



Wejherowo, 24.03.2016

## INVITATION-REGULATIONS

The ultramaraton140.pl team wishes to invite lovers of sports activities to:

### **2 Ultramarathon Roller Ski 160 km** **2 Marathon Roller Ski 80 km**

#### I. OBJECTIVES:

1. promoting active lifestyle
2. popularizing cross-country skiing type sports, i.e.:
  - classic tyres and roller ski sport tyres
  - skiing and skiking with pump tyres
3. continuation of the first tradition in the history of skiing over an ultramarathon distance
4. promotion of landscape values of Poland, Pomerania, Kashubia and Wejherowo

#### II. ORGANIZER:

The ultramaraton140.pl team, [www.ultramaraton140.pl](http://www.ultramaraton140.pl)

Contact persons:

Greg Musioł

Klaudia Musioł

Contact:

[ultramaraton140km@gmail.com](mailto:ultramaraton140km@gmail.com) (preferred)

tel. +48 517 681 324 (auxiliary)

Information about the race can be found in articles and in forum threads at [www.nartorolki.pl](http://www.nartorolki.pl)

#### III. SPONSORSHIP OF EVENT AND AWARDS, MEDIA PATRONAGE:

1. The main sponsor of the competitions and awards:
  - **ultramaraton140.pl brand**
2. Sponsors:
  - **"ROLLSPEED" brand** - the first Polish manufacturer of sport skikes
  - **"Rollski" brand** - the main importer of Skike in Poland
  - **skipol.pl** portal
  - **bieginarciarskie.com.pl store** – lead Racing Fischer Program
  - **nartorolkowy.pl store** - Poland's largest shop in the skiing industry
  - **"Lill Sport" brand**
  - **Pracownia Zdrowia brand** – special sport massage and wellness for every competitors
3. media patronage:
  - **nartorolki.pl** portal



#### IV. ROUTE AND DATE:

##### 1. Route:

The route runs partially (approx. 500 m) on a public road with little traffic, and most of its part is located in Darżłubska Wilderness (Wejherowo Forest District). It is a wide paved bicycle path. There are two speed humps at the second kilometer. Local road rolling, cracks, and spot-loss of asphalt do not limit

sports skikes. Most of the route is a participant precinct for pedestrians, cyclists and vehicles of the forest district. There are no significant elevations.

<https://www.google.pl/maps/dir/54.6269661,18.2261901/54.6787328,18.3038144/@54.6508007,18.262781,13z/data=!4m2!4m1!3e1>

GPS location data for the ends of the race:

1st kilometre 54°39'14.2"N 18°12'38.2"E

10th kilometre 54°40'43.5"N 18°18'13.7"E

##### 2. Date

The race will be held on July 10, 2016 at 8.30 a.m. (non-working day for forest services).

Start and finish are marked at the 4th km of the route.

#### V. APPLICATIONS

1. Participant applications will be accepted online from 07.04.2016 to 30.05.2016 at [www.iZawody.pl](http://www.iZawody.pl); only a properly completed application form, paid fee, and signed invitation-regulations at the Office located at the 4th kilometre entitle to participate in the race.

2. We prefer participation of people who will have finished 18 years of age by 09.07.2016. Under-age youth shall be obliged to provide consent to participate in the race signed by a parent or a legal guardian. The organizer reserves the right to prevent minors from participating in the race without giving reasons.

3. Time shall be measured by three judges with stopwatches.

4. Results of the Open Category - the [www.iZawody.pl](http://www.iZawody.pl) platform; results of each category - [www.ultramaraton140.pl](http://www.ultramaraton140.pl)

5. The planned limit of participants is 45. If more applications are received the organizers shall consider extending the limit.

#### VI. DISTANCES AND CATEGORIES:

1. The marathon is a distance of 80 km; the ultramarathon is a distance of 160 km.

2. The race will be conducted in 2 categories:

- "rubber wheels/PU" category

- "pneumatic tires" category

3. The classification includes sports skikes and field skikes (roller skates, etc. are excluded from the classification).

4. Effective wheelbase - min. 530 mm

#### VII. ORGANIZATION OF RACE, RULES, PRACTICAL ADVICE:

1. The car park is on the second kilometre (behind the forester's lodge). We recommend 2 km to the start as warm-up. **Meeting of players is scheduled for 10.07.2016 at 8:00 on the 4th kilometre of the route.**

2. Each participant signs the regulations and receives a start number.

3. The race starts at 8.30 a.m.



4. During the race, participants should have start numbers attached in a visible place.
5. Participants compete on their own equipment in 1 type and 1 category from the beginning to the end of the race.
6. There are no restrictions on the diameter of wheels. The run technique is free (FT).
7. The moment of finishing the 2nd 80 km Roller Ski Marathon is equivalent to a possibility of deciding on participation and continuation of the race over a distance of 160 km (ultramarathon); if a participant does not finish the ultramarathon he/she retains the right to be classified in the 2nd 80 km Roller Ski, and be rewarded the prizes provided for in the regulations.
8. Prizes and diplomas do not sum up. The classification with right to being awarded in one race and 1 category shall apply.
9. Participants shall be required to cross the lines marked on the edge of the route, i.e. at the 1st and the 10th kilometres where technical referees will be located, with both their skikes.
10. A nutrition-refreshment point for the participants (water, isotonic drinks, dry snacks, fruit) will be organized on the 4th kilometre. Additionally, there will be water in small bottles at the 1st and the 10th kilometres.
11. The organizer recommends being equipped with backpacks for beverage and water bottles with an option of re-filling fluids without the need for stopping.
12. The participants can deposit own drinks at the 4th km (marked) and their bottles will be re-filled there.
13. After the marathon the organizer provides one hot meal - for the participants in the first place - as well as tea, coffee and power drinks.
14. All those who have appropriate handles or capacious cars are encouraged to take bicycles. 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.
15. Participants, family members, fans - please do not forget to bring practical waterproof clothing. Accompanying persons should remember to take sandwiches for themselves and their children. Although the race is relatively close to Wejherowo it is still a forest - no telephone range included.

## VIII. PRINCIPLES OF FINANCING

1. there is a fixed fee of PLN 60.00 for the first 15 participants on the following principles:
  - a) entry to the list of participant at [iZawody.pl](http://iZawody.pl) confirmed by a simultaneous transfer to the account at ING:  
No. 13 1050 1461 1000 0002 0280 5255; Information that is required in the format of the sender:
    - Name / surname / city
    - Fee for the 80km marathon / 160 km ultramarathon (select your preferred distance)The address to which you should immediately send an electronic confirmation of the transfer with real time specified is [ultramaraton140km@gmail.com](mailto:ultramaraton140km@gmail.com)  
The date/time of sending the transfer shall be decisive.
  - b) starting from number 15 on the start list the fee for each number up shall be PLN 100.00
  - c) from 01.06.2016 charge 120 PLN; from 07.06.2016 - 150 PLN; competition day - 200 PLN
  - d) exempt from fees shall be those participants who took first places in the 1st edition of the marathon and the ultramarathon in 2015 at both distances
  - e) in recognition of the educational model and results in ski sports and roller-ski sports players-family members of the Wojtyła family shall be exempt from the payment.
  - f) payments are not refundable
3. costs of travel, accommodation and meals (except for Section 6, Item 13) must be covered by participants

## IX AWARDS:



1. **Main prizes - sports skikes in a total number of 7 pairs** (5 pairs from the ultramaraton140.pl team; 2 pairs from Rollspeed) according to the rule:

a) **for places No. 1** in both distances in both categories open categories the winners shall be awarded 4 pairs. To receive the awards at least 1 participant-winner must start in a given race/category.

b) lack of women in the first third is equal with reward for 2 fastest women in both distances (excluding G-PU categories)

2. **Awards for places No. 2 and 3 - branded skiing accessories:**

a) 2nd places shall be awarded backpacks or bags by Skike and practical utensils funded by nartorolkowy.pl

b) 3rd places shall be awarded skiing-bags or skiing-cover by Fischer from bieginarciarskie.com.pl

3. **Extra prizes - race suits in the amount of 4 pieces** with the company logo of ultramaraton140.pl drawn between participants (vouchers) along with the 5th pair of skikes provided that:

a) it does not apply to winners of the main prizes

b) the race is finished by a minimum of 20 participants

Main prizes, extra prizes, prizes for the second and the third places do not sum up.

4. Besides that 20 practical utensils by bieginarciarskie.pl drawn between participants.

5. Besides that 4 pair of gloves Lill Sport drawn between women

6. **Diplomas:** every participant who finishes the marathon distance of at least 80 km receives a diploma. For the 160 km ultramarathon 160 km there will be a diploma certifying its successful completion.

## X. RULES OF SAFETY, SECURITY AND INSURANCE:

1. **Safety:** It is advised to use helmets and goggles (obligatory). We recommend elbow pads, knee pads, goggles adapted to changing conditions of the day and reflective safety vests and bringing individual signal lighting. Every person participates at its own risk. 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 injuries and physical injuries (including death), and damage or loss of personal property. Moreover, there may be other risk factors impossible to predict at the stage of organization. If a participant signs the invitation-regulations it means that it has considered and evaluated the nature, scope and extent of the risks of participation, and has voluntarily decided to take these risks. Every participant declares that it will not count against the organizer. Every participant declares that it will pay back all 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.

2. **Insurance and security of event:** As this is a social race formula the organizer shall have no obligation to ensure the presence of a paramedic. However, for generally understood reasons of safety of participants the informal race over the "ultra" distance we shall provide a paramedic for the duration of the race. However, we do not provide any life, health or liability insurance in respect of sickness, accident, injury, death or any loss or damage that may occur due to the presence and/or participation in the race. Participants should purchase the appropriate insurance on their own.

3. 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 activities. Each participant shall be responsible for all medical costs and/or transport costs incurred by the organizer, cooperating persons, paramedics, and the resulting illnesses, accidents and suffered injuries incurred due to the presence or participation in the competition.

4. We do not provide skikes and equipment for participants and technical support for participants.

5. Participants shall not use any other vehicles apart from skikes and bicycles (for accompanying persons) in the course of the race.

6. We do not organize a deposit and we shall not be responsible for participants' personal belongings.

7. Participants shall agree to the processing and use of their images in marketing materials, information and promotion.

8. Participants shall follow the



following arrangements. 9. The invitation-regulations, final results and other information about the race shall be provided online.

Organizer

Legible signature of participant, date, place

The ultramaraton140.pl Team

Postscript from Grzegorz: Up until now I considered each marathon as a kind of unique and personal holidays. Each one was spent in the company of my closest ones for whom my joy is their joy. I always had time planned for rest (before) and recovery (after) the event. Because our races are unique, I recommend planning a holiday with a friend, arrive one day prior to the event. The city of Jakub Wejhera awaits you with its beautiful history and a charming market place (see the Calvary of Wejherowo), the Kashubian Philharmonic that is beautiful in terms of architecture, the well-connected Tri-City or - for those who like the beach - the Baltic Sea from the side of Dąbki (the top three most beautiful Polish beaches).

Examples of hotels near the event:

[www.hotelvictoria.pl](http://www.hotelvictoria.pl) Bolszewo (spa, swimming pool and bowling)

[www.klubolimp.pl](http://www.klubolimp.pl) Wejherowo (fitness, bowling, new rooms)

[www.marmulowski.com](http://www.marmulowski.com) (2 steps to the market place)

[www.czardasz.pl](http://www.czardasz.pl) (no data)