



# **Rules and Regulations**

## **XX**

### **INTERNATIONAL HALF MARATHON GUSIEW - GOŁDAP**

**Гусев – Голдап**

**16 August 2014**





# **RULES AND REGULATIONS**

## **XX International Half Marathon Gusiew – Gołdap**

### **Gołdap 16.08.2014**

**(Half Marathon) - Gołdap 16.08.2014**

#### **I. PURPOSE OF COMPETITION:**

- popularization of fun run
- cooperation between partner cities - Gusiew and Gołdap
- promotion of Gołdap municipality

#### **II. ORGANIZER:**

Sport and Recreation Center in Gołdap  
ul. Stadionowa 5A 19-500 Gołdap  
tel.87-615-06-41  
e-mail:osirgoldap.pl

Gusiew District Administration  
Kaliningrad Oblast, Russian Federation  
ul. Uljanowych 8 GUSIEW  
tel. +1 401-433-26-02

#### **III. RUNNING ROUTE:**

- distance 21.097 km (half marathon)
- road surface type – asphalt pavement
- time limit: 3 hours and 30 minutes

#### **IV. RESPONSIBILITY DIVISION:**

**Sport and Recreation Center in Gołdap is responsible for:**

- promotion of Gusiew-Gołdap Half Marathon in the mass media in Poland and within EU
- planning and adjusting half marathon route; organization of the running event on the Polish side
- providing nutrition and hydration points on the Polish side of the marathon
- half marathon time measurement
- deposit
- organization of the finish zone

#### **V. DATE AND VENUE:**

- race will take place on 16.08.2014 (Saturday)
- the start line is located near Smirnowo (Russia), further the route follows through the border (border crossing in Gołdap and the finish line is located in Gołdap).
- the start of honor in Gusiew at 2:00 pm (CET, Poland Time)
- the start proper at 4:00 pm (CET, Poland Time)

#### **VI. PARTICIPATION:**

- Only persons aged 18 years and over, who have valid documents (e.g. visa) enabling them to enter Poland, have filed the application forms within the specified time limits and paid the registration fee are allowed to take part in the running competition.

- **VISAS FOR PARTICIPANTS** - each race participant should have a valid passport with visa or other document enabling the holder to enter territory of Poland and Russia.
- Organizers of the race from the Polish side can provide assistance in obtaining a single entry visa for participants taking part in XX Gusiew-Goldap half marathon. Single entry visas are arranged free of charge.
- The organizer does not guarantee that applicants will obtain visa, but promises to make every effort to positively settle this matter.
- Participants who do not have a visa to enter territory of Russia should file a registration form and send their passport and properly completed registration form to the Sport and Recreation Center in Goldap. Passports and applications shall be sent by registered mail by **15.07.2014**. **Additionally participants will be issued a visa free of charge, but they are required to cover handling costs of Visa Application Center of the Republic of Poland in the amount of PLN 100.** (visa requirements [http://www.rusemb.pl/index.php?option=com\\_content&view=article&id=643](http://www.rusemb.pl/index.php?option=com_content&view=article&id=643))

### **VII. TIME MEASURE:**

- electronic time measurement is recorded every 5 km by the Judging Committee

### **VIII. FINANCIAL ISSUES:**

- organizers cover the expenses associated with half marathon organization
- participants cover the expenses associated with:
  - a) traveling
  - b) own food
  - c) organizer provides free accommodation (free accommodation at the sports hall)
  - d) organizer does not provide any mattresses and sleeping bags
  - e) obtaining a visa

### **IX. CLASSIFICATION:**

**1.** The classification in the **XX** Half Marathon Gusiew-Goldap is made as follows:

- General: F and M (female and male)
- Wheel chair racers: F and M (female and male)
- F and M age classification (female and male)

<b>Male</b>		<b>Female</b>	
<b>Group name (years)</b>	<b>Age</b>	<b>Group name (years)</b>	<b>Age</b>
M 18 – 29	1996 - 85	F 18 – 29	1996 – 85
M 30 – 34	1984 – 80	F 30 – 34	1984 – 80
M 35 – 39	1979 – 75	F 35 – 39	1979 – 75
M 40 – 44	1974 – 70	F 40 – 44	1974 – 70
M 45 – 49	1969 – 65	F 45 – 49	1969 – 65
M 50 – 54	1964 – 60	F 50 – 54	1964 – 60
M 55 – 59	1959 – 55	F 55 – 59	1959 – 55
M 60 – 64	1954 – 50	F 60 – 64	1954 – 50

M 65 – 69	1949 – 45	F 65 – 69	1949 – 54
M 70 and older	1944 and older	F 70 and older	1944 and older

2. Additionally, individual classification is made as follows:

- best runner from Russia
- best female and male runner from Gusiew
- best runner from Poland
- best female and male runner from Gołdap
- best runner from Warmian-Mazurian Voivodeship

### **X. SPECIAL PRIZES:**

- the first runner on the Polish-Russian border
- oldest woman and man completing XX Half marathon Gusiew-Gołdap
- the largest team of runners

### **X. REGISTRATION FEE:**

- Participants registered by 15 July 2014 – PLN 50
- Participants registered between 16 July 2014 and 15 August 2014 – PLN 70
- (Sport and Recreation Center in Gołdap bank account no. **39 1020 4724 0000 3002 0007 5135**)

### **XI. PRIZES:**

- a) **Each participant will be given a commemorative medal at the finish line**
- b) Winners taking 1<sup>st</sup> to 10<sup>th</sup> place in the general M and F classification, winners of 1<sup>st</sup> to 3<sup>rd</sup> place in the age classification and winners of special prize will receive commemorative sports trophies
- c) Winners taking 1<sup>st</sup> to 10<sup>th</sup> place in the general M and F classification and from 1<sup>st</sup> to 3<sup>rd</sup> place in wheelchair racing will be awarded cash prizes. Winners in the age classification will be awarded non-cash prizes.
- d) Cash prize will be awarded for setting the record route for F and M  
**time record of the route F – 1.20.45**  
**time record of the route M – 1.10.35**

### **XII. START PACKAGE:**

- Competition office will provide all runners with a start package including a starting number (safety pins) and a commemorative T-shirt.
- After the race each participant will be served a warm meal and may be given a massage and take a shower.
- Start packages for runners from Kaliningrad Oblast will be issued on the day of competition in Gusiew.
- Race numbers will be issued in the competition office, which will be open from 7:00 am to 12:00 pm on 16.08.2014, Plac Zwycięstwa 14 (City Hall in Gołdap).

### **XIII. MEDICAL HEALTHCARE:**

- The organizer provides medical healthcare along the route and at the half marathon's finish line. The runners will not be offered a possibility to undergo medical examinations on the basis of which they would be allowed to participate in the competition
- All race participants are required to present a valid medical examination with a note stating absence of medical contradictions for participating in long-distance run or to personally submit organizer's medical from revealing no contradictions for participating in the running competition.

#### **XIV. FINAL TERMS:**

- Departure of runners from Plac Zwycięstwa in Gołdap to the start line in Gusiew (Russia) is planned at 12:00 pm.
- Organizers provide care for the participants' personal belongings during the race.
- The race will be carried out in accordance with the applicable provisions of the Polish Athletics Association (PZLA) and will take place regardless of weather conditions
- It is advised that each participant takes part in the half marathon at his/ her own risk and shall bear the associated risks. All participants shall be aware that participation in the running competition involves physical effort and entails natural risk, accident hazard, possibility of bodily and physical injury (including death) and damage or loss of a financial character. In addition, there may be other risk factors and it is not possible to predict their occurrence at this point. Submitting a registration form to the Organizer means that each Participant has considered and evaluated the nature, scope and extent of the risks associated with participation in the competition and voluntarily decided to take risk, starting in the competition at his/ her own risk. The Participant declares that he/ she will not act to the detriment of the Organizer. The Participant declares that he/she will reimburse the Organizer for any costs (including attorney and experts' fees) incurred or paid by the Organizer to any person (including the Participant and /or any of his/ her insurers) in connection with any accident, loss, damage or injury (including death), that results from presence or participation of the Participant in the following competition, with the exception of accidents caused by negligence of the Organizer. Insurance. The Organizer is held responsible for insuring the running competition. However, the organizer does not provide any life, health, accident, injury or death insurance and the Organizer does not provide any other insurance against loss or damage which may occur due to the presence and /or participation in the competition. Participants are advised, if they consider it necessary, to buy out an appropriate insurance. The organizer reserves the right to authorize medical personnel and paramedical personnel, employed by or on behalf of the Organizer, to provide first aid or perform other medical procedures as well as to transport the injured Participant to a safe place. The participant shall agree to the above mentioned specifications. The Participant shall bear responsibility for any medical or transportation costs incurred by the Organizer, Organizer's employees as well as medical and paramedical personnel supporting the competition. The costs to be reimbursed may result from illness, accident or sustained bodily injuries that occurred in connection with the presence or participation of the Participant in the Competition.
- Information on the half marathon will be provided by Sport and Recreation Center in Gołdap tel/fax **(+48) 876150641**
- District Administration of Gusiew is responsible for providing information on the Russian side
- Any inquiries concerning booking of free accommodation should be sent to the address of Sport and Recreation Center in Gołdap to **11.08.2014**. If you would like to arrange accommodation yourself, please see the link below: <http://uzdrowiskogoldap.pl/noclegi/>
- Judging Committee has the right to make any kind of interpretations of the above stated rules and regulations.
- Organizer does not provide any food. Self catering in the restaurants and bars located in the city shall be arranged by participants on their own.
- Final half marathon results, rules and regulations, visa applications and information are available on the following website <http://www.osirgoldap.pl>