

Regulations of 3rd Częstochowa Run 9th of April 2011. Start at 2:00 p.m.

Organizer:

- Active People Club „Zabiegani” Częstochowa Association.

With cooperation:

- Częstochowa City Council,
- City Police Headquarters,
- City Roads Board
- Municipal Police
- ZOSP RP Board in Częstochowa,
- City Center of Sport and Recreation
- Rifle Unit 2028 Częstochowa
- H. Sienkiewicz IV LO Board

Patronage:

HONORARY:

- Mayor of the City of Czestochowa
- Prior of Jasna Góra

MEDIA:

- TVP3 Katowice
- Życie Częstochowy
- RMF MAXXX
- MaratonyPolskie.pl
- Sport.czyst.pl

Aims:

- Making running popular as the best and simplest form of active rest and recreation.
- Promotion of the City of Częstochowa.
- Integration the runners' environment.

Run route:

- The distance of 10 km (2 loops along the streets encircling the monastery of Jasna Góra)
- The route is certificated by PZLA (Polish Athletics Association).
- Surface: 85% asphalt, 15% pavement.
- The route of diverse configuration.
- Catering point will be located at 5,2 km of the route (natural mineral water).
- Considering the car traffic arrangements, each participant is obliged to cover the entire run route within the statutory time of 1 hour and 20 minutes.

Participation:

- The race is open for everybody, people associated in sport clubs as well as amateurs.
- Participants of the 3rd Częstochowa Run must be at least 16 years old.
- The runners that are less than 18 years old on 9th of April 2011 must have the participation agreement of legal guardians (signing a statement in the Race Office by a legal guardian).

- All competitors start exclusively at their own responsibility. They confirm it by signing a statement verifying their ability to participate in the run (legal basis: Minister of Education decree of 12th of September 2001 Dz. U. Nr 101 poz.1095)
- All competitors participating in the run must be verified in the Race Office on 9th April 2011.
- All competitors must show identification during verification.
- In case of senior participants (people born in 1946 and older) the year of birth will be checked during verification.
- Collecting a starting number by a competitor is equal with accepting the regulations of the run.
- Time will be measured electronically by means of chips. Each participant is obliged to get the chip at the Race Office with no cash security. Missing or incorrectly fastened chip may result in disqualification of a participant. Each participant must return the chip right after crossing the finishing line.
- The run will take place in a limited street traffic. Each participant is obliged to pay special attention and to obey the instructions of organizers, police and auxiliary services.
- The run will take place regardless the weather conditions.
- The finishing results will be available after closing the event on the internet pages: www.zabiegani.czest.pl and www.maratonypolskie.pl
- The competitors agree to personal data processing for the internal purposes of the event organizer and to use their images in information and advertising materials.

Applications:

- Applications will be accepted via the application form on the internet pages: www.maratonypolskie.pl or www.zabiegani.czest.pl, and by phone: +48609858516 **till 4th of April 2011** or on 9th of April 2011 r. in the Race Office. Since 5th till 8th of April 2011 r. The organizer will not accept applications. **In case of reaching the limit of 800 applications, the organizer will automatically stop accepting the applications.**
- Registration is understood as a submission of properly filled application form and payment of a starting fee.
- Before the start all the race participants are obliged to check if their name is placed on the start list.

Starting fee:

	Starting fee without technical T-shirt	Starting fee with technical T-shirt
Main	20 PLN	40 PLN
Main on the race day	60 PLN	80 PLN
Seniors over 65, born in 1946 and earlier – regardless of the date	10 PLN	30 PLN

- **The payment should be made to organizer account:**
- **Stowarzyszenie Klub Ludzi Aktywnych Zabiegani Częstochowa
ul. Kościuszki 3/184 , 42-200 Częstochowa
Account: Lukas Bank - 89 1940 1076 3095 1521 0000 0000**
- **On the remittance should be written 'entry fee' and the name and surname of the participant. In case of collective remittances the names and surnames of all participants covered by a remittance should be written.**
- **The information about receiving the remittance will be placed on the application list within 7 days after the payment date.**

Schedule:

- 9.30 a.m. – opening of the Race Office. The Office is located in sports hall in H. Sienkiewicz Secondary School (IV LO im H. Sienkiewicza) – entrance at Raclawicka street.
- 1.30 p.m. – closing of the Race Office.
- 1.50 p.m. – opening ceremony at the start line.
- 2.00 p.m. - start
- 3.40 p.m. – winners ceremony in general classification
- 3.50 p.m. – winners ceremony in other classifications, lottery

Classification :

- General of women and men
- Age categories of women and men

Men		Women	
M16 16-19	(1995-1992)	K16 16-29	(1995-1982)
M20 20-29	(1991-1982)	K30 30-39	(1981-1972)
M30 30-39	(1981-1972)	K40 40-49	(1971-1962)
M40 40-49	(1971-1962)	K50 50+	(1961 and older)
M50 50-59	(1961-1952)		
M60 60-69	(1951-1942)		
M70 70+	(1941 and older)		
- Belonging to the particular age category is determined by the year of birth.
- Best Czestochowa citizens (woman and man) – 'Best Czestochowianka' and 'Best Czestochowianin'

Awards:

- In general men and women classification
 - 1st position - (money award and a commemorative cup)
 - 2nd position - (money award and a commemorative cup)
 - 3rd position - (money award and a commemorative cup)

Value of the money awards will be announced before the 21st March 2011. The winners of money awards will pay the tax in accordance with the tax law. In order to receive a prize, winner have to sign the award list and fill in the necessary forms required by the Race Office.

- In age men and women classifications
 - 1st position - (money award and a commemorative cup)
 - 2nd position - (a commemorative cup)
 - 3rd position - (a commemorative cup)
- Winners awarded in the general classification won't be awarded in age classifications.
- Winners of 'Best Czestochowianin' and 'Best Czestochowianka' will be awarded commemorative cups.
- **The entry fee includes: start number, safety pins, refreshments after the race (given on presentation of the start number), mineral water along the route, and on the race finish.**
- **All participants who complete the race receive a commemorative medal.**
- **In addition, the participants who sign for technical T shirt on application form, pay higher entry fee and are checked in the Race Office will receive a technical T shirt.**
- **After the race, prizes will be drawn among all participants who complete the race.**

Final Statements

- The costs of organizing the race belong to the organizer.
- The personal costs are paid by the participants or delegating organizations.
- Entry fee is not refundable.

- During the race all participants must have their chips attached. Lack of a chip, or placing it not in a way mentioned by the organizer may end up in a disqualification.
- Participants committing unauthorized manners, and shortening the route will be disqualified.
- All participants are required to keep the safety rules and personal culture, otherwise they may be excluded from the race by the decision of the organizer.
- Changing rooms and showers will be situated in the Race Office building.
- Race organizers assume no responsibility for the luggage left in changing rooms.
- Participants leave their possessions packed in their own bags (eg. Sack, backpack) marked with their start numbers for the safekeeping in the changing rooms till 1:35 p.m. Collecting bags will be possible only after presenting the start number. Losing the start number by a participant absolves the organizer from the responsibility of collecting the bag by any other person.
- The organizer doesn't provide any depositing point for valuable items
- The organizer doesn't provide insurance of the participants. All participants take part in the race on their own responsibility.
- The organizer secures medical healthcare along the route.
- The final interpretation of these regulations is the exclusive right of the organizer
- The final decisions in issues not mentioned in his regulations belong to the organizer.

3rd Częstochowa Run Director

Waldemar Borkowski

SKLA Zabiegani Częstochowa (Active People Club „Zabiegani” Częstochowa Association)