

## LUBUSKA SZOSA – RACE REGULATIONS 500 KM

### I. PRELIMINARY PROVISIONS

1. These Regulations define the rules of participation in the Lubuskie Szosa ULTRA 500 km ultramarathon.
2. The race is organized in the formula of a bicycle ultramarathon with the principle of self-sufficiency and the possibility to ride non-stop.
3. The route of the ultramarathon is 500 km long and is led on asphalt roads with open traffic.
4. Participation in the event is completely voluntary.
5. Participation in the event is possible only after prior familiarisation with and acceptance of these Rules.
6. Observing these Rules and Regulations by the participant in the ultramarathon is compulsory.
7. The idea of the race is to popularise cycling and cycling tourism in Poland, to test the limits of endurance and mental toughness of the participants and to promote and market the event to sponsors, towns and associations.
8. The Lubuska Szosa 500 km cycling ultramarathon is part of the events of the Polish Cycling Ultramarathon Cup cycle.
9. Completing the Lubuska Szosa 500 km cycling ultramarathon within the time limit constitutes a qualification for participation in the Bałtyk-Bieszczady Tour 1008 km non-stop 2022.

### II. ORGANISERS

The Organizer of the cycling ultramarathon Lubuska Szosa is Ultracycling Sp.z o.o. with its seat in Świątkitki 1A, 11-135 Lubomino, entered into the Register of Entrepreneurs under the

KRS number: 0000847043, for which registration files are kept by the District Court in Olsztyn,  
VIII COMMERCIAL DIVISION OF THE NATIONAL REGISTER, NIP: 7432040292,  
REGON: 386349574

### III. DATE AND PLACE OF THE EVENT

1. The 1st edition of the Lubuska Szosa 500 km cycling ultramarathon will be held on 23-24.07.2022.
2. The location and opening hours of the Race Office will be given later as an update to these regulations.
3. The start will take place according to the division into starting groups according to the chosen time limit mentioned in point X of these regulations, starting at 8:00 on 23.07.2022 in Zabór.
4. The route of the ultramarathon shall run through the territory of the Republic of Poland. A detailed route of the 1st edition of the Lubuska Szosa 500 km ultramarathon has been made available on the event website.
5. The organizer reserves the right to change sections of the race route, if necessary.
6. The final version of the route will be presented no later than 15.07.2022.

### IV. TERMS AND CONDITIONS OF PARTICIPATION

1. The Lubuska Szosa 500 km cycling ultramarathon is intended for cycling amateurs with very good physical condition. The organiser recommends adequate preparation and previous training in long-distance cycling, which may help in gaining necessary experience.
2. You must be at least 18 years old to take part.

3. You can take part in the ultramarathon on any type of muscle-powered bike or unicycle.  
It is not possible to start on electric or combustion-powered bicycles or vehicles.
4. The participant is obliged to have an efficient bicycle and to take responsibility for its technical condition.
5. To take part in the race it is necessary to have the following equipment: rigid helmet, night-time and low-visibility lighting (white at the front, red at the back), daytime lighting (white at the front, red at the back), reflectors and starting numbers included in the participation package, identity document with a photograph, mobile phone with the number given during registration.
6. A prerequisite for taking part in the Lubuska Szosa 500 km cycling ultramarathon is reading and accepting these Regulations, submitting a statement about taking part in the marathon at one's own risk, accepting the conditions of civil liability insurance, agreeing to have one's personal data processed and one's image used in photographic and film materials.
7. A participant agrees to the processing of his/her personal data (in accordance with the Act of 10 May 2018 on the Protection of Personal Data (Journal of Laws of 2018, item 1000) and in accordance with the Regulation of the European Parliament and of the Council (EU) 2016/679 of 27 April 2016 on the protection of natural persons in relation to the processing of personal data and on the free movement of such data and repealing Directive 95/46/EC(GDPR)).

## V. REGISTRATION RULES

1. Registration will start on 30.09.2021.
2. You will be able to sign up through the registration form on [www.ultracycling.pl](http://www.ultracycling.pl).

3. Participation in the race depends on the order of payments. The start list will be updated once every 3 days.

## VI. REGISTRATION FEE

1. A registration fee of PLN 100 must be paid within 7 days of sending the application.
2. The registration fee should be paid by online payment during the registration process or by traditional bank transfer to account number 43 1140 2004 0000 3802 8012 0744 (Ultracycling Sp. z o.o, Świątkitki 1A 11-135 Lubomino) with the note "Lubuska Szosa 500 km - registration fee".
3. If the registration fee is not paid within 7 days the application will be cancelled.
4. The registration fee is not refundable and is not part of the starting fee.

## VII. ENTRY FEE

1. The participation fee shall systematically increase with the number of days remaining until the start of the race:
  - payment until 31.05.2022 – PLN 300
  - payment until 30.06.2022 - PLN 350
  - payment by 15.07.2022 - PLN 400
2. The participation fee shall be paid by online payment or by traditional bank transfer to the account number 43 1140 2004 0000 3802 8012 0744 (Ultracycling Sp. z o.o, Świątkitki 1A 11-135 Lubomino) with a note "Lubuska Szosa 500 km - starting fee".
3. The starting fee is refundable according to the schedule in Chapter VIII.

## VIII. RESIGNATION FROM PARTICIPATION

1. A participant has the right to resign from participation in the ultramarathon without giving any reason.
2. Information about resignation from participation in the marathon must be sent by e-mail to [info@lubuskaszosa.pl](mailto:info@lubuskaszosa.pl)
3. The registration fee is non-refundable.
4. The participation fee is refundable according to the following schedule:
  - resignation by 15.05.2022 - reimbursement of 100% of the participation fee
  - resignation till 15.06.2022 - reimbursement of 50% of the participation fee
  - resignation after 15.06.2022 - the participation fee will not be returned
5. The amount will be refunded to the account from which the payment was made.
6. Refunds will be made within 14 working days from the acceptance of the application.

#### IX. TRANSFERRING A PLACE ON THE START LIST TO ANOTHER COMPETITOR

1. The organizer allows you to transfer your entry to another person.
2. A person who resigns from the start shall indicate the person to whom he/she transfers his/her entry by e-mail to [info@lubuskaszosa.pl](mailto:info@lubuskaszosa.pl)
3. Only the participation fee will be transferred. The registration fee is not transferable and is not refundable.
4. The participation fee is transferred automatically from the designated competitor.
5. The person to whom the transfer is made is required to pay the registration fee by online payment or traditional bank transfer to account number 43 1140 2004 0000 3802 8012 0744 (Ultracycling Sp. z o.o, Świątkitki 1A 11-135 Lubomino) with the note Lubuska Szosa 500 km - registration fee.

6. Transfer of the place on the start list is possible until 30.06.2022. After this date transfer is not possible and the registration and start fee is not refundable.

#### X. TIME LIMITS

1. Participants of the Lubuska Szosa 500 km ultramarathon have a time limit of 30h.
2. A competitor should be aware of the opening times of checkpoints. The opening hours of checkpoints and the finish line will be given as an update of these regulations.
3. A competitor who finishes the Lubuska Szosa 500 km ultramarathon within the time limit automatically becomes qualified for the start in Bałtyk-Bieszczady Tour 1008km non-stop 2022.

#### XI. COURSE OF THE EVENT

1. The start will take place according to the division into starting groups starting at 8:00 on 23.07.2022.
2. The start shall take place in groups of 6 persons at 5-minute intervals in accordance with the division into starting groups.
3. The starting list with the division into starting groups will be published no later than 21.07.2022.
4. Competitors cannot be individually selected into starting groups. Starting groups are established in accordance with the applicable rules of the Polish Ultramarathon Cycling Cup.
5. Competitors decide on their own about the strategy that suits them. Non-stop riding is possible, but for safety reasons the organizer recommends resting at night and riding in daylight.

6. A competitor is obliged to be present at the starting line 20 minutes before the appointed time to sign necessary documents, install GPS device and check mandatory equipment.
7. If a competitor does not have the compulsory equipment, he/she is obliged to provide it. The starting time for such a person is counted according to the allocation to a given starting group.
8. Total time of covering the distance is counted from the starting time according to the allocation to a given starting group.
9. An up-to-date version of the route, including the location of Checkpoints, can be found on the map provided in the start package.
10. The current version of the route in electronic form will be in the competitor's individual account.
11. The Organiser bears no responsibility for errors in map reading or errors in the GPS track used by the competitors.
12. In case of passing through towns, the participant has the possibility of modifying the route set by the competitor. When leaving the town, the participant is obliged to continue along the route.
13. It is possible to leave the route for the purpose of accommodation, shopping, using the bike service, medical assistance or other activities necessary for finishing the race. In case of leaving the ultramarathon route, the competitor is obliged to return to the route in the place where he/she left it.
14. A competitor will be equipped with a GPS transmitter (tracker) provided by the organizer that will monitor his/her position on the route throughout the race.
15. Tracking of the competitors' position will be possible via a website and will be publicly accessible. The website address will be given as an update to these regulations.
16. Each competitor will be able to download the route in .gpx file format.

17. A competitor should be aware that the checkpoints and the finish line are open at designated times. The exact opening times of the checkpoints will be given later as an update of these regulations.
18. At Checkpoints competitors can take advantage of the food support offered. Participants will also be able to use sanitary facilities and resting places. Additionally, at the Big Check Point the competitors have the right to use the the equipment, food and drink packed in crates or other packaging at the Transition Area prepared earlier and given on the start.
19. The crates or other packaging prepared at the Transition Area will be available only at the Big Checkpoint during its operating hours.
20. The crates or other packaging at the Transition Area can be collected in the afternoon on 24.07.2022 at the Race Finish. In case of not collecting the repackage, the participant is obliged to pay for possible shipment to the indicated address. Failure to make payment within 14 days of the event will result in destruction of the crates or other packaging .

## XII. OBLIGATIONS OF A PARTICIPANT

1. A participant undertakes to observe the principles of fair play and the spirit of sports competition.
2. The marathon participant is obliged to follow the general rules of using public roads according to the Road Traffic Act.
3. Competitors are obliged to cover the route of the Lubuska Szosa 500 km ultramarathon on their own.
4. It is strictly forbidden to use means of transport other than bicycles while covering the race route.

5. It is absolutely forbidden to use organised assistance of third parties on the route and at check points.
6. At designated Checkpoints the participant is obliged to obtain a confirmation of his/her arrival at the Point from the technical staff on the competitor's card received in the participation package.
7. A participant who decides to withdraw from the race shall be obliged to inform the Chief Referee by phone or text message.
8. A participant is obliged to return the GPS device to the technical staff at the race finish line or, in the case of withdrawal, to the control point staff. In justified cases it is possible to send the GPS device back to the indicated address after the participant decides to withdraw from the race and leave the route before the finish within 7 days. In case of delay in dispatch, the participant will incur a penalty of PLN 50 /week.
9. In case of damage to or loss of the GPS transmitter the participant will be charged a fee of PLN 500 by the organizer.

### XIII. SERVICES

Within the registration fee the organizers provide

- administrative service with access to competitor's panel
- package of gadgets from the organizer (shipped no earlier than 10 days prior to event start date or pick up in person)
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As part of the participation fee the organizers provide:

- a start package including: a bag for a repack, a competitor's card, a paper map, a set of stickers with a start number, a start number on a T-shirt/jacket, advertising materials

- optional shipment of the participation package to an indicated address (parcel machine or inpost courier)
- rental of a GPS device
- online GPS transmission
- making the route available as a .gpx file
- food support at Checkpoints and a meal at the race finish
- transport of refreshments to the Large Checkpoint
- basic third party insurance
- commemorative medal for those who complete the race route within the time limit

#### XIV. SAFETY AND PENALTIES

1. The organizers will make every effort to ensure the safety of participants during the race.
2. A participant takes part in the race at his/her own risk.
3. The organizers shall not be liable for any accidents occurring on the way to and from the race as well as for any damage caused to other participants of the ultramarathon and third parties.
4. The organisers shall not be liable for any accidents and collisions on the ultramarathon route.
5. The organisers shall not be liable for any accidents occurring on the route of the Lubuska Szosa 500 km cycling ultramarathon or for any loss of life or health.
6. The organizers recommend that the participants have additional civil liability and NW insurance for the duration of the race.
7. The Chief Referee reserves the right to refuse the right to start to a participant who is under the influence of alcohol or drugs or who does not have any of the mandatory equipment.

8. The organizers reserve the right to withdraw a competitor from the route in the event that the Checkpoint referee determines that the competitor is unable to continue.
9. From 6:00 a.m. on 23.07.2022 until midnight on 24.07.2022, an emergency phone number will be activated to be contacted in case of an emergency. It will be possible to contact this number 24 hours a day by both competitors and interested persons. The emergency number will be provided as an update to these Regulations.
10. The list of penalties is available at: <https://ultracycling.pl/lib/ps7llk/kary-kdzqwkdg.pdf>

#### XV. ANTI-DOPING CONTROL/TEST FOR PSYCHOACTIVE SUBSTANCES

1. Each participant declares that on the day of the start he/she is not under the influence of any substances prohibited by POLADA and WADA and will voluntarily submit to a possible doping control and/or psychoactive substances test.
2. The organizer reserves the right to conduct doping control and/or psychoactive substance tests during and immediately after the race.
3. It is compulsory to undergo anti-doping control and/or psychoactive substance tests.

#### XVI. FINAL RANKING

1. The total time is counted from the participant's starting time according to the division into starting groups until the GPS device is returned at the race finish.
2. The total time of a competitor may be changed in the case of adding regulatory penalties by the Main Judge. The list of statutory penalties is attached to these Regulations.

#### XVII. FINAL PROVISIONS

1. The Lubuskie Szosa 500 km Ultramarathon will take place regardless of the weather.
2. It is obligatory to comply with the rules and regulations.

3. The competitor is obliged to sign an acceptance of the terms of the regulations before the start.
4. The organizer reserves the right to interpret these regulations
5. Additional information concerning the regulations can be obtained at the following telephone number +48 505 801 791 or e-mail address: [info@lubuskaszosa.pl](mailto:info@lubuskaszosa.pl)