

## **RULES AND REGULATIONS**

### **ABM JĘDRASZEK ULTRAPARK WEEKEND 7**

#### **I. GOALS:**

- a. popularization of running
- b. popularization of long-distance running
- c. promotion of a healthy lifestyle
- d. promotion of the Łódź Province, Pabianice County and the City of Pabianice
- f. popularization of running as a form of physical recreation

#### **II. ORGANIZER:**

Pabianicki Klub "O co biega"

NIP 7312059283

ul. Partyzancka 94/106

95-200 Pabianice

biuro.ultrapark@gmail.com

www.ultrapark.com.pl

Director Race – Piotr Kardas 509-136-620

#### **III. CO-ORGANIZERS:**

- Ministry of Sport and Tourism
- Łódź Province
- Pabianice County Office
- Pabianice City Office
- Polish Ultra Sports Association

#### **The event is held under the patronage of:**

- Minister of Sport Sławomir Nitras
- Marshal of the Łódź Province Joanna Skrzydlewska
- Pabianice District Administrator Arkadiusz Jaksa
- President of Pabianice Grzegorz Mackiewicz
- Member of Parliament Krzysztof Habura
- Member of Parliament Marcin Józefaciuk

#### **IV. DATE AND PLACE:**

Park Wolności, ul. Łaska 114

95-200 Pabianice

30.05.2025-01.06.2025

#### **V. ABM Jędraszek UltraPark Weekend 7 – Competition**

**MOUNT TO COAST ULTRAPARK WEEKEND GOMU WORLD CHAMPIONSHIP 48H**

**1st OPEN POLISH CHAMPIONSHIP OF THE POLISH ULTRA IN 48H RUN**

30.05.2025 12:00 start of the race – 01.06.2025 12:00 end of the race,

### **ABM JĘDRASZEK ULTRAPARK WEEKEND 24H**

30.05.2025 12:00 start of the race – 31.05.2025 12:00 end of the race

During the UltraPark 48h race there will be a split after 24 hours, whereas during the UltraPark 24h race a split will be taken after 100 km, 100 miles and after 12 hours.

All results will be reported to IAU and DUV Ultramarathon Statistik.

### **VI. ROUTE**

- a. The race will be held on a loop of 1725.51 meters. The route is certified by PZLA,
- b. Runners shall run as many kilometers as possible. When the time expires, they must stop after the sound signal, and the distance of started lap will be measured and added,
- c. The loop can be covered only in the direction specified by the Organizer,
- d. Changing the direction, shortening the route or running outside the designated paths will result in disqualification of the Competitor,
- e. Each Competitor is required to maintain a cautious attitude,
- f. It is forbidden to leave trash and empty nutrient packs, bidons, cups along the entire race route (under sanction of time penalty or disqualification). All trash must be left at checkpoints in designated containers or areas,
- g. A detailed route map is available on the event website - [www.ultrapark.com.pl](http://www.ultrapark.com.pl),
- h. To be classified, the Competitor must complete at least one loop,
- i. The winner of the Competition is the Competitor who covers the most kilometers.

### **VI. LIMIT OF PARTICIPANTS**

- a) 160 spots MOUNT TO COAST ULTRAPARK WEEKEND GOMU WORLD CHAMPIONSHIP 48H, including a maximum of 80 spots for competitors from Poland,
- b) 40 spots ABM JĘDRASZEK ULTRAPARK WEEKEND 24H,
- c) Organizer reserves the right to increase or decrease the limit of spots in individual races.

### **VII. COMPETITION PROGRAM**

**29.05.2025 Thursday**

16:00-20:00 Race Office

18:00 Opening ceremony of the World Championship and briefing of competitors

20:00 Press conference

### **30.05.2025 Friday**

8:00-11:00 race office

12:00 race start

### **05/31/2025 Saturday**

12:00 end of 24h race

13:30 decoration of the 24h race

### **06/01/2025 Sunday**

12:00 end of the 48h race

14:00 Decoration of the 48h race and closing ceremony of the World Championships

## **VIII. CONDITIONS OF PARTICIPATION:**

- a. The eligibility to participate in the Competition is open to persons who have reached 21 years of age by 30.05.2025,
- b. Due to Russia's attack on Ukraine, competitors from Russia and Belarus are not allowed to take part in the Competition (this also applies to Competitors competing under a neutral flag).
- c. Each Competitor must be verified before the start at the Event Office located in Park Wolności in Pabianice,
- d. During the verification, the Competitor must have a valid identity document (ID card, passport or driving license),
- e. During the verification, the Competitor must present a current medical certificate stating that there are no contraindications to participate in the event or personally sign a statement that he/she participates in the race at his/her own risk. By signing the statement, he/she thereby agrees to provide first aid, perform other medical procedures and transport in the case of injury to a safe place by medical and paramedical personnel acting on behalf of the organizer. The competitor acknowledges that participation in the Competition involves physical exertion and entails a natural risk of accident, bodily injury and physical trauma, as well as damage and loss of a property nature,
- f. Each Competitor hereby declares that he/she will not claim any right to claim compensation from the Organizer in the future should he/she suffer bodily injury or property damage related to participation in the Competition,
- g. Upon completion of the verification, each competitor will receive a non-returnable personal starting number with an in-built measurement chip, which must be visible at all times while the competitor is on the course.
- e. In order to receive a personal starting number, the competitor must register and pay the participation fee no later than 20.05.2025 (the date on which the transfer is credited, not the date on which the transfer is made, is decisive),

- f. Competitors are required to comply with the rules and regulations of the competition, applicable regulations, instructions of the Organizer and security services,
- g. Competitors are obliged to provide assistance to other participants on the route in case of injury or other life or health threatening event,
- h. Medical Emergency Officer located in the Base - in justified cases may not allow the competitor to continue the competition and his decision is final (injury, hypothermia, fainting, etc.),
- i. The Organizer reserves the right not to allow a Competitor to start or unconditionally disqualify him/her during the Competition if he/she is under the influence of alcohol, drugs or other intoxicants or is in a state indicating the consumption of the aforementioned substances. The Organizer shall not be liable for any harm to the health of a Competitor who is under the influence of the aforementioned substances.
- j. The competition will be conducted in accordance with the regulations of World Athletics

## **IX. APPLICATIONS**

- a. Registration for the race will be launched on 24.11.2025 at 11:00 20:00,
- b. Entries will be accepted by completing the Entry Form, available at [www.ultrapark.com.pl](http://www.ultrapark.com.pl),
- c. A Competitor is considered to be registered if he/she has completed and sent the Application Form and paid the entry fee. Once the starting list is full, the entry list will be closed,
- d. In case of payment of the participation fee after the limit of participants has been reached, the Organizer, at the request of the person concerned, will refund the amount in question minus the operating costs of the transfer,
- e. Online registration lasts until 25.05.2025 or until the limit of places is reached,

## **X. PARTICIPATION FEE:**

### **MOUNT TO COAST ULTRAPARK WEEKEND GOMU WORLD CHAMPIONSHIP 48H I OPEN POLISH CHAMPIONSHIP IN 48H RACE**

until 28.02.2025 – 220 €

from 01.03.2025 to 25.05.2025 – 250 €

\*29-30.05.2025 (Competition Office) – 300 €

### **ABM JĘDRASZEK ULTRAPARK WEEKEND 24H**

until 28.02.2025 – PLN 350

from 01.03.2025 to 25.05.2025 – PLN 400

\*29-30.05.2025 (Competition Office) – PLN 500

\* no guarantee of receiving a full starting package; payment at the Event Office in cash only

- a. The entry fee should be paid directly to the account:

## **Pabianicki Klub "O co biega"**

**Swift WBKPPLPP Bank account number: PL3210901304 0000000135670021**

- b. Once the payment is booked, the competitor will be upgraded to the start list,
- c. The priority of registration is determined by the date of payment,
- c. The organizer is not responsible for the bank and postal transfer delays,
- e. Only Competitors who have paid the participation fee will be shown on the start list,
- f. If the participation fee is paid in an incomplete amount (e.g., if the time limit specified above is exceeded), the Competitor shall be obliged to pay the difference to the amount that should have been paid according to the date on which the payment was made,
- g. The date of payment shall be the date the funds are credited to the organizer's account,
- i. The participation fee shall not be refunded in any case, including a competitor's decision to not participate in the event of withdrawal from the race, failure to complete the race or withdrawal of consent to the processing of personal data,
- h. Payment of the participation fee is considered as acceptance of the event regulations.

### **XI. BENEFITS (participation package)**

Within the fee paid, the Organizer shall provide the competitors with:

- a. Original and personalized starting number (for those registered and paid up to 20.05.2025). Start-number only for those registered after 20.05.2025,
- b. Electronic time measurement with chips built-in into the starting number,
- c. Hot and cold drinks, as well as cold and hot meals during the run, and a recovery meal (meat or vegan version),
- d. A commemorative medal,
- e. A commemorative technical T-shirt provided by competition partner Power Canvas
- f. Medical care on the route and at the Competition Base,
- g. Depository,
- h. Toilets at the Competition Base,
- i. SMS with the result,
- j. Photo service.

The Organizer allows the extension of benefits depending on the partners acquired.

### **XII. MANDATORY AND ADDITIONAL EQUIPMENT:**

During the Competition, each competitor must carry the following mandatory equipment while on the route:

- a. His own starting number placed in a visible place with an in-built measurement chip,
- b. Clothing appropriate to the prevailing weather conditions,
- c. Start possible in footwear approved by World Athletes on 30.05.2025.

### **XIII. TIME MEASUREMENT:**

- a. Time measurement will be done through non-returnable chips attached to the starting number,
- b. During the race, all competitors must have starting numbers attached horizontally to the front of their outerwear. Covering the starting number in part or in whole or modifying it is prohibited and

may result in disqualification of the competitor,

c. The absence of a starting number with a built-in chip will cause disqualification of the competitor,

d. Each competitor will receive a text message with the result after the race,

f. There will be a timing point located at the starting point of 24h and 48h races,

#### **XIV. CLASSIFICATION:**

The following classifications will be conducted in the ABM Jędraszek UltraPark Weekend 7 Festival races:

1. Open,

2. Women's General,

3. Men's General

4. Women's and men's team-national classification applies to the race:

**MOUNT TO COAST ULTRAPARK WEEKEND GOMU WORLD CHAMPIONSHIP 48H**

and women's and men's age classification applies to the World Championships and 1st Polish Championships in the 48h race

21-29 years old

30-34 years old

35-39 years old

40-44 years old

45-49 years old

50-54 years old

55-59 years old

60-64 years old

65-69 years old

70-74 years old

75-79 years old

80-84 years old

85 -

#### **XV. AWARDED CLASSIFICATIONS**

In the **MOUNT TO COAST ULTRAPARK WEEKEND GOMU WORLD CHAMPIONSHIP 48H** race:

- **World Championship classification**, competitors will receive the following prizes:

In the general classification of men and women:

1st place: medal + financial prize + cup + prizes in kind

2nd place: medal + financial prize + cup + prizes in kind

3rd place: medal + financial prize + cup + prizes in kind

4th-6th place: cup + prizes in kind

In the team classification of women and men (sum of the 2 best results from the team)

1st place: cup + prizes in kind

2nd place: cup + prizes in kind

3rd place: cup + prizes in kind

In the age classifications of men and women:

1st place: cup

2nd place: cup

3rd place: cup

In the **MOUNT TO COAST ULTRAPARK WEEKEND WORLD CHAMPIONSHIP 48H** race

- classification of the Polish Ultra Championship, competitors will receive the following prizes:

In the general classification of men and women:

1st place: cup + prizes in kind

2nd place: cup + prizes in kind

3rd place: cup + prizes in kind

In the age classifications of men and women:

1st place: cup

2nd place: cup

3rd place: cup

In the **ABM JĘDRASZEK ULTRAPARK WEEKEND 24H** race, competitors will receive the following prizes:

In the general classification of men and women:

1st place: cup + prizes in kind

2nd place: cup + prizes in kind

III place: cup + prizes in kind

IV-VI place: cup + prizes in kind

IN THIS RACE, AGE CATEGORIES ARE NOT AWARDED

Each competitor who finishes the race will receive a commemorative medal.

#### **XVI. FINAL RESOLUTIONS:**

1. The cost of participation shall be covered by the competitor,
2. Organizational costs are covered by the organizers,
3. Competitors are fully responsible for compliance with safety rules during the Competition,
4. Competitors are not allowed to use any assistance specified in the rules of athletic competitions, including assistance by persons not participating in the race, running with the competitor or riding a bicycle next to him/her. Competitors may use assistance only in the designated zone,
5. Participants of the ABM Jędraszek UltraPark Weekend are obliged to strictly comply with the instructions of the referee team and services securing the route of the Run on behalf of the Organizer under penalty of disqualification,
6. It is strictly forbidden to throw litter outside the throwing point designated by the Organizer and to destroy it under penalty of disqualification,
7. Organizer has third-party liability insurance. However, Organizer does not guarantee any life, health, or liability insurance in the event of illness, accident, injury, death, or incurring any loss or damage that may occur due to attendance and/or participation in the ABM Jędraszek UltraPark Weekend, - participants are advised, if they deem it necessary, to purchase appropriate accident insurance for the duration of their participation in the sporting event,
8. Participant shall take part solely at his/her own risk and shall bear the associated risks.

By registering for the race, the participant acknowledges that participation in the race involves physical exertion and entails natural risks and the risk of accidents, the possibility of personal injury and physical trauma (including death), as well as damage and losses of a property nature,

9. The organizer ensures medical care only to the participants of the event on the running route from the start until the closing of the running route specified by the time limit, as well as in the competition center until the end of the event. The organizer will not cover the costs of medical treatment or transportation not included in the scope of medical coverage of the event,
10. The organizers shall not be liable for items left unattended and for the loss of valuables left in the depository,
11. The organizer shall provide a depository,
12. Any participant who resigns from participation in the race before or during the race should immediately report this fact to the technical staff along the race route or in the race office,
13. Protests should be submitted to the race office within one hour from the end of the competition after paying a deposit of PLN 200,
14. The races will be held regardless of weather conditions,
15. All competitors taking part in UltraPark Weekend shall be bound by these regulations,
16. Failure to comply with these Rules of Competition may result in disqualification of the competitor.  
(In case of disqualification, the competitor is not entitled to a refund of the entry fee),
17. The Organizer shall not be liable for accidents occurring on the race course due to the fault of the participants,



18. Organizer reserves the right to change the starting time or discontinue the competition in the event of conditions threatening the life or health of the competitors, volunteers or members of the organizer's team without reimbursement of the starting fee,
19. Competitors agree to the processing of their personal data for the internal needs of the event organizer and to the use of their image in information and advertising materials,
20. Personal data of the runners will be used in accordance with the terms and conditions specified in the Regulation of the European Parliament and of the Council (EU) 2016/679 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/EC (General Data Protection Regulation) (Official Journal of the EU L 119 of 04.05.2016, p. 1). The administrator of the personal data is the Organizer,
21. The processing of the data referred to in connection with participation in the race also includes the publication of the participant's name and surname together with the year of birth and the name of the locality in which the participant resides - in any way in which the project is published or distributed,
22. The participant shall have all rights in accordance with the RODO, and detailed in the Information Clause,
23. Provision of personal data and consent to their processing is voluntary, however, failure to provide such data or lack of consent to their processing prevents participation in the race,
24. The Administrator will process personal data for the purpose of organizing the UltraPark Weekend sporting event - independently or in cooperation with other entities, only to the extent necessary for the proper organization of the event,
25. The participant grants the Organizer a free license to use the recorded image in all fields of exploitation, including in particular:
  - a. recording and multiplication by any known technique and dissemination in any form,
  - b. providing partners and official partners with a copy or a copy on which the image has been fixed, in order to use it to promote the partner or official partner in the context of its participation in the race,
  - c. entering it into computer memory and into a multimedia network,
  - d. multiplication of the recording of the fixed image,
  - e. public exhibition, display, reproduction, as well as broadcasting and re-broadcasting, as well as making it available to the public in such a way that anyone can access it at a place and time of their choosing,
  - f. posting and publishing in the press, on websites, posters and billboards,
26. Organizer reserves the right to cancel the event without stating reasons,
27. Organizer reserves the right to make changes and final interpretation of the rules and regulations, which will be available at the Event Office.