

## **Rules of the 10km Run during the DOZ Marathon Łódź 2023 Event**

The content of these Terms and Conditions is valid from 23 December 2022.

The 10km run (hereinafter: Run) takes place as part of the event called DOZ Marathon Łódź 2023 (hereinafter: Party).

### **I. Organiser, Performer and Partners of the Run.**

#### 1. Organiser

Association „Maraton Dbam o Zdrowie” with its registered office in Łódź, ul. Zbąszyńska 3, 91-342 Łódź, registered in the Register of Associations, Other Social and Professional Organizations, Foundations and Independent Public Health Care Facilities run by the District Court for Łódź-Śródmieście in Łódź Commercial Court XX Commercial Division of the National Register Court Register under KRS number 0000403717, REGON: 101325327, NIP: 9471980735.

#### 2. Contractor:

Ms. Joanna Chmiel running a business under the name Beauty Sport Run Joanna Chmiel from registered office in Łódź at ul. Konstadta 7 m. 66, 91-430 Łódź, NIP 7271445611, REGON 364956765.

The Organiser entrusts the Contractor with the implementation of the event under the name “DOZ Marathon Łódź 2023” together with accompanying events on 14-16 April 2023, in particular the 10 km Run.

#### 3. Strategic Partner Łódź City Hall

#### 4. Honorary Patronage

- Mayor of the City of Łódź

### **II. Goal of the Run**

The aim of the Run is:

- popularisation of running as the simplest form of physical activity among adults and schoolchildren,
- promoting sport among different social, environmental and professional groups;
- promoting sport in the family,
- promotion of the City of Łódź and the Łódź region in Poland and around the world.

### **III. Name, date, place of the Run**

Name: DOZ Marathon Łódź – 10 km Run

Date: 16 April 2023 (Sunday)

Place: Łódź, Atlas Arena, Al. Bandurskiego 7 (start, finish, running office)

Start: 9:00 a. m.

Finish: Atlas Arena, Al. Bandurskiego 7, Łódź

### **IV. Route of the Run**

1. The route of the race has a certificate and marking of every kilometer, made by the certifying entity licensed by the Polish Athletics Association.

2. The run will be supervised by the judges of the Polish Athletics Association (PZLA).

## **V. Rules of participation in the Run**

1. There is a limit of 3,500 entries and a time limit of 1 hour 30 minutes.
2. The time limit referred to in point 1 above will be verified by the Organiser from 5 km according to the timetable: 5km – 45:00"; 6km – 54:00"; 7km – 1:03:00"; 8km – 1:12. 00"; 9km – 1:21,00".
3. Exceeding the time limit at a given measuring point results in informing the Participant about this fact and the order to leave the route of the Run.
4. After the time limit of 1 hour 30 minutes. traffic on the running route is restored.
5. Any person who in 2023 will be at least 16 years old may become a participant of the Run. Participation in the Run of persons who are under 18 years of age requires consent of parents or legal guardians in writing on pain of nullity.
6. The consent form will be available at [www.lodzmaraton.pl](http://www.lodzmaraton.pl) under the tab "Documents for withdrawals".
7. The condition of participation in the Run is to register electronically on the website [www.lodzmaraton.pl](http://www.lodzmaraton.pl) by 10 April 2023 or in person at the office of the 14-15 April 2023 (unless the deadline for applications is reached by 10 April 2023), as well as payment of the entry fee, in accordance with the price list indicated in point VIII, section 5 of this Regulation.
8. Failure to pay the entry fee referred to in point VIII of these Regulations results in failure to assign a starting number to the Participant and inability to participate in the Run.
9. Only Participants whose participation has been paid and with assigned start numbers have the right to start in the Run.
10. On the day of the Run (April 16, 2023), registration will not be possible. That day the competition office of the Run will only issue numbers and starter packs to previously registered participants whose share has been paid for.
11. Any changes in applications made electronically (among others, change of names, rewriting of package to another person) will not be made after 31 March 2023.
12. Participant who registered for the Run, but did not pay the fee by April 10, 2023 is deregistered and must re-register for the Run in person at the Race office on 14-15 April 2023 and pay the fee, unless the limit of entries will be exhausted.
13. Each Participant must pick up the number and the starting package on 14-16 April 2023 at the office of running competitions. The condition for collecting the start number and the package is to show the QR code sent by the registration company to the e-mail address of the participant, which was presented during registration in the application form. QR code you need to show at the competition office in phone or have printed.
14. If it is not possible to personally collect the number and starter package, the Participant may authorize another person to present the QR code referred to in point 13 above.
15. In the case of a minor participant of the Run, the collection of the package and the starting number will be only possible with the written consent of the parent or legal guardian. Print for the parent's statement or legal guardian will be available for download at [www.lodzmaraton.pl](http://www.lodzmaraton.pl) in the 'Documents for download'.
16. Each participant of the Run must run with a starting number assigned by the Organiser placed in a visible position at the front.
17. During the Run, each Run Participant must have a starting number attached horizontally to the front of the shirt (or the outer cover). The starting number must be visible throughout the duration of the run.
18. Covering the number (in whole or in part, during any part of the Run) or modifying it is prohibited under penalty of disqualification.
19. Adults take part in the Run at their own risk, being aware of their current state of health. The Organiser recommends the Run Participants to conduct tests in connection with the intention to participate in the Run and not to register to participate in the Running in case of medical contraindications. Participant submits to participate in the Run on their own risk and your own responsibility. The Organiser is not responsible for the consequences of participation in the Run of participants whose health condition is a contraindication to participate in the Run. Organiser does

not verify the health of the Participants. Responsibility for the start and health of minors are borne by their parents or legal guardians.

20. Providing the Organiser with a properly completed application form and entry fee, as well as consent to the participation of a minor means that the participant/guardian considers and assesses the nature, extent and degree of risk associated with participation in the Run, including risk of accidents, the possibility of injury and physical injury, including death as well as property damage and voluntarily decided to take this risk.
21. Participants running with a child in a stroller are required to line up at the end of the SELECTED LAUNCH ZONE! It is forbidden to set and take off at the beginning of the start zone.
22. Participants are obliged to run only on the route indicated by the Organiser.
23. Participants are obliged to comply strictly during the competition to the orders of the municipal services, i. e. the Police, the Municipal Guard, the MPK Traffic Supervision and the order of the Organiser and judges and other services securing the route of the Run.

**The participants of the Run are absolutely obliged to allow the passage of privileged vehicles being in action (riding on the signal) - under penalty of disqualification.**

24. Decisions of medical service regarding the continuation of the Run by the Participant who has been the aid granted is final and indisputable.
25. Receiving the starting number and joining the Run is equivalent to getting acquainted with the rules of the Run and the obligation to comply with its provisions.
26. Numbers and starting packages will be issued at the Race office. Race Office will be located in Atlas Arena at Al. Bandurskiego 7 in Łódź and will be open in the following days and hours:
  - 14 April 2023 (Friday) from 13:00 to 20:00
  - 15 April 2023 (Saturday) from 11:00 to 21:00
  - 16 April 2023 (Sunday) 7:00-15:30, **with starter packages only be issued until 8:30 a. m. on that day.**
27. On the day of the Run, i. e. 16 April 2023, registration for the Run will not be conducted. That day you will only be able to pick up the package and start number.
28. The deposit will be open on 16 April 2023 from 7:00 a. m. on the premises of the Atlas Arena at Al. Bandurskiego 7 in Łódź. Failure to collect the deposit by the Run Participant until 16:00 causes the forfeiture of this deposit and enables the Organiser to dispose of it.
29. Participation in the Run of a disabled person in a wheelchair requires prior consent of the organiser. Participants moving on sports wheelchairs will not be allowed to the Run with Rim-push type direct drive and handbike type indirect drive. Disabled persons allowed to participate in the Run by the Organiser will be classified within the Open category.

## **VI. Running categories and classifications**

1. The following categories and classifications will be conducted as part of the Run:
  - OPEN category of women and men
  - Age categories of women and men
    - W/M – 16 16 – 19 years old
    - W/M – 20 20 – 29 years old
    - W/M– 30 30 – 39 years old
    - W/M – 40 40 – 49 years old
    - W/M– 50 50 – 59 years old
    - W/M – 60 60 – 69 years old
    - W/M – 70+ 70 years and more
2. Age categories and OPEN categories do not duplicate.
3. The basis of classification is electronic timing based on electronic chip located in the starting number. The participant who will lose the starting number or will not bring it to the finish line of the Run, will not be classified. On the route of the Run there will be control mats that record the

appearance of the Participant at a given point. Lack of the appearance of a Run Participant at a particular point shall disqualify the Run Participant.

## VII. Entries to the Run

1. When applying, the Participant must indicate what result they plan to achieve at the finish line or the current result achieved at a given distance.
2. Participants will be assigned starting numbers with the indication of the time zone at the start, in which the Participant will be required to line up.
3. The start will take place separately for each zone every 1 minute.
4. Participants are obliged to comply with the instructions of the Organiser and the security services.
5. Launch zones:
  - Zone I - result below 40' – yellow
  - Zone II - result 40:00"-45:00" – green
  - Zone III - result 45:01"-50:00" – red
  - Zone IV - result 50:01"-55:00" – blue
  - Zone V - result 55:01"-60:00" – orange
  - Zone VI - result above 60' – grey
6. For the first 50. Participants, results at the finish line will be **counted** according to gross time, that is the time from the moment of the start to the moment the finish line is crossed. For all other participants of the Run will be taken into account the net time obtained by the Participant, is the time counted from the crossing of the start line to the crossing of the finish line.
7. The limit of entries in the Run is 3500 people.
8. If the limit of applications referred to in paragraph 7 above is exhausted by 10 April 2023 The Organiser reserves the right to increase this limit. Information about an increase in the application limit will be posted on the website [www.lodzmaraton.pl](http://www.lodzmaraton.pl)
9. The Participant registered for the Run shall be deemed to be the one who has registered by filling out the form application on the website [www.lodzmaraton.pl](http://www.lodzmaraton.pl), accepted it and sent the application, and subsequently paid starting fee.
10. The entry fee made by the Participant is not refundable if the Participant will give up the start! It is also prohibited to transfer and resell start number to another person without the consent of the Organiser! The fee is refundable only in exceptional and justified cases at the request of the participant.

## VIII. Entry fees for participation in the Run

1. The entry fee includes all costs related to the organization of the DOZ Marathon and costs for elements necessary to participate in the Marathon, i. e. elements of the starting package listed in point XI, paragraph 1 of the Rules of Procedure. Entry fee for participation in the Run in connection with registration electronic payment should be made electronically via the "Proceed to payment" option available from the level of the application form.
2. Entry fees for participants who will register to participate in the Run at the office 14-15 April 2023 (subject to availability) will be paid for **only in cash. It will not be possible to pay by card.**
3. As part of the fees for participation in the Run made online via the form registration available via the website [www.lodzmaraton.pl](http://www.lodzmaraton.pl) The Organiser allows Participants of credit card payments.
4. The Run Participant, who wants to receive an invoice for the entry fee, is obliged to provide precise personal data in the application form or in the office of the Run. If you do not provide data for the invoice or provided data will be incomplete, the invoice will not be issued. The invoice is issued by the Organiser.
5. Amounts of entry fees:
  - **1st term – payment made by 31 January 2023 – PLN 69**

- **2nd term – payment made on 01 February 2023 – 28 February 2023 – PLN 89**
  - **3rd term – payment made between 01 March 2023 – 10 April 2023 – PLN 99**
  - **4th term-payment made at the Run competition office on 14-15 April 2023 – PLN 150**
6. The proof of receipt of the fee is the appearance of the starting number next to the name of the Participant on the start list on the website [www.lodzmaraton.pl](http://www.lodzmaraton.pl).
  7. If after 7 (seven) days the starting number does not appear, the Participant is obliged to contact the Organiser by e-mail: [stowarzyszenie@pelion.eu](mailto:stowarzyszenie@pelion.eu)
  8. The fee once paid is not refundable or transferable to another Participant or another course organised by the Organiser, subject to point XIII point 25 of these Regulations.
  9. Exemption from the starting fee in the Run is granted to persons born in 1953 or older.
  10. Exemption from the entry fee for persons referred to in paragraph 9 above shall be granted only in the case of registration for the Online Run by filling out the application form available at [www.lodzmaraton.pl](http://www.lodzmaraton.pl). **It does not concern registration for Office Run running competition on 14-15 April 2023**
  11. In order to benefit from the exemption from the entry fee, the participant of the Run referred to in paragraph 9 above should register for the Run by filling out the application form available at website [www.lodzmaraton.pl](http://www.lodzmaraton.pl) by 10 April 2023, excluding payment option, and then report the fact of registration to the e-mail address [jacek.asia@vp.pl](mailto:jacek.asia@vp.pl) . After verification of the correctness of the registration, the Run Participant will receive a starting number.
  12. The Organiser has the right to exempt selected Participants from the entry fee in random situations, as well as other Run Participants at **their** own discretion.
  13. The Organiser does not foresee the possibility of an anonymous start.

## **IX. Deposits and meals**

1. Participants of the Run will receive a deposit bag with a place to enter start number, allowing you to deposit things in a specially designated place. The bag can only be picked up on the basis of the starting number. In case of loss by Run participant's starting number, the Organiser is exempt from responsibility for collecting bag by another person. It is forbidden to leave in the deposit:
  - a. valuables,
  - b. things that due to their properties may be broken, flooded or crushed,
  - c. documents.

For leaving in the deposit the things specified in letters a – c above, the Organiser shall not bear responsibility.

1. The deposit will be open on 16 April 2023 from 7:00 a. m. to 4:00 p. m.  
Items left in the deposit and not collected by 16:00 will not be sent back to Run Participants In such case, the Organiser has the right to dispose of them.
2. Before the Run, the Participants will have the opportunity to use the changing room. After the Run Participants will have the opportunity to use the changing room, massage and showers.
3. All Run Participants receive: the opportunity to use the refresh point on the run route and a restorative meal at the finish line.
4. On the day of the Run, toilets will be available to Run Participants in the area in front of Atlas Arena.

## **X. Running Prizes**

Detailed information on the prizes in all categories of the Run will be published in the "Awards" tab on the website [www.lodzmaraton.pl](http://www.lodzmaraton.pl) no later than 31 March 2023.

## **XI. Starter Pack**

1. Each Run Participant receives in the package: starting number, pins, gifts and gadgets from sponsors, regenerative meal after the Run, result on mobile phone (in case of informing the Organiser about the phone number).
2. Each Participant who completes the Run will receive a commemorative medal at the finish line.

3. The organiser provides one water buffet point on the route of the Run for about 5 km of the route.
4. The Organiser does not accept private nutrients/bottles from Run Participants.
5. With the receipt of the Starting Package, each Run Participant receives a technical shirt.
6. Uncollected within the period specified in these Regulations Package and technical shirt subject to forfeiture.

## **XII. Personal data**

1. The administrator of personal data provided in connection with the registration of participation in the Run is Association "Marathon I Care about Health", ul. Zbąszyńska 3 91-342 Łódź.
2. The legal bases and the duration of the processing of your data for individual purposes are as follows:

1. Legal basis and time of processing personal data of the Participant and his/her parent/guardian the specific objectives are as follows:

Purposes of data processing	Legal bases	Processing period
Execution of the linking page agreements (regulations).	Article 6(1)(b) of the GDPR, i. e. processing is necessary for the execution of agreement to which the party is the person whose data concern.	1 year from completion Parties, and after that time if it is the law required or permitted, e. g. to investigate possible claims.
Communication for implementation agreements with a person other than that, with whom the agreement was concluded e. g. authorised to receive packages proxies.	Article 6(1)(f) of the GDPR – processing is necessary for the purposes of resulting legitimate interests administrator.	By the time of completion cooperation or notification effective opposition by the person whose data concern.
Sending information about offers and marketing in the case of sending them electronically and image processing recorded during the Run.	Art. 6 (1) (a) GDPR – the person whose data concern has consented to processing.	Until consent is withdrawn.

3. The data of no more than the first 10 Participants in each category may be processed by period up to 3 years from the end of the Event.
4. After the end of the processing, the data will be anonymized in terms of the name and surname.

5. Providing personal data and image in connection with the purpose, which is the performance of the linking parties to the contract (accepted terms and conditions), is voluntary, but necessary to register participation and to start in the Run. For other purposes, i. e. sending information about offers and marketing in the case of sending them electronically – providing personal data is voluntary.
6. The data will be transferred to entities cooperating in the organization of the Event, and if they express your consent, also to sponsors, whose current list is available on the website [www.lodzmaraton.pl](http://www.lodzmaraton.pl).
7. You have the right to request access to your personal data, their rectification, deletion or restriction of processing, as well as the right to object to processing and the right to transfer your data and lodge a complaint with the supervisory authority - President of the Office Protection of Personal Data, whereby the request to delete personal data is equivalent to removal from the list of participants of the Run.
8. You have the right to submit a declaration of withdrawal of consent to the processing given by your personal data at any time by sending a letter or electronic, according to your choice. Withdrawal of consent does not affect compliance with the right to data processing, which was made on the basis of consent before its withdrawal.
9. Providing personal data is voluntary, but necessary to register your participation and to start in the Run.
10. Your data will be transferred to entities cooperating in the organization of the Event and Run and if you agree, also to Sponsors and Partners. Current list of Sponsors and Partners can be found at [www.lodzmaraton.pl](http://www.lodzmaraton.pl). The list will be updated on an ongoing basis, your acknowledge and agreement.
11. Your personal data will be processed until a possible revocation by your consent, and then for the period necessary to secure any claims related with data processing.
12. Your personal data will not be processed for the purpose of automated decisions, including profiling.
13. Your personal data will not be transferred to a third country or international organization.
14. In matters concerning the processing of personal data, please contact us at [association@pelion.eu](mailto:association@pelion.eu)

### **XIII. Final Provisions**

1. The race will take place regardless of weather conditions.
2. The Organiser provides medical care during the race on the route and at the finish line.
3. The organiser is covered by third party liability insurance. The event, including the Run, is covered by liability insurance and accident insurance, any claims in this regard should be addressed to the Organiser. Organiser does not provide participants with life insurance, health insurance or civil liability for sickness, accident, injury, death or losses that may occur in connection with participation in the Run.
4. The organiser suggests that participants purchase an individual accident insurance.
5. The results of the Run will be available immediately after the Run on the website [www.sts-timing.pl](http://www.sts-timing.pl) and the website [www.lodzmaraton.pl](http://www.lodzmaraton.pl).
6. Each Participant is obliged to wear a starting number during the Run.
7. Running time limit is 1 hour 30 minutes.
8. Participants are obliged to run only on the route designated by the organiser.
9. Participants are obliged to submit during the Run to the orders of the city services, i. e. Police, City Guard, MPK Traffic Supervision and the organiser's law enforcement services. **Participants of the Run are obliged to allow vehicles to travel privileged being in action (riding on the signal) under penalty of disqualification.**
10. Participants remaining on the route of the Run after the indicated time limit, do so on their own risk and liability, in accordance with traffic regulations and the Civil Code.
11. Participants of the Run are bound by the regulations of the Polish Athletics Association available on the website [www.pzla.pl](http://www.pzla.pl) and these Terms and Conditions.
12. Participants shortening or changing the route of the Run will be disqualified.
13. Timekeeping is electronic with chips placed on the inside of the starting number.
14. A Run participant who shortens the route and misses the timed points will not be classified.

15. Protests and complaints will be accepted in writing up to 30 minutes after the end of the Run in the office of running competition. Protests and complaints will be considered up to 3 (three) days after the end of the Run. After this time the results of the Run become official results.
16. During the Run and accompanying events a photographic report and video will be taken. During registration, participants agree to the use of the image and processing personal data. Failure to give consent will prevent registration and participation in the Run.
17. The Organiser reserves the right and the Participant agrees to carry out with each interview participants, taking photos and filming for advertising, promotional purposes, use of these materials on the Internet or in radio and television broadcasts and for other commercial needs.
18. The Organiser reserves the right and the Participant agrees to use free of charge all over the world of photos, videos, interviews and sound recordings representing the participants of the Run. They may be used by the Organiser by placing on CD, DVD, in catalogs and media, on websites, in newspapers and at exhibitions, as well as for promotional and advertising needs related to activities conducted by the Organiser.
19. Consent to the processing of the image and personal data on behalf of the minor is expressed by the parent or guardian.
20. It is forbidden for Participants, fans and accompanying persons to bring intoxicating, illegal performance-enhancing substances and alcohol to the place of the Run. For Participants it is forbidden to take such means and substances both before and during the Run under the threat of exclusion, exclusion from the Run and disqualification.
21. The Organiser is not responsible for things lost during the Run.
22. Only Participants with a starting number may be on the route during the Run, The starting number must be placed in a visible place on the chest. Participants without starting numbers and accompanying persons on bicycles, rollerblades, skateboards and other mechanical devices will be removed from the route.
23. For safety reasons, it is forbidden to bring on the route, the area around the start and finish of the Run objects that may pose a danger to other Participants or fans and persons accompanying.
24. It is forbidden to participate in the Run in clothing that covers the face and prevents identification.
25. If the Race is postponed not due to the fault of the Organiser, but due to force majeure, to another date, Participants may start the Run at the specified new date, as part of the paid entry fee. The new date of the Run will be announced no later than in 30 (thirty) days from the date of notification of the need to reschedule the Run. In such case of resignation from the Run and refund of funds is entitled at the request of the Participant in accordance with the rules set out in paragraph 27 below.
26. For the participants of the Run there will be parking (free and paid) – access from Al. Unii Lubelskiej in Łódź.
27. The Organiser reserves the right to amend the Regulations no later than April 1, 2023. Any changes to the regulations will be posted on the website with an indication of its initial date of application, no later than 01 April 2023, with at least 14 days in advance. A participant who does not accept the change of the rules has the right to resign from participation in the Run within 7 (seven) days from the date of the change. Resignation from participation in the Run with indication of the bank account number for the refund of the fee must be delivered to the address:  
Stowarzyszenie „Maraton Dbam o Zdrowie”, ul. Zbąszyńska 3, 91-342 Łódź  
or electronically to the following e-mail address: stowarzyszenie@pelion.eu.
28. The Organiser shall return the entry fee to the participant no later than within 7 days. (seven) days from the date of delivery of the participant's declaration of resignation from the Run. Changes purely technical and organisational, including changes to limits, times, number of participants or hours opening of the Running office does not constitute a change of the Regulations entitling to a refund the entry fee paid.
29. The emergency number **+48 789 277 973** is a phone number to the Operations Center, where medical calls from people needing help on the run are accepted. Recommended use of an emergency telephone number for the benefit of the Participant.