

The rules of the DOZ Maraton Łódź Run during the event under the name DOZ Maraton Łódź 2023

These regulations are effective from December 23, 2022.

The DOZ Maraton Łódź Run (hereinafter: Run) takes place as part of the event under the name DOZ Maraton Łódź 2023 (hereinafter: Event).

I. Organizer, Contractor and Run Partners

1. Organizer

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 DOZ Maraton Łódź Run.

3. Strategic Partner

Łódź City Hall

4. Honorary Patronage

President of the City of Łódź,

II. Goal of the Run

The goals of the Run are:

- popularizing running as the simplest form of physical activity among adults and school youth,
- popularizing sport in various social, environmental and professional groups,
- promoting sports in the family,
- promoting the City of Łódź and the Łódź region in Poland and in the world.

III. Name, date and place of the Run

Name: DOZ Maraton Łódź

Date: April 16, 2023 (Sunday)

Place: Lodz, Atlas Arena, Bandurskiego Avenue 7 (start, finish, Run Event Office)

Start: 9:00 a.m.

Finish: Atlas Arena, Bandurskiego Avenue 7, Łódź

IV. Route of the Run

1. The route of the Run is certified and its every kilometer is marked by the attesting entity licensed by the Polish Athletics Association.
2. The judges of the Polish Athletics Association (PZLA) will watch over the course of the Run.

V. Conditions of participation in the Run

1. The participation limit in the Run is 3500 people, the time limit in the Run is 6 hours.
2. A Participant of the Run may be any adult person who reaches the age of 18 no later than on the day of April 16, 2023.
3. Each Participant shall register for the Run either electronically by filling the entry form available on the website www.lodzmaraton.pl by April 10, 2023 or in person in the Run Event Office in the days of April 14 and April 15, 2023 (provided the registration limit is not met by April 10, 2023).
4. On the day of the Run (April 16, 2023) there will be no registrations. That day the Run Event Office will only issue numbers and starter packs to previously registered Participants whose participation has been paid for.
5. Any changes to applications (including name changes, forwarding the pack, etc.) will not be possible after March 31, 2023.
6. In order to participate in the Run, it is necessary to register electronically at www.lodzmaraton.pl by April 10, 2023, or in person at the Run competition office on April 14 -15, 2023 (unless the registration limit is exhausted by that date), and payment of the participation fee, in accordance with the price list indicated in item. VIII paragraphs 5 and 6 of these Regulations, unless in accordance with the provisions of sec. VIII paragraphs 10 - 14 of these Regulations, the Runner is subject to exemption from the entry fee.
7. Participants failing to pay the entry fee, referred to in point VIII, results in no allocation of the start number to the Participant and inability to participate in the Run.
8. Only the Participants whose participation has been paid for and those with assigned start numbers have the right to take part in the Run.
9. A participant who has registered for the Run, but has not paid the entry fee by April 10, 2023, will be deregistered and must re-register for the Run in person at the Run's race office on April 14-15, 2023, unless the entry limit is exhausted by that date.
10. Each Participant must pick up his/her number and starting packet on April 14-16, 2023 at the race office of the Run during the hours - in accordance with point 29 of these Regulations.
11. If the number and starter pack cannot be received personally, the Participant may authorize a proxy.
12. Each Runner must run with a starting number placed in a visible place on the front.
13. During the Run, each Runner must have a start number attached horizontally to the front of his/her shirt (or outer garment). The starting number must be visible at all times during the Run.
14. Covering the number (in whole or in part, during any part of the Run) or modifying it is prohibited under penalty of disqualification.
15. Participants take part in the Run at their own risk, being aware of their current state of health. The Organizer recommends that the Participants of the Run conduct a medical examination in connection with their intention to participate in the Run and not to declare participation in the Run in case of medical contraindications. The Participant enters the Run at his/her own risk and responsibility. The Organizer shall not be liable for the consequences of participation in the Run of the Participants whose health condition contraindicates their participation in the Run. The Organizer does not verify the health condition of the Participants.
16. When picking up the starting number, Participants must present the QR CODE (on their phone or printed), which will be sent to each competitor to the e-mail address that the competitor provided during registration in his/her application.
17. The time limit for the Run will be 6 hours, 00 min.
18. The time limit will be verified by the Organizer on: 10 km of the route (limit 1h25'); 20 km of the route (limit 2h50'); on 30 km of the route (limit 4h16'); on 35 km of the route (limit 4h58'), as well as on 40 km of the route (limit 5h41'). The competitors will be followed by a bus with the inscription CATCH RUNNER TIME LIMIT, which will verify the time limit for the designated kilometers of the route. The time limit will be calculated from the last competitor in the last time zone crossing the starting line.

19. Exceeding the time limit at a given measurement point, referred to in section 19 above, results in informing the participant about this fact and ordering him/her to leave the race route or board the bus with the inscription CATCH RUNNER TIME LIMIT.
20. After the time limit of 6 hours, traffic on the route will be restored.
21. Participants running with a child in a stroller are required to line up at the end of their SELECTED START ZONE!!!
22. Participants are required to run only along the route determined by the Organizer.
23. During the Run, Participants of the competition are required to submit themselves unconditionally to all commands of municipal services, that is: the Police, Municipal Police, Traffic Supervision and the Organizer's services, as well as judges and other services securing the route of the Run. The participants are obliged to notify the municipal services i. e. the Police, Municipal Police, the MPK traffic supervisor and the organizer's enforcement services, as well as judges and other services securing the race. **The participants of the race are absolutely obliged to enable the privileged vehicles in action (driving on the signal) to drive - otherwise they will be disqualified.**
24. Decisions of medical service regarding the continuation of the Run by the Participant to whom the medical assistance has been provided are final and indisputable.
25. Participants take part in the Run at their own risk and responsibility.
26. Providing the Organizer with a correctly completed application form and making the payment of the start fee means that the Participant considered and assessed the nature, scope and degree of risk related to participation in the Run, including the risk of accidents, the possibility of physical injuries, including death as well as property damage, and voluntarily decided to take this risk.
27. Receiving the bib number and joining the Run is tantamount to reading the rules and regulations of the Run and the obligation to comply with its provisions.
28. Numbers and starter packs will be issued in the Run Event Office. Run Event Office will be located in the Atlas Arena at Bandurskiego Avenue 7 in Lodz and will be open in the following days and hours:
 - April 14, 2023 (Friday) from 1:00 pm to 8:00 pm
 - April 15, 2023 (Saturday) from 11:00 am to 9:00 pm
 - April 16, 2023 (Sunday) from 7:00 a.m. to 3:30 p.m., **with starter packs being issued that day only until 8:30 a.m.**
29. On the day of the Run, i.e. April 16, 2023, there will be no registrations. On that day, you will only be able to pick up your packet and starting number.
30. The deposit will be open on April 16, 2023 from 7:00 a.m. to 4:00 p.m. on the premises of Atlas Arena at 7 Bandurskiego Avenue in Lodz.
31. Participation in the Run by a disabled person in a wheelchair requires prior approval of the Organizer. Participants in the Run will not be allowed on sports wheelchairs with direct drive of Rim-push type and with indirect drive of handbike type. Disabled persons admitted to the Run by the Organizer will be classified within the category of "DISABLED IN A WHEELCHAIR" ("NIEPEŁNOSPRAWNY NA WÓZKU").

VI. Categories and classifications in the Run.

1. The following categories and classifications will be conducted as part of the Run:
 - a) OPEN category of men and women
 - b) Age categories of men (M) and women (K)

M/K – 18	18 – 19 years of age
M/K – 20	20 – 24 years of age
M/K – 25	25 – 29 years of age
M/K – 30	30 – 34 years of age
M/K – 35	35 – 39 years of age
M/K – 40	40 – 44 years of age
M/K – 45	45 – 49 years of age
M/K – 50	50 – 54 years of age
M/K – 55	55 – 59 years of age

M/K – 60 60 – 64 years of age
M/K – 65 65 – 69 years of age
M/K – 70 70 – 74 years of age
M/K – 75+ 75 years of age and more

c) Professional categories:

- pharmacists K i M
- pharmaceutical technicians K i M
- teachers K i M
- doctors K i M
- miners K i M
- honorary blood donor K i M
- soldiers K i M
- firefighters K i M
- police K i M
- municipal police K i M
- lawyers K i M
- bank officials K i M
- MPs/ councillors K i M
- priests M

d) The best Participant from Łódź

e) The best disabled Participant in a wheelchair

f) The best marriage - the place achieved is determined by the total time of the spouses, in case of the same time of two marriages, the place achieved is determined by the better result of the woman of the marriage. in the case of different names of the spouses - for the ease of verification - in the application, the wife gives the surname of the husband next to her surname or the husband gives the name of the wife next to his name.

2. Age categories do not double with the OPEN category.

3. When registering for the Run, the Participant can select only one industry category and this selected category will be included in the results!

4. The classification is based on electronic time measurement based on an electronic chip located in the bib number. Run Participant who loses the bib number and will not bring it to the finish line of the Run will not be classified. On the route of the Run there will be located control mats that record the appearance of a Participant at a given point. No record of the appearance of a Participant at a given point may result in the Participant's disqualification from the Run.

VII. Run submissions

1. By submitting, the Participant must state what result he/she plans to achieve at the finish line or the current result achieved at a given distance.

2. Participants will be assigned start numbers with the start time zone marking in which zone the Participant will be obliged to set up for the Run.

3. The start will take place separately for each zone.

4. During the Run Participants are required to submit to the orders of the municipal services and Organizer.

5. Start zones:

- Zone I - result below 3:00' - yellow

- Zone II - result 3:00' - 3:30' - green
 - Zone III - result 3:31' - 4:00' - red
 - Zone IV - result 4:01' - 4:30' - blue
 - Zone V - result 4:31' - 5:00' - orange
 - Zone VI - result above 5:00' - grey
6. For the first 50 Participants, the results at the finishing line will be calculated according to the gross time, that is the time counted from the starter's shot to the finish line. For all the other participants of the Run the nett time gained by the Participant will be taken into account, that is the time counted from the intersection of the start line to crossing the finish line.
 7. The limit of entries in the Run is 3,500 Participants.
 8. If the limit of applications referred to in paragraph 7 above is exhausted by April 10, 2023. The Organizer reserves the right to increase it. Information on increasing the application limit will be posted on the website www.lodzmaraton.pl.
 9. A Participant is considered to be registered for the Run if he/she has registered by completing the application form at www.lodzmaraton.pl, accepted it and sent the application and paid the entry fee. Failure to pay the entry fee by April 10, 2023 (the date of receipt on the account is decisive) for an electronically registered Participant will result in crossing off the list of Runners and the necessity - if the Participant wishes to start - to re-register and pay the fee at the Run competition office, unless the limit of entries for the Run is exhausted by that time. The Participant may register again in person and pay for the start at the Run competition office on April 14-15, 2023, provided that by that time the entry limit has not been exhausted earlier.
 10. The participation fee paid by the Participant is not refundable in case the Participant resigns from the start! It is also not allowed to transfer or resell the starting number to another person without the consent of the Organizer! The fee is refundable only in exceptional and justified cases at the request of the Participant.

VIII. Starting fees for participation in the Run

1. The entry fee covers all costs related to the organization of the DOZ Marathon and costs for the elements necessary to participate in the Marathon, i.e. the elements of the participation package listed in point. XI item 1 of the Regulations. The entry fee for participation in the Run in connection with electronic registration must be paid electronically through the "Go to payment" ("Przejdź do płatności") option, available from the registration form.
2. **Starting fees for the Participants who will register in the Run Event Office on 14 - 15 April 2023 (in case of availability of bib numbers) will be paid only in cash. There will be no card or other payment option.**
3. The Organizer allows credit card payment for participation in the Run made online via the application form available on the www.lodzmaraton.pl website.
4. The Run Participant who wants to receive an invoice for the paid starting fee is obliged to provide accurate data in the Run Application Form or in the Run Event Office for issuing an invoice. If the data for the invoice is missing or if provided data is incomplete, the invoice will not be issued. The invoice is issued by the Organizer.
5. Starting fee amounts:
 - **I term - payment made by 31 January 2023 - 129 PLN**
 - **II term – payment made on February 01 – February 28, 2023 – PLN 159**
 - **III term – payment made on March 01 – April 10, 2023 – PLN 199**
 - **IV term – payment made at the Running Competition Office on 14 - 15 April 2023 – PLN 250**
6. The proof of payment is the appearance of the start number next to the Participant's name on the start list on the www.lodzmaraton.pl website.

7. If after 7 (seven) days the start number does not appear, the Participant is obliged to contact the Organizer at the following e-mail address: stowarzyszenie@pelion.eu.
8. The fee once paid is not refundable or transferable to another Participant or another run organized by the Organizer, subject to clause XIII, paragraph 26 of these Regulations.
9. The exemption from the starting fee in the Run is granted to persons born in 1953 or earlier.
10. Exemption from the entry fee for persons referred to in paragraph 9 above shall be granted only in the situation of registering for the Run online by completing the registration form available at www.lodzmaraton.pl. **It does not include registration for the Run at the Run competition office on April 14-15, 2023.**
11. **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 completing the registration form available on website www.lodzmaraton.pl by the deadline of 10 April 2023, omitting the option of payment, and then report the fact of registration at the e-mail address jacek.asia@vp.pl. After verification of the correctness of the notification, the Run Participant will receive the bib number.**
12. The Organizer has the right to exempt selected Participants from the fees, and other Participants of the Run at his own discretion.
13. The Organizer does not provide for a possibility of anonymous start.

IX. Deposits and meals

1. Participants in the Run will receive a deposit bag in the starter packet with a place for entering the starting number, allowing to deposit items in a specially designated place. The bag can be picked up only on the basis of the starting number. In the event of the participant's loss of the starting number, the Organizer is released from responsibility for collecting the 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.
2. The deposit will be open on April 16, 2022 from 7 am to 4 pm. Unclaimed items left in the depository by 4:00 p.m. will not be returned to the Run Participants or kept by the Organiser and the Organiser has the right to dispose of them.
3. Before the Run, the Participants will have the opportunity to use the dressing room. After the Run they will be able to use changing rooms, massages and showers.
4. All Participants of the Run receive: the opportunity to use eating points along the route of the Run and a regenerative meal at the finish line.
5. On the day of the Run, toilets will be available for Run Participants in the area in front of Atlas Arena.

X. Awards in the Run

1. In the OPEN category of Men and Women, the Organizer provides the following financial prizes for taking the places 1-5 .
2. In the category of the best Participants from Poland, the Organizer provides the following financial prizes for taking the places 1-3.
3. Detailed information on the prizes in all categories of the Run will be published in the "Awards" ("Nagrody") tab on the website www.lodzmaraton.pl no later than on March 31, 2023.

XI. Starter pack

1. Each Participant of the Run receives in the package: deposit bag, start number, safety pins, score via a text message (in case of providing phone number in the application form), possibility to use live tracking application, voucher authorizing to use pasta party before the Run and regeneration meal after the Run.

2. Each Participant to complete the Run will be awarded with the memorial medal.
3. The Organizer ensures at least 10 buffet points on the route, placed approximately every 4 km, beginning with the START line.
4. The Organiser does not accept private nutrients/bottles from Run Participants.
5. Along with the collection of the Start Package, each Runner receives a technical T-shirt.
6. Starting pack and technical T-shirt not collected within the time specified in these Regulations shall be forfeited.

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. Legal basis and period of your processing personal details in particular cases is 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.	Until cooperation completion or reporting effective opposition by the data subject.
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 relation to execution of the contract (accepted rules and regulations) connecting the parties is voluntary but necessary to register participation and to start in the Run. For other purposes, i.e. sending information about offers and marketing content, in case of sending them electronically - providing personal data is voluntary.
6. Data will be provided to entities cooperating in the organization of the Run, and if you express your consent, also to sponsors, whose current list is available on the website: www.lodzmaraton.pl.
7. You have the right to request access to your personal data, rectification or deletion or restrictions on processing, as well as the right to object to the processing and the right to transfer your data and file a complaint to the supervisory body - the President of the Personal Data Protection Office. The request to delete personal data is tantamount with deletion from the list of Participants of the Run and the Event and the lack of possibility to start in the Run.
8. You have the right to submit a statement on the withdrawal of consent for processing your personal data at any time by sending a letter or electronic mail, according to your own choice. Withdrawal of consent does not affect compliance with the law of data processing which was made on the basis of consent before its withdrawal.
9. The provision of personal data is voluntary, but necessary to register participation and to the start of the Participant in the Run.

10. Your data will be provided to entities cooperating with the organization of the Event and Run and, if you agree, also to Sponsors and Partners. Current list of Sponsors and Partners is available at www.lodzmaraton.pl. The list will be subject to updates, which you acknowledge when agreeing.
11. Your personal data will be processed until you revoke your consent, if any, and then for the period necessary to secure any claims related to the processing.
12. Your personal data will not be processed for the purpose of automated decision-making, including profiling.
13. Your personal data will not be transferred to a third country or any international organisation.
14. In matters concerning the processing of personal data, please contact us at stowarzyszenie@pelion.eu

XIII. Final Provisions

1. The Run will take place regardless of weather conditions.
2. The Organizer provides medical care during the competition on the route and at the finish line of the Run.
3. The Organizer is covered by third party liability insurance. The event, including the Run, is covered by third party liability insurance and accident insurance, any claims in this respect should be addressed to the Organizer. The Organizer does not provide participants with life insurance, health insurance or from civil liability in respect of sickness, accident, injury or death, or losses that may occur in connection with participation in the Run.
4. The Organizer suggests Participants to purchase individual accident insurance.
5. The Run results will be available immediately after the Run at www.sts-timing.pl and the website: www.lodzmaraton.pl.
6. Each Participant is obliged to wear the bib number during the Run.
7. The time limit for the marathon run is 6 hours, 00 min.
8. The Runners are obliged to run only along the route marked out by the Organizer.
- 9. During the Run Participants are required to submit to the orders of the municipal services, i.e. Police, Municipal Police, MPK Traffic Supervision and Organizer's services.**
- 10. The participants of the race are absolutely obliged to enable the privileged vehicles in action (driving on the signal) to drive.**
11. Participants remaining on the route of the Run after the indicated time limit do so on their own risk and liability, according to traffic regulations and the Civil Code.
12. Participants of the Run are subject to the provisions of the Polish Athletics Union (PZLA), available on the website www.pzla.pl and these rules and regulations.
13. Participants who shorten or change the route will be disqualified.
14. Time measurement is electronic and made with a chip placed on the inside of the bib number.
15. A Run Participant who shortens the route and bypasses the time measurement points will not be classified.
16. Protests and complaints will be accepted in writing up to 30 minutes after the end of the Run in the office running competitions. 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.
17. During the Run and accompanying events a photographic report and video materials will be made. Participants during registration agree to the use of their image and processing personal data. Failure to agree will prevent participation in the Run.
18. The Organizer reserves the right to and the Participant agrees to carrying out interviews with each of the Participants, taking pictures and filming for advertising and promotional purposes, use of these materials on the Internet or radio and television broadcasts and all other commercial purposes.
19. The Organizer reserves the right to and the Participant agrees to use all around the world, free of charge all photos, film materials, interviews and sound recordings presenting the Participants of the Run. They can be used by the Organizer through placing on CD, DVD, catalogs and media, on websites, in newspapers and at exhibitions, as well as for promotional and advertising purposes related with activities run by the Organizer.
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 Organizer is not responsible for things lost during the Run.
22. Only participants with the start numbers **placed prominently on the chest** may be on the route during the Run. **Participants without start numbers and accompanying persons on bicycles, rollers, 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 of the Participant.
25. Participation in the Run is tantamount to acceptance of the Rules and Regulations of the Run.
26. If the Run is postponed, not due to the Organizer but due to force majeure, and rescheduled to another date Participants may start in the Run at the given new date, within the paid starting fee. The new Run date will be announced no later than within 30 (thirty) days from the date of notification of the need to postpone the Run. In such case the resignation from the Run and refund of fee can be made on Participant's request in accordance with the rules set out in paragraph 28 below.
27. Parking lots will be available for participants of the Run (free and paid) - access from Al. Unii Lubelskiej in Łódź.
28. The Organizer reserves the right to amend the regulations no later than on 01 April 2023. Each change of the rules and regulations will be posted on the website with an indication of the initial date of its coming into force, no later than 01 April, 2023, at least 14 days in advance. The Participant who does not accept the change of the regulations has the right to resign from participation in the Run within 7 (seven) days from the date of its coming into force. Resignation from participation in the Run along with an indication of the bank account number to refund the fee should be sent by registered mail with a return confirmation of receipt to the following address:
Stowarzyszenie „Maraton Dbam o Zdrowie”, ul. Zbąszyńska 3, 91-342 Łódź
or electronically to the e-mail address: stowarzyszenie@pelion.eu.
In the event of resignation from participation in the Run due to the above-mentioned reasons Organizer shall pay the Participant a starting fee within 7 (seven) days from the day of the delivery of the Participant's statement on resignation from participation in the Run. Technical and organizational changes, including changes in limits, times, number of participants or Run Event Office opening hours do not constitute a change to the Regulations entitling to the refund of the paid fee.
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.