

'6th ARYZTA HALF-MARATHON STRZEGOM'

7 OCTOBER 2023

RACE REGULATIONS

I. PURPOSE

- promoting running as a popular form of physical activity,
- promoting a healthy lifestyle,
- promoting and expanding the idea of volunteering and activities stimulating social commitment,
- integration of communities of different age groups,
- promotion of the City and Commune of Strzegom in Poland.

II. ORGANISERS

Commune of Strzegom,

Commune of Dobromierz.

ARYZTA POLSKA Sp. z o.o.

Ośrodek Sportu i Rekreacji Sp. z o.o. in Strzegom,

Amatorski Klub Sportowy in Strzegom,.

III. DATE AND PLACE

'6th ARYZTA HALF MARATHON STRZEGOM' and the additional race called **'Baker's Race'** (distance of about 12.5 km) will be held on 7 October 2023.

Start of the race at 11:00 am. The certified route, 21.0975 km long, leads along one loop entirely on asphalt pavement (300 m on cobblestones in the Market Square).

The route is marked every 1 km, secured, with limited vehicle traffic.

There will be three refreshment and nutrition points along the route. The start of the race will be located in the Market Square of Strzegom, and the finish will take place in Krótka Street (Strzegom Planty Park).

As part of the half-marathon, there will be a **'Cookie Race'** for children and teenagers (distance of about 450 m).

THE COMPETITION OFFICE will be located in the sports hall of the School Complex (ul. Krótka 6) and will be open from 7:30 am to 10:00 am.

IV. TERMS OF PARTICIPATION

1. Any person who will be 18 years of age or older by 7 October 2023 can become a participant in the '**6th** ARYZTA HALF MARATHON STRZEGOM' and the additional race (hereinafter referred to as the Race).

Persons aged 16-17 may participate in the Race upon consent of their parents or legal guardians (a form is available in the competition office). Participants of the Race aged 16-17 will be classified in Men and women 18 category.

2. Participants will be required to present a valid medical certificate stating that there are no contraindications to take part in the Race or sign a statement (available in the competition office upon registration) stating that they are able to run at their own risk.

3. All the competitors participating in the Race must undergo a verification at the Competition Office on the day of the race **from 7:30 am to 10:00 am**. During the verification the competitors must have an identity document with a photograph in order to check their date of birth. Participants take part in the Race at their own responsibility and it is recommended to take out an accident insurance at their own expense.

4. Time will be measured by means of an electronic time measurement system through disposable chips placed in the starting number. The order of participants at the finish line will be established on the basis of gross times achieved.

5. To be classified a competitor must run along the approved route and finish the race. Competitors who take shortcuts shall be disqualified. There will be an electronic time control point on the route.

6. During the Race participants should follow instructions given by persons responsible for safety, security services and persons acting on behalf of the Organiser.

7. The participants consent to the processing of their personal data for internal purposes of the Organiser of the event and to the use of their image in information and advertising materials, and they grant the Organiser consent to publish the image of the participant and his/her name and surname in reports from the Race in the media and in the Organiser's promotional materials. Competitors also consent to the processing of personal data for the purposes of verification and placing in the final message.

8. People who are under the influence of alcohol or other intoxicants are not allowed to start.

9. For safety reasons, persons riding mechanical devices, bicycles, roller skates, roller blades or skateboards are not allowed to participate in the Race without the Organiser's consent.

10. Persons walking with poles (trekking poles and Nordic Walking poles) may participate in the Race, however, they are bound by the same time limit as other competitors.

11. Giving the start number to another person will result in disqualification of the competitor.

12. It is possible to give the starting number to another person after prior consultation and with the consent of the Head of the Competition Office.

13. The Organiser does not reimburse the travel and accommodation costs of the Race Participants.

14. The time limit for the ‘**6th ARYZTA HALF-MARATHON STRZEGOM**’ and ‘**Baker's Race**’ is **3 hours**. Participants who exceed this time limit will not be ranked.

Decoration and finish of the competition: 2:00 pm at the finish area - Strzegom Planty Park.

~~15. Due to the **state of epidemic threat caused by COVID-19 pandemic**, restrictions resulting from the current state of the law will apply during registration and on the day of the Race, and will be published on the website and Facebook event when they become effective.~~

V. REGISTRATION AND ENTRY FEE

Registration for the ‘**6th ARYZTA HALF-MARATHON STRZEGOM**’ and accepting the entry fee will be carried out via the electronic registration form on the website **www.super-sport.com.pl**.

The registration fee is: **by 31 August 2023 - PLN 100, from 1 September to 1 October 2023 - PLN 120.**

For residents of the Strzegom and Dobromierz communes, the entry fee until 2 October 2023 is PLN 80.

End of electronic registration - 1 October 2023.

After this date registration for the Race will only be possible on the day of the Race in the Competition Office, the registration fee on **the day of the Race is PLN 150. FOR EVERYONE. The Organiser does not guarantee a full package for those who register on the day of the Race.**

Registration is understood as filling in the application form, paying the entry fee and signing the declaration in the Competition Office. As part of the entry fee the participants shall receive:

- electronic **time measurement** with SMS result,
- start number,
- commemorative gifts,

- **commemorative medal** after completing the race with a **service of the engraving** of the result,
- regenerative meal after the race,
- professional photos from the race route.

RUN FOR THE RONALD McDonald FOUNDATION - check the option in the form and donate PLN 10 (or more) to the FOUNDATION.

Cookie Race for children and teenagers.

Registration and entry fee for the children and teenagers' race will be collected by means of an electronic application form at **www.super-sport.com.pl** with a division into age categories:

Younger children - born in 2014 and younger,

Older children - born between 2013 and 2008.

Participation in the accompanying races for children and youth is subject to a fee of PLN 30.

End of electronic registration - 1 October 2023. As part of the entry fee, children and teenagers will receive:

- start number,
- a commemorative gift,
- commemorative medal after completing the race with an engraving service,
- a sweet snack after the race,
- professional photos from the race route.

VI. CLASSIFICATIONS

During the '**6th ARYZTA HALF-MARATHON STRZEGOM**' the following classifications will be conducted:

- individually general classification of women and men.

People awarded in the general classification of women and men **will not be rewarded** in age categories.

- in age categories of women and men: Men and women 18 (2005–1994), Men and women 30 (1993–1984), Men and women 40 (1983–1974), Men and women 50 (1973–1964), Men and women 60 (1963–1954), Men and women 70+ (1953 and older). Additionally, the following classifications will be conducted:

- individually general classification of women and men: ARYZTA and Partners
- individually general for men and women that are inhabitants of the Strzegom Commune.

A team classification will be held - the order of teams will be determined by the sum of 6 times of participants (irrespective of gender) with an identical team name!

In the **Additional Race** (12.5 km) there will be an individual classification: general for women and men. **There will be NO other classifications.**

VII. AWARDS

In the main race, competitors shall receive the following prizes:

- for 1st place in the general category of women and men - cups (statuettes) and PLN 1,500;
- for 2nd place in the general category of women and men - cups (statuettes) and PLN 1,200;
- for 3rd place in the general category of women and men - cups (statuettes) and PLN 1,000;
- for places 1-3 in age categories for men and women, the participants will receive cups (statuettes) and in-kind prizes;
- for places 1-3 in the women and men category, ARYZTA and Partners will receive cups (statuettes) and in-kind prizes;
- for places 1-3 in the women and men category, residents of the Strzegom Commune will receive cups (statuettes) and in-kind prizes;
- for places 1-3 in the category in the team classification the participants will receive cups (statuettes) and in-kind prizes;
- for places 1-3 in the Additional Race, the general classification of women and men will receive cups (statuettes) and in-kind prizes.

Winners of cash prizes will have their income tax deducted in accordance with the applicable legal regulations. Cash prizes will be handed over to the competitors only by bank transfer to a bank account indicated by them after **obtaining the results of anti-doping tests**. It is not possible to hand over the cash prize.

The condition of receiving a cash prize in a given bank account is filling in and delivering to the Organiser the necessary forms required by the tax office within maximum 30 days from the date of completing the Half Marathon.

VIII. FINAL PROVISIONS

1. The race will take place irrespective of weather conditions.
2. **The Organiser foresees anti-doping tests (randomly 2-4 competitors from the top of OPEN classification).** In the event of finding out the presence of doping substances prohibited according to WADA list in 'A' sample, the competitor shall be informed about the

possibility and details of testing the 'B' sample at his/her own expense. A positive result of the examination of the 'B' sample shall result in automatic disqualification of the competitor. The Organiser does not conduct appeal, explanatory or disciplinary proceedings based on the guidelines of the World Anti-Doping Agency, Polish anti-doping rules, IAAF and PZLA regulations.

3. The organiser provides medical protection during the Race.
4. The Organiser shall provide the competitors with free use of toilets in the start and finish area of the changing rooms, washrooms and toilets at the finish area and the competition office.
5. On the day of the Race, a safe deposit box will be open from 8:00 am to 3:00 pm, where competitors' personal belongings can be deposited. The safe deposit box will be issued upon presentation of the start number. If a competitor loses the start number, the Organiser will not be responsible for the collection of the bag by another person.
6. During the Race, competitors must have their start numbers pinned to their shirts at the front on their chests. Participants who resign, fail to complete the Race or do not meet the time limit are obliged to leave the route, take off their number and **notify the Organiser**. Reaching the finish line after the time limit takes place with open (renewed) traffic. Participants covering the distance in an unauthorised manner will be disqualified. Participants of the race must wear aesthetic clothes and sports shoes appropriate for the given discipline.
7. The Race Organiser shall ensure the protection of the personal data of the runners in accordance with the requirements of the Personal Data Protection Act of 10 May 2018.
8. The Race Director reserves the right to introduce changes to the Regulations of which he is obliged to inform all participants by way of written announcements posted on the notice board in the Competition Office before the start of the Race.
9. The Organiser shall interpret the Regulations in cases of disputes.
10. A part of the Regulations is Appendix 1 - Information clause Strzegom.

Strzegom, 17 June 2023. Updated 16 July 2023 r.

On behalf of the Organisers:

Race Director:

Paweł MOSÓR phone: 608 285 404, email: pawel.mosor@osir.strzegom.pl

Head of the Competition Office:

Edward FEDYCZKOWSKI phone: 605 416 240, email: edward@strzegomska12.eu

APPENDIX 1 - INFORMATION CLAUSE

1. The controller of personal data is Amatorski Klub Sportowy in Strzegom; 58-150 Adama Mickiewicza 2, 884-278-94-46
2. In matters related to your data, please write to the following e-mail address:
osir@osir.strzegom.pl
3. Your personal data, including your name and surname, year of birth, residence address, telephone number, e-mail address, will be processed in order to participate in the 6th ARYZTA Half Marathon Strzegom and promotion of this event by the Controller and in order to identify the winners of the race (pursuant to art. 6 section 1 point a).
4. Your personal data will be processed for the purposes of organising the race for the period required by law.
5. The personal data you provide will be made available to, inter alia, the co-organisers of the Race, the company ARYZTA Polska Sp. z o.o. If necessary, your personal data will be disclosed to law enforcement agencies and medical services, as required by law, in order to ensure the organisation and safety of the Race.
6. The personal data provided by you will not be transferred to a third country.
7. You have the right to access your data and the right to rectify, delete, limit processing, the right to transfer data, the right to object, the right to withdraw consent at any time without affecting the lawfulness of processing based on consent before its withdrawal.
8. You have the right to lodge a complaint with the supervisory body when you feel that the processing of your personal data violates the provisions of the general regulation on the protection of personal data of 27 April 2016.
9. Providing your personal data is voluntary, but refusal to provide it is tantamount to the inability to register and participate in the 6th ARYZTA Half Marathon Strzegom.
10. Your data will be processed in an automated manner, including in the form of profiling.