

Magazine

13.  PIENINY
ULTRA-TRAIL®
23–26 04.2026 

To coś więcej niż bieg!
More than a race!



PARTNER
STRATEGICZNY
STRATEGIC
PARTNER

 MAŁOPOLSKA
Arena Mistrzostw



HOKA®

Back in 2013, we pulled off the very first edition of this festival in exactly one month. Today, that seems absolutely wild to me, because prepping this year's festival took us... thirteen months. Imagine that before you even had a chance to get stuck in the traffic at the roadworks entering Szczawnica in April 2025, we were already pacing nervously around town. We were trying to figure out what to move and where, just in case the renovation of the Flisaków Bridge cut off our old finish line. Are the Higher Park and Dietl Square better spots? In some ways, definitely; in others, probably not. We likely wouldn't have opted for such a massive change on our own, but since we're here, let's see if the spa district of Szczawnica makes for a cool race village. We all need a little time to get used to these changes and see what sticks.

This year's festival is one day longer. We moved the start of Spiski Wędrowiec to Thursday so you wouldn't have to run through the most beautiful parts of Pieniny Spiskie range in the dark. The goal was a day-night-day format instead of night-day-night, which naturally synced up with the timing of the other ultra courses. Shifting the ultra races away from Saturday allowed us to bump up the participant limits on our most popular routes. This really showed the true level of interest in our runs – no heavy

restrictions and no more waiting lists. At this point, we know there are more of us and you than there are... residents of Szczawnica. Half-joking, half-serious: the population of the entire commune is within reach!

Organizing one of the biggest mountain running festivals – not just in this part of Europe, but simply „outside of France” – is a privilege and for sure an adventure, but also a massive responsibility. And this is where the #BiegamDobrze project enters the stage naturally. It's a Warsaw Marathon Foundation initiative that has left the capital for the first time to head into the mountains. Over 70 people joined the project this year, raising more than 50,000 PLN for Rak'n'Roll Foundation. Awesome! Thank you! Just a reminder: the donations are open until April 30th, so there's still time to show some support!

The 13th Pieniny Ultra-Trail is just ahead of us. In this magazine, we've summarized the essential info regarding the race courses, the schedule, and overall logistics. We've also included maps of the parking areas and the race village. Take a moment to study it all and check out our „Patent na Pieniny” series on YouTube. We want the only surprise during the festival to be a finish time that's even better than you planned. Have a blast in the beautiful surroundings of the Pieniny nature!

See you at the finish line!
Kuba, Eliza and Bartek

A man in a black t-shirt is running in a dark, low-key environment. He is wearing a black CamelBak hydration pack with two white water bottles. His right hand is clenched in a fist, and his left hand is on his hip, wearing a white ring. The lighting is dramatic, highlighting the contours of his body and the pack. The CamelBak logo is prominently displayed at the bottom of the image.

CAMELBAK



Ladies and Gentlemen!

Małopolska Region is one of the most dynamically developing regions of Poland, successfully combining tradition, modernity, tourism, and sport. Thanks to its diverse sports infrastructure, exceptional routes and landscapes, as well as a rich offer of sporting events, Małopolska is an ideal place for mountain running enthusiasts.

Pieniny Ultra-Trail® is today one of the largest and most beloved mountain running festivals in Poland. During this year's edition of the event, the PZLA Polish Mountain Running Championships and qualifications for the national team for the European Championships taking place in June this year will also be held in Slovenia. This is why I am even more pleased that the Małopolska Region has once again become a Strategic Partner of the event. Supporting such ventures perfectly aligns with the strategy of strengthening the image of the Małopolska sports brand.

I congratulate all runners on their start and wish you unique views on the route, a great adventure, and, above all, the results you hope for. Together with the Organizers, we want you to feel safe and comfortable here. Let us build the sports identity of Małopolska together. Kind regards!

Łukasz Smółka
Marshal of the Małopolska Region

SCHEDULE

Thursday, April 23, 2026

- 09:00 – Race Office opening
- 13:45 – departure of buses to the start of Spiski Wędrawiec
- 15:00 – start of Spiski Wędrawiec
- 21:00 – Race Office closing

Friday, April 24, 2026

- 01:00 – start of Niepokorny Mnich
- 05:00 – Race Office opening
- 06:00 – start of Dziki Groń
- 15:00 – departure of buses to the start of Lubań Vertical
- 16:00 – start of Lubań Vertical
- 19:00 – elite presentation for all courses of Pieniny Ultra-Trail
- 20:00 – prize giving ceremony for Lubań Vertical, Dziki Groń, Niepokorny Mnich and Spiski Wędrawiec
- 21:00 – Race Office closing

Saturday, April 25, 2026

- 06:45 – opening of Race Office
- 7:40 and 8:15 – departure of buses to the start of Chyża Durbaszka
- 07:45 – start of Żwawe Wierchy
- 09:00 – start of Chyża Durbaszka
- 10:00 – start of Wielka Prehyba
- 15:30 – departure of buses to the start of Hardy Rolling
- 16:00 – prize giving ceremony for Chyża Durbaszka and Żwawe Wierchy – open cat., age cat.
- 16:30 – start of Hardy Rolling
- 20:00 – prize giving ceremony for Hardy Rolling, Wielka Prehyba – open cat., age cat.

Sunday, April 26, 2026

- 09:00 – opening of Race Office for Mini Pieniny Ultra-Trail®
- 10:00 – 11:30 – Mini Pieniny Ultra-Trail® – kids and youth races
- 11:30 – official closing ceremony of Mini Pieniny Ultra-Trail®

IMPORTANT LOCATIONS

Race Office

(Thursday/Friday/Saturday):

Higher Park (Park Górny), Szczawnica

Race Office for Mini Pieniny Ultra-Trail (only Sunday):

Lower Park (Park Dolny), Szczawnica

Start and finish zone in Szczawnica:

Dietl Square (Plac Dietla), Szczawnica

Start zone of Chyża Durbaszka:

Parking Homole, Jaworki

Start zone of Hardy Rolling:

Parking Homole, Jaworki

Start zone of Lubań Vertical:

oś. Ligasy, Ochotnica Dolna

Start zone of Spiski Wędrawiec:

Water Dam, Niedzica



**THERE'S MORE
OUT THERE**



odlo.pl

HOW TO COLLECT YOUR RACE PACKAGE?

This year, the Race Office, EXPO, and the entire race village will be located in the spa area of Szczawnica – in Park Górny (Higher Park), Dietl Square, and on Zdrojowa Street. **The race office (Park Górny) can only be reached on foot.** Race packages can be collected during Race Office opening hours. Race packages for Mini Pieniny Ultra-Trail can be collected on Thursday, Friday, and Saturday at the main race office, as well as on Sunday in Park Dolny (Lower Park) before the start of the children's races.

MINOR PARTICIPATION

In order for a minor to be allowed to participate, a declaration must be signed by a parent or legal guardian and presented to the race office upon collection. Minors should arrive at the race office with a guardian, such as a parent, coach, etc.

Parent/Guardian Declaration: PDF

AUTHORIZATION TO PICK UP YOUR PACKAGE BY ANOTHER PERSON

To authorize another person to pick up your package, log in to the registration panel and go to the „My Registration“ tab. There, you will find the „Add authorization“ button. Simply enter the first name, last name, and phone number of the person who will pick up your package. The entered authorization will be visible immediately in the system; there is no need to print, sign, or email anything.

TRANSFERRING YOUR PACKAGE TO ANOTHER PERSON

- until April 17th, 12:00 p.m., you can transfer the package to another person via the registration system, details [HERE](#)
- After this deadline, you can still transfer your package to another person. However, you must sign a declaration and give it to the person purchasing the package so they can present it at the race office: **PDF**

RACE OFFICE OPENING HOURS:

- Thursday, April 23, 2026: **9:00 AM–9:00 PM**
- Friday, April 24, 2026: **5:00 AM–9:00 PM**
- Saturday, April 25, 2026: **6:45 AM–4:00 PM**
- Sunday, April 26, 2026: **9:00 AM–11:30 AM**

To collect your race package, you must bring a document with a photo, such as an ID card or driver's license.

PARKING LOTS

Do not set your navigation to „Park Górny“ hoping to leave your car somewhere along the way to the Race Office, as you will likely be turned away by event staff at some point. Instead, we suggest selecting one of the parking lots (map on the following pages) and heading there, covering the remaining distance on foot. Please note that virtually all parking lots in Szczawnica and surrounding towns are private and therefore subject to fees. Plan your logistics in advance to avoid unnecessary stress before the start. We encourage you to leave your car at your accommodations and walk to the Race Office or take the Pieniny Ultra-Trail® bus.

TRAFFIC DISRUPTIONS

From April 23, from 8:00 PM to April 25 (midnight), a section of Jana Wiktora Street will be closed to traffic, from Dietl Square to the intersection at the Malinowa building (start/finish line). Access to facilities such as Pieniny Grand Hotel and Batory Hotel will be possible from Połoniny Street.

CHANGES

We've made several significant changes compared to previous editions, so we've highlighted them below.

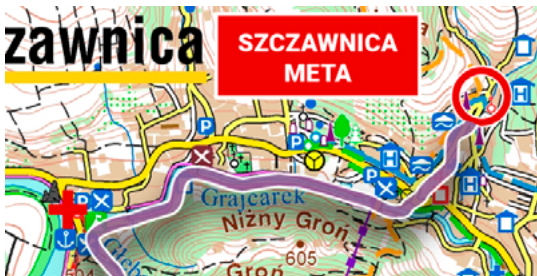
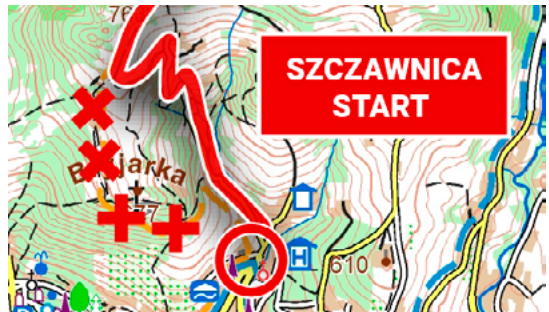


START LOCATION OF LUBAŃ VERTICAL

Due to the construction of the roundabout in Tylmanowa, we've moved the start of the race to Ochońnica Dolna, in the Ligasy neighborhood. Parking will be available at the start.

FIRST KM OF NIEPOKORNY MNICH, DZIKI GROŃ, WIELKA PREHYBA, AND ŻWAWĘ WIERCHY

In an effort to maintain better traffic flow in the initial section, we've decided not to turn onto the yellow trail around Bryjarka. The route continues straight uphill along Języki Street until it reconnects with the yellow trail.



THE FINISH LINE IN SZCZAWNICA

From the previous finish line on the Rafters' Bridge, there is still about 2.3 km to the finish line, along the pedestrian and bike path along Grajcarek, the sidewalk along Zdrojowa Street, the steps towards the Inhalatorium building, and the final 100 m along Jana Wiktora Street to Dietl Square.

START AND FINISH

The main start area is located in Szczawnica, at Dietl Square. The start area for Hardy Rolling and Chyża Durbaszka is in Jaworki at the Homole Parking Lot, and for Spiski Wędrawiec, in Niedzica at the Water Dam. The finish line for all races, except Lubań Vertical, is at Dietl Square in Szczawnica. The start of Lubań Vertical is in Ochotnica Dolna, Ligasy housing estate, and the finish line is at the top of Lubań.

START TIMES:

- **SPISKI WĘDRAWIEC:** 23.04.2026, 15:00
- **NIEPOKORNY MNICH:** 24.04.2026, 1:00
- **DZIKI GROŃ:** 24.04.2026, 6:00
- **LUBAŃ VERTICAL:** 24.04.2026, 16:00
- **ŻWAWIE WIERCHY:** 25.04.2026, 7:45
- **CHYŻA DURBASZKA:** 25.04.2026, 9:00
- **WIELKA PREHYBA:** 25.04.2026, 10:00
- **HARDY ROLLING:** 25.04.2026, 16:30

HOW TO GET TO THE START?

Each participant of Lubań Vertical, Spiski Wędrawiec, Hardy Rolling, and Chyża Durbaszka can use the organizer's transportation to the start, included in the entry fee.

SPISKI WĘDRAWIEC – departure at 13:45 from the Bus Station (Park Dolny/Lower Park).

LUBAŃ VERTICAL – departure at 15:00 from the Bus Station (Park Dolny/Lower Park). For return transportation from Lubań, descend to Snozka Pass (parking lot under Wdżar Mountain).

CHYŻA DURBASZKA - You can get on at the following stops: „Flisacka”, „Szkoła” (next to Koci Zamek), „Park Dolny”, „Centrum” (next to Halka), „Urząd Miasta” and „Sopotnicka”.

HARDY ROLLING - departure at 15:30. You can get on at the following stops: „Flisacka”, „Szkoła” (next to Koci Zamek), „Park Dolny”, „Centrum” (next to Halka), „Urząd Miasta” and „Sopotnicka”.

DEPOSITS AND DROP BAGS

Your race pack includes a bag with a sticker for storing your belongings before the start. Participants of Lubań Vertical, Spiski Wędrawiec, Hardy Rolling, and Chyża Durbaszka can leave their deposit just before the start, in Ochotnica, Niedzica, and Jaworki, respectively. It will be transported to the deposit area in Szczawnica.

Lubań Vertical package includes a second bag for the finish at the summit of Lubań. This deposit must be left in Szczawnica, in the deposit area, by 14:30. It will be transported to the finish line.

Niepokorny Mnich and Spiski Wędrawiec packages include a second bag for a transition area in Rytro (Niepokorny Mnich) and Tyłmanowa (Spiski Wędrawiec), respectively. **This bag must be left in the deposit area in Szczawnica!** This can be done just before the start (Niepokorny Mnich) or before departing for the start (Spiski Wędrawiec). All deposits and drop bags will be available for pickup after the race at the deposit area in Szczawnica.

BAGS PICKUP

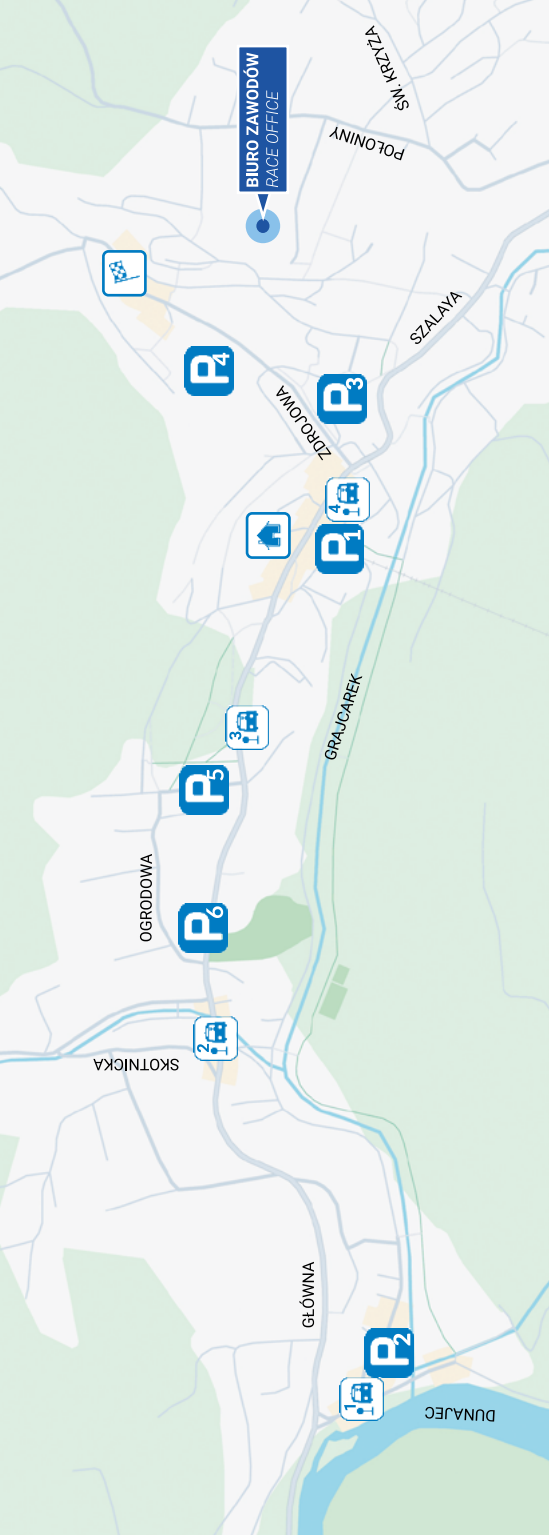
To collect your bag, you'll need your race number. Only upon presentation of your race number will your deposit be released. **You can collect your belongings until 21:00 on April 25, 2026.** Uncollected deposits may be returned to their owners at their expense.

OSHEE[®] HYDRATION HYDRO SYNERGY COMPLEX™



ARE YOU READY
FOR NEW VERSION
OF HYDRATION?





Bus stop „Flisacka”.



Bus stop „Szkoła” (next to Koci Zamek).



Bus station, stop „Park Dolny”.



Bus stop „Centrum” (next to Halka building).



Accommodation in the gym, showers, Main Street 12.



Dietl Square, start of Niepokorny Mnich, Spiski Wędrowiec, Żwawe Wierchy, Wielka Prehyba and finish for all courses except Lubań Vertical.



Parking under the cable car to Palenica (paid) – 800 m from start/finish area.



Parking at Dunajec river (two-story, paid) – 2500 m from start/finish area.



Parking at Zdrojowa Street (paid) – 400 m from start/finish area.



Parking at Zdrojowa Street 19 (paid) – 250 m from start/finish area.



Parking at Lower Park, Parkowa Street (paid) – 1300 m from start/finish area.



Parking at the cemetery (free, ca. 20 places) and opposite the cemetery “u Kuby” (paid). Main Street 54A – 1500 m from start/finish area.



Higher Park (Park Gómy), Race Office and Expo

LEKI



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RUNNING TOWN



SALA GIM.
GYM

PUNKT MEDYCZNY
MEDICAL POINT

SCHODY
STAIRS

DEPOZYTY
DEPOSIT AREA

PRZEBIERALNIE
CHANGING ROOMS

START/META
START/FINISH

TOALETY
TOILETS

PRYSZNICE
SHOWERS

PLAC
DIETLA

STREFA CATERINGU
CATERING ZONE

TOALETY
TOILETS

PARK GÓRNY

BIURO ZAWODÓW, EXPO
RACE OFFICE, EXPO

TOALETY
TOILETS

CEREMONIE DEKORACJI
AWARDS CEREMONIES

SZCZAWNICA

→ TRASA
COURSE

START/META -> BIURO ZAWODÓW: ok. 300 m

START/FINISH -> RACE OFFICE: ca. 300 m



COROS

APEX 4

WWW.COROS.COM.PL



BUS LINES

With the comfort of participants, residents of Szczawnica and surrounding towns in mind, as well as the environmental benefits of this solution, we are launching Pieniny UltraTrail® bus lines during the race. These will run around Szczawnica (line 1 – green) and between Jaworki, Szczawnica, and Krościenko (line 2 – blue). Both lines will operate on Friday and Saturday according to the schedule posted on the event website.

We want to make it easier for you to get to the race office and the starting line, and after the race, to your accommodations and parking lots, without traffic jams or the stress of searching for parking.

Transportation is free for all participants, as well as your families and fans. You will be required to present your race number or electronic ticket, which is available on the event website.

LINE 1: LOCAL CITY BUS



▲ **Bus stops:** Flisacka – Koci Zamek – Park Dolny – Halka – Zdrojowa – Urząd Miasta – Sopotnicka – Sewerynowka – Oś. Poloniny – Zdrojowa – Halka – Park Dolny – Koci Zamek – Flisacka.

LINE 2: JAWORKI – SZCZAWNICA – KROŚCIENKO



▲ **Bus stops:** Jaworki (main square) – Jaworki (Homole) – Szlachtowa II – Szlachtowa I – Jarmuta – Sopotnicka – Urząd Miasta – Halka – Park Dolny – Flisacka – Port Pienin – Kozłeczyczna – Krościenko (church) – Krościenko (main square) – Kozłeczyczna and further to Jaworki.

You can check the detailed schedule on the map you will receive in your race pack, at each bus stop, and on our website:



A full-page advertisement for SILVA. The background is a scenic mountain landscape with snow-capped peaks and a dirt trail. Two female trail runners are running on the trail. The runner on the left is wearing a pink jacket and black shorts, while the runner on the right is wearing a light green jacket and black shorts. Both are wearing headlamps and hydration packs. The SILVA logo is prominently displayed at the top in a bold, black, sans-serif font. At the bottom, the slogan '//RUN MORE FEEL MORE//' is written in a mix of yellow and white, and the website address www.silvapolska.pl is at the very bottom in white.

SILVA

**//RUN MORE
FEEL MORE//**

www.silvapolska.pl

BIB NUMBER

The bib number should always be on top, always visible.

The City and Commune of Szczawnica is both our host and Main Partner.

Each race has its own color, you'll find it on the number, on your profile, and on the directional arrows along your race route.

Forest Worth a Medal – this icon informs us that at the finish line we'll give you a tree instead of a medal.



Post-race meal voucher

Małopolska Region is the Strategic Partner of Pieniny Ultra-Trail®, and PKO Bank Polski, Hoka, and Buff are the Main Sponsors.

Emergency numbers – call if you need help

The elevation profile has been reversed so it can be read while running

18

Alkohol. Tylko dla pełnoletnich.



BROWAR FORTUNA

MIŁOSŁAW
BEZALKOHOLOWE

**NOWOŚĆ
NA BIEGACH**



NUTRITIONAL POINTS

	Spiski Wędrowiec	Niepokorny Mnich	Dziki Groń	Wielka Prehyba	Żwawe Wierchy	Chyża Durbaszka	Hardy Rolling
Kacwin	1						
Łąskie Wyżne	2						
Huba	3						
Krościenko		1					
Tylmanowa	4	2					
Schronisko na Przehybie	5	3	1	1	1		
Ośrodek RyterSKI w Ryrtrze	6	4	2				
Kosarzyska	7	5	3				
Bacówka na Obidzy	8	6	4	2			
Schronisko pod Durbaszką	9	7	5	3	2	1	1

Kacwin



Supplies:

Drinks: water, isotonic drink, Coca-Cola, tea
Food: bananas, oranges, others fruit, salty and sweet snacks

Łąskie Wyżne



Supplies:

Drinks: water, isotonic drink, Coca-Cola, tea
Food: bananas, oranges, others fruit, salty and sweet snacks

Huba



Supplies:

Drinks: water, isotonic drink, Coca-Cola, tea
Food: bananas, oranges, others fruit, salty and sweet snacks

Krościenko



Supplies:

Drinks: water, isotonic drink, Coca-Cola, tea
Food: bananas, oranges, others fruit, salty and sweet snacks

Tylmanowa



Supplies:

Drinks: water, isotonic drink, Coca-Cola
Food: bananas, oranges, others fruit, salty and sweet snacks

Ośrodek RyterSKI w Ryrtrze



Supplies:

Drinks: water, isotonic drink, Coca-Cola, tea
Food: bananas, oranges, others fruit, salty and sweet snacks

Schronisko na Przehybie



Supplies:

Drinks: water, isotonic drink, Coca-Cola, tea
Food: bananas, oranges, others fruit, salty and sweet snacks, sandwiches
Warm: tomato soup with rice for NM and SW participants

Bacówka na Obidzy



Supplies:

Drinks: water, isotonic drink, Coca-Cola, tea
Food: bananas, oranges, others fruit, salty and sweet snacks, sandwiches
Warm: baked potatoes and cream vegetable soup

Schronisko pod Durbaszką



Supplies:

Drinks: water, isotonic drink, Coca-Cola, tea
Food: bananas, oranges, others fruit, salty and sweet snacks

Kosarzyska



Supplies: water

LEGEND

Drinks

Food

First-aid

Transport to Szczawnica

Deposit

Hot meal

Time measurement

CZANIECKI

ENERGIA NA MEDAL!



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ROUTE MARKING

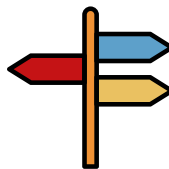


Yellow tape with the event logo

The basic marking for all routes is a yellow tape with the event logo posted in visible places along the route of each run. The tapes are hung in such a way that the route is clearly visible. We try to hang tapes often enough so that some tape is in your line of sight most of the time. This means that if you don't encounter any tape for, say, 2 minutes, that should already be a concern. If the tape is gone for 5 minutes, you are very likely off the course. Tapes are always more important than tourist trails, from which we sometimes stray to take a shortcut, take a more logical route or avoid some unpleasant place.

Directional arrows

The second type of marking are directional arrows in 8 different colors. Each color refers to a different course and appears consistently: on the bib numbers, elevation profiles and on the arrows. If you have doubts about where to run at any crossroad, simply look at your bib number and follow the arrow in its color. Additionally, there may be "universal" arrows for all races together. All arrows have a printed inscription with the name of the race. If you see that the inscription is upside down or sideways, it means that someone has changed it!



Reflective tapes

The sections of the Spiski Wędrowiec and Niepokorny Mnich that are covered at night are additionally marked with pieces of reflective tape.

SOMETHING WRONG?

If you see any tapes obviously hanging in a place they shouldn't, the arrows are broken or rotated, contact us immediately, by phone – you'll find the number on your bib number, the last one will be the best: **509 162 966**.

Additional marking: red exclamation mark

It appears where there are sudden turns from the main road onto a side path. This exclamation mark usually appears 50-100 meters before the turn, and of course, an arrow and tapes appear later.



SHOKZ

Nr 1 na świecie

w kategorii słuchawek otwartych (open-ear)



www.shokz.pl

Źródło danych: Omdia. Globalna sprzedaż jednostkowa (sprzedaż hurtowa) w latach 2023–2025, słuchawki typu open-ear, w tym słuchawki z zaczepem na ucho, słuchawki douszne z klipsem na ucho i słuchawki z pałąkiem na szyję

LUBAŃ VERTICAL

- **Distance:** 6,7 km
- **Elevation gain:** +880 m/-90 m
- **Start:** 4:00 PM (Friday)
- **Start location:** Ochotnica Dolna, Ligasy housing estate
- **Finish location:** Lubań
- **Time limit:** 2.5 hours
- **Highest point:** Lubań, 1202 m asl
- **Mandatory equipment:**
 - race number (placed on the top so that it is always visible and readable) and a chip attached to the shoe
 - mobile phone with a battery life of at least several hours (roaming service is recommended)
 - emergency blanket/NRC foil
 - *We recommend placing a drinking vessel in the deposit at the finish line. To protect the natural environment, we do not provide plastic cups at the finish line.*

— Transport to the start:

Each participant of Lubań Vertical route can use the transportation to the start provided by the organizer. Buses depart from the Bus Station opposite to Dolny Park (Lower Park) in Szczawnica and arrive at the start in Ochotnica Dolna. They depart at 3:00 PM.

— Returning from the Finish Line:

To use the return transportation to Szczawnica, descend from Lubań along the blue trail to the parking lot under Wdżar Mountain, where buses will be waiting. This option is shorter and has less elevation gain than descending back to Ochotnica.

PZLA POLISH CHAMPIONSHIP IN UPHILL MOUNTAIN RUNNING

QUALIFICATION FOR THE EUROPEAN CHAMPIONSHIPS

TOP 10 RESULTS IN HISTORY:

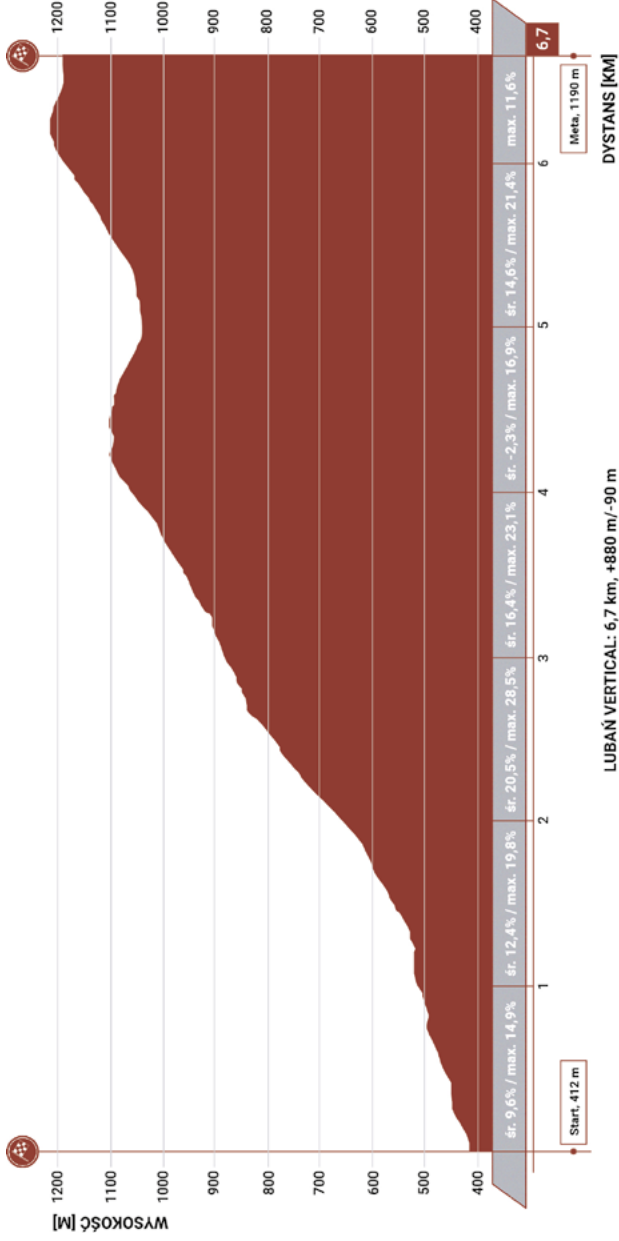
MEN

- Dominik Tabor, 00:40:00.65 (2024)
- Michał Olejnik, 00:40:07.90 (2024)
- Dawid Malina, 00:40:14.70 (2023)
- Piotr Łobodziński, 00:40:35.20 (2023)
- Sylwester Lepiarz, 00:40:39.80 (2024)
- Dominik Tabor, 00:40:40.95 (2023)
- Marcin Kubica, 00:41:05.70 (2023)
- **Michał Olejnik, 00:41:12.50 (2025)**
- **Andrzej Długosz, 00:42:07.05 (2025)**
- **Piotr Łobodziński, 00:42:13.05 (2025)**

WOMEN

- Anna Celińska, 00:46:40.20 (2024)
- Anna Celińska, 00:46:47.75 (2023)
- **Weronika Matuszczak, 00:46:48.35 (2025)**
- Mirosława Witowska, 00:48:41.45 (2023)
- Martyna Masłowska, 00:49:57.00 (2024)
- Anna Ficner, 00:50:02.00 (2024)
- **Anna Celińska, 00:50:07.75 (2025)**
- Beata Mazan, 00:50:13.65 (2023)
- **Marta Glińska, 00:50:15.35 (2025)**

ELEVATION PROFILE OF LUBAŃ VERTICAL



HARDY ROLLING

- **Distance:** 12,9 km
- **Elevation gain:** +610 m/-660 m
- **Start:** 4:30 PM (Saturday)
- **Start location:** Homole Parking lot, Jaworki
- **Finish location:** Szczawnica, Dietla Square
- **Time limit:** 3.5 hours
- **Highest point:** Wysoki Wierch, 898 m asl
- **Refreshment station:** Schronisko pod Durbaszką – 2.4 km
- **Required equipment:**
 - race number (placed on the outside so that it is always visible and readable) and a chip attached to the shoe
 - mobile phone with a battery life of at least several hours (roaming service is recommended)
 - water container for use on the route and at the refreshment stations (cup or bladder or water bottle or flask) with a total capacity of at least 0.25 liters
- **Bus departure time:** 15:30
- **Getting to the start:**

Each Hardy Rolling competitor can use the organizer's transportation to the start. Buses depart from Flisacka Street and travel through Szczawnica, stopping at the following bus stops: "Szkoła" (next to Koci Zamek), "Park Dolny," "Centrum" (next to the Halka building), "Urząd Miasta," and "Sopotnicka." They depart at 15:30, arriving at the next stop a few minutes later. If the first or second bus is full, simply wait for the next bus.

PZLA POLISH CHAMPIONSHIP IN MOUNTAIN CLASSIC MOUNTAIN RUNNING

QUALIFICATION FOR THE EUROPEAN CHAMPIONSHIPS

TOP 10 RESULTS IN HISTORY:

MEN

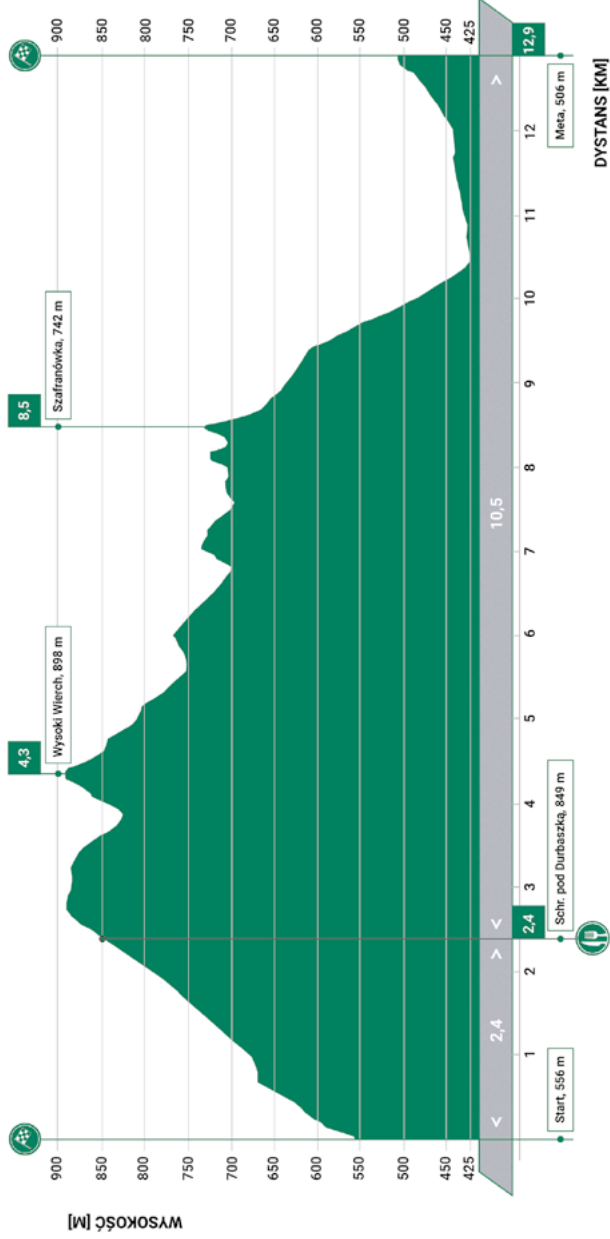
- Michał Olejnik, 00:42:12 (2023)
- Marcin Kubica, 00:42:19 (2023)
- Michał Dudczak, 00:42:29 (2022)*
- Piotr Łobodziński, 00:42:46 (2023)
- Dominik Tabor, 00:43:51 (2023)
- Kacper Dudczak, 00:44:53 (2022)*
- **Ondrej Volák (CZE), 00:44:54 (2025)**
- Adam Świrgoń, 00:45:10 (2022)*
- Sylwester Lepiarz, 00:45:13 (2023)
- **Łukasz Wąchała, 00:45:35 (2025)**

WOMEN

- Anna Celińska, 00:52:01 (2023)
- Paulina Tracz, 00:52:43 (2023)
- **Monika Ogórek, 00:53:21 (2025)**
- Marta Kaźmierczak, 00:53:45 (2022)*
- Sylwia Kapusta-Szydłak, 00:53:53 (2023)
- Beata Mazan, 00:55:39 (2023)
- Nina Wieczorek, 00:55:49 (2023)
- Anna Ficner, 00:56:08 (2023)
- Anna Skalska, 00:56:13 (2023)
- Marta Kaźmierczak, 00:56:15 (2023)

**in the 2022 edition the route did not run through Wysoki Wierch and in all previous editions it was shorter than in 2026*

ELEVATION PROFILE OF HARDY ROLLING



CHYŻA DURBASZKA

- **Distance:** 22.9 km
- **Elevation gain:** +1000 m/-1050 m
- **Start:** 9:00 AM (Saturday)
- **Starting point:** Homole Parking, Jaworki
- **Finishing point:** Szczawnica, Dietla Square
- **Time limit:** 5.5 hours
- **Highest point:** Smerekowa: 985 m asl
- **Refreshment point:** Schronisko pod Durbaszką - 12.4 km

Required equipment:

- race number (placed on the outside so that it is always visible and readable) and a chip attached to the shoe
- mobile phone with a battery life of at least several hours (roaming is recommended)
- water container for use on the route and at the refreshment points (cup or bladder or water bottle or flask) with a total capacity of at least 0.25 liters

Getting to the start:

Transportation to the start is divided into two bus trips, at 7:40 AM and 8:15 AM. There is no need to declare a departure time. Please be patient and calm when boarding; there will be enough seats for everyone and everyone will be able to make it to the start. The drive to Jaworki takes approximately 15 minutes. Please note that we operate in limited spaces, so buses arrive one after another, requiring both time and space to maneuver. Transportation to the starting line is a continuous process that unfolds over time. Buses depart from Flisacka Street and travel through Szczawnica, stopping at the following bus stops: "Szkola" (next to Koci Zamek), "Park Dolny," "Centrum" (next to the Halka building), "Urząd Miasta," and "Sopotnicka."

TOP 10 RESULTS IN HISTORY:

MEN

- Dominik Tabor, 1:25:19 (2024)
- Marcin Kubica, 1:25:48 (2019)*
- Tomasz Kawik, 1:28:41 (2019)*
- Sylwester Lepiarz, 1:29:03 (2024)
- Jakub Gorzelańczyk, 1:29:09 (2024)
- **Maciej Lachowski, 01:29:12 (2025)**
- Adrian Bednarek, 1:29:16 (2019)*
- Gabriel Kuropatwa, 1:29:19 (2024)
- **Pavol Orolin, 01:29:58 (2025)**
- Michał Rajca, 1:30:03 (2018)*

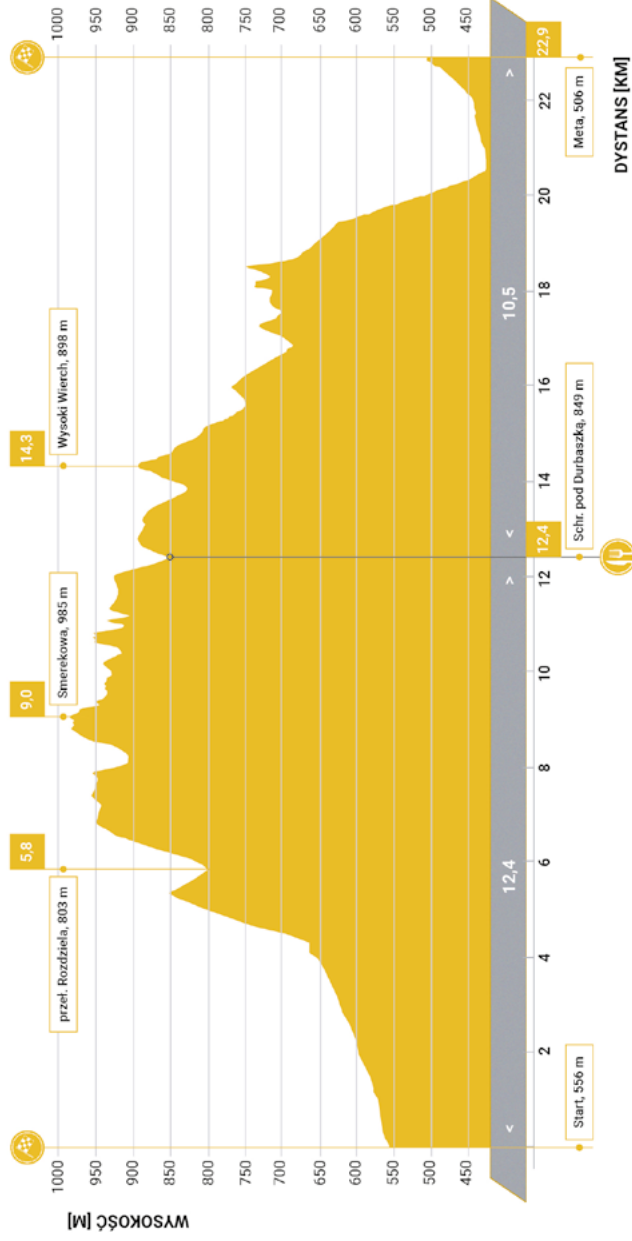
WOMEN

- **Martyna Młynarczyk, 01:38:00 (2025)**
- **Weronika Matuszczak, 01:40:43 (2025)**
- Patrycja Stanek, 1:42:15 (2024)
- Martyna Młynarczyk, 1:42:51 (2021)*
- **Patrycja Stanek, 01:45:37 (2025)**
- **Aleksandra Bazułka, 01:46:31 (2025)**
- **Natalia Gruchała, 01:48:10 (2025)**
- Aleksandra Bazułka, 1:48:18 (2024)
- Aneta Ściuba, 1:49:38 (2019)*
- Katarzyna Wilk, 1:49:56 (2019)*

**in editions up to and including 2022, the start of the race was located in the market square in Jaworki and the route did not run through Wysoki Wierch, the route was 19.3 km long*



ELEVATION PROFILE OF CHYŻA DURBASZKA



CHYŻA DURBASZKA: 22,9 km, +1000 m/-1050 m

ŻWAWĘ WIERCHY

- **Distance:** 33.2 km
- **Elevation gain:** +1600 m/-1600 m
- **Start:** 7:45 AM (Saturday)
- **Start and finish line:** Szczawnica, Dietl Square
- **Time limit:** 8 hours
- **Highest point:** Przehyba, 1162 m asl
- **Refreshment points:**
 - 12 km: Schronisko na Przehybie
 - 22.7 km: Schronisko pod Durbaszką
- **Mandatory equipment:**
 - Start number (placed on the top so that it is always visible and readable) and a chip attached to the shoe
 - Mobile phone with a battery life of at least several hours (roaming service is recommended)
 - Emergency blanket/NRC foil
 - Water container for use on the route and at refreshment stations (cup or water bladder or bottle or flask) with a total capacity of capacity of at least 0.5 liters

TOP 10 RESULTS IN HISTORY:

MEN

- **Sandor Szabo (HUN), 02:35:31 (2025)**
- Sandor Szabo (HUN), 2:39:00 (2024)
- Karol Sioła, 2:43:38 (2024)
- **Artur Jabłoński, 02:43:50 (2025)**
- Bartłomiej Łużny, 2:44:07 (2024)
- Douglas Harris, 2:46:37 (2024)
- Jonasz Szewc, 2:47:02 (2024)
- Paweł Śliwka, 2:47:20 (2024)
- Marek Matusznyi, 2:48:31 (2024)
- **Wojciech Dudek, 02:49:36.55 (2025)**

WOMEN

- **Karolina Dul, 03:07:27 (2025)**
- **Kitti Posztos (HUN), 03:10:36 (2025)**
- Natalia Tomasiak, 3:10:52 (2022)*
- Agnieszka Dygacz, 3:11:07 (2024)
- Natalia Tomasiak, 03:14:03 (2023)
- **Agata Michałowska, 03:16:27 (2025)**
- Justyna Grzywaczewska, 3:17:42 (2022)*
- **Kinga Bazan, 03:20:05 (2025)**
- Ania Halska, 03:20:07 (2023)
- Natalia Paulina Barosz, 3:21:57 (2024)

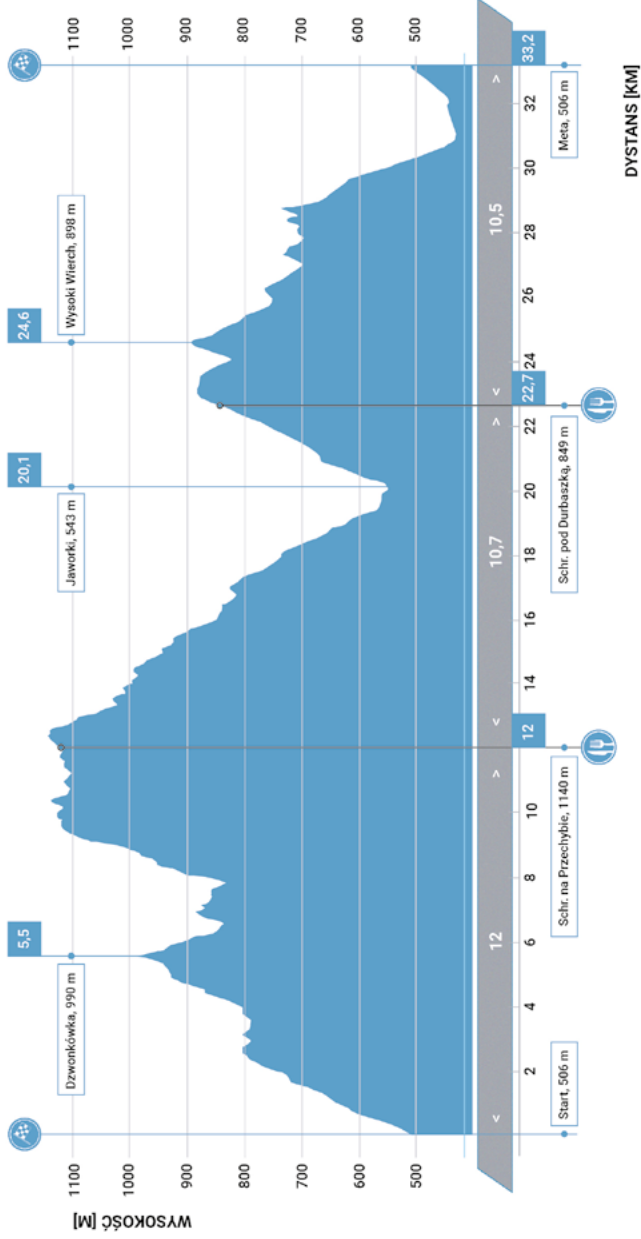
**in the 2022 edition the route did not run through Wysoki Wierch*

Remember...

Littering on the route is punishable by disqualification!



ELEVATION PROFILE OF ŻWAWE WIERCHY



WIELKA PREHYBA

- **Distance:** 43.5 km
- **Elevation gain:** +2060 m/-2060 m
- **Start:** 10:00 AM (Saturday)
- **Start and finish point:** Szczawnica, Dietl Square
- **Time limit:** 9 hours
- **Highest point:** Radziejowa, 1262 m asl
- **Refreshment points:**
 - 12 km: Schronisko na Przehybie
 - 21.7 km: Bacówka na Obidzy
 - 33 km: Schronisko pod Durbaszką
- **Mandatory equipment:**
 - Start number (placed on the top so it is always visible and readable) and a chip attached to the shoe
 - Mobile phone with a battery life of at least several hours (roaming is recommended)
 - Emergency blanket/NRC foil
 - Water container for use on the route and at refreshment points (cup, water bladder, bottle, or flask) with a total capacity of at least 0.5 liters

Remember...

All activities that may disturb the beauty of the natural areas through which the race route leads are prohibited, especially: littering. All garbage should be left at checkpoints, shelters or carried to the finish line. **Littering on the route is punishable by disqualification!**

PZLA POLISH CHAMPIONSHIP IN SHORT TRAIL MOUNTAIN RUNNING

QUALIFICATION FOR THE EUROPEAN CHAMPIONSHIPS

TOP 10 RESULTS IN HISTORY:

MEN

- Rafał Matuszczak, 3:12:15 (2024)
- **Rafał Matuszczak, 03:13:36 (2025)**
- Marcin Świerc, 3:15:19 (2016)*
- Dawid Malina, 3:16:00 (2024)
- Bartłomiej Przedwojewski, 3:16:57 (2019)*
- **Dominik Tabor, 03:18:40 (2025)**
- **Marcel Fabian, 03:20:57 (2025)**
- Bartosz Gorczyca, 3:21:57 (2016)*
- **Florian Pyszel, 03:22:46 (2025)**
- Marcin Rzeszółtko, 3:26:10 (2022)*

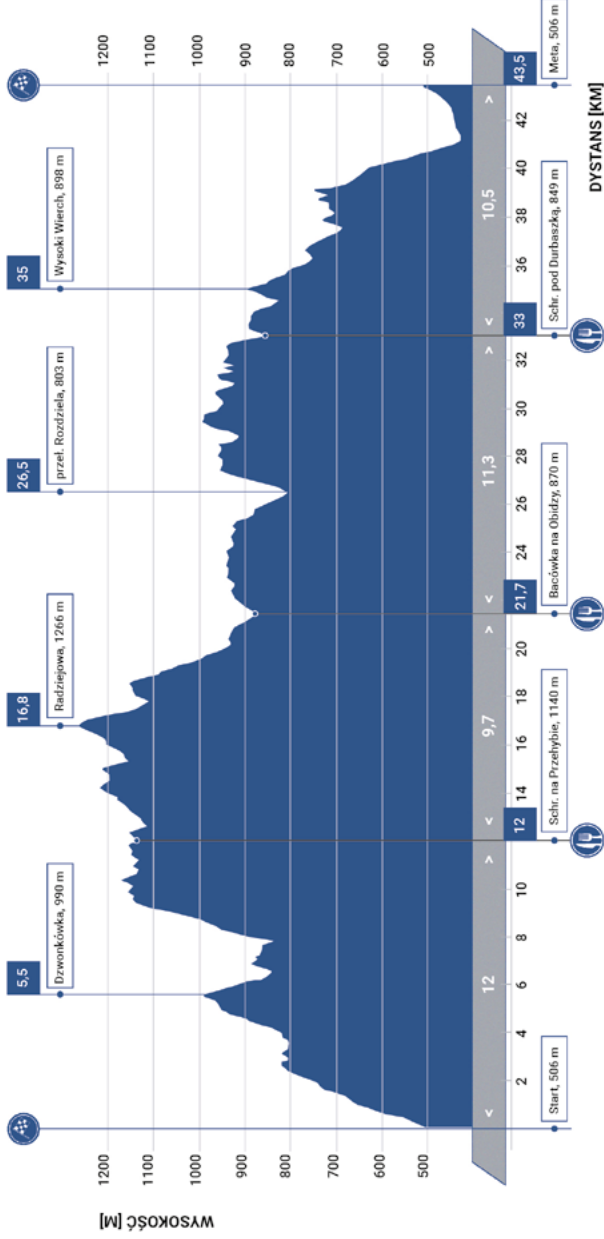
WOMEN

- Martyna Młynarczyk, 3:50:32 (2024)
- Katarzyna Wilk, 3:55:08 (2024)
- Martyna Młynarczyk, 3:56:47 (2019)*
- Katarzyna Solińska, 3:58:44 (2024)
- Edyta Lewandowska, 3:59:15 (2016)*
- **Dominika Stelmach, 03:59:34 (2025)**
- **Urszula Paprocka, 04:00:30 (2025)**
- **Katarzyna Dombrowska, 04:01:54 (2025)**
- Edyta Lewandowska, 4:02:29 (2018)*
- Dominika Stelmach, 4:02:42 (2016)*

**in editions up to and including 2022, the route did not run through Wysoki Wierch*



ELEVATION PROFILE OF WIELKA PREHYBA



WIELKA PREHYBA: 43,5 km, +2060 m/-2060 m

DZIKI GROŃ

- **Distance:** 64.4 km
- **Elevation gain:** +3200 m/-3200 m
- **Start:** 6:00 AM (Friday)
- **Start and finish line:**
Szczawnica, Dietl Square
- **Time limit:** 15 hours
- **Highest point:** Przehyba, 1162 m asl
- **Refreshment points:**
 - 12 km: Schronisko na Przehybie
 - 20.7 km: Ośrodek Ryterski
 - 33.9 km: Kosarzyska
 - 42.6 km: Bacówka na Obidzy
 - 53.9 km: Schronisko pod Durbaszką
- **Mandatory equipment:**
 - Start number (placed on the top so that it is always visible and readable) and a chip attached to the shoe
 - Mobile phone with a battery that lasts at least several hours (roaming enabled recommended)
 - Emergency blanket/NRC foil
 - Water container for use on the route and at refreshment points (cup or bladder or bottle or flask) with a total capacity of at least 1 liter
- **Limits on the route:**
 1. Bacówka na Obidzy: 10 h (4:00 PM)
 2. Schronisko pod Durbaszką: 12 h 30 min (6:30 PM)

TOP 10 RESULTS IN HISTORY:

MEN

- **Mikołaj Klimczak, 05:53:54 (2025)**
- **Jarosław Zbozień, 05:54:50 (2025)**
- **Dominik Grządziel, 06:01:19 (2025)**
- **Karol Ziajka, 06:04:27 (2025)**
- Marcin Świerc, 6:06:38 (2017)*
- Vaidas Žlabys (LTU), 6:07:58 (2024)
- Karol Matyssek, 6:08:27 (2023)
- Patryk Klag, 6:09:12 (2024)
- Bartosz Gorczyca, 6:11:38 (2017)*
- **Andrzej Kowalczyk, 06:14:23 (2025)**

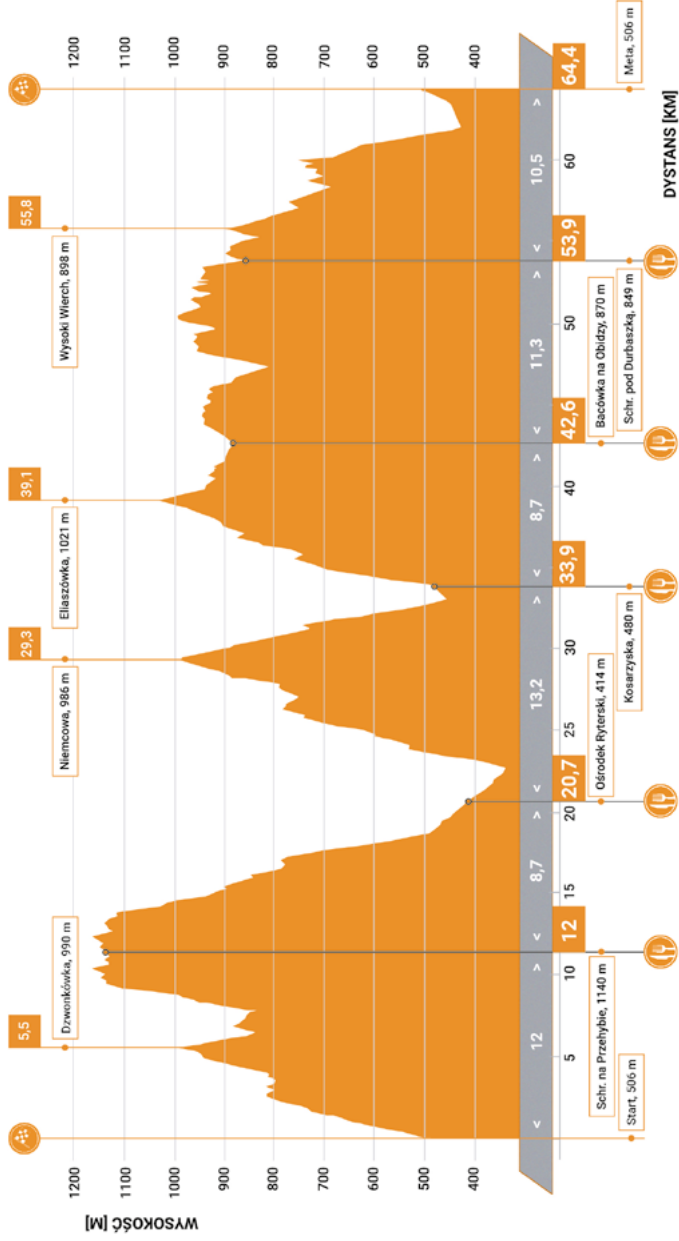
WOMEN

- Lenka Ploščicová (SVK), 7:05:50 (2024)
- Monika Dudek, 7:06:32 (2024)
- Justyna Mamala, 7:09:13 (2024)
- Sylwia Jabłońska, 7:19:52 (2024)
- Lenka Hiklová (SVK), 7:26:01 (2024)
- Karolina Wierzchowiak, 7:29:32 (2022)*
- Edyta Lewandowska, 7:34:11 (2017)*
- Marta Naczyk, 7:36:12 (2022)*
- Ekaterina Fetisova, 7:36:33 (2024)
- Iwona Kik, 7:38:10 (2024)

**in editions up to and including 2022, the route did not run through Wysoki Wierch*



ELEVATION PROFILE OF DZIKI GROŃ



DZIKI GROŃ: 64,4 km, +3200 m/-3200 m

NIEPOKORNY MNICH

- **Distance:** 95.2 km
- **Elevation gain:** +4940 m/-4940 m
- **Start:** 1:00 AM (Friday)
- **Start and finish point:** Szczawnica, Dietl Square
- **Time limit:** 20 hours
- **Highest point:** Średni Groń, 1194 m asl

- **Refreshment points:**
 - Krościenko – 11.1 km
 - Tyłmanowa – 26.8 km
 - Schronisko na Przehybie – 42.8 km
 - Ośrodek RyterSKI w Ryttrze – 51.5 km (**drop bag**)
 - Kosarzyska – 64.7 km (only water)
 - Bacówka na Obidzy – 73.4 km
 - Schronisko pod Durbaszką – 84.7 km

- **Mandatory equipment:**
bib number (placed on the top so that it is always visible and readable) and **a chip attached to your shoe, a mobile phone** with a battery life of at least several hours (roaming is recommended), **an emergency blanket/NRC foil, a water container** for use on the route and at the refreshment points (a cup or water bladder or a water bottle or flask) with a total capacity of **at least 1 liter, Headlamp/flashlight**

- **Drop bag:**
 The drop bag for the refreshment point in Rytro should be deposited just before the start in the deposit area (Zdrojowa). The drop bag will be transported to Rytro, and after the point closes, it will be available for collection in the deposit area, in the same place as other deposits. **Please note: The deposit can be collected until 9:00 PM on Saturday.**

TOP 10 RESULTS IN HISTORY:

MEN

- **Bartosz Gorczyca, 08:56:10 (2025)**
- **Bartosz Ligas, 09:51:25 (2025)**
- **Paweł Czerniak, 09:58:44 (2025)**
- Bartosz Gorczyca, 10:09:44 (2024)
- **Roman Ficek, 10:12:09 (2025)**
- Dominik Grządziel, 10:16:52 (2024)
- **Tomasz Kubicki (CZE), 10:18:49 (2025)**
- Dominik Grządziel, 10:23:21 (2021)*
- Artur Baran, 10:25:43 (2024)
- Dominik Grządziel, 10:28:23 (2022)*

WOMEN

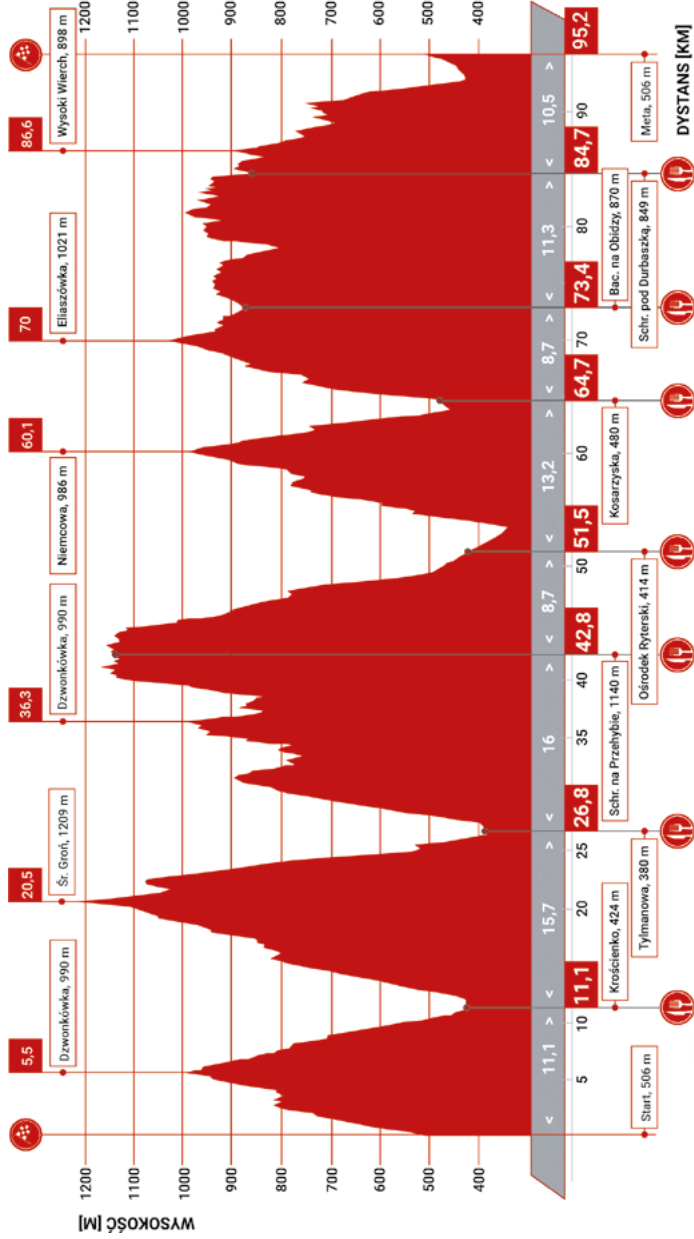
- **Kristina Kmetova (SVK), 11:50:11 (2025)**
- Małgorzata Moczulska, 11:53:42 (2024)
- Małgorzata Moczulska, 12:04:16 (2023)
- Małgorzata Moczulska, 12:04:30 (2022)*
- Alina Wyleżałek, 12:24:11.40 (2023)
- **Kristina Hanecakova (SVK), 12:29:12 (2025)**
- **Katarzyna Zych, 12:43:12 (2025)**
- Agnieszka Tatarek-Konik, 12:54:21 (2023)
- Katarzyna Zych, 12:55:02 (2022)*
- Iwona Kik, 13:12:20 (2022)*

**in editions up to and including 2022, the route did not run through Wysoki Wierch*

Time limits on the course:

1. Rytro – 11 h 15 minut (12:15 PM)
2. Bacówka na Obidzy – 15 h 30 minut (4:30 PM)
3. Schronisko pod Durbaszką – 17 h 45 min (6:45 PM)

ELEVATION PROFILE OF NIEPOKORNY MNICH



NIEPOKORNY MNICH: 95,2 km, +4940 m/-4940 m

SPISKI WĘDROWIEC

- **Distance:** 135.7 km
- **Elevation gain:** +6010 m/-5590 m
- **Start:** 3:00 PM (Thursday)
- **Start location:** Water Dam, Niedzica
- **Finish location:** Szczawnica, Dietl Square
- **Time limit:** 30 hours
- **Highest point:** Lubań, 1211 m asl
- **Refreshment points:**
Kacwin – 14.4 km; Łapsze Wyżne – 32.6 km;
Huba – 50.1 km; Tylmanowa – 67.3 km (drop bag); Schronisko na Przehybie – 83.3 km; Ośrodek Ryterski w Ryttrze – 92 km; Kosarzyska – 105.2 km (only water); Bacówka na Obidzy – 113.9 km; Schronisko pod Durbaszką – 125.2 km
- **Mandatory equipment:**
bib number (placed on the top so that it is always visible and readable) and **a chip attached to your shoe, a mobile phone** with a battery life of at least several hours (roaming is recommended), **an emergency blanket/NRC foil, a water container** for use on the route and at the refreshment points (a cup or water bladder or a water bottle or flask) with a total capacity of at least 1 liter, **Headlamp/flashlight**
- **Time limits on the route:**
 1. Tylmanowa – 15 h (Friday, 6:00 AM)
 2. Rytro – 20 h 30' (Friday, 11:30 AM)
 3. Bacówka na Obidzy – 25 h 15' (Friday, 4:15 PM)
 4. Schronisko pod Durbaszką – 27 h 45' (Friday, 6:45 PM)
- **Transport to the start:**
Buses depart at 13:45 from the Bus Station opposite to the Lower Park (Park Dolny) in Szczawnica.

TOP 10 RESULTS IN HISTORY:

MEN

- Artur Baran, 16:07:12 (2025)
- Szymon Wolek, 16:49:25 (2025)
- Adrian Skoczylas, 17:06:33 (2025)
- Robert Włochal, 17:48:42 (2025)
- Wojciech Ścieszka, 18:13:56 (2025)
- Tomasz Puskarz, 18:24:35 (2025)
- Krzysztof Bogaczyk, 18:35:09 (2025)
- Łukasz Adler, 18:47:12 (2025)
- Eimantas Daujotas (NOR), 18:47:34 (2025)
- Zbigniew Prucnal, 18:48:19 (2025)

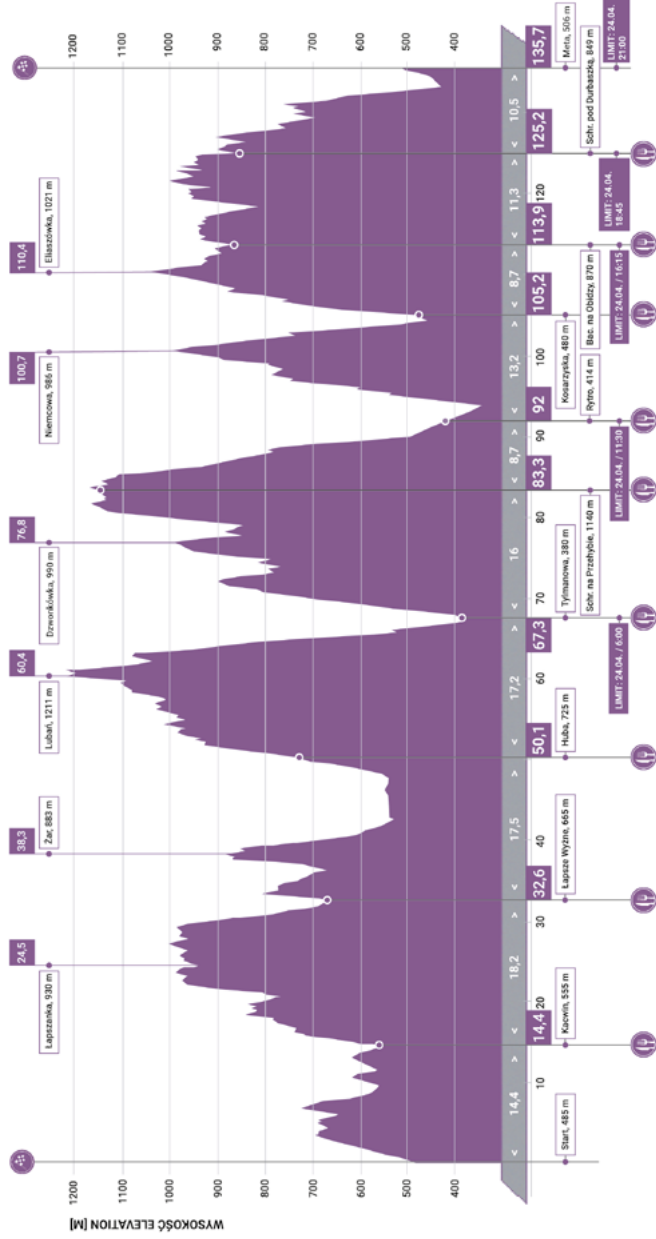
WOMEN

- Kamila Zalewska, 20:59:30 (2025)
- Sara Kołcz, 22:37:05 (2025)
- Iuliia Oshchepkova, 22:59:45 (2025)
- Aleksandra Sobczak, 23:28:56 (2025)
- Żaneta Luda, 24:24:21 (2025)
- Marta Dorenda, 26:13:27 (2025)
- Alicja Wosztyl, 26:31:13 (2025)
- Joanna Lenart, 26:34:08 (2025)
- Patrycja Dettlaff, 27:22:07 (2025)
- Ewa Wardak, 28:32:38 (2025)

— Drop bag:

The drop bag for the point Tylmanowa (67.3 km) should be deposited in the deposit area in Szczawnica, before departure to the start. The drop bag will be transported to Tylmanowa, and after the point closes, it will be available for collection in the deposit area in Szczawnica. **All drop bags and deposits must be collected from the deposit area by 9:00 PM on Saturday.**

ELEVATION PROFILE OF SPISKI WĘDROWIEC



SPISKI WĘDROWIEC: 135,7 km, +6010 m/-5590 m

DYSTANS / DISTANCE [KM]



HOTEL MARIA
SZCZAWNICA

Szukasz idealnego miejsca na relaks w Szczawnicy?

Hotel Maria & SPA to odrestaurowany, klimatyczny obiekt położony w najlepszej lokalizacji – w Parku Dolnym, blisko centrum i najpiękniejszych terenów spacerowych.

Hotel oferuje komfortowe pokoje dwuosobowe i rodzinne, a w cenie pobytu zapewnia śniadania, parking, siłownię oraz dostęp do strefy SPA. Na Gości czeka relaks w jacuzzi, seansie w saunach oraz wyjątkowa grota solna, która sprzyja regeneracji, poprawie samopoczucia.

Do dyspozycji Gości jest również wypożyczalnia rowerów, dzięki której można aktywnie odkrywać uroki Szczawnicy i malowniczych tras Pienin.

RESTAURACJA



Na miejscu znajduje się restauracja Przystań Smaków, serwująca dania inspirowane kuchnią regionalną.

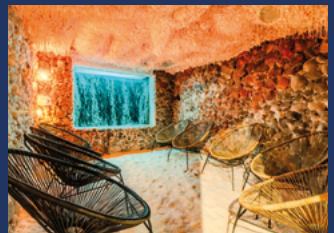
Hotel Maria & SPA to połączenie wygody, doskonałej lokalizacji i wyjątkowej atmosfery – idealne miejsce na romantyczny weekend we dwoje lub rodzinny wypoczynek.

Hotel Maria & SPA

Park Dolny 10, Szczawnica

tel. 18 262 13 42

hotelmaria-szczawnica.pl



MAŁOPOLSKA LOVES SPORT, ATHLETES LOVE MAŁOPOLSKA!

The Małopolska Voivodeship has been building its position for years as one of the most important sports regions in Poland. It is a place where natural conditions meet modern infrastructure, creating ideal conditions for both practicing sports and organizing top-tier events. Thanks to this, Małopolska not only attracts tourists but also becomes an arena for competition among the best athletes from around the world.

A huge asset of the region is its geographical diversity. Mountainous areas including the Tatras, Beskids, and Pieniny offer excellent conditions for practicing winter and summer sports. Skiing, climbing, trekking, and mountain running enjoy great popularity here, and the number of their enthusiasts grows year by year. At the same time, picturesque valleys, rivers, and forests favor activities such as cycling, canoeing, or running, making the region attractive for people of various advancement levels.

Małopolska is also a dynamically developing center for sporting events. International-level events are regularly held here, attracting athletes and fans from all over the world. These include, among others: Ski Jumping World Cup, Małopolska Mountain Race, Hill Climb Limanowa, Hubert Jerzy Wagner Memorial, Cavaliada in Cracow.

The cyclical nature of these events makes the region a permanent point on the sports map of Europe, while simultaneously allowing fans to plan their visits well in advance.

Mountain running occupies a special place in the sports landscape of Małopolska. The region has gained the reputation of being one of the most important destinations for lovers of this discipline, offering diverse routes with various degrees of difficulty. One of the most recognizable events is the Pieniny Ultra-Trail® festival, which every year attracts both experienced ultra-marathoners and people beginning their adventure with mountain running. The competitions take place in the picturesque scenery of the Pieniny Mountains, and participants face demanding

routes, such as the section from Tylmanowa or Ochotnica to Lubań – considered one of the most difficult outside the Tatras.

The region's role as a host of Polish, European, and World Championships is also significant. Organizing such prestigious events is not only proof of a high level of infrastructural preparation but also a chance to promote Małopolska on the international stage. Partnership in key sporting events strengthens its image as a modern, active place that is open to sports.

It is worth emphasizing that sport in Małopolska is not

International-level events in Małopolska include: Ski Jumping World Cup, Małopolska Mountain Race, Hill Climb Limanowa, Hubert Jerzy Wagner Memorial, and Cavaliada in Cracow.

just about big events, but also the daily activity of its residents. A wide recreational offer and access to diverse terrains favor a healthy lifestyle and the development of sporting passions among the local community. Numerous runs, marathons, and sports festivals organized in the region integrate residents and build the sporting identity of Małopolska.

Thanks to the combination of tradition, modernity, and unique natural conditions, Małopolska consistently strengthens its position as the „arena of champions”. It is a complete region – for both professional athletes and amateurs who want to spend time actively surrounded by some of the most beautiful landscapes in Poland.



**Małopolska kocha sport,
sportowcy kochają
Małopolskę**



EMPATON

AN AWARD FOR HEARTFELT MINDFULNESS

„You look like a fresh breeze of spring...” – hearing something like that on a mountain trail can be a surprise. But what a great job it does! It's a double win: first, it made the thoughts that had been paralyzing for dozens of kilometers vanish at just the right moment; and second, it earned first place in the Empaton contest!



Gabriela Turczynowicz @sportowablondyna, the author of that shout, was running Wielka Prehyba. Aga heard the compliment just before the “dreaded finish – a technical rocky descent where ropes were required.” Of course, it didn't end with just a shout. Gabriela calmly and practically coached Aga on how to tackle the difficult section, and “her coolness and patience helped me push through the crisis at the very end of the route, and then cross the finish line with tears of joy – luckily, I managed to hug her and thank her for everything!”

But Gabi's heartfelt mindfulness didn't stop there. We actually received a second nomination for her from the very start of Wielka Prehyba. Klaudia wrote that she injured her leg right at the start. There were no shouts this time (at least none on record), but there was practical gear assistance and a ton of hugs, which Klaudia desperately needed at that moment.

Isn't that the very essence of heartfelt mindfulness? For us, it certainly is!

How to submit a nomination for the Empaton 2026 award?

By Monday, April 27, 2026, at 8:00 PM, send an email to: empaton@rakanroll.pl

In your message:

- describe the situation;
- provide as much detail as possible about the nominee, including their name or bib number if possible – anything that helps us get in touch;
- provide your own name and phone number.

EMPATON is an award for heartfelt mindfulness on the Pieniny Ultra Trail® routes. Any race participant, as well as spectators, volunteers, or even random passers-by who witness an act of empathy, can submit a nomination. Each year after the race, the contest inbox sees more and more entries! We are thrilled because it shows you've really embraced the idea!



RESORT & SPA
**SZCZAWNICA
PARK**



ODKRYJ PIENIŃSKIE SPA I WEJDŹ DO ŚWIATA RELAKSU

**POŁĄCZ TRENING W OTOCZENIU NATURY
Z ODPOCZYNKIEM W GÓRSKIM SPA!**



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www.szczawnica-park.pl

TASTE SZCZAWNICA

Can you combine a passion for running with a family adventure? In Szczawnica, it's natural! Everyone will find something for themselves here. This Pieniny town not only delights with its running routes but also tempts with countless attractions. Here, every step is history, flavor, and positive emotions.

Dietl Square – the heart of Szczawnica and a history that inspires.

This is where the heart of the health resort beats. Dietl Square is a place where Józef Szalay himself used to visit – an extraordinary visionary who made Szczawnica one of the most charming health resorts in Poland. You can sit here for a moment, drink medicinal waters, and feel the atmosphere of olden times. It is worth discovering his traces – while walking, you will discover architectural gems that are a testament to this extraordinary history.

Homole Gorge and Biała Woda – wild nature at your fingertips

Do you dream of a running route that leads through crystalline streams, rock walls, and lush greenery? Homole Gorge is a true fairy tale – paths full of natural beauty, perfect for trail running. And if you want to take a deep breath among the Pieniny glades, be sure to visit Biała Woda – here time slows down, and nature delights in its purest form.





Rafting on Dunajec river – pleasure in a water version

Man does not live by running alone! Dunajec river offers emotions you won't find anywhere else – a traditional raft trip is relaxation with a view of the river gorge, while rafting is an adventure for those who prefer to feel the thrill of rushing water. Ideal regeneration after a demanding workout – only in Szczawnica!

The Pieniny Road – running to the rhythm of Dunajec river

If you run for the views and perhaps less for the adrenaline, the Pieniny Road will become your favorite place. It is one of the most beautiful routes in Poland – leading along the Dunajec Gorge, offering views of the majestic Pieniny Mountains and the Dunajec winding between them. But it's not just a paradise for runners! The route is also ideal for cyclists and families – every kilometer is pure pleasure.



A mineral „shaker” straight from the ground

Forget about chemical isotonic drinks in plastic bottles. A true running „power up” awaits at Dietl Square, in the heart of the health resort. It is here that you can taste the medicinal waters of Szczawnica, which for generations have put even the toughest individuals back on their feet. After training, your muscles need to return to normal quickly; they need the minerals you can find in the Mineral Water Pump Room in Szczawnica.

- **The „Stefan” spring** is a solid dose of magnesium and calcium – your natural remedy against cramps.
- **The „Józefina” spring** – the oldest lady among Szczawnica’s waters, ideal for soothing the throat after a fast run on a cool morning. Natural acidulous waters express-neutralize lactic acid; by drinking them, you treat your legs to express regeneration. nogom ekspresową regenerację.

Palenica – height, adrenaline, and breathtaking landscapes

Palenica is a must-see for everyone who visits Szczawnica. You can run up here, take the cable car, or... conquer it by bike. At the top, spectacular views of the Tatra and Pieniny Mountains await you, and for those who love stronger sensations – a summer toboggan run that will speed you up like the best finish in a race.

Rajd Stud – horses, freedom, and the magic of Pieniny

For lovers of four-legged adventures, Szczawnica has something special – the Rajd Stud. It’s a place where you can feel freedom in the saddle, galloping across Pieniny meadows or choosing a calmer first ride.

Stay longer

– events you must experience

- **Spring Redyk in Jaworki** (May 2) – see how highlanders drive sheep to summer pastures! We invite you to Mjysonie Łowiec!
- **Pieniny Midsummer Night** (June 20) – a magical night with fire shows!
- **Szczawnica Lam Festival** (July 4) – the largest and most delicious holiday in the Pieniny.
- **Autumn Redyk** (October 9-10) – the largest Redyk in Poland, only in Szczawnica – come and see for yourself, because there is nothing more beautiful than this event.
- **St. Lucy’s Eve** (December 12) - Hej boginki, carownice – uciekajcie ze Scownice! This is a loud and remarkably colorful event. If you want to walk in the highlanders’ procession driving away evil forces – be sure to bring a pot and a spoon!



Flavors of Pieniny – a feast for the palate

After an intense day, it's time for something special – highlander flavors! Kwaśnica on a smoked rib, oscypek with cranberry, trout straight from a mountain stream – this is just the beginning of your culinary adventure. And for dessert? Homemade pastries and aromatic coffee in one of the charming Pieniny cafes.

Time to relax

The largest offer of SPA treatments, often rehabilitative in nature, only in Szczawnica! Did you know that near the Pieniny health resort there are as many as four of the largest thermal centers with medicinal water in the area – Terma Bania, Bukovina, Gorący Potok, Chochołowskie Termy, or the Slovakian Vrbov and Aqua Poprad? Have you heard that only an hour's drive separates you from Slovakian attractions? A rest in Szczawnica is an ideal opportunity for a one-day trip abroad.

Taste Szczawnica!

Szczawnica is a running paradise that offers much more than just kilometers of trails. It is a unique combination of a mountain challenge with the healing power of medicinal waters. It is here, drinking water from the "Stefan" or "Józefina" springs, that you give your body the best for regeneration. Come, run along the Dunajec, conquer the peaks, taste the waters and local cuisine.

Taste Szczawnica with all your senses!



RESTAURACJA
POD HOLEJKA

TU TRADYCJA ŁĄCZY SIĘ
Z NOWOCZESNOŚCIĄ...

Regionalna kuchnia z nowoczesnym twistem, zlokalizowana przy dolnej stacji kolei Pałenica. Przyjdź i rozsmakuj się w naszych cepelinach z jaginięciną, które zajęły pierwsze miejsce w konkursie kulinarnym organizowanym w 2025 roku w Szczawnicy!



PALENICA

TWOJE MIEJSCE
ZE SMAKIEM!

Wyjątkowe miejsce na kulinarnej mapie Szczawnicy. Idealne na relaks po wycieczce rowerowej, czy powrocie z górskiego szlaku. Szybkie dania w wersji premium - tutaj każdy znajdzie coś smacznego!



SZAŁAS
PALENICA

NA KAŻDY
MAŁY GŁÓD

Szałas Pałenica zlokalizowany na górnej stacji kolei linowej Pałenica oferuje szybkie dania z pięknym widokiem na góry.



LET'S RUN TOGETHER IN THE PIENINY AND EVERY DAY

Mountain paths, sunrises over peaks, and moments of silence broken only by the rhythm of footsteps. Pieniny Ultra-Trail® is more than a race. It is an experience that combines sport, nature, and emotions. This is precisely why the event fits perfectly into the strategy of PKO Biegajmy razem (Let's run together) program, which promotes an active lifestyle and the joy of movement. In line with this idea, PKO Bank Polski is supporting the event as a main sponsor for the third year in a row.

Fot.: Dominik Kalamus



PKO “Biegajmy razem” program

PKO Bank Polski’s involvement in Pieniny Ultra-Trail® is part of a broader context of the PKO Biegajmy razem program. An initiative that has been supporting the development of running in Poland for years. The program combines sponsorship, educational, and social activities, encouraging regular physical activity regardless of the level of advancement. On the pro-

gram’s website, you can find news from running routes across the country, event reports, contests, and materials inspiring you to start or continue your running adventure. PKO Biegajmy razem program means presence at dozens of the largest running events throughout the year, as well as support for training programs and sports initiatives across Poland. Events often offer additional amenities for the bank’s clients. An example is PKO Half Marathon in Łódź, where PKO Bank Polski clients can benefit from a lower entry fee. Such initiatives aim to encourage physical activity and make participation in running events easier for as many people as possible. Thanks to this, thousands of people can stand at the start of competitions every year, fulfilling their sporting goals – from the first 5 kilometers to demanding mountain runs.

Running for everyone

Running is not just about the largest races in Poland. In over 100 locations across the country, free meetings are held regularly as part of the **parkrun** initiative, also supported by PKO Bank Polski. The project attracts both beginners and experienced

runners. It is an opportunity to check your form over a distance of 5 km - by running or walking - to be a volunteer, or simply to spend a Saturday morning actively.

The current calendar and meeting map can be found on PKO Biegajmy razem program website: pkobiegajmyrazem.pl/wydarzenia

Running that helps

The activities of PKO Biegajmy razem program are not only sporting but also social and charitable in nature. For years, participants in events supported by PKO Bank Polski have joined in helping those in need as part of the “I run for...” campaign.

In 2025, this initiative was carried out under the slogan “I run for a healthy head”, drawing attention to the importance of mental health. The central point of this activity is the annually organized PKO Charity Run, which will take place for the 10th time this year.

This is a unique event where participants not only compete sportingly but, above all, support important social goals. The run has become a symbol of sporting solidarity and collective action. So far, more than 47,400 participants have taken part in the event, and the PKO Bank Polski Foundation has donated over 12.3 million PLN to charitable causes. Thanks to these funds, support was provided to, among others, care and educational facilities, orphanages, hospices, and organizations dealing with mental health support and the education of the youngest.



Movement for the health of body and mind

Running, both in the mountains and on urban routes, is one of the simplest and most accessible forms of movement. It does not require complicated equipment or specialized infrastructure. All you need are shoes, a bit of motivation, and the first step. At the same time, regular physical activity is one of the most important pillars of physical and mental health. Movement strengthens the cardiovascular system, improves the body's efficiency,

Fot.: Dominik Kalamus

and supports immunity. More and more is being said about its impact on mental health. Regular physical activity helps reduce stress, improves concentration and sleep quality, and supports emotional balance. For many, training is a moment of stillness in the daily rush, giving a moment just for oneself, a space to organize thoughts and regain energy. Physical effort in natural surroundings, such as Pieniny trails, further enhances this effect, allowing for a true mental reset. Mountain runs teach humility, patience, and consistency. On the route, everyone faces not only the distance and elevation gains but also their own limitations. It is an experience that builds character and gives satisfaction beyond the sporting result. Pieniny Ultra-Trail® fits perfectly into this idea. This is an event for those looking for challenges, but also for those who find peace and space in the mountains to cross their own boundaries. This is why supporting such events is of particular importance to PKO Bank Polski. We believe that every start, regardless of the distance, matters. Every kilometer is a step toward better well-being, greater self-confidence, and health. Whether you are fighting for a personal best in the Pieniny or simply want to reach the finish line with a smile, we are with you. Let's run together in the mountains, in the cities, and wherever a beautiful sporting story begins.

PKO Biegajmy razem:
www.pkobiegajmyrazem.pl



PALENICA
GRUPA PKL

PKL Palenica aktywnie przez cały rok

Palenica w Szczawnicy to popularne miejsce wypoczynku w sercu Pieniny. Z centrum miasta w kilka minut można wyjechać naszą koleją krzeselkową na szczyt, skąd rozciąga się panorama na Pieniny, Beskid Sądecki oraz przy słonecznej pogodzie na Tatry. Na górze znajduje się nasz punkt gastronomiczny, Szalas Palenica oraz zjeżdżalnia grawitacyjna.

Latem Palenica jest **świątynią punktem startowym dla pieszych wycieczek i tras rowerowych**, a **zimą** działa tu **nowoczesny ośrodek narciarski** z oświetlonymi i naśnieżanymi trasami o różnym stopniu trudności, w tym trasą sportową Palenica I oraz rodzinną Palenica II.

Willa i Restauracja **Pod Kolejką**

Tuż przy dolnej stacji kolei znajduje się **Willa Pod Kolejką** – komfortowe miejsce noclegowe będące idealną bazą do aktywnego wypoczynku w Pieninach. Oferujemy wygodne pokoje, możliwość noclegu z wyżywieniem oraz strefę odnowy biologicznej po dniu spędzonym w górach.

Przy Willi działa również **Restauracja Pod Kolejką**, w której serwujemy dania inspirowane regionalną kuchnią Pienin. W budynku znajduje się także całoroczną wypożyczalnię sprzętu sportowego – zimną nart i snowboardów, a latem rowerów, w tym rowerów elektrycznych.



FOR THE LOVE OF TRAIL

HOKA is a brand that has revolutionized the running shoe market in a short time. Its trademark is maximum cushioning combined with low weight, which initially sparked distrust among runners, but today constitutes a standard in many running segments - including trail.

Revolution in trail running

The brand was founded in the French Alps with the goal of covering mountain routes faster and more safely. The creators, who competed in trail races themselves, opted for a completely different approach than the competition - instead of minimalism, they proposed more foam, better protection, and greater comfort. Over time, HOKA gained recognition from both amateurs and professionals,

particularly in the ultra-running community. HOKA significantly influenced the development of off-road running. Thanks to increased cushioning, runners can cover longer distances with less muscle fatigue. At the same time, the shoe's construction ensures stability, which is crucial on uneven mountain trails. The brand contributed to a change in approach - trail stopped meaning a compromise between comfort and safety.



HOKA trail offer

In HOKA's trail offer, we find shoes tailored to various needs. From models with maximum cushioning for ultra distances, through more dynamic ones for shorter runs, to constructions designed for very technical terrain. They differ in tread aggressiveness, level of support, and weight, allowing the footwear to be matched to the running style, distance, and conditions.





Speedgoat - an iconic trail model

Among the trail models, the Speedgoat holds a special place. It is one of the most recognizable shoes in HOKA's offer, valued for its versatility. The name refers to the legendary ultra runner from Utah - Karl Meltzer, who was nicknamed „Speedgoat.“ It is a model for a wide range of runners - from intermediate to experienced trail runners. It works best for those competing in longer ultra runs who value comfort, stability, and safety in difficult and variable mountain conditions. It is one of the pillars of the brand's trail offer and one of the most frequently chosen shoes in its segment.

Construction and technologies of the HOKA Speedgoat model

Every version of the Speedgoat model is characterized by a thick, well-cushioned sole that effectively damps shocks. At the same time, the shoe maintains stability, which is key on uneven ground. The aggressive tread ensures very good grip, even on wet and loose surfaces. The upper was designed to hold the foot well while providing breathability. The whole remains relatively light for such an advanced trail model. In practice, the Speedgoat series excels primarily over long distances. It ensures high comfort, limits foot fatigue, and gives a sense of security on technical sections. It handles well on both stony trails and muddy terrain.





Speedgoat 7 - the latest version of the legendary model

The new, seventh edition of the iconic Speedgoat has been facelifted to better respond to the challenges of mountain routes while maintaining the features for which runners loved the entire series. The midsole has been modified, this time made of SCF supercritical foam, which provides high responsiveness and even greater energy return. Thanks to the use of lighter, more dynamic, and resilient material, the shoes allow for comfortable acceleration on the trail. The upper was also facelifted, featuring a flexible construction that adapts to the foot. The whole was made of ultralight RPET material, which ensures durability while maintaining breathability. The heel collar has also been improved to effectively hold the foot, preventing it from shifting during the run.

A modified 5 mm lug layout in the Vibram® Megagrip tread guarantees effective grip in all terrain - on both dry and wet surfaces. Speedgoat 7 joins HOKA's trail family of models, combining comfort, grip, and durability that perfectly meets the needs of modern runners.

HOKA - the perfect choice zfor ultra runs

HOKA's popularity in trail is no accident. This brand's shoes offer high comfort even during many hours of running, effective protection against irregularities, and good grip. HOKA played a huge role in the development of trail running, changing the way of thinking about off-road footwear, which it continues through the constant search for new solutions and technologies for even better support for runners.



PRODUKCJA OPAKOWAŃ

KARTONY I OPAKOWANIA

- OPAKOWANIA JEDNOSTKOWE I ZBIORCZE
- MIKROFALA I KASZEROWANIE
- SZTANCOWANIE (HEIDELBERG / BOBST)
- KLEJENIE KARTONIKÓW
- PROTOTYPY I KRÓTKIE SERIE



DRUK REKLAMOWY I BIUROWY

KOMPLEKSOWA PRODUKCJA

MATERIAŁÓW DRUKOWANYCH

- KATALOGI I BROSZURY
- ULOTKI, TECZKI OFERTOWE
- MATERIAŁY POS, PLAKATY
- WIZYTÓWKI I PAPIERY FIRMOWE I INNE



WIELKI FORMAT

DRUK DO REKLAMY I EKSPOZYCJI

- DRUK LATEKSWY HP
- DRUK Z BIAŁYM KOLOREM
- FOLIE, NAKLEJKI
- BANERY, PLAKATY I INNE

- ◆ KRÓTKIE TERMINY REALIZACJI
- ◆ WYSOKA JAKOŚĆ DRUKU
- ◆ INDYWIDUALNE PODEJŚCIE
- ◆ NOWOCZESNY PARK MASZYNOWY
- ◆ KOMPLEKSOWA PRODUKCJA

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SMALL ELEMENT, BIG DIFFERENCE: RUNNING SOCKS – NEW FROM BUFF®

When you start in Pieniny Ultra-Trail®, every detail matters. From well-chosen shoes, through technical clothing, to what touches your foot – **socks**. In mountain running, it is often they that decide whether the kilometers pass comfortably or end with painful chafing and blisters. Therefore, **BUFF®**, known for its iconic neckwear and accessories, has introduced a new product category – **technical socks for runners**. This is a step that changes the

approach to running: every success begins with the feet.

Why do good socks matter?

One poorly chosen pair can ruin the entire run. Hot spots, shifting seams, or moisture can disrupt rhythm and comfort.

BUFF® Socks were created to prevent this. Good running socks don't just prevent chafing – they regulate temperature, wick away sweat, support the arch of the foot, and adapt to movement. Their task is to support, not to hinder.

The key features of good running socks are:

- **Moisture-wicking materials** – they keep feet dry even during high intensity.
- **Seamless construction** – minimizes pressure points and the risk of chafing.
- **Compression zones** – support the foot and reduce muscle fatigue.
- **Thermoregulation** – cooling in the heat, warmth in the cold.
- **Eco-friendly materials** – high quality and sustainable fibers.

Such features allow for reduced discomfort, enabling full focus on the run.

CoolNet™ – lightness and breathability on hot days

For Pieniny Ultra-Trail® runners who like a high tempo and start on warmer days, BUFF® created **CoolNet™ Socks**. Inspired by CoolNet™ technology from BUFF® neckwear, these socks provide **maximum ventilation and moisture wicking**.

The most important features of CoolNet™:

- **95% recycled REPREVE®** polyester – lightweight, quick-drying, eco-friendly.

- **HeiQ Smart technology** – adapts the temperature to the intensity of exertion.
- **Seamless** – no chafing or irritation.
- **Mesh zones** – increased breathability. Ideal for fast segments, intervals, road running, mountain terrain, or on a treadmill. CoolNet™ is **lightness, breathability, and comfort kilometer after kilometer**. Thanks to them, feet stay dry, and the risk of chafing is minimal.



DryFlx® – support and comfort in difficult conditions

When the temperature drops and the route becomes more demanding,

DryFlx® Socks come to the rescue. Created for ultra runners who cover long distances in variable weather conditions.

The most important features of DryFlx®:

- **360° seamless knitting** – full foot comfort, zero pressure points.
- **Compression zones** – support for the arch and ankle.
- **Cushioned sole** – shock reduction and thermal insulation.
- **Reflective elements** – better visibility in low light.

They perform well on cold mornings, on uneven mountain terrain, and during long runs. Comfort, warmth, and safety in one pair of socks.

And after the run? Time for recovery and hiking Merino

Pieniny Ultra-Trail® is a huge challenge for the feet. After crossing the finish line, it's time for a walk around Szczawnica, light trekking,

or a mountain march. That's when hiking socks made of merino wool from BUFF® will prove useful.

Merino breathes, wicks away moisture, regulates temperature – it warms in the cold and cools in the heat, while

the appropriate height protects the ankle and prevents debris from getting inside. After effort, feet need comfort and recovery – Merino allows them to rest while maintaining the technical properties of running socks.

TIPS:

1. **Match the material to the climate** – heat? CoolNet™. Cold? DryFlx®. Recovery? Merino BUFF®.
2. **Choose seamless** – less chafing, greater comfort.
3. **Adapt to the terrain** – mountain trails require cushioning, asphalt requires lightness.
4. **Fit** – a perfectly fitting sock reduces friction and improves energy transfer.
5. **Sock rotation** – alternating between several pairs allows for extending their lifespan.



In Pieniny-Ultra Trail®, every kilometer is a challenge, and your feet are the foundation of your success. BUFF® socks are more than an accessory – they are technology, comfort, and support in one. Regardless of whether you are conquering trails on hot days or recovering during a mountain walk, properly chosen socks will allow you to go – and run – further.

Every success begins with the feet – start yours with BUFF®.

Pozwól sobie na relaks

Hotel Spa Budowlani to połączenie komfortowego hotelu, relaksującego SPA i nowoczesnego Sanatorium.

Jest to miejsce stworzone z myślą o wypoczynku, ogólnej poprawie zdrowia i samopoczucia.

Oferujemy wachlarz usług wypoczynkowych i rehabilitacyjnych, zabiegi upiększające i odnowy biologicznej oraz pyszną i zdrową kuchnię.



HOTEL | SPA | SANATORIUM



ul. Zdrojowa 27
34-460 Szczawnica



18 262 2510



spabudowlani.pl



repcja@spabudowlani.pl



Hotel Spa Budowlani



hotelspabudowlani



NO ONE HAS TO GO THROUGH CANCER ALONE

One of the Rak'n'Roll Foundation's goals for 2026 is to support people going through cancer by highlighting the role of those who accompany them - family, loved ones, and friends. A new situation, extreme emotions, and numerous challenges mean that not only patients but also their companions need care, knowledge, and concern.

As many as 6 out of 10 people suffering from cancer experience a sense of social isolation - phones stop ringing, relationships weaken, and patients are left alone with fear, anxiety, and uncertainty about the future. This phenomenon is known as *cancer ghosting*.

As a Foundation, however, we see the other side of this phenomenon. The news that a loved one has cancer often leaves family, friends, and acquaintances lacking the words, skills, and courage to show support. Meanwhile, the presence of loved ones has a real impact on health: it reduces stress, improves

mood, and strengthens motivation for treatment, which can translate into more effective therapy.

This year, we decided to respond to this problem by launching the *"No one has to go through cancer alone"* campaign, which includes the *"first word"* project. This is a free tool available on our website: raknroll.pl/pierwszeslowo

"First Word" helps loved ones of people with cancer overcome fear and uncertainty. It provides tips on how to start a conversation, express emotions, and show support, as well as what to avoid when in contact with a person who is ill. The tool was created in collaboration with a psycho-oncology specialist, the Foundation team, and oncology patients, which allowed for the inclusion of key communication nuances in crisis situations. We encourage you to use these tips and introduce a "helpful presence" into your relationships - especially when it is the most important thing we can give to a sick person.



„Nie wiem, co powiedzieć, żeby było łatwiej, ale chcę, żebyś wiedział(a), że możesz na mnie liczyć”.

**2025 at Rak'n'Roll?
See how much good
happened thanks to
our collective energy!**

The past few months have been a time of intensive work, wise support, and hundreds of stories where living well and with joy despite illness was at the forefront. Every conversation, every gesture, and every initiative created a real change in the lives of thousands of people – patients, their loved ones, and those who are just learning to care for their health. See who benefited from this help and how:



◀ **185 beneficiaries joined the „Head to the Sun!“ program.** We help them navigate the complex healthcare system and organize financial support for surgeries, therapies, and rehabilitation.



◀ **580 women received beautiful wigs.** This allowed them to feel better and gain the strength to overcome the illness.

◀ **576 people received psychological and psycho-oncological support.** These are patients and their loved ones whom we helped manage emotions appearing at various stages of treatment – such as the paralyzing fear after diagnosis – through 1,248 “good conversations”.



◀ **13 pregnant women with cancer received comprehensive support.** We provide them with knowledge, help them with treatment, and assist in giving birth to a healthy child. We surround them with oncological, obstetric, gynecological, psychological, dietary, physical activity, and beauty care, as well as a community of women in the same situation.

▶ **64 men joined the RakMeni program.** We created a male community where one can openly talk about experiences, needs, and emotions related to illness, while acquiring the knowledge needed for active participation in treatment and recovery.



◀ **384 people participated in workshops and meetings.** These are patients and survivors whom we help take their minds off the illness and draw strength from shared cultural and sports activities.

▸ **18 women rebuilt their relationship with a body changed by illness.** We supported these women in rebuilding their relationship with their bodies and discovering their sexuality.

▸ **154 survivors moved forward with their lives.** We helped them process the trauma of illness and take a step into the future.



▸ **113,718 people were encouraged to take care of their health.** These are healthy people whom we inspired to make conscious choices, practice self-care, and confirm their health through preventive screenings.



This is only a fraction of what we have been doing over the past few months. Once again, we invite each of you to join and co-create the Rak'n'Roll Foundation projects. **So that no one has to go through cancer alone.**

RUNNING FOR A GOOD CAUSE MAKES THE MILES FEEL LIGHTER!

#BIEGAMDOBZRZE MAKES ITS DEBUT IN THE MOUNTAINS AS PART OF PIENINY ULTRA-TRAIL®.

You can transform an ordinary run into one that truly helps—that is the magic of #BiegamDobrze. After years of success in Warsaw, this charity initiative by the “Warsaw Marathon” Foundation is heading to the mountains for the first time to support the beneficiaries of Rak’n’Roll Foundation. By participating in #BiegamDobrze at Pieniny Ultra-Trail®, you can test yourself on mountain trails while ensuring that no one has to face cancer alone.

What is #BiegamDobrze?

#BiegamDobrze is a project by the „Warsaw Marathon” Foundation and the first running initiative in Poland based on an active charity model. Charity running is a globally popular way to give back; in fact, runners raising funds for specific causes often make up the majority of participants at the world’s most prestigious events. The London Marathon is the largest event of its kind, with participants raising over £600 million for charity since 1981! Until now, this opportunity was only available to participants of Warsaw-based races organized by the Foundation. The community has embraced it eagerly - 13,919 #BiegamDobrze runners have raised a total of 11,656,491.5 PLN.

This year, thanks to the Rak’n’Roll Foundation’s initiative, the idea was born to take #BiegamDobrze outside of Warsaw - specifically to the mountains of Pieniny Ultra-Trail®.

We Run for Rak’n’Roll!

The mountain edition of #BiegamDobrze is now underway. Already, 71 people have secured their Pieniny Ultra-Trail® race packages through the #BiegamDobrze charity path and will run shoulder-to-shoulder with Rak’n’Roll. These „Good Runners” have already collected 53,662 PLN to ensure no one faces cancer alone. You can still support their fundraisers until the end of April! If you are a Rak’n’Roll „Good Runner,” we invite you to visit the Foundation’s booth at the race office. We look forward to meeting you before the start to personally thank you for your commitment. On race day, run proudly in the Rak’n’Roll colors. We will do our best to ensure that from your very first steps, you feel that your run is much more than just a competition. We will provide extra power on the course and welcome you with Rak’n’Roll energy at the finish line.

When you reach the finish line, the good keeps running – so that no one has to face cancer alone.

**DASZ
Z SIEBIE**

1,5%

DLA



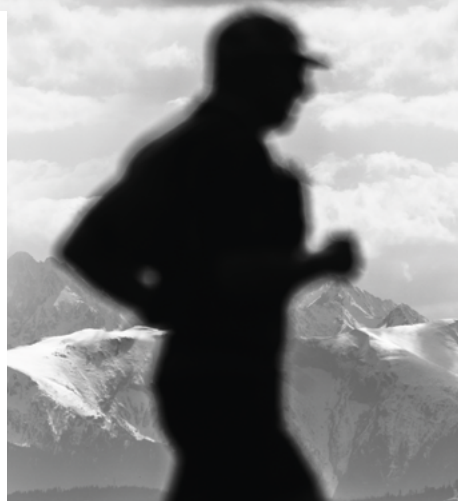
RAKNROLL.PL

**PRZEZ RAKA NIKT NIE MUSI
PRZECHODZIĆ SAM**

RESIGNATION

We don't wish it on anyone, but the statistics are clear. Resignations and accidents occur every year during our race. We are prepared for many events, but they run smoothly and safely only if we all cooperate. See what to do when something goes the wrong way. Remember to return chip, you can do it to the person handling the time measurement at an intermediate point or at the finish line. If our phone numbers are unavailable, try calling them via WhatsApp. Sometimes the GSM network is down, but we still have internet access.

Additionally, if our numbers are unavailable in any way, and a given situation requires calling rescuers, you can use the Ratunek application or call the GOPR headquarters directly: 985 or 601 100 300.



EMERGENCY PHONE NUMBERS

ACCIDENT: +48 888 047 251

Call this number when you need help from mountain or medical rescuers. When something has happened that stops you from reaching the nearest nutritional point or from descending from the mountains on your own. When you call, a mountain rescuer will answer the phone and coordinate the activities of other rescuers in the mountains.

RESIGNATION: +48 888 047 295

Call this number when you resign from further competition and leave the race route. We need to know about this! Remember that we are waiting for you at the finish line, and if you don't show up, you don't inform us about your resignation, and then, for example, you don't answer our phone, we will organize a search operation in the mountains, the costs of which will be charged to you.

YOU ARE LOST: +48 509 162 966

This is a number to the person who knows all the routes best. If you see that someone has removed or changed the markings, or you have run off the route by mistake and are wondering how to get back on it - call this number.

RESIGNATION AT THE NUTRITIONAL POINT

If you are at the nutritional point and decide that you are not continuing your run, approach the station staff and inform them about it. The staff should note down your bib number. Give the chip to the timekeeper. Keep your bib number, do not give it to the staff, you have food coupon on it – it will be useful when you reach the finish area. We provide transport to the finish line from each point. Waiting times may vary depending on when the previous transport left.



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