



KRAJNA ADVENTURE RACE 2019

RULES OF THE RACE

1. Purposes of the event

- popularization of sport and physical activity,
- popularization of adventure racing and orienteering,
- selecting the best participants in the competition,
- promotion of regions Krajna,
- promotion ecological awareness.

2. Organizer of the event

Fundacja Strefa Przygód

Staw II 12/17

62-420 Strzałkowo

NIP: 667 176 65 77

Złotowski Korpus Ekspedycyjny

Ul. Plażowa 2

77-400 Złotów

3. Time and place

Date and location: March 29-31, 2019, Krajna region, the surrounding of city Zlotow, Poland.

4. Rules of participation

- To take part in the competition a Participant must be an adult, must register via entry form, pay the entrance fee and sign a declaration during registration in the race office, that he/she starts on his/her own risk;
- Participants who are 16-17 are required to hold a permit for the participation, signed by their parents/legal guardians and with their ID number on it. Parent or legal guardian needs to show up in the race office during registration, so the organizers may verify their ID.
- At least one person in the team needs to be at least 18 years old;

5. Courses:

ADVENTURE RACE – SHORT COURSE

- a) Distance: ca. 60 km.
- b) Disciplines: running, cycling, kayaking, special tasks.
- c) Teams: 2-people.

- d) Classification:
 - a. MEN (two men)
 - b. MIX (woman + man or two women)
- e) Time limit: 12 hours.

ADVENTURE RACE – LONG COURSE

- a) Distance: ca. 150 km.
- b) Disciplines: running, cycling, kayaking, inline skating, special tasks.
- c) Teams: 2-people.
- d) Classification:
 - a. MEN (two men)
 - b. MIX (woman + man or two women)
- e) Time limit: 24 hours.

6. Rules of competition

- We measure time from the start to the finish – the clock doesn't stop during special tasks or rest stops. The only situation when there is a possibility of time stop is when the team must wait for an equipment (for ex. kayaks), because of the organizer.
- All teams start at the same time and goes to the finish non-stop. Participants decide about their own pace and rest stops. The course is marked with control points, but the route between them is up to decision of a team. Those same checkpoints are marked on the maps we deliver to the teams.
- There might be some special sections where the route is obligatory. At some checkpoints the teams will have special tasks to complete.
- At each checkpoint the teams need to be together.
- At each checkpoint and each section the teams need to carry their obligatory equipment.
- Crossing private properties is prohibited, unless the organizer points otherwise.
- During whole competition it is forbidden to use other means of transportation that pointed by organizer.

7. Disciplines

1. Running sections – those sections participants complete by foot, walking or running.
2. Cycling sections:
 - a) Participants need to use their own bikes. The organizer doesn't rent bikes.
 - b) The course is diverse, from asphalt/tar roads to single paths or off-roads where cycling might not be possible.
 - c) When cycling all participants must wear a helmet and follow the traffic regulations.
 - d) When cycling at night all participants must use front and rear lights.
3. Kayaking sections:
 - a) Participants use kayaks delivered by the organizer.
 - b) The organizer delivers safety vests and paddles for all participants.
 - c) When on water all participants are obliged to wear safety vests.
 - d) Participants may use their own equipment, but it should be reported during registration.
4. Inline skating sections:
 - a) Participants use their own inline skates or may cover all distance on foot, if decided to start the race without the inline skates.
 - b) When on roads all participants must use rear red flashing light
 - c) During those sections wearing a helmet is obligatory.

8. Specials task and special sections

1. General info.
 - a) There is no time stop during special task or special sections. The organizer may stop the clock for the teams waiting in line if the special task is occupied by a team from a different course.

- b) All special tasks and special sections the participants complete at their own risk.
 - c) All special tasks and special sections should be done with the obligatory equipment unless the organizer points otherwise.
2. Special tasks.
- a) Special tasks are additional disciplines the teams should complete. Participants may need additional skills to complete them.
 - b) When completing special tasks participants may help each other.
 - c) When two teams compete closely special task is done in order of the teams reported readiness at the checkpoint.
 - d) When completing special tasks participants use their obligatory equipment or the equipment delivered by the organizer. It is forbidden to borrow the equipment from other teams. Missing or borrowing obligatory equipment will lead to time penalty for the team.
 - e) Special tasks usually are supervised by judges. The judge may not allow the team starting a special task, if he/she notices the team is not ready or prepared badly.
 - f) If a participant is rejected from starting a special task, he/she may prepare and come back, but if there is a queue he/she goes to the end of it.
 - g) If one person from the team fails to complete a special task a team gets a time penalty added to the final time.
 - h) Participants need to oblige all commands of a judge.
3. Special sections.
- a) Special sections are obligatory parts of a course, that a team must complete according to signings on a map or in the terrain.
 - b) Special sections may have additional checkpoints not pointed on the maps.
 - c) Failing to complete a special section may lead to time penalty.

9. Maps

1. Main map.
- a) Each team gets two sets of the main maps prepared by the organizer.
 - b) **Participants of the long course cannot use other maps or GPS devices.**
 - c) **Participants of the short course may use other maps and/or GPS devices.**
 - d) Participants of the long course get maps during a briefing.
 - e) Participants of the short course get maps before the start in the race office.
 - f) Each team gets color map (1:50 000 scale) with all the checkpoints and descriptions of precise location.
 - g) The start line will be marked with a triangle and the finish line with a double circle. The exact location of a checkpoint is the center of a circle.
 - h) Special sections should be completed according to description.
 - i) If there are important places of crossing main roads or highways they will be pointed on the map.
2. Additional maps.
- a) There may be sections where additional maps are needed. If so, the teams will get them at the start of such section.
 - b) The additional maps may have different coloring and symbolism.

10. Control point

1. Control point (CP/PK) is equipped with white-orange “lantern” marked with a number and an instrument to confirm the presence of the team at a specific control point. Some control points may be equipped with reflective tape helping to locate them.
2. Confirming the presence of a team at the CP
- a) To confirm the presence at the CP a team needs to use a special device to check a start card of a team.
 - b) If there are no judges at the CP, the CP will be additionally marked with a red-white tape and confetti with a specific code.

- c) **If a team notices a checkpoint is missing, it should contact the organizer to confirm its location.**
- d) If a team loses or destroys a start card it may lead to disqualification of the team.

11. Transition area

1. General info:
 - a) Changing personal equipment of the team is possible at certain transition areas.
 - b) Teams may use transition areas after specific sections. The time is not limited.
 - c) **All teams should prepare their equipment to be easily transported using their own bags, boxes or backpacks.**
 - d) There is no guarantee that each transition area is roofed.
 - e) Each deposit should be marked with a number delivered by the organizer.
 - f) **Teams are obliged to keep their equipment in transition areas in order. All deposit boxes/bags should be left packed and ready to be transported back to race base. Leaving boxes/bags unpacked may lead to time penalty.**
 - g) Maximum capacity of box/bags will be announced in technical statement a few days before the race.

12. Equipment

1. Participants may use only their own equipment (which they have from the start or from a transition area). It is not allowed to accept support from third parties.
2. All teams should possess mandatory equipment listed below. The Organizer may check the mandatory equipment along the course or at the finish line.
3. If the team loses mandatory equipment during competition it gets a time penalty.

13. Forbidden equipment

- weapon (other than a knife)
- other means of transportation that pointed by the organizer
- other maps than those delivered by the organizer (allowed on short course)
- GPS device (allowed on short course)

14. Mandatory equipment

1. Personal equipment of each participant during whole race:
 - 1 x headlamp/lamp
 - 1 x survival blanket (min. 200 x 150 cm)
 - 1 x ID or passport
2. Personal equipment of each participant during cycling stages:
 - bike
 - 1 x helmet
 - 1 x front light giving white light seen at least from 150 m (headlamp is allowed)
 - 1 x rear red light
3. Team equipment during kayaking stages:
 - 1 x kayak (delivered by the organizer)
 - 2 x paddle (delivered by the organizer)
 - 2 x life jacket (delivered by the organizer)
4. **LONG COURSE:** Personal equipment during inline skating stages:
 - Skates/inline skates/roller skiing
 - 1 x helmet
 - 1 x rear red light

5. Team equipment during whole race:

- 1 x compass
- 1 x mobile phone
- 1 x first-aid kit:
 - 1 x bandage
 - 1 x elastic bandage
 - 2 x gauze
 - 1 x painkillers (min. 5 pieces)
 - 1 x patches with dressing (min. 5 pieces)

15. Recommended equipment

- Clothing appropriate to weather conditions
- Bike map holder
- Repair bike kit

16. Transportation of bikes to a transition area (only for Short Course)

Transition area before a bike section will be located ca. 15 km from Zlotow, it's a 15 minute drive by car on a normal road. The location will be provided in the week of the race.

Participants may deliver the bikes by themselves during transition area working hours:

Friday, 29.03.2019: 18:00 – 22:00

Saturday, 30.03.2019: 7:00 – 8:30

Or by Organizer.

When choosing delivery by Organizer the team should deliver it's bikes to the race base on **Friday** (29.03.2019) **until 21:00** and pay transportation fee in the race office (10 PLN per bike). Transportation option should be checked in the application of the team. If the team changes his preferences later, it should inform organizer via e-mail.

17. Rules of classification

1. Finishing the race:

- a) **To be announced as a finisher of the race the team needs to check at least 50% of all control points and obey the rules of the race.**
- b) All teams are classified according to criteria listed below:
 - Amount of checked control points
 - Finishing time
- c) Final time of the team is the time of the last participant of the team at the finish line. If times of two teams are equal the deciding condition is the time of all running stages.

2. Resignation:

- a) **In case of resignation the team must inform the Organizer.**
- b) The organizer does not bear responsibility for the resigning team, but if possible will transport the team from the nearest checkpoint/transition area to the race base.
- c) If one participant from the team resigns, the other may continue the race, but will not be classified.
- d) If the team resigns without informing the organizer and the organizer starts a search and rescue action, the team may be charged with the cost of it.

3. Disqualification:

The organizer may disqualify the team if:

- a) Finds inability of the team to continue the race due to medical issues
 - b) The team breaks the rules of the race
4. Other:
- a) If possible, the resigning team should get back to the race base by itself (unless medical help is needed).

18. Time penalties and bonuses

1. Time penalties for the team:
 - a) Missing or not finishing of a special task – 30 minutes per person;
 - b) Missing or not finishing of a special section – 1 hour per team;
 - c) Lack of mandatory equipment – 15 minutes for each piece of equipment;
 - d) Separation of the team – 30 minutes to disqualification;
 - e) Leaving unpacked transition equipment in the transition area – 15 minutes;
 - f) Tearing up the starting card (long course) – 30 minutes.
2. If the team cannot complete a special task due to lack of mandatory equipment it gets only one penalty – for not completing a special task.
3. In some circumstances the organizer may give a team a time bonus.
4. All time penalties and bonuses will be added to the final time at the finish line.

19. Bib numbers and start cards

During registration in the race office Participants get bib numbers for their bikes and start cards to check control points.

20. Food during competition

1. During the race all teams use their own food and drinks.
2. Teams may refill in transition areas and local shops on the course.

21. Safety

- Leaving valuable objects (wallets, documents, phones, etc.) in deposit bags is forbidden.
- The Organizer is insured against liability towards the Participants of the competition.
- The Organizer reminds all the Participants about all dangerous effects connected with participating in a sport event and intensive physical activity, that may lead to losing health or even life. The Organizer recommends all the Participants taking medical test appropriate to confirm that he/she may safely Participate in such an event.
- The Organizer announces that it does not provide any insurance for life, health or civil liability in respect of sickness, accident, injury, death or incurring any loss or damage that may occur due to the presence and/or participation in the competition.
- The condition to take part in the event is allowing medical and paramedical staff employed on behalf of the Organizer to provide medical first aid or perform other medical procedures, including transport of a victim to a safe place.
- Medical service or the Organizer may forbid a Participant continuing the race if they find it threatens health or life of the Participant.
- By accepting these Rules, a Participant admits that participating in the event is associated with physical activity and natural risk of accidents that may lead to damage of a body or other injury (including death). The delegation to the Organizer properly completed registration form and paying entrance fee means that the Participant has considered and evaluated the nature, scope and extent of the risks of participating in the competition and voluntarily decided to take that risk, starting in the competition at his/her own risk.
- The condition to participate in the event is having a current medical examination allowing to start in competition or personally signing a statement of no contraindications to participate in the competition.

22. Entrance fee

Short Course:

Registration: until March 20, 2019.

Entrance fee:

50 EURO per team until February 18, 2019.

60 EURO per team from February 19 till March 20, 2019.

Long Course:

Registration: until March 20, 2019.

Entrance fee:

80 EURO per team until February 18, 2019.

90 EURO per team from February 19 till March 20, 2019.

23. Bank account

The entrance fee should be paid to one of the bank accounts:

PLN

95 1140 2004 0000 3202 7721 0296

(mBank)

Fundacja Strefa Przygód

Staw II 12/17

62-420 Strzałkowo

Title of transfer: [KAR2019] + [name of the team]

Euro - International payments

IBAN: PL 71 1140 2004 0000 3212 0612 0267

BIC: BREXPLPWMBK

Name and address of the bank: mBank S.A., Skrytka pocztowa 2108, 90-959 Łódź 2

SORT CODE: 11402004

24. Return of the entrance fee

The resignation should be reported by e-mail: kuba@strefaprzygod.pl

- If you resign before 18th of February 2019 we return 100% of entrance fee minus 1 euro.
- If you resign between 19th of February and 15th of March 2019 we return 50% of entrance fee.
- If you resign after 15th of March 2019 you may only pass your entrance fee to another Participant, and it is possible until 26th of March 2019.
- The Organizer does not return the entrance fee to Participants who haven't finished the race, or didn't participate at all and does not postpone the entrance fee to the next edition of the event.

25. Benefits for all Participants

- post-race hot meal,
- bib number for bikes,
- set of maps,
- kayaks, paddles and life jackets for kayaking stages,
- transportation of equipment to and from transition areas,

- medals for finishers,
- prizes for top finishers,
- accommodation for two nights in touristic condition (own sleeping bag and mattress),
- medical rescue coverage,
- preparation and service of special tasks.

26. Image protection and personal data

- A condition of participation in the race is signing an appropriate statement in the race office regarding the consent for free use of the participant's image and a declaration regarding the processing of personal data of the participant.
- A condition of participation in the race is also consent to the processing of personal data of the participant provided in the application form, by the personal data administrator within the meaning of the Personal Data Protection Act of 10 May 2018 and the General Data Protection Regulation No. 2016/679 of 27 April 2016 (RODO), which is the Strefa Przygód Foundation with the seat at Staw II 12/17, 62-420 Strzałkowo, for the purpose and to the extent necessary for the implementation of the sporting event, including publication of participant's data on start lists and letters from results and sending the participant's result to the telephone number indicated during registration.
- The participant has the right to request access to data, rectification, deletion or limitation of processing and opposition to processing, as well as the right to transfer data. Providing personal data is voluntary, but necessary and necessary to participate in a sporting event.
- Participant's data may be transferred to cooperating entities during the event and related actions on the basis of relevant entrustment agreements.
- Personal data will be kept for the period necessary to carry out the event, the details of storing specific data are set out in the Privacy Policy.
- The participant has the right to lodge a complaint to the President of the Office for Personal Data Protection when he / she considers that the processing of personal data concerning a participant violates the provisions of the General Regulation on Personal Data Protection No. 2016/679 of 27 April 2016 or the provisions of the Act on Personal Data Protection of 10 May 2018
- The administrator may process personal data in connection with the organization of the Krajna Adventure Race event also in cooperation with other people, such as volunteers, who carry out activities related to the organization and course of the event.
- Details of the participant's personal data protection are set out in the Privacy Policy.

27. Invoices

- If you need an invoice for the entrance fee, please send all your details to kuba@strefaprzygod.pl.
- According to polish tax law, if the payment is made before delivering the service, we provide an advance invoice for the whole amount of entrance fee, which means it is a final invoice.
- By accepting the Rules of the event, the Participant accepts that we deliver an invoice via email without signing.

28. Final word

- Any changes to the program of the event or the routes will be announced before the event.
- Violation of the Rules may result in the imposition of a penalty or disqualification of a Participant.

29. Contact with the Organizer

website: www.krajnaar.pl

e-mail: kuba@strefaprzygod.pl