Participants must be aware that the run is extremely difficult, requiring good preparation and condition, especially in extreme weather conditions;
- 11) Participants are not allowed to take part in the race while under the influence of alcohol, drugs or other intoxicants under the threat of immediate and unconditional disqualification. The Organizer is not liable for any damage caused to the health of the Participant who is under the influence of the above-mentioned substances;

6. APPLICATION and REGISTRATION

- 1) There is a limit of participants per run and it is 20 competitors + 10 places at the disposal of the organizer;
- 2) Registration for the Competition:
- 3) Applications can be made only electronically via the form available on the Competition website in the REGISTRATION tab. **Registration is open until August 13, 2023** or until such time as all places have been filled;
- 4) After the application, the entry fee should be paid immediately via online transfers or by traditional transfer to the account provided by the organizer;
- 5) The order on the List of Participants in the run is determined by the date of crediting the payment to the account;
- 6) The presence of a participant on the list without the entry fee paid does not guarantee participation in the run;
- 7) The list of applications along with information about the payment will be provided and updated on a regular basis on the registration page;
- 8) The Organizer reserves the right to change the Limit of Participants without giving any reason;
- 9) The competitor signing up for the run must demonstrate the completion of a minimum of two events over 100 km - in mountain running, in Adventure Race, orienteering marathons, triathlon or other events that include running - in the last two years. During registration, the competitor enters the name of the competition, distance and date of participation and provides a link to verify the results;

7. ENTRY FEES

Run	Until May 28	From May 29 to July 2	From July 3
	1000 PLN 230 Euro	1200 PLN 270 Euro	1500 PLN 340 Euro

No possibility. Registration and payment at the competition office.

The fee should be paid by traditional transfer to the company's account:

GECKON Przemysław Sikora
Myśliwska 2 Str., 43-450 Ustroń
ING Bank 80 1050 1096 1000 0092 6226 4287

BIC Swift Code: INGBPLPW

or via DotPay payment integrated with our registration system

Payment title: "name of the run, name and surname"

Eg. , *Mariola Biała*

8. ENTRY FEE REFUND

In the event of the Participant's resignation from the start in the competition, the Organizer returns the entry fee deducted by organizational costs:

- 1) until May 28, 2023 – refund of 90% of the entry fee,
- 2) until July 2, 2023 – refund of 50% of the entry fee,
- 3) after July 2, 2023 – the entry fee cannot be refunded

In the event of resignation from participation in the run, it is possible to transfer the package to another participant by August 13 in agreement and with the consent of the Organizer. The organizer may refuse to prescribe the package due to organizational difficulties. If the package is transferred, the entry fee is not refundable.

9. PACKAGE TRANSFERING:

- 1) any participant who wants to transfer the package to another participant must find a participant to replace him/her;
- 2) the participant transferring the package informs the organizer by e-mail to geckon.trail@gmail.com to which participant (name + surname) the package is to be transferred;
- 3) the new participant registers via the form available at www.dostartu.pl in the Registration tab:
.....
- 4) participants settle the entry fee among themselves;
- 5) the organizer makes changes to the list;

10. MANDATORY and ADDITIONAL EQUIPMENT

During the competition, each participant must have the mandatory equipment with them while on the route.

Complete mandatory equipment must be presented PERSONALLY before the start. Equipment may be randomly inspected along the route and at the finish.

Lack of the necessary equipment may result in a time penalty or disqualification of the Competitor.

MANDATORY EQUIPMENT:

- 1) Starting number - placed on the front or back in such a way that it is always visible and legible (you receive the numbers in the starting package),
- 2) GPX transmitter provided by the organizer, the transmitter is a guarantee of the participant's safety, the transmitter will be replaced two or three times on the route;
- 3) A mobile phone with a battery that works for the duration of the run (roaming is recommended),
- 4) Powerbank with min. with a capacity of 40,000 mAh
- 5) NRC foil in a size that allows you to cover the whole body,
- 6) Clothing adequate to the prevailing weather conditions,
- 7) Whistle
- 8) Footwear intended for trail running (with a tread),
- 9) Headlamp (flashlight) and spare batteries in the amount enabling the flashlight to operate at night and with the possibility of recharging during the day or at night,
- 10) GOPR (Mountain Rescue) "Na Ratunek" application - <http://www.ratunek.eu/>, GOPR (Mountain Rescue) emergency phone number 985 or 601 100 300 saved in the phone,
- 11) Application Horska Zahrana Sluzba HZS (Slovakia) - <https://app.hzs.sk/>, emergency phone number HZS 18 300 saved in the phone,
- 12) Horska Sluzba HS (Czech Republic) – emergency phone number +420 12 10;
- 13) A handy first aid kit - equipment will be provided at a later date,
- 14) Accident insurance covering the territory of Poland, Slovakia and the Czech Republic, as well as against rescue operations provided by appropriate mountain rescue services.

RECOMMENDED EQUIPMENT:

- 1) trekking poles,
- 2) ointment for abrasions,
- 3) clothes to be changed, deposited in the competition office,

11. BENEFITS

Each registered Competitor, as part of the entry fee, will receive the following starting benefits:

- 1) starting number;
- 2) GPS transmitter and the ability to track the competitor via a dedicated website;
- 3) time measurement;
- 4) gpx track to be uploaded to the phone and/or watch;
- 5) checkpoints/refreshments on the route at designated places and times - these places will be given later in the technical announcement,
- 6) entry ticket to the Babia Góra National Park during the competition,
- 7) commemorative medal,
- 8) Finischer's technical T-shirt for participants finishing the competition within the time limit, sent to the address indicated,
- 9) unique statuettes for winners among Women and Men,
- 10) the possibility of leaving a deposit in the base,
- 11) Glory and memory for eternity, participants of the first edition of CXT 400,
- 12) additional benefits depending on the generosity of the Sponsors,

12. CLASSIFICATION

The classification will be carried out in the following categories:

The best participant among Women and among Men.

13. SAFETY

All Competitors on the route are obliged to:

- 1) fair-play,
- 2) an absolute ban on alcohol consumption and the use of intoxicants in the base or on the route of the competition,

Failure to comply with the above may result in disqualification of the Competitor!

The Organizer reserves the right to change the route, shorten or cancel the Competition in the event of bad weather conditions or other external factors that may threaten the safety of Participants, without the right to refund the entry fee.

14. PROTECTION OF NATURE

All Participants are subject to:

- 1) maintaining special care for the nature of the Carpathians, in particular the National Parks,
- 2) a ban on moving outside the designated route, in particular those designated in National Parks,
- 3) prohibition of littering - all packaging of gels, bars, etc. should be taken with you and thrown away only in the designated place, in garbage bins or other places designated for this purpose with its categorical application in the National Parks,
- 4) a ban on destroying nature under penalty of immediate disqualification and financial and criminal liability, in particular in National Parks,
- 5) complying with the regulations in force in a given area, in particular taking into account the Regulations of National Parks;

Failure to comply with the above may result in disqualification of the participant during the competition and a lifetime ban on participation in other competitions of the organizer!

15. FINAL PROVISIONS

- Failure to comply with the Run Regulations may result in disqualification of the participant.

In the event of disqualification, the participant is not entitled to a refund of the entry fee.

The competitor has the right to lodge a protest after paying a deposit of PLN 200, but not later than 2 hours after the end of the Competition.

Protests will be considered by the Rules Committee appointed by the Organizer. If the Rules Committee deems the protest justified, the deposit will be returned. Otherwise, the deposit is retained by the Organizer. The decision on the reported protest issued by the Rules Committee is final and cannot be appealed against

- Participants are obliged to strictly comply with restrictions, orders and bans resulting from the introduced and applicable regulations related to the introduction of the state of epidemic.

- The Organizer reserves the right to change the Regulations of the Competition.

Information about changes to the Regulations of the Competition will appear on the website of the Competition, announced in a separate announcement.

The final interpretation of these Regulations belongs solely to the Organizers of the Competition.

Appendix No. 1 to the Regulations of the Carpathian Xtreme Trail - CXT 400

STATEMENT

I, the undersigned (name and surname)

.....
residing

.....

available under the phone number when participating in the competition

.....

in connection with participation on August 29 - September 3, 2023 in the "**Carpathian Xtreme Trail - CXT 400**" competition organized by GECKON Przemysław Sikora with its registered office in Ustroń, 2 Myśliwska Str., I declare that:

1) I have read the Regulations and I undertake to comply with the Regulations of the Competition and I am aware that failure to comply with the provisions of the above document may be the reason for my disqualification,

2) I take part in the competition voluntarily, on my own responsibility and at my own expense, I am aware of the risk of taking part in the competition, which is a difficult mountain run,

3) my current health condition allows me to take part in the competition and I undertake to adjust the effort during participation in the competition to my condition, health and prevailing weather conditions,

4) in the event of bodily harm or material losses, I will not claim compensation from the Organizer,

5) I consent to the processing of my personal data for purposes related to the conduct of the competition, public announcement of the results of the competition, including on the Internet, preparation of coverage of the course of the competition, promotion and marketing of the competition, and the transfer of the necessary data to the insurer under the group accident insurance, and also for information purposes of the Organizer,

6) I consent to the processing of my name and surname and my image recorded in photos and films in connection with participation in the competition and for its dissemination by the Organizer for promotional, marketing, statistical and information purposes and in connection with the preparation of reports from the course of the competition (also in media) and preparing reports on competitions for co-financing institutions; dissemination of the image will include processing, multiplication and posting of photos and videos (possibly along with information about the name and surname) on the website and in social networks of the Organizer; the consent given by me is free of charge and is not limited in time or territory; at the same time, I declare that I waive any claims for the use of my image to the extent specified in this statement; I consent to the Organizer sending commercial information related to the organization of subsequent editions of the competition by electronic means, in accordance with the Act of 18 July 2002 on the provision of electronic services (consolidated text: (Journal of Laws of 2017, item 1219, as amended) .) to the indicated e-mail address:

..... (Date and place)

..... Participant's signature

GDPR INFORMATION CLAUSE

In connection with the application on May 25, 2018 of 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 (hereinafter referred to as GDPR) and the repeal of Directive 95/46/EC (General Data Protection Regulation) - GDPR, we would like to inform you about the rules for processing your personal data and about your rights related to it.

- 1) The administrator of personal data is Przemysław Sikora running a business under the name GECKON Przemysław Sikora, with its registered office at 43-450 Ustroń, 2 Myśliwska Str.;
- 2) The personal data administrator processes your personal data in connection with participation in the **Carpathian Xtreme Trail - CXT 400** run (Article 6(1)(a) of the GDPR);
- 3) Your personal data will be processed for purposes related to participation in the competition - Inferno Ultra - on the basis of a declaration of consent;
- 4) In connection with the processing of data for the purposes referred to in point 3, the recipients of your personal data may be:
 - a) public authorities and entities performing public tasks or acting on behalf of public authorities, to the extent and for purposes resulting from the provisions of generally applicable law;
 - b) other entities that process personal data on the basis of relevant agreements entrusting the processing of personal data contained by the Administrator;
- 5) Your personal data will be stored for the period necessary to achieve the objectives set out in point 3, and after that time for the period and to the extent required by the provisions of generally applicable law;
- 6) Your personal data will not be made available to a third country/international organization;
- 7) You have the right to access your data and the right to rectify, delete, limit processing, the right to transfer data, the right to raise objections, the right to withdraw consent at any time without affecting the lawfulness of the processing, which was made on the basis of consent given before its withdrawal. A declaration of withdrawal of consent to the processing of personal data must be submitted in writing or electronically to the e-mail address geckon.trail@gmail.com;
- 8) You have the right to lodge a complaint with the President of the Office for Personal Data Protection when you feel that the processing of your personal data violates the provisions of the GDPR;
- 9) Providing your personal data is voluntary, but necessary to achieve the goal - participation in the event;
- 10) Your data will not be processed in an automated manner and will not be profiled;