

## Regulations of UltraKotlina Races Ultramarathons around Jeleniogórska Basin

### 1. Race purpose

- Popularization of ultramarathons and mountain tourism,
- Raising awareness about safety rules applied in the mountains,
- Integration of the Ultrarunners,
- Promoting Jeleniogórska Basin region,
- Promoting #BiegaczeDlaPrzyrody (#RunnersForNature) action,
- Promoting Powiat Karkonoski.

### 2. Organizer

Fundacja Przejście Kotliny  
 Słoneczna 2 Street  
 58-573 Piechowice  
[biuro@ultrakotlina.pl](mailto:biuro@ultrakotlina.pl)  
 Race Manager: Marta Lipnicka  
 Referee: Paweł Wiśniewski  
 Race office Manager: Maciej Koziński

### 3. Date and location

	UK180	UK140	UK80	UK50	UK30	UK Relay
<b>Start time</b>	08.10.2022 at 1.00 AM  Szkolna 6, elementary school nr 1, Piechowice	08.10.2022 at 6:00 AM  Szklarska Poręba (Ski Arena Szrenica)	08.10.2022 at 7:00 AM  Janowice Wielkie, Zielona Dolina Park	08.10.2022 at 9:00 AM  Galeria Sudecka (shopping center), Jana Pawła II, Jelenia Góra	09.10.2022 at 10.00 AM  Szkolna 6, elementary school nr 1, Piechowice	08.10.2022 at 6:00 AM  Szklarska Poręba (Ski Arena Szrenica)
<b>Finish</b>	Szklarska Poręba (Ski Arena Szrenica)					
<b>Time Limit</b>	40 h	30 h	15 h	10 h	6 h	23 h

### 4. Race offices

Address	Szałas Żywiecki restaurant, Uroczą 4A Street, 58-580 Szklarska Poręba	Szkolna 6 Street, elementary school nr 1, Piechowice	Janowice Wielkie, Zielona Dolina Park	Galeria Sudecka (shopping center), Jana Pawła II, Jelenia Góra
<b>Opening hours (distance)</b>	07.10.2022 from 17:00 to 20:00 (all distances)  08.10.2022 from 05:00 to 05:45 (UK140 and UK Relay)  08.10.2022 from 18:00 to 20:00 (UK30)	08.10.2022 from 00:00 to 00:45 (UK180)  09.10.2022 from 08:00 to 9:45 (UK30)	08.10.2022 from 06:00 to 06:45 (UK80)	08.10.2022 from 08:00 to 08:45 (UK50)

Participants will receive a technical communication approximately a week before the race.

## 5. Rules of the trail and race venue

Start and finish:

- The race staff and the organizers are in charge of the areas.
- Participants must follow the rules pointed by the organizer and the race staff.
- Only participants and the race staff can enter the start and finish area.

The trail:

- The trail will be marked with a white tape with UltraKotlina logo and a reflective element, signs with arrows and chalk spray.
- The trail is a mountain ultramarathon which goes through the main mountain ranges surrounding Jeleniogórska Basin.
- The trail is marked on the race map, which will be included in a race pack. The GPX file will be available on the race website [www.ultrakotlina.pl](http://www.ultrakotlina.pl) 2 weeks before the event.
- Distance and elevation gain:

	UK180	UK140	UK80	UK50	UK30	UK Relay
<b>Distance</b>	181 km	140 km	79 km	56 km	34 km	140 km (leg 1. - 43 km, leg 2. - 18 km, leg 3. - 40 km, leg 4. - 39 km)
<b>Elevation gain</b>	6923 m	5484 m	2889 m	2118 m	1309 m	5484 m

Checkpoints:

- A participant must show their race bib to the race staff at the checkpoints.
- Fans cannot enter the checkpoints area.
- Route's correctness verification is carried out by confirming presence at the subsequent checkpoints. Verification is carried out by the race staff. If the participant does not confirm their appearance on the checkpoint they will result in the disqualification.
- In case of the resignation from continuing the race a participant must inform the organizer by SMS or a call at 690 980 855.
- Support is possible only in the checkpoints area (approx. 100 m from it). Support (including running partner) on the track is forbidden.

Drop bags:

The participants of the UK180 and UK140 can drop bags off in the race office during its opening hours. They will be available to the participants at the below checkpoints:

- UK180 - PK5 Karpacz (73 km) and PK9 Góra Szybowcowa (129 km)
- UK140 - PK7 Janowice Wielkie (61 km)

A bag cannot be bigger than 40 liters per participant. The bags will be provided by the organizer in the race office.

Deposit:

Deposit is available to all participants. It can be dropped off and collected in the race office during its opening hours.

UK Relay:

Relay teams, besides 4-people Teams, can consist of 3 runners (1 person cannot take two legs in a row).

## 6. Time limits and cut-off times

Distance	Time limits	Checkpoints
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<b>UK180</b>	<p>Time limit for the whole race is 40 hours. At 17.00 on Sunday 09.10.2022 the race will be closed.</p> <p>Checkpoints - date and cut-off limit - distance:</p> <p>PK1 Rozdroże Izerskie - 8.10.2022 / 4.00 (3h) - 14 km          PK2 Świeradów - 8.10.2022 / 6.00 (5h) - 28 km          PK3 Huta - 8.10.2022 / 10:00 (9h) - 42 km          PK4 Przełęcz Karkonoska - 8.10.2022 / 13.00 (12h) - 61 km          PK 5 Karpacz - 8.10.2022 / 16.00 (15h) - 73 km          PK6 Przełęcz Kowarska - 8.10.2022 / 19:00 (18h) - 84 km          PK7 Janowice Wielkie - 8.10.2022 / 23:00 (22h) - 102 km          PK8 Komarno - 9.10.2022 / 2.00 (25h) - 117 km          PK9 Góra Szybowcowa - 9.10.2022 / 6.00 (29h) - 129 km          PK10 Goduszyn - 9.10.2022 / 9:00 (32h) - 142 km          PK11 Górzyniec - 9.10.2022 / 11.00 (34h) - 156 km          PK12 Kopalnia - 9.10.2022 / 14.00 (37h) - 167 km</p>	<p>12 checkpoints with the time control, food, and drinks (approx. every 20 km)</p>
<b>UK140</b>	<p>Time limit for the whole race is 30 hours. At 12.00 on Sunday 09.10.2022 the race will be closed.</p> <p>Checkpoints - date and cut-off limit - distance:</p> <p>PK4 Przełęcz Karkonoska - 08.10.2022 / 10.00 (4h) - 20 km          PK 5 Karpacz - 08.10.2022 / 12.00 (6h) - 32 km          PK6 Przełęcz Kowarska - 08.10.2022 / 14.00 (8h) - 43 km          PK7 Janowice Wielkie - 08.10.2022 / 18.00 (12h) - 61 km          PK8 Komarno - 08.10.2022 / 20.00 (14h) - 76 km          PK9 Góra Szybowcowa - 08.10.2022 / 23.00 (17h) - 88 km          PK10 Goduszyn - 09.10.2022 / 2.00 (20h) - 101 km          PK11 Górzyniec - 09.10.2022 / 5.00 (23h) - 115 km          PK12 Kopalnia - 09.10.2022 / 9.00 (27h) - 126 km</p>	<p>9 checkpoints with the time control, food, and drinks (approx. every 20 km)</p>
<b>UK80</b>	<p>Time limit for the whole race is 15 hours. At 22.00 on Saturday 08.10.2022 the race will be closed.</p> <p>Checkpoints - date and cut-off limit - distance:</p> <p>PK8 Komarno - 08.10.2022 / 9.00 (2h) - 14 km          PK9 Góra Szybowcowa - 08.10.2022 / 11.00 (4h) - 27 km          PK10 Goduszyn - 08.10.2022 / 13:00 (7h) - 40 km          PK11 Górzyniec - 08.10.2022 / 18.00 (9h) - 54 km          PK12 Kopalnia - 08.10.2022 / 19.00 (12h) - 65 km</p>	<p>5 checkpoints with the time control, food, and drinks (approx. every 20 km)</p>
<b>UK50</b>	<p>Time limit for the whole race is 10 hours. At 19.00 on Saturday 08.10.2022 the race will be closed.</p> <p>Checkpoints - date and cut-off limit - distance:</p> <p>PK10 Goduszyn - 08.10.2022 / 12.00 (3h) - 17 km          PK11 Górzyniec - 8.10.2022 / 14:00 (5h) - 31 km          PK12 Kopalnia - 08.10.2022 / 17.00 (8h) - 42 km</p>	<p>3 checkpoints with the time control, food, and drinks (approx. every 15 km)</p>
<b>UK30</b>	<p>Time limit for the whole race is 6 hours. At 16.00 on Sunday 09.10.2022 the race will be closed.</p> <p>Checkpoints - date and cut-off limit - distance:</p> <p>PK A Zakręt Śmierci - 09.10.2022 / 12.00 (2h) - 12km          PK B Jakuszyce - 09.10.2022 / 15.00 (5h) - 24km</p>	<p>2 checkpoints with the time control, food, and drinks (approx. every 12 km)</p>
<b>UK Relay</b>	<p>Time limit for the whole race is 23 hours. At 05.00 on Sunday 09.10.2022 the race will be closed.</p> <p>Leg - Checkpoints - date and cut-off limit - distance:</p>	<p>Every leg will have from 1 to 2 checkpoints with the time control, food, and drinks.</p>

Leg 1. - PK6 Przełęcz Kowarska - 08.10.2022 / 13.00 (7h) - 43km Leg 2. - PK7 Janowice Wielkie - 08.10.2022 / 16.00 (3h) - 18 km Leg 3. - PK10 Goduszyn - 08.10.2022 / 22.00 (6h) - 40 km Leg 4. - Finish - 09.10.2022 / 22.00 (6h) - 39 km
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If a participant comes to the checkpoint after cut-off time, a participant is no longer UltraKotlina participant, will not be classified, and the Organizer is no longer responsible for the participant.

Exact location and checkpoints' facilities will be announced in a technical communication approximately a week before the race.

Hidden checkpoints are set up along the route. Their location is kept a secret. Only the participant's appearance is controlled on those checkpoints (no food and drinks provided).

## 7. Time measurement

There is an electronic time measurement. Time chips provided to the participants by the organizer must be placed by the participants **on their shoes**. Race staff will use mobile applications on the checkpoints to register participant's appearance. The race-bib **must be worn on the chest or stomach** and must remain permanently and completely visible during the whole race.

## 8. Runner's commitment

Only a person, who meet the following criteria can participate in the competition:

- is at least 18 years old on the day of the competition
- has registered via the online form and pay the entry fee
- has signed the acceptance of the rules during registration in the race office. That means that the participant has considered and assessed the nature, scope, and risk related to the participation in the event and has voluntarily decided to take this risk. The participant acknowledges that participation in the race is associated with physical exertion and entails natural risks and hazards of accidents, the possibility of personal injury and physical injuries, including death
- on the start date, will provide a written declaration, that there are no contraindications to participate in this type of sports event (we recommend a medical certificate)
- during registration at the race office, will read and sign the acceptance of the regulations
- will have mandatory equipment during the whole race (equipment may be randomly checked in the start area and during the race)
- for UK180 a participant has to proof finishing another min. 100 km race in the last 2 years (the field for the link to results will be available in registration form).

## 9. Registration and entry fee

Registration is available via online form at [www.ultrakotlina.pl](http://www.ultrakotlina.pl) from 31.01.2022 at 12:00. Registration will be closed when registered and paid participants number will reach the limit.

Dates	UK180	UK140	UK80	UK50	UK30	UK Relay
Entry fee paid from 30.01.2022 to 31.05.2022	375 PLN	310 PLN	220 PLN	180 PLN	140 PLN	400 PLN per Team
Entry fee paid from 01.06.2022 to 30.09.2022	440 PLN	350 PLN	270 PLN	210 PLN	160 PLN	460 PLN per Team
Entry fee paid after or the day before the race (at the race office - cash only)	470 PLN	380 PLN	310 PLN	240 PLN	180 PLN	575 PLN per Team
<i>Participants limit</i>	<i>170</i>	<i>200</i>	<i>200</i>	<i>350</i>	<i>350</i>	<i>30 Teams</i>

Transfers from Polish bank accounts will be accepted via **Blue Media** service during the online registration process or in the race office before the race.

For foreign bank transfers:

Santander Bank Polska  
 IBAN: PL 59 1090 1984 0000 0001 3222 2481  
 SWIFT/ BIC code: WBKPPLPP  
 Recipient: Fundacja Przejście Kotliny, ul. Słoneczna 2, 58-573 Piechowice  
 Title: UltraKotlina (corresponding distance) + participant's name and surname

Cancellation and refund of the entry fee:

- resignation from participation in the race by 31.05.2022 - 50% refund
- resignation after 01.06.2022 - no refund
- it is allowed to transfer the package to another person by 15.09.2022 (no guarantee of the possibility to change the t-shirt size)
- if the competition is cancelled for reasons beyond the control of the organizer (e.g. current regulations related to COVID-19), the participant will receive a voucher in the amount of 60% of the entry fee for the next year (the same distance) or a refund the 50% of the entry fee.

## 10. Race pack and benefits

Entry fee includes:

- warm post-race meal,
- race t-shirt,
- race bib,
- timing device,
- map of the race,
- medal,
- Karkonoski National Park entry fee,
- accident insurance,
- izotonic and meals which will be served on the checkpoints and at the finish line,
- medical cover,
- possible additional benefits depending on the sponsors,
- transport.

The Organizer cannot guarantee full race packs for participants registered after 15.09.2022. Race packs can be collected during the working hours in the race office. Uncollected race packs will not be sent.

## 11. Ranking and prizes

Distance	Classification	Prizes
UK180, UK140, UK80, UK50 and UK30	WOMEN and MEN - open WOMEN and MEN - age groups  K20 M20 - birth year 1993-2004 K30 M30 - birth year 1983-1992 K40 M40 - birth year 1973-1982 K50 M50 - birth year 1963-1972 K60 M60 - birth year 1953-1962	OPEN places 1. to 3. - cups and finance prizes places 1. to 6. - small material prizes  AGE GROUPS places 1. to 3. - small material prizes
UK Relay	WOMEN, MEN and MIXED	places 1. to 3. - cups, finance and/or small material prizes

Prizes can be collected only in person during the awards ceremony. Uncollected prizes will not be sent.

## 12. Safety

- No help from third parties during the race is allowed (except the support on checkpoints).
- The participant must carry an active and charged mobile phone, the number of which was provided to the organizers during registration, during the whole race.
- In case of an injury or fainting, each participant is obliged to help the injured person.
- During the race, a participant must pay special attention to hiking tourists.
- During the race, a participant must pay special attention to sections near public roads. When crossing the roads, participants are required to follow a road traffic law. In those places, races are held in open traffic.
- It is forbidden to move across private and cultivated agricultural areas outside the marked trail.

- Fires are forbidden.
- Participation with dogs is forbidden.
- Vehicles of the Mountain Rescue Service running lights and sirens have absolute priority, regardless of the driving direction.

### 13. Mandatory equipment

Equipment	UK180	UK140	UK80	UK50	UK30	UK Relay
Mobile phone (with the organizer's security numbers: 985 and 690 980 855 and fully charged battery)	yes	yes	yes	yes	yes	yes
ID card	yes	yes	yes	yes	yes	yes
minimum water supply: 500 ml (1000 ml for UK180 and UK140)	yes	yes	yes	yes	yes	yes
NRC blanket	yes	yes	yes	yes	yes	yes
torch or a headlamp with additional batteries	yes	yes	yes	no	no	yes (except 2. leg)
red light and reflective mark (of any colour) at the participant's back	yes	yes	yes	yes	no	yes
race map (from the race pack)	yes	yes	yes	yes	yes	yes
race-bib (worn on the chest or stomach)	yes	yes	yes	yes	yes	yes
water- and windproof jacket	yes	yes	no	no	no	no
second layer with long sleeves	yes	yes	no	no	no	no
long legging / trousers	yes	yes	no	no	no	no
snack (eg. gel or energy bar)	yes	yes	no	no	no	no

### Other recommended equipment

- power bank for the mobile phone/sport watch
- reusable cup or water bottle (no disposable cups will be distributed at any checkpoint),
- water- and windproof jacket (for all distances)
- hiking poles (participants have to carry them for the duration of the whole race. It is forbidden to take the start without poles and get them during the race. In the start area poles has to be strapped to the backpack/waist bag)
- for smartphones: RATUNEK application installed

### 14. Respect the environment

When registering for one of the UltraKotlina races, participants agree to respect the environment and the natural areas they pass through. They agree to obey the rules of Karkonoski National Park, National Forest Holding "The State Forests" and the landscape parks. In particular:

- Littering is strictly forbidden (gel tubes, paper, organic detritus, plastic wrappers, etc.). Trash/rubbish bins are available at each checkpoint and they must be used.
- A participant must follow the paths as they are way-marked, without short-cutting them. Short-cutting a path causes erosion thus damaging the site.
- No disposable cups will be distributed at any checkpoint. This is to reduce the plastic waste by runners and race staff.
- A participant must not cause noise nuisance.

Breach of the regulations will result in disqualification from the race.

### 15. Data and image protection policy

Every competitor expressly foregoes the right for any images during the event, just as they renounce any right of appeal to the organizers and their partners for the use of their image. They agree to the publication of their image on the race's official website, in social media and in promotion materials.

Every participant is obligated to fill in and sign a declaration and pass it along (printed) to the Organizer when collecting the race pack. The declaration is available on <https://ultrakotlina.pl/en/regulamin/>.

#### **16. Closing remarks**

- Participants, who have submitted the application, will be informed about any changes in the Regulations (on the website, on Facebook or via e-mail).
- Participants have the right to make an official protest regarding the correctness of the competition. A protest can be made after paying a deposit of PLN 200, payable only in cash at the race office. After considering the protest in favor of the participant, the deposit will be returned.
- Only UltraKotlina Organizers are entitled to a final interpretation of the regulations.
- Each participant is obliged to follow the regulations and rules of the event. A participant who does not follow the organizer's recommendations and requests may be disqualified and asked to leave the venues of the event.
- The organizer, in consultation with the medics, has the right to prevent or remove participants, who show symptoms of disease or are in poor physical condition.
- In the venues of the event, the organizer can check participants' body temperature.
- The organizer reserves the right to make changes to the regulations during the event, if it is required by the situation and the safety of participants and organizers.