

PARTNER STRATEGICZNY – STRATEGIC PARTNER


MAŁOPOLSKA
Arena Mistrzostw



PIENINY
ULTRA-TRAIL®

MAGAZINE



25–27.04.2025

Co za góry! Co za przygoda! — What Mountains! What an Adventure!

HOKA



Every year, before we start working on preparing Pieniny Ultra-Trail®, I think that this time it will just be a copy-paste. I fool myself a little, hoping there will be less work—after all, what else can we come up with and change after so many years? And as I daydream about a moment of routine, five seconds later, we decide it's time to create a course longer than 100 km. Spiski Wędrowiec. And so much for routine. But maybe that's a good thing—at least neither we nor you will have to complain about boredom.

Let's start from the beginning, though, because this year's edition is just a stepping stone to something bigger. An intermediate solution that we can implement, though we truly dream of another one. For several years now, our goal has been to organize a race of around 150–160 km, partially running through Slovakia. If one day we manage to carve the right paths through the Slovak ministries, you will be able to carve the trails of Magura Spiska. Time will tell if and when that happens.

Since we all know by now that we can't count on routine, we don't plan to befriend it—next year will bring even bigger changes. As you've probably noticed, we're reaching participant limits on more and more race courses. And it's happening faster every year—not in April, not in March, but already by mid-February. Many of the courses share common segments, so until now, we've performed logistical magic with various, sometimes unusual, schedule adjustments—

like moving Hardy Rolling to the evening or setting Żwawe Wierchy at 7 AM—all to keep everything within a single event day: Saturday. However, it turns out that even Saturday has its limits. More and more cells in our spreadsheets are lighting up red, so we're now facing an in-depth analysis of next year's event schedule—not just in terms of hours but also days of the week. We don't have the details yet, but one thing is certain: we will be racing on days other than just Saturday. We don't want to go back to the times when registration for Wielka Prehyba lasted only 3 minutes, so changes are necessary—especially as the number of international participants is growing significantly. Back when the only foreign runners were our Slovak neighbors making up 0.01% of the field, we never imagined that today we'd be hosting runners from 30 countries, making up over 6% of all participants. What's more, they are increasingly appearing on the podiums of individual races!

But that's all for the future—right now, we're in the 2025 edition! Ahead of us is an amazing time, full of positive emotions, top-level competition, and, of course, breath-taking trails. Enjoy your time in Szczawnica, have fun on the trails, and even as you compete for split seconds, remember: we go into the mountains together, and we come back together. Keep an eye on each other, don't hesitate to ask if you see someone who might need help. We even have an award for that—Empaton—perhaps the most important prize of Pieniny Ultra-Trail®.

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

A female triathlete is shown in profile, running towards the left. She is wearing a grey CamelBak hydration vest over a teal sports bra and dark blue shorts. A headlamp is mounted on her forehead. The background is blurred, suggesting motion. The text "The revolution will not be thirsty" is overlaid in white.

The revolution will not be thirsty

CAMELBAK®



Dear Participants,

I warmly welcome all participants of Pieniny Ultra-Trail 2025 to our region. Running events play a crucial role in shaping the image of Małopolska as a region that embraces sports and athletes. That is why I am delighted that Małopolska Regional Government is once again a Strategic Partner of one of the largest mountain and ultra-running festivals in Central and Eastern Europe. Supporting such initiatives perfectly aligns with our strategy to strengthen Małopolska's reputation as a sports brand.

A key highlight of this year's event will be the Polish Athletics Association's National Mountain Running Championships.

I wish all runners success in their pursuit of victory - not only over their fellow competitors but also over their own limitations - while upholding the values of fair play. Congratulations in advance to the winners, but also to everyone who crosses the finish line. As runners, you all share a passion for the sport, determination, and a commitment to a healthy lifestyle.

I would also like to express my gratitude to the organizers for their efforts in promoting sports, particularly mountain running, as a valuable form of physical activity. Their dedication to fostering ecological awareness and advocating for safe trail running - especially among children and young people - is truly commendable.

I invite everyone to come and cheer on the participants!

Łukasz Smółka
Marshal of Małopolska Region

SCHEDULE

Friday, April 25, 2025

- 12:00** – Race Office opening
- 15:00** – departure of buses to the start of Lubań Vertical
- 15:00 – 15:45** – Festival meetings and lectures: **Dominik Tabor**
- 16:00** – start of Lubań Vertical, Polish Championships in Vertical Mountain Running
- 16:00 – 16:45** – Festival meetings and lectures: **Anecy's Silver Team**
- 17:00 – 17:35** – Festival meetings and lectures: **Martyna Młynarczyk**
- 17:45 – 18:20** – Festival meetings and lectures: **Marcin Rzeszółko**
- 18:30** – presentation of elite runners of Pieniny Ultra-Trail 2025
- 18:50** – departure of buses to the start of Spiski Wędrowiec
- 19:30** – prize giving ceremony for Lubań Vertical
- 20:00** – start of Spiski Wędrowiec
- 21:30** – Race Office closing

Saturday, April 26, 2025

- 01:00** – start of Niepokorny Mnich
- 05:00** – opening of Race Office
- 06:00** – start of Dziki Groń

- 07:00** – start of Żwawe Wierchy
- 7:10 i 7:45** – departure of buses to the start of Chyża Durbaszka
- 08:30** – start of Chyża Durbaszka, Polish Championships in Mountain Classic Mountain Running
- 09:00** – start of Wielka Prehyba, Polish Championships in Short Trail Mountain Running
- 15:00** – prize giving ceremony for Chyża Durbaszka and Żwawe Wierchy – open cat., age cat.
- 16:00** – departure of buses to the start of Hardy Rolling
- 17:00** – start of Hardy Rolling
- 20:00** – prize giving ceremony for Hardy Rolling, Wielka Prehyba, Dziki Groń, Niepokorny Mnich – open cat., age cat.

Sunday, April 27, 2025

- 09:00** – opening of Race Office for Mini Pieniny Ultra-Trail®
- 09:30** – prize giving ceremony for Spiski Wędrowiec – open cat., age cat. (Lower Park)
- 10:00 – 12:00** Mini Pieniny Ultra-Trail® – kids and youth races
- 12:00** – official closing ceremony of Mini Pieniny Ultra-Trail®

IMPORTANT LOCATIONS

Race Office (Friday/Saturday):

Parking Pieniny, Pienińska 1C, Szczawnica

Race Office for Mini Pieniny Ultra-Trail (only Sunday): Park Dolny, Szczawnica

Main Start and finish zone:

Most Flisaków, Pienińska 1C, Szczawnica

Start zone of Chyża Durbaszka:

Jaworki, Parking Homole

Start zone of Hardy Rolling:

Jaworki, Parking Homole

Start zone of Lubań Vertical:

Tylmanowa

Start zone of Spiski Wędrowiec:

Niedzica, Water Dam



**THERE'S MORE
OUT THERE**

HOW TO COLLECT YOUR STARTER PACK?

The Race Office, EXPO, and race village will be located **at the Pieniny parking lot in Szczawnica (1C Pienińska Street)**, with the main **Start/Finish zone situated right next to it at the Flisaków Bridge**. Starter packs for Mini Pieniny Ultra-Trail can be collected at the main Race Office on Friday and Saturday, and on Sunday at the Lower Park before or during the children's races.

RACE OFFICE OPENING HOURS:

- Friday, 25.04.2025 – **12:00 PM to 9:30 PM**
- Saturday, 26.04.2025 – **5:00 AM to 5:00 PM**
- Sunday, 27.04.2025 – **from 9:00 AM**
at Park Dolny, Mini Pieniny Ultra-Trail

To collect your starter pack, please bring a valid ID.

UNDERAGE PARTICIPANTS

Participants under the age of 18 are required to have written consent to take part in the race from a parent or legal guardian, including their signature and PESEL number. A condition for being allowed to start is the presence of the parent or guardian with a valid photo ID at the time of the participant's verification at the Race Office.

Parent/guardian consent form: PDF

COLLECTING A STARTER PACK ON BEHALF OF ANOTHER PERSON:

To collect a starter pack on behalf of someone else, an **Authorization to Collect the Starter Pack** is required, either signed or sent by the person authorizing the collection.

1. The authorization can be sent via email to the Race Office at: **info@pieninyultratrail.pl** by April 22, 2025. It will be forwarded to the Race Office, and the starter pack will be issued to the person indicated in the authorization.

In order for the email authorization to be valid, it **MUST** be sent from the same email address used by the participant during race registration.

2. The authorization form can also be printed, signed, and handed in directly at the Race Office.

Authorization form: PDF (download)

PARKING

The race village occupies the upper level of the parking area, while the lower level offers paid parking. Please note that nearly all parking spaces in Szczawnica and the surrounding towns are private and therefore paid. We encourage you to plan your logistics in advance to avoid unnecessary stress before the start. If possible, leave your car at your accommodation and walk to the Race Office or use the Pieniny Ultra-Trail® shuttle bus line. Parking along Flisacka Street will be strictly prohibited, and traffic will be managed by the Municipal Guard.

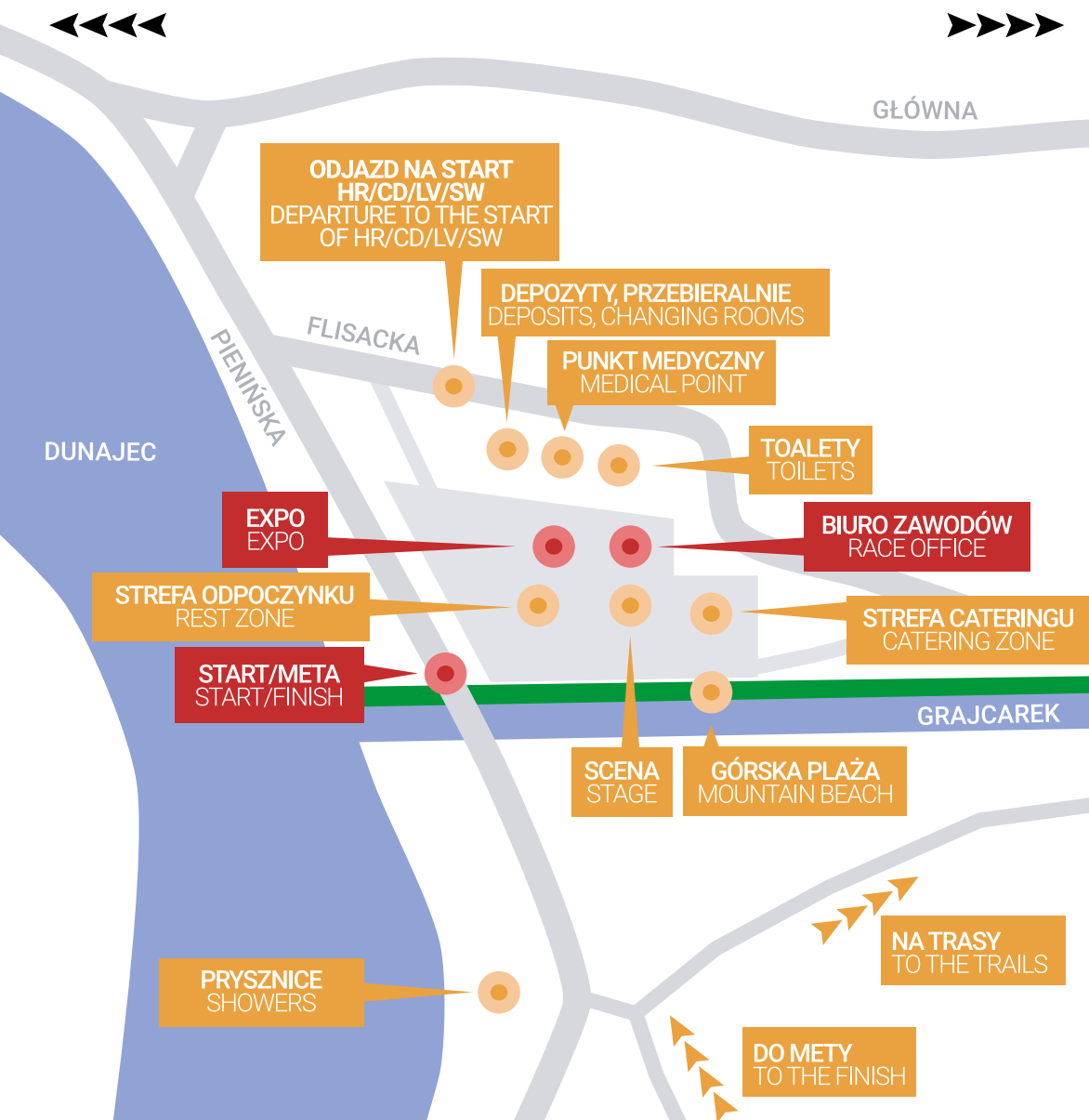
TRAFFIC DISRUPTIONS

Road resurfacing and reconstruction of the pedestrian and cycling path are currently underway at the entrance to Szczawnica (Główna Street). Temporary traffic lights and a single-lane passage are in place on a daily basis. The contractor has been instructed to ensure a clear, two-way passage during the event. Let's hope this will indeed be the case, and the construction work won't significantly impact access to Szczawnica or the Race Office—though be prepared for a bumpy road.

MAP OF RUNNING TOWN

KROŚCIENKO

CENTRUM SZCZAWNICY, SZLACHTOWA, JAWORKI



START AND FINISH

The main start zone is located in Szczawnica, on Flisaków Bridge by Dunajec River. The start zone for Hardy Rolling and Chyża Durbaszka is in Jaworki at Homole Parking Lot, while the start for Spiski Wędrawiec is in Niedzica at the Water Dam. The finish line for all races, except Lubań Vertical, is on Flisaków Bridge in Szczawnica. Lubań Vertical race starts in Tylmanowa and finishes at the summit of Lubań.

START TIMES:

- **LUBAŃ VERTICAL:** 25.04.2025, 16:00
- **SPISKI WĘDRAWIEC:** 25.04.2025, 20:00
- **NIEPOKORNY MNICH:** 26.04.2025, 1:00
- **DZIKI GROŃ:** 26.04.2025, 6:00
- **ŻWAWIE WIERCHY:** 26.04.2025, 7:00
- **CHYŻA DURBASZKA:** 26.04.2025, 8:30
- **WIELKA PREHYBA:** 26.04.2025, 9:00
- **HARDY ROLLING:** 26.04.2025, 17:00

HOW TO GET TO THE START?

Participants of Lubań Vertical, Spiski Wędrawiec, Hardy Rolling, and Chyża Durbaszka races can use transportation to the start provided by the organizer. All buses depart from the parking lot at the race office. Participants of Hardy Rolling and Chyża Durbaszka can also board at "Koci Zamek" and "Halka" stops.

LUBAŃ VERTICAL – Departure at 15:00. To return from Lubań, descend to Snózka Pass (parking under Mount Wdźar).

SPISKI WĘDRAWIEC – Departure at 18:50

CHYŻA DURBASZKA – Departures at 7:10 and 7:45

HARDY ROLLING – Departure at 16:00

SHOWERS

Participants can use the showers at the gym – Główna Street 12 or at the kayak club (marked on the map).

BAG DROP

Your race package includes a bag with a sticker that allows you to leave your belongings at the bag drop before the start. Bags can be left approximately 1 hour before each race. Participants of Lubań Vertical, Spiski Wędrawiec, Hardy Rolling, and Chyża Durbaszka can leave their bags at the start locations in Tylmanowa, Niedzica, and Jaworki, respectively. The bags will be transported back to the bag drop area in Szczawnica.

Lubań Vertical package includes a second bag for the finish line at the Lubań summit. This bag must be dropped off in Szczawnica at the bag drop near the race office 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 along the course, in Rytro (Niepokorny Mnich) and Tylmanowa (Spiski Wędrawiec), respectively. This bag must be dropped off in the bag drop area in Szczawnica. You can do this just before the start (Niepokorny Mnich) or before departing for the start (Spiski Wędrawiec).


All bags will be available for pickup at the bag drop area in Szczawnica.


BAG PICKUP


To collect your bag, you will need your race number. Bags will only be released upon presentation of the race number. **You can collect your belongings until 02:30 on April 27, 2025.** Any unclaimed bags may be sent to their owners at their expense.



 Race Office and main Start/Finish Zone,
Pienińska 1C Street


 Bus stops (for the start of Chyża
Durbaska and Hardy Rolling).
Departure to the start of Luban
Vertical from the bus stop at
running town.


 Accommodation in the gym,
showers, Główna 12 Str.

 Showers at kayaking club.


 Parking under the cable car to Palenica
(paid) – 1600 m from the start/finish zone

 Parking Pieniny (lower lever, paid)
– under the race office

 Parking at Zdrojowa Street (paid)
– 1900 m from the start/finish zone

 Parking at Zdrojowa 19 (paid)
– 2200 m from the start/finish zone

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

 PParking at the cemetery (free, ca. 20
places) and opposite the cemetery
„u Kuby” Główna 54A Street – 1000 m
from start/finish zone

BUS LINES

With the comfort of participants, residents of Szczawnica and surrounding areas, as well as environmental benefits in mind, we are launching three special Pieniny Ultra-Trail® bus lines during the event. These buses will operate within Szczawnica (Line 1 - Green), to Jaworki (Line 2 - Blue), and to Krościenko (Line 3 - Red). Line 1 will run on Friday and Saturday, while Lines 2 and 3 will operate only on Saturday.

Our goal is to make it easier for you to reach the race office and the starting line, as well as return to your accommodations or parking areas after the race—without traffic jams or the stress of searching for parking spots.

Transport is free for all race participants, their families, and supporters. Access to the buses will be granted upon presenting a race number or an electronic ticket available on the event website.

You can check the detailed schedule on the map included in your race package, at every bus stop, and on our website:

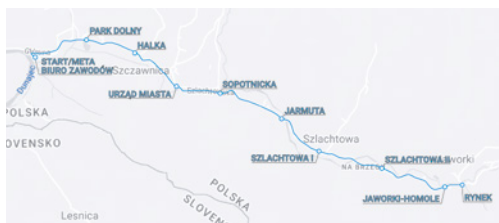


LINE 1: SZCZAWNICA CITY BUS



▲ **Bus stops:** Parking Start/Meta – Koci Zamek – Park Dolny – Halka – Plac Dietla – Urząd Miasta – ul. Sopotnicka – Sewerynowka – Oś. Poloniny – Halka – Park Dolny – Koci Zamek – Parking Start/Meta.

LINE 2: SZCZAWNICA – JAWORKI – SZCZAWNICA



▲ **Bus stops:** Parking Start/Meta, Park Dolny, Halka, Urząd Miasta, ul. Sopotnicka, Jarmuta, Szlachtowa I, Szlachtowa II, Parking Homole, Jaworki Rynek.

LINE 3: SZCZAWNICA – KROŚCIENKO – SZCZAWNICA



▲ **Bus stops:** Parking Start/Meta, Port Pienin, Kozłeczyna, Krościenko Kościół, Krościenko Rynek, Kozłeczyna, Port Pienin, Parking Start/Meta.

SILVA

www.silvapolska.pl



BIB NUMBER

Each run has its own color, you will find it on the bib number, on the profile, and on the directional arrows along the route of your run

The bib number should always be on top, always visible

Forest worth a Medal - this icon informs us that at the finish line we will give you a tree instead of a medal

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



Post-race meal and beer coupons

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 that it can be read while running

**1/2 LITRA PIWA ZAWIERA 25 GRAMÓW
CZYSTEGO ALKOHOLU ETYLOWEGO.**

**SPRZEDAŻ ALKOHOLU OSOBOM DO LAT 18
JEST PRZESTĘPSTWEM.**

**MIŁO
WSPIERAMY**



SPONSOR
**BROWAR
FORTUNA**
— 1889 —



PIENINY
ULTRA-TRAIL®

NUTRITIONAL POINTS

	Spiski Wędrowiec	Niepokorny Mnich	Dziki Groń	Wielka Prehyba	Żwawe Wierchy	Chyża Durbaszka	Hardy Rolling
Kacwin	1						
Łapsze Wyżne	2						
Huba	3						
Krościenko		1					
Tylmanowa	4	2					
Schronisko na Przehybie	5	3	1	1	1		
Ośrodek RyterSKI w Rytrze	6	4	2				
Koszarzyska	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

Łapsze 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 Rytrze



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

Koszarzyska



Supplies: water

LEGEND

Drinks

Food

First-aid

Transport to Szczawnica

Deposit

Hot meal

Time measurement



YEMS

NATURALNA ENERGIA

dla biegaczy

PEŁNOWARTOŚCIOWE
SKŁADNIKI I SUPERFOODS

ZERO SZTUCZNYCH
DODATKÓW

IDEALNY PRZED I PO BIEGU

ZNAJDŹ NAS NA INSTAGRAMIE
LUB FACEBOOKU



SunFoods

ROUTE MARKING

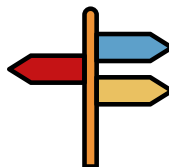


Yellow tape with the event logo

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.

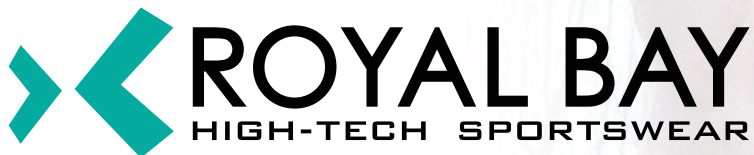
SOMETHING WRONG?

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: **606 332 902**.

Additional marking: red exclamation mark



Appears mainly on the route Niepokorny Mnich, where there are sudden turns from a main road to a side ones, sometimes poorly visible paths. Such an exclamation mark hangs on 50-100 meters before the turn, of course then an arrow appears and the tapes keep going on.



KOMPRESJA SPORTOWA:

SKAPRETY KOMPRESYJNE



KOLANO, RAMIONA, KOSTKA



ZAPRASZAMY
PO WIĘCEJ NA:

WWW.ROYALBAY.PL



AWARDS

In the 2025 edition, awards will be presented in the open categories, regardless of the Polish Championship classification or the athletes' license status.

LUBAŃ VERTICAL

Men & Women:

1. Cash prize: **2000 PLN**
2. Cash prize: **1500 PLN**
3. Cash prize: **1000 PLN**
4. Material prizes worth at least **800 PLN**
5. Material prizes worth at least **800 PLN**
6. Material prizes worth at least **800 PLN**

HARDY ROLLING

Men & Women:

1. Material prizes worth at least **1400 PLN**
2. Material prizes worth at least **1000 PLN**
3. Material prizes worth at least **800 PLN**
4. Material prizes worth at least **700 PLN**
5. Material prizes worth at least **600 PLN**
6. Material prizes worth at least **500 PLN**

CHYŻA DURBASZKA

Men & Women:

1. Cash prize: **2000 PLN**
2. Cash prize: **1500 PLN**
3. Cash prize: **1000 PLN**
4. Material prizes worth at least **800 PLN**
5. Material prizes worth at least **800 PLN**
6. Material prizes worth at least **800 PLN**

ŻWAWĘ WIERCHY

Men & Women:

1. Material prizes worth at least **1400 PLN**
2. Material prizes worth at least **1000 PLN**
3. Material prizes worth at least **800 PLN**
4. Material prizes worth at least **700 PLN**
5. Material prizes worth at least **600 PLN**
6. Material prizes worth at least **500 PLN**

WIELKA PREHYBA

Men & Women:

1. Cash prize: **2000 PLN**
2. Cash prize: **1500 PLN**
3. Cash prize: **1000 PLN**
4. Material prizes worth at least **800 PLN**
5. Material prizes worth at least **800 PLN**
6. Material prizes worth at least **800 PLN**

DZIKI GROŃ

Men & Women:

1. Material prizes worth at least **1400 PLN**
2. Material prizes worth at least **1000 PLN**
3. Material prizes worth at least **800 PLN**
4. Material prizes worth at least **700 PLN**
5. Material prizes worth at least **600 PLN**
6. Material prizes worth at least **500 PLN**

NIEPOKORNY MNICH

Men & Women:

1. Material prizes worth at least **1400 PLN**
2. Material prizes worth at least **1000 PLN**
3. Material prizes worth at least **800 PLN**
4. Material prizes worth at least **700 PLN**
5. Material prizes worth at least **600 PLN**
6. Material prizes worth at least **500 PLN**

SPISKI WĘDROWIEC

Men & Women:

1. Material prizes worth at least **1400 PLN**
2. Material prizes worth at least **1000 PLN**
3. Material prizes worth at least **800 PLN**
4. Material prizes worth at least **700 PLN**
5. Material prizes worth at least **600 PLN**
6. Material prizes worth at least **500 PLN**

SPONSORS OF MATERIAL PRIZES ARE HOKA, CAMELBAK, ODLO AND SILVA.



SUUNTO

Adventure
Starts
Here



Same attitude.
Just smaller.

NEW
SUUNTO RACE S
the performance watch

LUBAŃ VERTICAL

- **Distance:** 6,5 km
- **Elevation:** +920 m/-90 m
- **Start:** 16:00
- **Start location:** Tylmanowa
- **Finish location:** Lubań
- **Time limit:** 2,5 godziny
- **NHighest point:** Lubań, 1202 m abs.
- **Mandatory equipment:**
 - bib number (placed on the front in such a way that it is always visible and readable) and the chip
 - a mobile phone with a battery that works for at least several hours (roaming is recommended)
 - emergency blanket / NRC foil
 - *We recommend placing a drinking vessel in the deposit, which they will be able to use at the finish line (we do not provide disposable cups).*
- **Transport to the start:**

Each participant of Lubań Vertical can use transport to the start provided by the organizer. The buses start from the parking lot next to the race office and arrive at the start in Tylmanowa. They depart at 15:00.
- **Transport from the finish:**

If you want to use the return transport to Szczawnica, go down from Lubań along the blue trail to the parking lot under Wdźar Mountain, where the buses will be waiting. This is a shorter variant and with a lower elevation than the descent back to Tylmanowa.

NATIONAL CHAMPIONSHIPS IN VERTICAL MOUNTAIN RUN

QUALIFIER RACE FOR WORLD CHAMPIONSHIPS

TOP 10 RESULTS IN HISTORY:

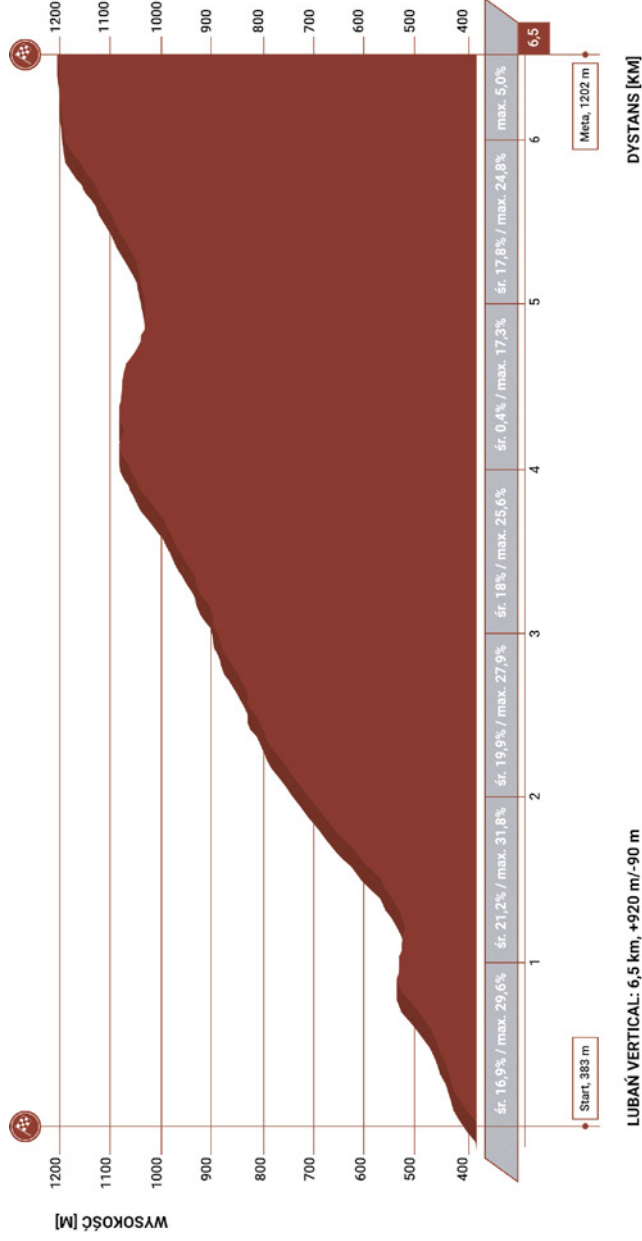
MEN

- 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)
- Sylwester Lepiarz, 00:42:56.10 (2023)
- Michał Dudczak, 00:43:04.15 (2023)
- Nicola Paris, 00:43:23.70 (2024)

WOMEN

- Anna Celińska, 00:46:40.20 (2024)
- Anna Celińska, 00:46:47.75 (2023)
- Mirosława Witowska, 00:48:41.45 (2023)
- Martyna Masłowska, 00:49:57.00 (2024)
- Anna Ficner, 00:50:02.00 (2024)
- Beata Mazan, 00:50:13.65 (2023)
- Beata Mazan, 00:51:38.15 (2024)
- Dominika Stelmach, 00:51:49.95 (2024)
- Sylwia Kapusta-Szydłak, 00:52:48.90 (2023)
- Justyna Kocoń, 00:53:06.85 (2024)

ELEVATION PROFILE OF LUBAŃ VERTICAL



HARDY ROLLING

- **Distance:** 10,6 km
- **Elevation:** +530 m/-660 m
- **Start:** 17:00 (Saturday)
- **Start location:** Parking Homole, Jaworki
- **Finish location:** Most Flisaków, Szczawnica
- **Time limit:** 3 hours
- **Highest point:** Wysoki Wierch, 898 m abs.
- **Nutritional point:** Schronisko pod Durbaszką – 2,4 km
- **Mandatory equipment:**
 - bib number (placed on the front in such a way that it is always visible and readable) and the chip,
 - a mobile phone with a battery that works for at least several hours (roaming is recommended),
 - a water container to be used on the route and at nutritional points (a cup or water bottle or flask) with a total capacity of at least 0.25 liter.
- **Bus departure time:** 16:00
- **Transport to the start:**

Each participant of Hardy Rolling can use transport to the start provided by the organizer. The buses depart from the parking at the Race Office and pass through Szczawnica, stopping at the next stops marked on the map. They depart at 16:00 and arrive at the next stops a few minutes later. If the first or second one is full, just wait for the next one.

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)
- Adam Świrgoń, 00:45:10 (2022)
- Sylwester Lepiarz, 00:45:13 (2023)
- Michał Dudczak, 00:45:50 (2023)
- Dariusz Marek, 0:46:15 (2019)

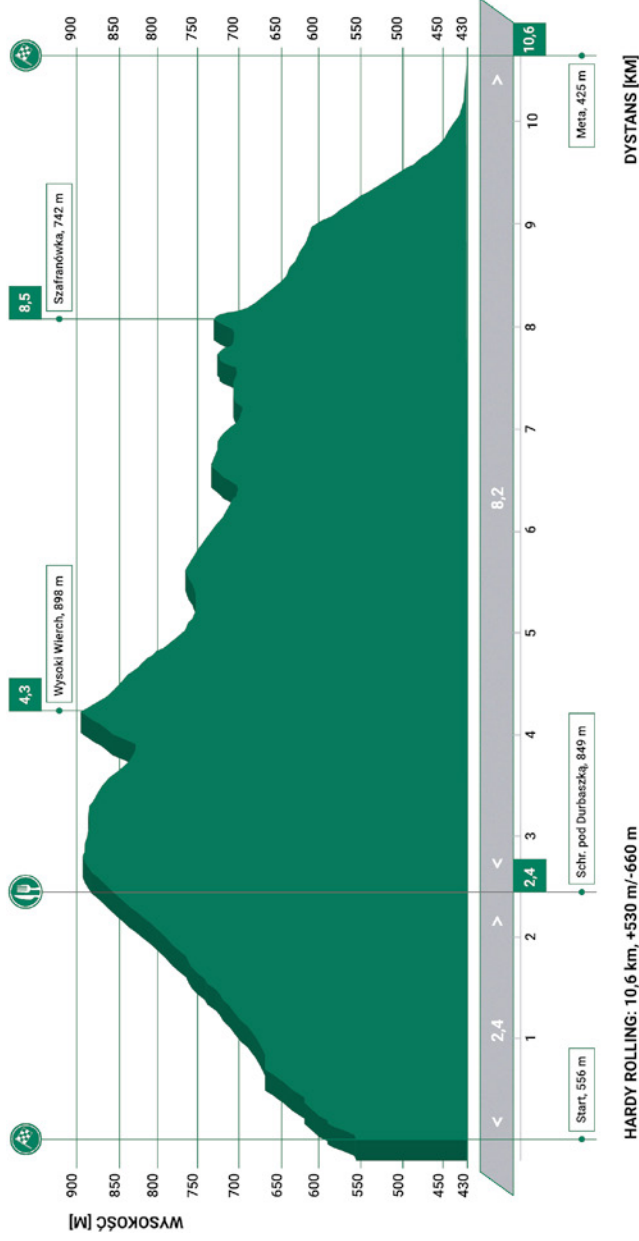
WOMEN

- Anna Celińska, 00:52:01 (2023)
- Paulina Tracz, 00:52:43 (2023)
- Marta Kaźmierczak, 00:53:45 (2022)
- Sylwia Kapusta-Szydlak, 00:53:53 (2023)
- Beata Mazan, 00:55:39 (2023)
- Nina Wieczorek, 00:55:49 (2023)
- Anna Ficner, 00:56:08.50 (2023)
- Anna Skalska, 00:56:13.30 (2023)
- Marta Kaźmierczak, 00:56:15.00 (2023)
- Karolina Dul, 00:56:21.75 (2023)

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!**

ELEVATION PROFILE OF HARDY ROLLING



CHYŻA DURBASZKA

- **Distance:** 20,6 km
- **Elevation:** +910 m/-1050 m
- **Start:** 8:30 (Saturday)
- **Start location:** Parking Homole, Jaworki
- **Finish location:** Most Flisaków, Szczawnica
- **Time limit:** 5 hours
- **Highest point:** Smerekowa: 985 m abs.
- **Nutritional point:** Schronisko pod Durbaszką - 12,4 km
- **Mandatory equipment:**
 - bib number (placed on the front in such a way that it is always visible and readable) and the chip
 - a mobile phone with a battery that works for at least several hours (roaming is recommended)
 - a water container to be used on the route and at nutritional points (a cup or water bottle or flask) with a total capacity of at least 0.25 liter
- **Transport to the start:**

Each participant of Chyża Durbaszka can use transport to the start provided by the organizer. The buses start in front of the Race Office and pass through Szczawnica, stopping at the next stops marked on the map. They start at 7:10 am and 7:45 am and arrive at the next stops a few minutes later. If the first or second one is full, just wait for the next one.

Please note that we are operating in limited spaces, so the buses arrive one after another and require both time and space to maneuver. Therefore, transportation to the start is a continuous process that takes place over time.

NATIONAL CHAMPIONSHIP IN MOUNTAIN CLASSIC RUN

QUALIFIER RACE FOR WORLD CHAMPIONSHIPS

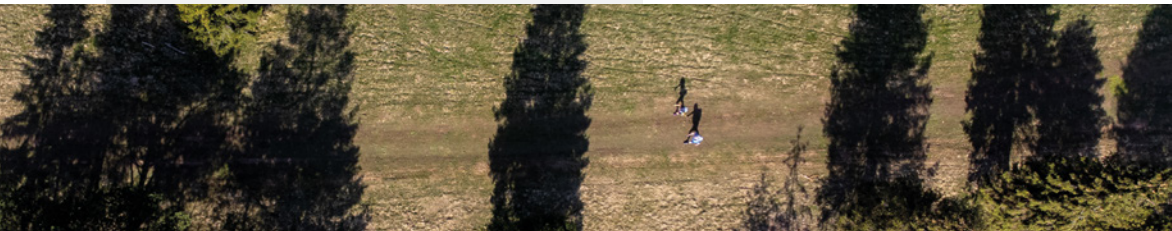
TOP 10 RESULTS IN HISTORY:

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)
- Adrian Bednarek, 1:29:16 (2019)
- Gabriel Kuropatwa, 1:29:19 (2024)
- Michał Rajca, 1:30:03 (2018)
- Jan Kaczor, 1:30:57 (2024)
- Piotr Biernawski, 1:31:24 (2019)

WOMEN

- Patrycja Stanek, 1:42:15 (2024)
- Martyna Kantor, 1:42:51 (2021)
- Aleksandra Bazułka, 1:48:18 (2024)
- Aneta Ściuba, 1:49:38 (2019)
- Katarzyna Wilk, 1:49:56 (2019)
- Aleksandra Bazułka, 1:50:26 (2022)
- Karolina Dul, 1:50:44 (2024)
- Monika Dudek, 1:51:00 (2022)
- Aleksandra Bazułka, 1:53:39 (2019)
- Wioletta Marchuk, 1:53:53 (2024)
- Natalia Tomasiak, 1:54:00 (2024)



ELEVATION PROFILE OF CHYŻA DURBASZKA



ŻWAWE WIERCHY

- **Distance:** 33,4 km
- **Elevation:** +1600 m/-1600 m
- **Start:** 7:00 (Saturday)
- **Start and finish location:** Most Flisaków, Szczawnica
- **Time limit:** 8 hours
- **Highest point:** Przehyba, 1162 m n. p. m
- **Nutritional points:**
 - Schronisko na Przehybie – 14,5 km
 - Schronisko pod Durbaszką – 25,2 km
- **Mandatory equipment:**
 - bib number (placed on the front in such a way that it is always visible and readable) and the chip
 - a mobile phone with a battery that works for at least several hours (roaming is recommended)
 - emergency blanket / NRC foil
 - a water container to be used on the route and at nutritional points (a cup or water bottle or flask) with a total capacity of at least 0.5 liter

TOP 10 RESULTS IN HISTORY:

MEN

- Sandor Szabo, 2:39:00 (2024)
- Karol Siola, 2:43:38 (2024)
- 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)
- Karol Siola, 2:50:35 (2022)
- Dariusz Marek, 02:51:11 (2023)
- Piotr Biernawski, 02:52:43.45 (2023)

WOMEN

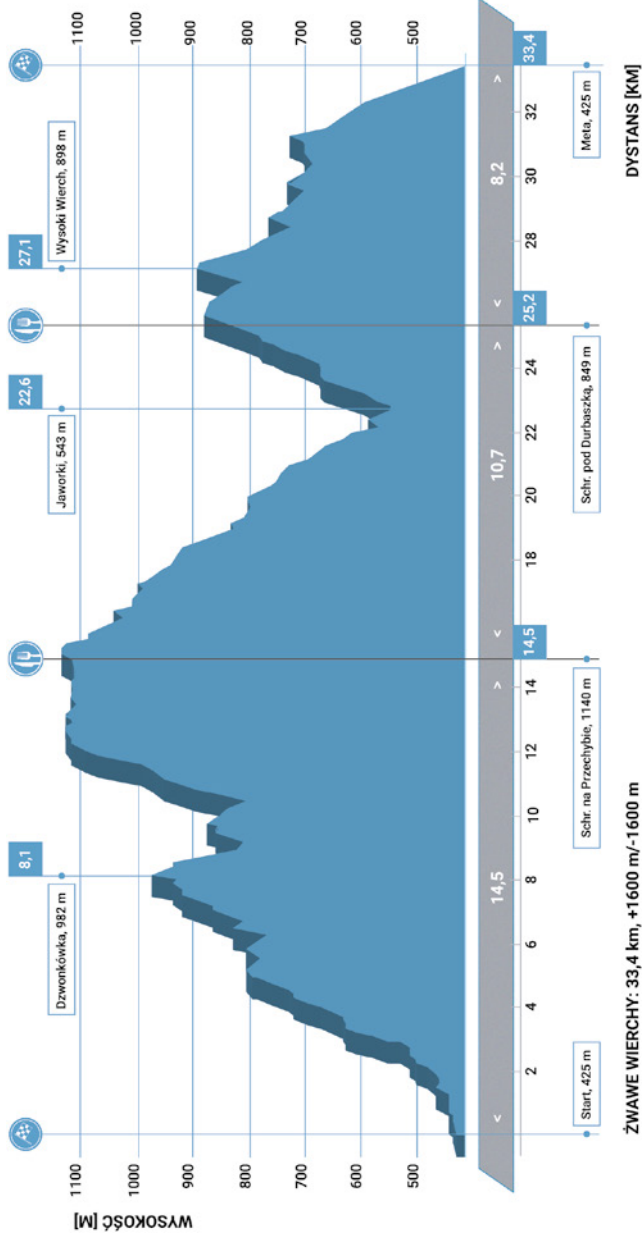
- Natalia Tomasiak, 3:10:52 (2022)
- Agnieszka Dygacz, 3:11:07 (2024)
- Natalia Tomasiak, 03:14:03 (2023)
- Justyna Grzywaczewska, 3:17:42 (2022)
- Ania Halska, 03:20:07 (2023)
- Natalia Paulina Barosz, 3:21:57 (2024)
- Izabela Wyśłuch, 3:24:07 (2024)
- Magdalena Bednarczyk, 03:24:13 (2023)
- Ania Halska, 03:28:52 (2022)
- Natalia Paulina Bartosz, 3:33:49 (2022)

Remember...

**Littering on the route is
punishable by disqualification!**



ELEVATION PROFILE OF ŻWAWE WIERCHY



WIELKA PREHYBA

- **Distance:** 43,7 km
- **Elevation:** +2060 m/-2060 m
- **Start:** 9:00 (Saturday)
- **Start and finish location:** Most Flisaków, Szczawnica
- **Time limit:** 9 hours
- **Highest point:** Radziejowa, 1266 m abs.
- **Nutritional points:**
 - Schronisko na Przehybie – 14,5 km
 - Bacówka na Obidzy – 24,2 km
 - Schronisko pod Durbaszką – 35,5 km
- **Mandatory equipment:**
 - bib number (placed on the front in such a way that it is always visible and readable) and the chip
 - a mobile phone with a battery that works for at least several hours (roaming is recommended)
 - emergency blanket / NRC foil
 - a water container to be used on the route and at nutritional points (a cup or water bottle or flask) with a total capacity of at least 0.5 liter

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!**

NATIONAL CHAMPIONSHIPS IN SHORT TRAIL MOUNTAIN RUN

QUALIFIER RACE FOR WORLD CHAMPIONSHIPS

TOP 10 RESULTS IN HISTORY:

MEN

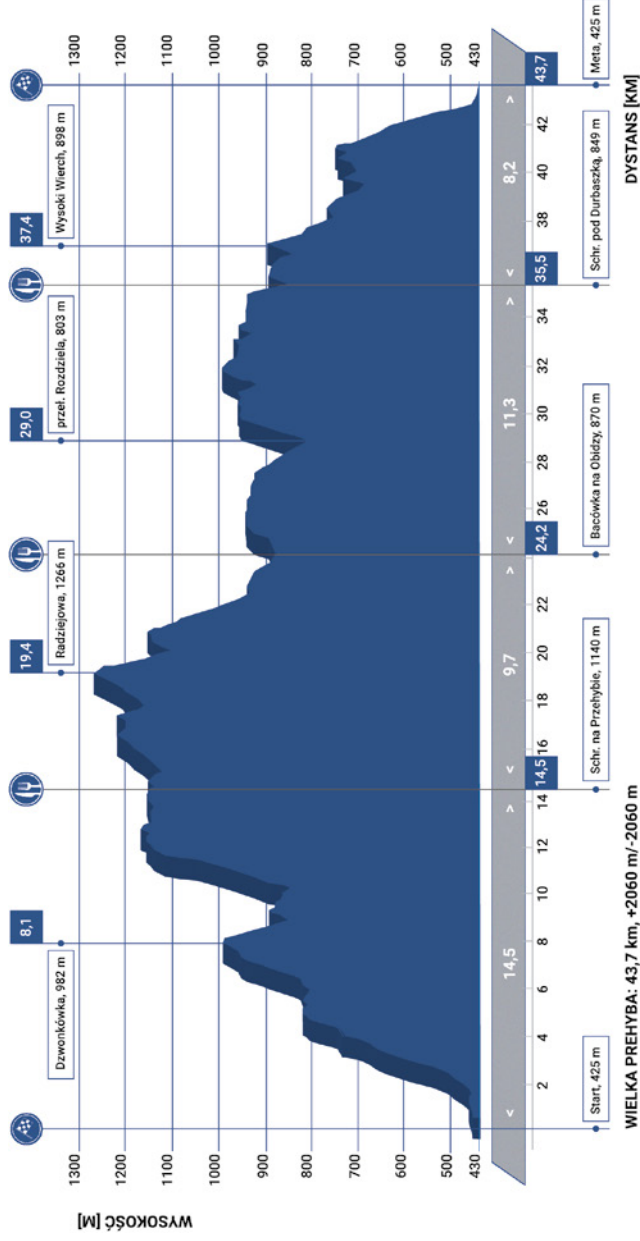
- Rafał Matuszczak, 3:12:15 (2024)
- Marcin Świerc, 3:15:19 (2016)
- Dawid Malina, 3:16:00 (2024)
- Bartłomiej Przedwojewski, 3:16:57 (2019)
- Bartosz Gorczyca, 3:21:57 (2016)
- Marcin Rzeszółtko, 3:26:10 (2022)
- Marcel Fabian, 3:26:19 (2024)
- Krzysztof Bodurka, 3:26:31 (2019)
- Marcin Świerc, 3:26:46 (2018)
- Andrzej Witek, 03:29:30 (2023)

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)
- Edyta Lewandowska, 4:02:29 (2018)
- Dominika Stelmach, 4:02:42 (2016)
- Martyna Młynarczyk, 04:03:45.10 (2023)
- Urszula Paprocka, 4:04:12 (2024)
- Dominika Stelmach, 4:12:25 (2024)



ELEVATION PROFILE OF WIELKA PREHYBA



DZIKI GROŃ

- **Distance:** 64,6 km
- **Elevation:** +3200 m/-3200 m
- **Start:** 6:00 (Saturday)
- **Start and finish location:**
Most Flisaków, Szczawnica
- **Time limit:** 14 hours
- **Highest point:** Przehyba, 1162 m n. p. m.

- **Nutritional points:**
 - Schronisko na Przehybie – 14,5 km
 - Ośrodek RyterSKI w Ryttrze – 23,2 km
 - Kosarzyska – 36,4 km
 - Bacówka na Obidzy – 45,1 km
 - Schronisko pod Durbaszką – 56,4 km

- **Mandatory equipment:**
 - bib number (placed on the front in such a way that it is always visible and readable) and the chip
 - a mobile phone with a battery that works for at least several hours (roaming is recommended)
 - emergency blanket / NRC foil
 - a water container to be used on the route and at nutritional points (a cup or water bottle or flask) with a total capacity of at least 1 liter

- **Time limits on the course:**
 1. Bacówka na Obidzy (45,1 km): 10 h (16:00)
 2. Schronisko pod Durbaszką (56,4 km): 12 h 30 min (18:30)

TOP 10 RESULTS IN HISTORY:

MEN

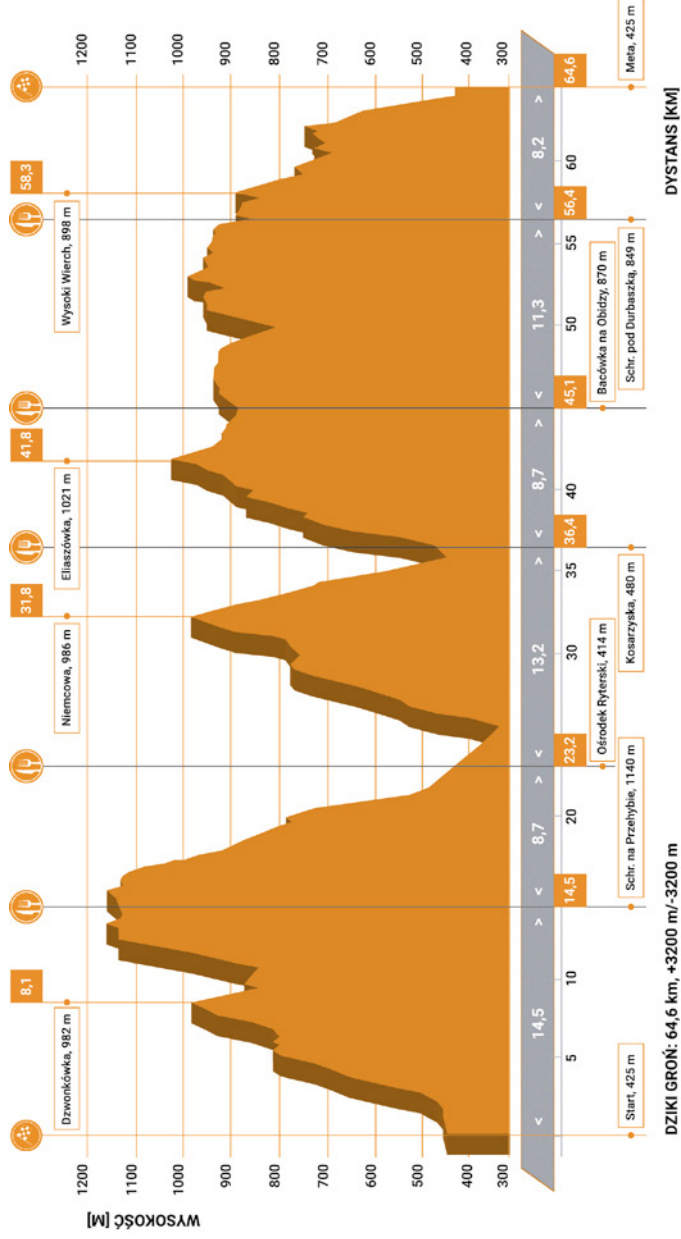
- Marcin Świerc, 6:06:38 (2017)
- Vaidas Žlabys, 6:07:58 (2024)
- Karol Matyssek, 6:08:27 (2023)
- Patryk Klag, 6:09:12 (2024)
- Bartosz Gorczyca, 6:11:38 (2017)
- Piotr Szumliński, 6:18:42 (2019)
- Wojciech Probst, 6:21:21 (2017)
- Karol Sioła, 6:25:27 (2023)
- Jarosław Zbozień, 6:29:55 (2024)
- Piotr Uznański, 6:30:42 (2019)

WOMEN

- Lenka Ploščicová, 7:05:50 (2024)
- Monika Dudek, 7:06:32 (2024)
- Justyna Mamala, 7:09:13 (2024)
- Sylwia Jabłońska, 7:19:52 (2024)
- Lenka Hiklová, 7:26:01 (2024)
- Karolina Wierchowiak, 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)



ELEVATION PROFILE OF DZIKI GRON



NIEPOKORNY MNICH

- **Distance:** 95,2 km
- **Elevation:** +4940 m/-4940 m
- **Start:** 1:00 (Saturday)
- **Start and finish location:** Most Flisaków, Szczawnica
- **Time limit:** 20 hours
- **Highest point:** Średni Groń, 1194 m abs.
- **Nutritional points:**
 - Krościenko – 13,6 km
 - Tylmanowa – 29,2 km
 - Schronisko na Przehybie – 45,1 km
 - Ośrodek RyterSKI w Rytrze – 53,8 km
 - Kosarzyska – 67 km
 - Bacówka na Obidzy – 75,7 km
 - Schronisko pod Durbaszką – 87 km
- **Mandatory equipment:**
 - bib number (placed on the front in such a way that it is always visible and readable) and the chip
 - a mobile phone with a battery that works for at least several hours (roaming is recommended)
 - emergency blanket / NRC foil
 - a water container to be used on the route and at nutritional points (a cup or water bottle or flask) with a total capacity of at least 1 liter
 - headlamp / flashlight
- **Deposit on the course:**

The deposit for the nutritional point in Rytro (53,8 km) should be made just before the start in the start/finish zone in Szczawnica. The deposit will be transported to Rytro, and after closing the point, it will be available for collection in the finish area, in the same place as other deposits. **Attention! The deposit can be collected until 02:30 on Sunday.**

TOP 10 RESULTS IN HISTORY:

MEN

- Bartosz Gorczyca, 10:09:44 (2024)
- Dominik Grządziel, 10:16:52 (2024)
- Dominik Grządziel, 10:23:21 (2021)
- Artur Baran, 10:25:43 (2024)
- Dominik Grządziel, 10:28:23 (2022)
- Roman Ficek, 10:30:19 (2023)
- Michał Jurek, 10:38:55 (2023)
- Marcin Durkowski, 10:39:54 (2024)
- Szymon Wolek, 10:47:13.65 (2023)
- Szymon Wolek, 10:56:24 (2024)

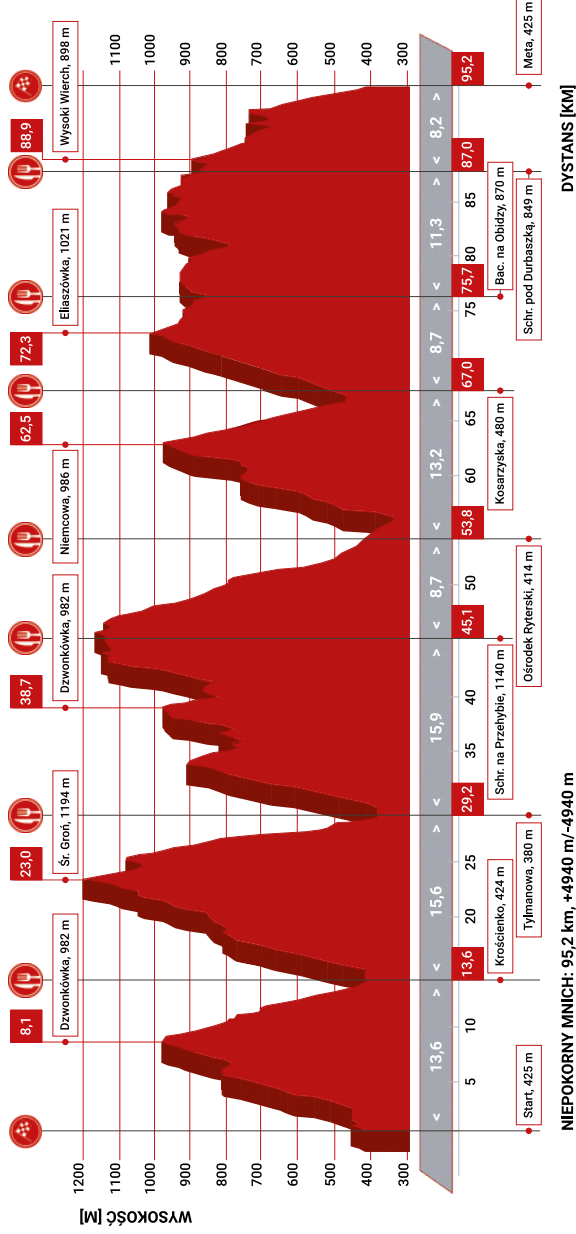
WOMEN

- 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)
- Agnieszka Tatarek-Konik, 12:54:21 (2023)
- Katarzyna Zych, 12:55:02 (2022)
- Iwona Kik, 13:12:20 (2022)
- Małgorzata Tomik, 13:49:28 (2023)
- Beata Uracz, 13:53:51 (2024)
- Agnieszka Palczewska-Remiś, 14:05:09 (2024)

Time limits on the course:

1. Rytro (53,8 km) – 11 h 30 min (12:30)
2. Bacówka na Obidzy (75,7 km) – 16 h (17:00)
3. Schronisko pod Durbaszką (87 km) – 18 h 30 min (19:30)

ELEVATION PROFILE OF NIEPOKORNY MNICH



SPISKI WĘDROWIEC

- **Distance:** 133,3 km
- **Elevation:** +6155 m/-6215 m
- **Start:** 20:00 (Friday)
- **Start location:** Zapora Wodna, Niedzica
- **Finish location:** Most Flisaków, Szczawnica
- **Time limit:** 30 hours
- **Highest point:** Lubań, 1211 m abs.

— **Nutritional points:**

- Kacwin – 14,4 km
- Łapsze Wyżne – 32,6 km
- Huba – 50,2 km
- Tylmanowa – 67,3 km
- Schronisko na Przehybie – 83,2 km
- Rytro – 91,9 km
- Kosarzyska – 105,1 km
- Bacówka na Obidzy – 113,8 km
- Schronisko pod Durbaszką – 125,1 km

— **Mandatory equipment:**

- bib number (placed on the front in such a way that it is always visible and readable) and the chip
- a mobile phone with a battery that works for at least several hours (roaming is recommended)
- emergency blanket / NRC foil
- a water container to be used on the route and at nutritional points (a cup or water bottle or flask) with a total capacity of at least 1 liter
- headlamp / flashlight

— **Deposit on the course:**

The deposit for the nutritional point in Tylmanowa (67,3 km) should be made just before the start in the start/finish zone in Szczawnica. The deposit will be transported to Tylmanowa, and after closing the point, it will be available for collection in the finish area, in the same place as other deposits. **Attention! The deposit can be collected until 2:30 on Sunday.**

— **Time limits on the course:**

1. Tylmanowa – 15 h (Saturday, 11:00)
2. Rytro – 20 h 30 minut (Saturday, 16:30)
3. Bacówka na Obidzy – 25 h 30 min (Saturday, 21:30)
4. Schronisko pod Durbaszką – 28 h 10 minut (Sunday, 00:10)



SPISKI WEDROWIEC: 133.3 km. +6155 m/-6215 m

STARTING ZONES

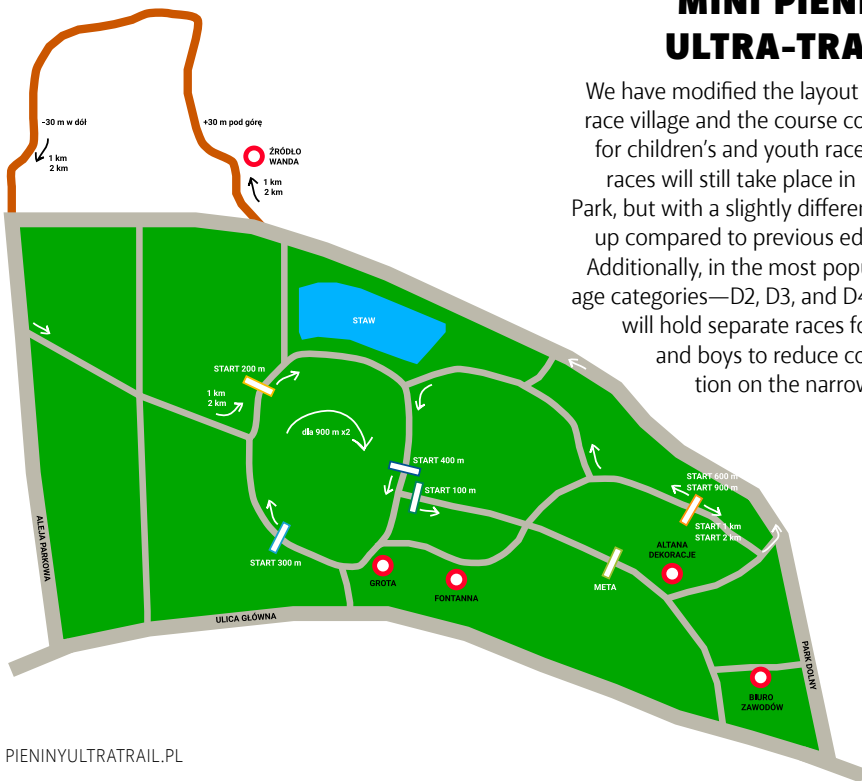
For the first time in this edition, we are introducing designated starting zones based on the ITRA ranking. This is intended to ensure a smoother start and better flow during the first kilometers of our most popular courses. These zones are not relevant for races like Lubań Vertical, Spiski Wędrawiec, or Niepokorny Mnich, as the number of participants in these events is relatively low. However, for races such as Wielka Prehyba, Chyża Durbaszka, or Żwawe Wierchy, proper positioning at the start will make the initial kilometers smoother and help you avoid unnecessary pace disruptions and stressful overtaking on narrow mountain trails.

Please pay attention to our signs in the starting area and position yourself according to your ranking and/or estimated running time.

The ITRA ranking corresponds to a specific finish time for each distance, regardless of the participant's gender. The exact time breakdown will be displayed on our signs. If you do not know your ranking, you can check it at **itra.run**. If you believe you are in better shape than your average ranking suggests, move closer to the next zone. If you do not have an ITRA ranking at all, simply estimate your finishing time and place yourself accordingly.

MINI PIENINY ULTRA-TRAIL®

We have modified the layout of the race village and the course concept for children's and youth races. The races will still take place in Lower Park, but with a slightly different set-up compared to previous editions. Additionally, in the most populated age categories—D2, D3, and D4—we will hold separate races for girls and boys to reduce congestion on the narrow park paths.



Ugościmy Cię w górach!



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MAŁOPOLSKA

THE ARENA OF CHAMPIONSHIPS FOR TOP-TIER SPORTS EVENTS!

The Małopolska region is one of the most dynamically developing areas in Poland, successfully combining tradition, modernity, tourism, and sports. Małopolska is the Arena of Championships, a complete region for practicing sports and hosting high-profile sports events such as the World Championships and European Championships. With its diverse sports infrastructure, mountainous landscapes, and wide range of sporting events, it has become a place that not only attracts tourists but also creates ideal conditions for physical activity and the development of sports among its residents.

„The Małopolska region is one of the most important areas in Poland for organizing sports events. Thanks to its developed infrastructure, picturesque landscapes, and passion for sports, Małopolska regularly hosts sporting events that attract the attention of both national and international athletes and fans,” emphasizes Deputy Marshal Witold Kozłowski.

Thanks to its location and the opportunity to practice various sports disciplines throughout the year, Małopolska region has become a leader in hosting sports events of World Championship and European Championship caliber, promoting sports in Małopolska during international events, while also showcasing the region as one prepared to host high-profile sports events.

It is here that events such as Ski Jumping World Cup, Małopolska Mountain Race, Limanowa Hill Climb, Hubert Jerzy Wagner Memorial, Cavaliada Kraków, as well as Pieniny Ultra-Trail® mountain running festival, and many others take place. It is here that we can watch the struggles and competition of the best athletes from all over the world. Thanks to its involvement in such important international events,





Fot.: Archiwum UMWM

Małopolska gains prestige on the global stage.

Małopolska is a place that attracts sports enthusiasts, offering them incredibly diverse conditions and opportunities to practice both winter and summer sports. Małopolska is a region that includes part of Tatra Mountains, Beskids, and Pieniny. These mountain ranges provide perfect conditions for mountain sports such

as climbing, skiing, trekking, and mountain running, which are becoming more and more popular every year. Beyond the mountains, Małopolska also boasts picturesque valleys, lakes, rivers, and forests that are ideal for hiking, cycling, and kayaking. These areas are perfect for sports such as running, cycling, and swimming.

In Małopolska, we have many recurring sports

events that are of great importance not only to the athletes who regularly come to our sports-driven region, winning medals or breaking their own records, but also to fans from around the world. Thanks to the cyclical nature of these events, visitors can plan their stay in our region well in advance and for a longer period. This format has turned Małopolska into a hub of sporting excitement.

Mountain running is one of the most popular forms of physical activity in Małopolska. Due to its diverse landscape, the region has become a true Mecca for mountain running enthusiasts. One of the most popular sporting events held here is Pieniny Ultra-Trail®. Since last year, Małopolska Voivodeship has been the Strategic Partner of this event. This year, for the ninth time, Polish Mountain Running Championships will take place as part of the competition. Thanks to its format, this event, which is ideal for experienced ultramaratho-

ners, is also popular among runners with lower skill levels, making it an excellent opportunity for anyone to start their mountain running adventure.

Athletes from across Poland and abroad will compete in Szczawnica, tackling one of the most challenging trails outside Tatra Mountains – the uphill run from Tylmanowa to Lubań (6.5 km, 920 m elevation gain). “It is an extremely demanding route. As an interesting fact, the average tourist takes about three hours to complete this sec-

tion, while our top runners finish it in approximately 40 minutes,” says Jakub Wolski.

Małopolska hosts a wide variety of running events, including marathons, mountain runs, and cross-country races. In addition to Pieniny Ultra-Trail®, the region is home to events such as Małopolska Mountain Run in Krynica-Zdrój, Perły Małopolski series, Zawoja Running Festival, Tatra Sky Marathon, and Royal Running Triad.

We invite you to visit Małopolska!



CZANIECKI

SIŁA PROSTO Z TALERZA!



SZCZAWNICA

RUN, EXPLORE, TASTE!

Can you combine your passion for running with a family adventure? In Szczawnica, it's natural! Here, everyone will find something for themselves. This charming town in Pieniny Mountains not only offers breathtaking running trails but also tempts visitors with countless attractions. Every step here is a story, a taste, and a positive emotion.

Pienińska Road – Running to the Rhythm of Dunajec River

If you run for the views rather than the adrenaline rush, Pienińska Road will become your favorite spot. It is one of the most beautiful routes in Poland, running along Dunajec River Gorge, offering spectacular views of the majestic Pieniny Mountains and the winding Dunajec River. But it's not just a paradise for runners! This route is also ideal for cyclists and families – every kilometer is pure joy.

Palenica – Heights, Adrenaline, and Breathtaking Landscapes

Palenica is a must-visit for everyone coming to Szczawnica. You can run up, take the cable car, or even conquer it by bike. At the summit, you'll be rewarded with spectacular views of Tatra and Pieniny Mountains. And for thrill-seekers, there's a summer toboggan run that will give you a speed rush like the best race finish.





Homole Gorge and White Water – Wild Nature at Your Fingertips

Dreaming of a running trail that takes you through crystal-clear streams, rocky cliffs, and lush greenery? Homole Gorge is a fairytale-like experience – trails full of natural beauty, perfect for trail running. And if you want to breathe deeply in the Pieniny meadows, be sure to visit White Water Reserve, where time slows down, and nature stuns in its purest form.

Dunajec Rafting and Whitewater Adventures – Water Fun at Its Best

Running isn't everything! Dunajec River offers thrills you won't find anywhere else. A traditional wooden raft ride is a relaxing way to admire the river gorge, while whitewater rafting is an adventure for those who crave excitement on fast-flowing waters. It's the perfect recovery after an intense workout – only in Szczawnica!

Dietl Square – The Heart of Szczawnica and an Inspiring History

This is where the heart of the spa town beats. Dietl Square is a place once frequented by Józef Szalay, a visionary who made Szczawnica one of Poland's most charming health resorts. Take a moment to sit down, drink the healing mineral waters, and soak in the old-world atmosphere. As you wander, you'll discover architectural gems that tell the story of this remarkable place.

Rajd Horse Stable – Horses, Freedom, and the Magic of Pieniny

For horse lovers, Szczawnica has something special – Rajd Horse Stable. Here, you can feel the freedom in the saddle, galloping across the Pieniny meadows or taking a peaceful first ride.

Time to Relax

Szczawnica offers the best selection of SPA treatments, often with a therapeutic touch. Did you know that there are four major thermal spas with healing waters nearby? Visit **Terma Bania**, **Bukovina**, **Gończy Potok**, **Chochołowskie Termy**, or even the Slovak **Vrbov** and **Aqua Poprad**. And with just an hour's drive, you can cross the border for a day trip full of Slovak attractions.

The Flavors of Pieniny – A Feast for Your Taste Buds

After an intense day, it's time for something special - highland flavors! Try **kwaśnica** (sour cabbage soup) with smoked ribs, **oscypek** cheese with cranberry sauce, or fresh mountain trout straight from the stream. And for dessert? Homemade pastries and aromatic coffee in one of the charming Pieniny cafés.

Stay Longer

– Events You Must Experience

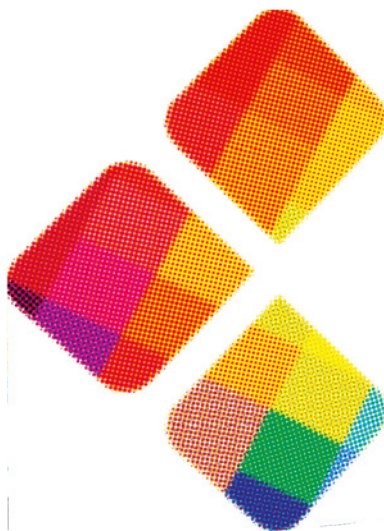
- **Spring Redyk in Jaworki** (May 1st) – See how highlanders drive their sheep to the summer pastures!
- **Pieniny Midsummer Night** (June 21st) – A magical night with fire shows!
- **Szalay Days** (July 26-27th) – A festival celebrating the visionary Józef Szalay.
- **Szczawnica Mineral Water Festival** (August 23rd) – Because without its waters, Szczawnica wouldn't be the same.
- **Autumn Redyk** (October 10-11th) – The largest Redyk in Poland
- **St. Lucy's Eve** (December 12th) – Want to join the highlanders' procession to ward off evil spirits? Grab a pot and a spoon and come along!

Don't Wait – Come to Szczawnica and Experience Its Magic!



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HEALTHY AND ACTIVE – FOR SURE!

PKO Bank Polski has been actively supporting Polish sports for many years, including PKO Bank Polski Ekstraklasa, Polish Volleyball League, road and trail running events, as well as triathlon and equestrian sports. Promoting a healthy and active lifestyle, supporting both professional and amateur athletes, and fostering overall well-being are key elements of PKO Bank Polski's strategy.

Supporting sports - often combined with charitable initiatives - is also a powerful tool that enhances the bank's business activities.

Through these efforts, we strengthen our nationwide brand recognition and solidify our reputation as a reliable and trustworthy partner.

Since 2013, the bank has been running its proprietary program, **PKO Bank Polski Biegajmy Razem** (Let's Run Together). The



program's ambassadors are accomplished Polish athletes **Sofia Ennaoui and Joanna Jóźwik**. We support running events across Poland, from short distances to ultramarathons. Our ambassadors eagerly share their experiences with runners, provide valuable advice, and always offer a motivating high-five.

We are also the **Main Sponsor of Sofia Ennaoui**, the European silver medalist in the 1500-meter race. We support Sofia in her preparations for major sporting events, enabling her to train at the highest level.

We recognize the importance of physical activity. In today's rapidly advancing technological era, maintaining **mental and physical well-being** through exercise is more crucial than ever. That's why, at various events, we organize **activity zones and athletics villages**, inspiring the youngest generation to embrace sports. As a bank, we are not just sponsors - we actively participate in events. Our employees and board

members regularly take part in running events, proudly crossing the finish line with smiles on their faces. Additionally, for over a decade, the bank has maintained an internal **running club**, which now includes over **500 running employees**.

As a partner of „Biegam Bo Lubię” (I Run Because I Like It) initiative, we help runners prepare for events. **Nearly 100 athletics stadiums across Poland host free training sessions throughout the week under the guidance of professionals.** During these sessions, coaches teach running techniques, offer fitness tips, help improve performance, and provide guidance on injury prevention and recovery.

PKO Bank Polski is also the creator and organizer of PKO Charity Run, a nationwide charity relay race held simultaneously in 12 cities across Poland. In 2024, we celebrated its 8th edition. Over the years, participants - together with children running in PKO Charity Run for Youngsters - have completed 214,565 laps,

covering 85,826 kilometers. In recognition of their efforts, PKO Bank Polski Foundation has donated over 8 million PLN to support the most vulnerable children in Poland.

Since 2018, **PKO Bank Polski has been a sponsor of Ekstraklasa S.A.**. We were the Main Partner during the 2018/2019, 2019/2020, and 2020/2021 seasons and the Title Partner for 2021/2022 and 2022/2023. In 2023, the Title Partnership was extended for another four years until the 2026/2027 season.

We all know the immense passion for volleyball in Poland, which is why it was a natural step for us to partner with the Polish Volleyball League (PLS) in 2024. These matches showcase world-class athletes, with Polish teams consistently reaching Champions League finals. Polish volleyball is a brand of its own, and as the largest bank in Poland, we are proud to support its development on a global scale. Our sponsorship agreement covers PlusLiga, the women's Tauron Liga, and PLS 1. Liga.



Solar Medi Spa Pienińska Uzdrowskowa Klinika Rehabilitacji i Leczenia Bólu jako jedyna w Polsce posiada Laboratorium Analizy Ruchu - wszechstronne urządzenia diagnostyczno-terapeutyczne będące innowacją na skalę świata.

Jest to doskonałe rozwiązanie do oceny jakości ruchu oraz precyzyjne dobranie jednostki treningowej lub terapeutycznej, które sprawdzi się w przypadku:

- rehabilitacji po urazach/kontuzjach
- oceny i poprawy jakości ruchu
- oceny ogólnoustrojowej sprawności
- poprawy wyników sportowych

Laboratorium Analizy Ruchu pozwala na analizę ruchu oraz dobór treningu lub terapii ruchowej dostosowanych do potrzeb każdej osoby.

Oferujemy:

- analizę biomechaniczną ruchu – ocena techniki biegu
- treningi prewencyjne i stabilizacyjne – profilaktyka urazów oraz poprawa efektywności ruchu



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SHOES MADE TO FLY

HOKA was founded in 2009 with a mission to inspire runners worldwide to take on new challenges, push their limits, and break through barriers. The brand's motto - Fly Human Fly - reflects the belief that with HOKA shoes, nothing is impossible.

How It All Began

HOKA was born in the French Alps from a deep passion for running. The brand's founders, **Nicolas Mermoud and Jean-Luc Diard**, were experienced mountain runners who set out to create a completely new type of shoe - one that would support **trail and long-distance runners**. Their vision? A shoe with enhanced **cushioning, stability, and superior comfort** for chal-

lenging mountain terrain. The key to their innovation was a thick, cushioned sole that would not only absorb impact but also **protect runners from rough terrain**. This revolutionary design became the hallmark of HOKA, making the brand a game-changer in the running world.

Ultimate Support in Every Condition

HOKA's visionary sole quickly gained worldwide recognition. Runners appreciate the **exceptional cushioning, grip, and stability** that HOKA shoes provide - all while maintaining an impressively **lightweight feel**.

Discover some of HOKA's best-selling models, designed for tackling the most demanding trails.



Speedgoat 6

The most iconic shoe in HOKA's lineup, built to handle the toughest mountain terrain. Its **aggressive tread** ensures **excellent grip** on both dry and wet surfaces. Whether you're running on **rocky, uneven ground or muddy trails**, Speedgoat 6 is up to the challenge.

Other standout features:

- **Secure foot lockdown** for better stability on unpredictable terrain
- **High heel collar** to support the Achilles tendon and prevent injuries

Challenger 7

Speed and agility meet versatility.

One of the **lightest trail running shoes** on the market, Challenger 7 is designed for **runners who crave speed** in off-road conditions. Despite its featherlight feel, this shoe doesn't compromise on stability.

Key benefits:

- **Multi-surface grip** thanks to well-placed outsole lugs
- **Ideal for mixed terrain** - great for both trails and hard surfaces
- **Perfect for long-distance training**, where adaptability is key.





Tecton X3

A trail racing powerhouse, Tecton X3 is designed for **long-distance runners** who demand both speed and comfort. Its standout feature? A **dual carbon plate system** that enhances **stability and responsiveness** while keeping the shoe flexible.

What makes it special?

- **Outstanding cushioning** for a smooth, comfortable ride
- **Elastic collar** to prevent debris from entering the shoe
- **Hydrophobic upper** that repels water while maintaining a secure fit

Why Choose HOKA?

HOKA stands out in the market thanks to its **unique approach to footwear design** - combining **exceptional cushioning with ultra-lightweight construction**. This winning formula has earned the trust of both elite athletes and everyday runners. No matter the weather or terrain, HOKA shoes deliver the **grip, comfort, and support** you need to conquer any challenge. Whether you're **summitting peaks or pounding the pavement**, HOKA helps you **run lighter, longer, and without limits**. Join the community of runners who have already discovered **the HOKA difference** - and experience a whole new level of running freedom!

Wzmocnij się z likopenem

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O nas

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www.lycopharm.com



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RELIABLE BUFF ACCESSORIES FOR THE DEMANDING COURSES OF PIENINY ULTRA-TRAIL® 2025

Pieniny Ultra-Trail® is one of the most challenging running events in Poland. As participants traverse the picturesque yet demanding terrain of Pieniny Mountains, they face unpredictable weather conditions, rugged trails, and challenges that require both physical endurance and proper preparation. Success depends not only on fitness but also on the right choice of gear, especially accessories. Selecting the best products can be

difficult, particularly when quality, functionality, and comfort matter, and the market offers a vast array of options.

One standout brand in this broad selection is Buff. With years of experience and innovative solutions, Buff has become a leader in its category. Buff products support runners worldwide - both professionals and amateurs alike.

With Pieniny Ultra-Trail®

participants in mind, we have compiled a list of the best Buff accessories to help you tackle the demanding course and tough conditions.

Every detail matters – discover accessories that meet your expectations. Buff products combine innovative materials, lightweight construction, and versatility, making them an indispensable companion at every stage of the competition.



Buff CoolNet UV – A Multifunctional Neck Gaiter That Will Revolutionize Your Outdoor Activities

Buff CoolNet is more than just a neck gaiter—it's a technologically advanced accessory designed to meet the needs of active individuals. Featuring natural cooling technology with mint, it keeps you feeling fresh even during intense exertion. Additionally, with HeiQ Smart Temp technology, the fabric reacts to body heat, main-

taining an optimal temperature so you stay comfortable even on the hottest days.

Thanks to its flexibility and various wearing options, it can serve as:

- **A neck gaiter** – Protects against cold in chilly weather and provides a cooling effect in hot conditions. Additionally, it offers UPF 50 sun protection.
- **A headband** – Shields against sweat, wind, and sun while keeping your hairstyle in place.

- **A face mask** – Perfect for protecting your face from strong winds or dust on the trail.

- **A beanie** – Easily transformed into a hat for extra warmth when temperatures drop unexpectedly.

Made from lightweight, breathable fabric, the Buff gaiter does not weigh runners down or cause overheating—essential factors for long-term physical exertion.

Cap – Comfort and Protection Throughout the Race

Running through the mountainous trails of Pieniny Mountains demands full concentration and optimal comfort. The 5-panel cap or

Buff Pack Speed Cap perfectly combine functionality with aesthetics.

What makes Buff caps stand out, and why should you wear one during the race?

- **Sun protection** – The wide brim effectively shields your eyes and face from UV rays.

- **Ventilation** – The lightweight fabric and well-designed construction ensure constant airflow, preventing overheating.

- **Perfect fit** – The cap is elastic, allowing for a precise fit to the head, ensuring comfort throughout the run. Thanks to its innovative design, the Buff Pack Speed Cap takes up minimal space—it folds easily, which is crucial when space in your running backpack or vest is limited.



Buff CoolNet UV Headband – Comfort and Versatility

The Buff CoolNet UV headband is another must-have for Pieniny Ultra-Trail® runners. Thanks to its elasticity and versatility, it's the perfect solution for both warm and cool days.

How can you use the Buff CoolNet UV headband?

- **As head protection** – The CoolNet UV+ technology provides UPF 50 sun protection while efficiently wicking moisture and drying quickly.
- **As a wristband** – Ideal for wiping away sweat during intense effort.
- **As extra ear protection** – In cooler weather, it serves as an additional layer of warmth for your ears.

A small yet powerful piece of gear, the Buff headband will be invaluable throughout the entire race.



Whether you are a professional athlete competing at the highest level or an outdoor enthusiast who enjoys physical activity as a way to relax, Buff is thrilled to support Pieniny Ultra-Trail® participants on their journey. Your passion, dedication, and achievements

inspire us to continually improve our products.

This sense of shared purpose makes us feel like an integral part of this dynamic sports community—one that constantly pushes its limits and pursues new goals.

We're rooting for all Pieniny Ultra-Trail® participants! We wish you strength, perseverance, and success on the course. May every step bring you closer to fulfilling your running dreams!

The Buff Team

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.



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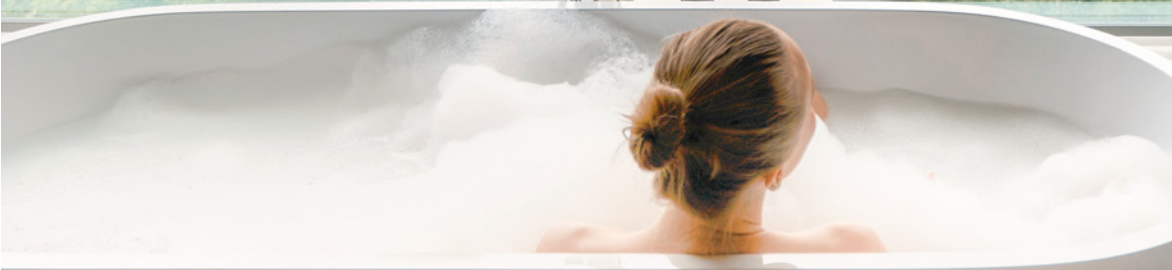


Hotel Spa Budowlani



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LET'S SHARE OUR CRISES

In a world full of endless “checklists” that are supposed to guarantee success, we often run out of breath, moments, and courage. That last one is especially needed when we have to say, “I’m in crisis, but I want to stay in it for a while.”

We speak with **Maciej Starzyński**, a psychologist and psychotherapist in training, about how men experience difficulties and the lessons we can learn from them.

As a therapist, you have more access than most to a side of men’s lives they don’t talk about - problems, challenges, doubts. Is it truly difficult for men to ask for support?

Research shows that, in most areas, it is harder for men than for women. However, if I were to base my answer solely on my own practice, it

wouldn’t be entirely accurate - I work with men who are already seeking help. That said, there are cases where a loved one tries to arrange help for a man. Still, my work is based on the individual’s consent and willingness to participate in therapy or consultation.

Perhaps my gender and context also play a role - I work

primarily with men undergoing cancer treatment or supporting someone who is ill. In clinical practice, I do work more often with women, though not by a significant margin. However, I’m always aware of the cultural context, where asking for help is often linked to showing weakness and can be perceived as a threat to a man’s status in his family or social group.

„A Guy Comes for Help and...”? What challenges are men facing today? In what areas do they need the most support?

It varies. Some men come with clearly defined issues, others have only a vague sense of discomfort, while some just feel that something isn't right but can't pinpoint why. It's important to stress that all of these situations are valid reasons to seek help.

What Do You Work on Most Often?

Communication is a frequent topic - both with loved ones and with oneself. In my work with medical professionals, it also includes communication with patients. When it comes to illness, or other struggles, we often discuss losing or finding hope. I also keep in mind that societal expectations of men are evolving, and so are the roles they are expected to play. But above all, every person I work with is unique, experiencing their own challenges in their own way.

Beyond Therapy: How Can We Help Men in Crisis?

I'll focus on an area I know well - cancer treatment. It's more of a marathon than a sprint, with different stages that each person experiences differently. That's why it's important to collect various strategies for coping and to draw on what has worked in past crises.

For one person, a walk in the woods might help; for another, dinner with friends or watching a movie together. Some might prefer hitting a punching bag, while others turn to writing or drawing. There's no single formula, and these approaches don't have to be mutually exclusive. Following intuition is key, and if that's difficult, we can rely on

those around us. If you want to help someone, simply asking what they need can go a long way. Psychological support and therapy are just one option among many.

No Quick Fixes?

Our world is speeding up, often promising quick solutions in various aspects of life. But even if we want to, we can't always keep up, and this can lead to guilt. Quick fixes are a trap of modernity. Crises and loss are part of life - they contain valuable lessons and opportunities for growth. Rushing to escape a crisis can be deceptive and may prevent us from fully experiencing and learning from it. Some crises are simply too important to waste.

Crisis and loss are part of life - they hold the potential for growth and new understanding.

Can We Build Resilience Against Crises?

Physical activity – when adapted to one's condition – helps at every stage of life. It's not just a preventive measure but also part of healing and recovery. Even during illness, some form of physical activity is almost always possible. I've seen firsthand how beneficial movement can be for patients, often because they themselves notice its positive effects. Whether done alone or with a professional, exercise can be a form of self-care, which is particularly valuable in times of crisis.



Since April this year, Maciej Starzyński has been leading RakMeni—a therapeutic group for men diagnosed with cancer.

If you or someone you know needs support, visit:
www.raknroll.pl/RakMeni

RAKMENI

For over 15 years, Rak'n'Roll Foundation has provided support for cancer patients. From the beginning, we've aimed to include men in our initiatives, but, truth be told, most of our programs have been utilized by women.

For years, we encouraged men to join, emphasizing inclusivity. While this had some success, it also reinforced our belief that male cancer patients face unique challenges.

Traditional masculinity can become a heavy burden when illness weakens the body, symptoms aren't always visible, and not everyone knows about your condition – yet each day, you feel increasingly alone. In these moments, generic „inclusive” support may overlook men's specific needs.

That's why we created **RakMeni** – a space for men to vent, learn, connect, and open up safely. The willingness to seek help is growing. Social roles and behavioral patterns are evolving, creating space for male support circles, communities, and awareness events.

These initiatives are gaining momentum – but not excessively so. This means that those ready to seek help, or simply take care of themselves in a healthy way, now have access to the support they need.

We hope **Rak'n'Roll** can be that place within the cancer patient community.

Learn more at:
www.raknroll.pl/RakMeni

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EMPATON

AN AWARD FOR HEARTFELT AWARENESS

"I met Piotr after Bacówka na Obidzy - he appeared like an angel from the sky. I was struggling, the weather was getting worse, and my thoughts were all over the place. Even though he had his own race plan, he decided to stay with me. He was incredibly caring, setting the pace and checking in on me constantly. He pulled me out of the mud several times, chatted to keep me going, and kept track of time. After Durbaszka, we agreed to finish the race together - and that's exactly what we did: 18 hours, 26 minutes."

Wioletta Kozdrój

EMPATON is an award given for acts of heartfelt awareness during Pieniny Ultra-Trail®. Any participant, spectator, volunteer, or even a bystander who witnesses an act of empathy can submit a nomination.

Last year, the award was given to Piotr Żydek. When we met to present him with the trophy, we discovered that he serves in the Volunteer Fire Department—coincidence?

Kuba (Pieniny Ultra-Trail®):
Were you surprised by your nomination for EMPATON 2024?

Piotr: Yes! People perceive the same situation in very different ways. For me, it was just normal. I joined her for a while, and then I realized - what difference would 20 or 30 minutes make for me? I know myself; I would have kept wondering whether she was still going, if she had given up. I knew it was better to continue together and finish the distance as a team. It gave me peace of mind, knowing everything was okay. The result didn't matter to me - I'm not in the top rankings, I wasn't fighting for the podium. So for me, it was just natural.

Kuba: Do you think just having company is enough in moments like that?

Piotr: I don't know if it works for everyone, but I know from my own experience that when you hit a rough patch, just having someone there - even if they don't say anything, just walking alongside you - can be incredibly motivating. It makes you think, „They're still going, so why should I stop now? I'll at least make it to the next checkpoint.”

Monika (Rak'n'Roll Foundation): We see the same thing

in illness. Simply being there for someone is incredibly important. As our psycho-oncologist says, sometimes the most important thing is just to be present. You don't always know what to do - just like in a race - but just being there is what truly matters.

Kuba: Why do acts of kindness still surprise us?

Piotr: I think people are just afraid. Sometimes they don't know how to help, or they're scared of making things worse. But often, all it takes is approaching someone and asking, „Are you okay?”

Kuba: Where does your awareness of others come from?

Piotr: I think it comes from my experience as a firefighter. We always work in teams - six people per call, divided into two-person units. When two people go in, two people come out.

Monika: So there's always a companion?

Piotr: Always. If I don't know something, my partner helps me. If he doesn't know something, I help him. We double-check each other ten times - whether it's putting on equipment or anything else. I always have someone

How to submit a nomination for the Empaton 2024 award?

Within 48 hours after the event (until Monday at 8:00 PM), send an email to empaton@raknoll.pl, with the following details:

- Describe the situation
- Provide as much information as possible about the nominee (name, race number, or anything that helps us contact them)
- Include your name, surname, and phone number

Let's celebrate acts of kindness—because small gestures can make a big difference!

to rely on, and they can rely on me. Maybe that translates to trail running too. If I stop to chat with someone, why not keep going together?

Monika: But you gave up your race time...

Piotr: Sometimes it's worth it. This [EMPATON trophy] is probably the most meaningful award I'll ever receive. Because, to me... this is just normal. Maybe it's because of the fire service, or maybe I've just always been this way.

Due to an injury, Piotr won't be competing this year, but he'll be out on the course supporting others. Meanwhile, Wioletta will take on the Niepokorny Mnich challenge once again, and we hope to welcome her at the finish line.

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: +48 692 780 887

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: +48 692 780 604

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: +48 606 332 902

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 and beer coupons on it - they will be useful when you reach the finish line. 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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