**PARTICIPATION AND EQUIPMENT**

• **TP 25 km**

o TP TP 25 km is intended for families and less experienced people who want to try their hand in winter conditions.

o Children from the age of 13 can take part in the event under the care of an adult throughout the entire route and after presenting the parents' written permission to start the marathon.

o Children under 13 years of age can participate in the event only under the care of parents or legal guardians.

o Obligatory equipment: reflective elements on clothing, compass, cell phone, basic first aid kit.

o It is recommended to have a waterproof phone case, chemical body heaters and a head lamp or flashlight.

**• TP 50 km and TP 100 km**

o TP 100 km and TP 50 km is intended for hiking enthusiasts with very good physical condition.

o The condition for admission to independent start is 18 years of age and submission to the organizers of a written statement about the start of the marathon at their own risk and of the absence of health contraindications for practicing long-distance marches.

o Young people over 16 years of age can take part in the marathon after presenting their parents' written permission to start the marathon under the care of an adult.

o Obligatory equipment: a flashlight or head lamp with spare batteries, reflective elements on clothing, a sleeping bag or a thermal insulation rescue blanket (NRC foil), compass, cell phone, basic first aid kit.

o It is recommended to have a waterproof phone case and chemical body heaters.

 **AWARDS**

• Persons who take the first three places in individual distances and categories will receive cups or statuettes as well as material prizes.

• For a TP distance of 100 km, classification in places 1 - 3 is subject to passing all PK.

• We anticipate occasional medals for all participants of TP 100 km, TP 50 km and TP 25 km.

**FEES AND APPLICATIONS**

• **By December 16, 2019.**

o For a distance of TP 100 km and TP 50 km

- 70 PLN without accommodation

- 80 PLN with accommodation - sports hall (own foam pads and sleeping bags)

o For a TP distance of 25 km

- PLN 50 without accommodation

- 60 PLN with accommodation - sports hall (own foam pads and sleeping bags)

• **By December 31, 2019.**

o For a distance of TP 100 km and TP 50 km

- 80 PLN without accommodation

- 90 PLN with accommodation - sports hall (own foam pads and sleeping bags)

o For a TP distance of 25 km

- 60 PLN without accommodation

- 70 PLN with accommodation - sports hall (own foam pads and sleeping bags)

• **After January 1, 2020.**

o For a distance of TP 100 km and TP 50 km

- 90 PLN without accommodation

-PLN 100 with accommodation - sports hall (own foam pads and sleeping bags)

o For a TP distance of 25 km

- 70 PLN without accommodation

- 80 PLN with accommodation - sports hall (own foam pads and sleeping bags)

• **THE ORGANIZER PROVIDES**

- accommodation from Friday to Sunday in the sports hall at the marathon base - you must have your own foam pad and sleeping bag,

- showers, w-c and a sauna at the marathon base,

- a route map and its description protected against water,

- a waterproof start card,

-electronic time measurement,

o on the TP 100 km route a GPS transmitter for each participant for the TP 50 km route GPS transmitter as they possess it (on the trackcourse.com website you will be able to track competition and analyze your route and other participants after the marathon),

- occasional medals for all participants,

- cups and material prizes,

- free access to all the attractions in the swimming pool on Saturday and Sunday for participants of TP 100 km and TP 50 km,

- free parking at the base,

- a feast after the award ceremony

- a warm soup at the finish for all participants.

*•****ATTENTION***

*Fee paid to the account:*

Wiesław Rusak

ul. Bociania 4

19-311 Chruściele

BANK PKO BP S.A. ODDZIAŁ w Ełku

nr konta: 78 1020 4724 0000 3302 0103 4586

in the title write 'EZ fee, name and route'

for example: "EZ, Jan Nowak, TP 25 km "

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**APPLICATIONS should be sent only via the application form available on the website**

[**https://my.raceresult.com/140397/registration?lang=pl**](https://my.raceresult.com/140397/registration?lang=pl)

In the case of cancellation until 27.12.2019 we will refund the fee, after this date we will not refund the fee.

**STARTING FORMS AND CATEGORIES**

• Walking marathon - on all routes, individual start, classification by gender and age K- women, M - men, KW - women over 50 years, MW - men over 50 years old.

• Results on TP 100 km and TP 50 km routes will be included in PP in PMnO.

• In addition, on TP 100 km, TP 50 km and TP 25 km routes there will be a separate classification for the inhabitants of Ełk, divided into women and men.

 FINAL PROVISIONS

• The marathon will be held regardless of the weather.

• In very bad weather conditions the TP100 time limit may be increased.

• Participants cover the entire route on their own, it is absolutely forbidden to use organized help from third parties.

• Participants can refill drinks and food in stores encountered along the way.

• The use of any means is prohibited; transport during covering the route, finding a violation of this prohibition will disqualify the competitor.

• A participant who resigns from the start after 27/12/2019 or fails to register at the start loses the right to a refund of the entry fee and benefits.

• Application after December 31, 2019 does not guarantee full benefits.

• The organizer is not responsible for damage caused to participants or third parties, the final interpretation of the regulations belongs to the organizers.

• Any protests may be submitted orally, in writing or electronically within 3 days of the announcement of the preliminary results to the main judges of individual routes.

• The official results of the marathon will appear after considering any protests by January 7, 2020.

• It is forbidden to enter nature reserves, smoke bonfires in the forest, enter forestry nurseries and forest crops up to 4 m high.

• It is forbidden to enter fenced private areas.

ADDITIONAL INFORMATION

• PKP train timetable - www.rozklad-pkp.pl

• PKS bus timetable - www.pkssuwalki.pl

• ŻAK EXPRESS timetable - www.zakexpress.com.pl