

## **Regulations of the Ekiden Relay during the DOZ Marathon Łódź 2023**

These regulations are effective from 23 December 2022.

Ekiden Relay (hereinafter: Run) takes place as part of the event under the name of "DOZ Maraton Łódź 2023" (hereinafter: Event)

### **I. Organiser, Contractor and Run Partners.**

#### 1. Organiser:

Association "Maraton Dbam o Zdrowie" based in Łódź, ul. Zbąszyńska 3, 91-342 Łódź, entered into the Register of Associations, Other Social and Professional Organizations, the Foundation and Independent Public Health Care Institutions maintained by the District Court for Łódź-Śródmieście in Łódź. Economic Court of the 20th Commercial Division of the National Register Courthouse under the number KRS 0000403717, REGON: 101325327, tax identification number (NIP): 9471980735

#### 2. Contractor

Ms Joanna Chmiel running a company under the name Beauty Sport Run Joanna Chmiel with the seat in Łódź at Konstadta 7 Street flat 66, 91-430 Łódź, NIP 7271445611, REGON 364956765.

The Organizer entrusts the Contractor with the implementation of the event under the name "DOZ Maraton Łódź 2023" together with accompanying events on 14 - 16 April 2023 r, in particular the Ekiden Relay.

#### 3. Strategic Partner Łódź City Hall

#### 4. Honorary Patronage

- Mayor of the City of Łódź

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

1. popularizing running as the simplest form of physical activity;
2. popularizing sport in various social, environmental and professional groups;
3. promoting sports in the family,;
4. promotion of the City of Łódź and the Łódź region in Poland and around the world.

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

Name: Ekiden Relay

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**

- The route of the Run is certified and its every kilometer is marked by the attesting entity licensed by the Polish Athletics Association.

- The course of the Run will be supervised by the judges of the Polish Athletics Association (PZLA).
- Length of the route: 42,195 km.
- Length of individual relay changes: 1st change - 5 km, 2nd change - 10 km, 3rd change - 5 km, 4th change - 10 km, 5th change - 5 km, 6th change - 7 km 195 m.
- The route will be marked with vertical signs every 1 km.

## V. Conditions for registration for the Run and participation in the Run

1. In the Race there is a limit of 100 relay teams of 6 runners each **(600 runners total)**.
2. Any person who by April 10, 2023 will be 16 years of age may become a participant of the Run. Participation in the Race of persons under 18 years of age requires the consent of their parents or legal guardians in writing, under pain of nullity. A specimen consent is available at [www.lodzmaraton.pl](http://www.lodzmaraton.pl) under tab ("documents to download").
3. A single relay must be composed of 6 (six) Participants who cover the distances indicated in the regulations (in indicated order).
4. One Participant may take part only in one change of a given relay.
5. One Participant may take part only in one relay.
6. Relay registration is carried out by the Captain of the respective relay by naming his relay and completing the registration form in accordance with point. 10 below.
7. The captain is chosen by the relay.
8. The captain must register electronically, through the relay entry form, all participants (athletes) of his relay and provide all athlete data included in the entry form, or in person at the Race Office on April 14 or 15, 2023 (unless the entry limit is exhausted by April 10, 2023).
9. Each competitor registered by the captain must confirm knowledge of the regulations. Confirmation is made using a link sent by the entity cooperating with the Organizer in handling the registration. The link will be sent immediately after the registration of the athletes by the relay captain to the email addresses of the athletes' data given during the registration in the entry form. The condition for assigning the QR code and starting number to the relay is the use of the link and confirmation of knowledge of the regulations and consent contained in the registration form **by each relay participant**.
10. Any changes in applications (e.g. change of names) will not be made after 31st March 2023.
11. 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 competition office on 14 or 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 referred to in point VI of these Regulations.
12. In order for a relay to be admitted to the Run, the Relay Captain (or another relay member) must present the QR code of the relay in question at the race office. The relay's QR code will be sent to the Captain's email address provided by the Captain in the entry form no later than April 10, 2023, and in the case of relay registration at the race office on April 14 - 15, 2023. - immediately after registration and payment of the entry fee.
13. 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 of the Relay, whose participation has been paid for.
14. Participants failing to pay the entry fee, referred to in point IV (below), results in no allocation of bib number to the Participant and inability to participate in the Run .
15. Only paid Relay (all Participants from a given Relay) with assigned starting numbers have the right to take part in the Race.
16. Bib numbers and starting packages will be issued in the office of the Race. The office of the Race will be located in the Atlas Arena at 7 Bandurskiego Avenue in Łódź and will be open on the following days and hours:
  - April 14, 2023 r. (Friday) – 13:00 - 20:00
  - April 15, 2023 r. (Saturday) – 11:00 - 21:00

- April 16, 2023 r. (Sunday) – 7:00 - 15:30, **on this day the starting packages will be issued only till 8.30 am.**
17. On the day of the Relay, i.e. April 16, 2023 registration to the race will not be possible. Participants will be able to collect starting packages only.
  18. The deposit will be open on 16 April 2023 from 7:00 a. m. until 16:00 on the premises of the Atlas Arena at Al. Bandurskiego 7 in Łódź.
  19. At the Run Competition Office, relay captains or a relay representative holding the QR code of a given relay will receive starting packages for the entire team, including, among others: starting numbers, baton with electronic chip, safety pins. Along with the collection of the Start Package, each Runner receives a technical T-shirt. Packet and technical T-shirt not collected within the time specified in these Regulations shall be forfeited.
  20. As a prerequisite for the captain or any other representative of the relay to pick up the start packs, the captain or any other representative of the relay must present the QR code referred to in paragraph 10 above.
  21. Starting packets not picked up at the race office of the Run are forfeited - they will not be shipped or issued at a later date.
  22. The order of the Participants in each shift of the Run is decided by the Relay Captain. The data contained in the entry form can be edited online only by the Relay Captain until March 31, 2023, and then in person at the Run competition office on April 14-15, 2023, when collecting the start package. Changes can only be made by the Captain of the respective team.
  23. If it is necessary to change a person within a relay, the Captain must report it in accordance with the rules indicated in paragraph 22 above. Once the start package has been collected, it will not be possible to change the order of individuals competing within a relay.
  24. During the Run, all relay participants must have starting numbers attached horizontally to the front of their T-shirt (or outer garment). The starting number must be visible at all times during the Run.
  25. The classification is based on electronic time measurement based on the electronic chip in the relay baton. The Participant of the relay is obliged to run with the baton, hand it over to the next Participant of his/her relay in the marked shift zone, and the last Participant of the relay must run the finishing line while holding the baton. A runner who loses the baton or does not report it to the finish line or to his/her finish line or to his/her shift zone will not be classified and thus the entire relay will not be classified. There will be control mats on the Relay route, which record the appearance of a participant at a given point. Failure to read the appearance of the Relay Participant at a given point may result in disqualification of the Participant and the entire relay.
  26. Under the penalty of disqualification, it is prohibited to cover the bib number in part or in the whole, or to modify it.
  27. Participants from the first shift set up at the start in separate zones, according to the declared time of completion of the race through the entire relay.
  28. The Participants from the following shifts: second, third, fourth, fifth and sixth shifts shall set up in the indicated zones of changes on the route of the race. The baton must be handed over in the zone. The end of each zone will be determined in front of the measuring mat of a given kilometre in relation to a given shift at 5 km, 15 km, 20 km, 30 km, 35 km i.e. the measuring mat is run by the participant of the next shift.
  29. Participants of particular shifts will have the opportunity to use the transport provided by the Organizer. The buses will be placed near the Atlas Arena and will be appropriately marked for delivery to the target shift zone or back to Atlas Arena.
  30. Buses delivering the Participants to individual shift zones III, IV and V (20km, 30km and 35km respectively) will depart from under Atlas Arena between 7:30 and 8:30 am on the day of the Run, i.e. April 16, 2023. At that time, the Participants of the respective shifts are required to take their seats in the appropriately marked bus. In the event that a Participant is late and therefore does not take a seat in the corresponding bus, that Participant must reach his/her shift zone on his/her own. After the completion of the run, Buses will bring the Participants from the respective shift zones to the Atlas Arena. The return from the shift zones will take place after the last Participant has run through the respective zone. If the transition zone is located not further than 1.5 km from the start and finish line of the Run, the Participants will go by themselves to the respective transition zone and return from the zone to Atlas Arena by themselves - in such a situation the Organizer will not drive the Participants. Detailed information on the organization of the distribution

of relay teams will be sent to the captains of individual relay teams at the e-mail address of the captain.

31. It is forbidden to make the changes in the relay outside the designated areas of changes.
32. Participants of the relay are subject to a time limit of 6 hours 00 minutes, counted from the starter's shot.
33. Additional time limits are: for 10km: 1 hours 25 minutes; for 20km: 2 hours 50 minutes, for 30 km: 4 hours 16 minutes, for 35 km: 4 hours 58 minutes, for 40 km: 5 hours 41 minutes.
34. Participants who do not finish their stage of the race within the indicated time limit or do not exceed the time measurement points from the previous point within the indicated time limit are obliged to stop the Race and leave the route or to reach the finish line by bus with the inscription CATCH RUNNER TIME LIMIT. The bus will follow the competitors at the pace of the time limit at the individual verifying measuring points - as indicated above. The time limit will be counted from the crossing of the starting line of the last competitor of the last starting zone.
35. 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.
36. Participants of the Run are subject to the provisions of the Polish Athletics Union, available on the website [www.pzla.pl](http://www.pzla.pl) and these rules and regulations.
37. The Organizer provides medical services at the start, route and finish line during the Run. The Organizer recommends that the Participants of the Run carry out medical examinations 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. Parents or legal guardians are responsible for the start and health of minors.
38. Submitting to the Organizer a properly completed application form and/or consenting to the participation of a minor means that the participant/parents/guardian, and in the case of participants entered by the relay captain - confirmation of acceptance of the rules and regulations in accordance with paragraph 11 above, has considered and assessed the nature, scope and degree of risks involved in participation in the Run, including the risk of accidents, the possibility of personal injury and physical injury, including death, as well as damage of a property nature, and has voluntarily decided to take these risks.
39. The organiser reserves the right to terminate the subscriptions earlier in the event the limit of Participants has been exhausted.
40. The organiser does not provide for the possibility of anonymous start.

## **VI. Entry fees**

1. The entry fee includes all costs related to the organisation 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.
2. Every relay participating in the Run bears the costs of the entry fee.
3. The entry fee for the participation of the entire relay in the Run is made by the Captain. The payment must be made electronically through the "Go to payment" ( „Przejdź do płatności” ) option available from the entry form.
4. Entry fees for Participants who will be registered for the Run in the office of the Run on 14-15 April 2023 (subject to availability) will be paid in cash. There will not be card payment options.
5. As part of the fees for participation in the Run online via the form application form available on the website [www.lodzmaraton.pl](http://www.lodzmaraton.pl). The organiser allows Credit card participants.
6. **Amounts of entry fees:**
  - **Ist date - payment made by December 31 2022 r. – PLN 299**
  - **II date – payment made on January 01 – 10 February 2023 r. – PLN 359**
  - **III date – payment made on 01 February - 10 April 2023 – PLN 479**

- **IV date – payment made at the Running Competition Office on 14 - 15 April 2023 – 600 zł**

7. The proof of payment is the appearance of the starting number next to the name of the relay on the starter list on the website [www.lodzmaraton.pl](http://www.lodzmaraton.pl).
8. If, after 7 (seven) days, the starting number does not appear, the relay Captain is obliged to contact the Organizer at the following e-mail address: [stowarzyszenie@pelion.eu](mailto:stowarzyszenie@pelion.eu).
9. The fee paid once is not refundable or transferred to another team or other course organised by the Organizer.
10. The captain who wishes to receive an invoice for the entry fee paid is obliged to provide in the application form or in the competition office of the Run accurate data for issuing an invoice. In case of failure to provide data for invoice or providing incomplete data, the invoice will not be issued. The invoice will be issued by the Organizer.
11. The Organizer has the right to release selected Participant and other Participants of the Runs from random fees, at their own discretion.

## **VII. 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.
2. 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.  
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.
3. Before the Run participants will have the opportunity to use the dressing room. After the race, participants will have the opportunity to use the changing room 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 to Run Participants in the area in front of Atlas Arena.

## **VIII. Nutrition points and checkpoints**

1. At least 10 buffet points will be placed at intervals of approximately 4 kilometers, starting from the 4th kilometer of the Run route.
2. The Organizer does not accept private nutrients from Participants.
3. In the vicinity of each of the eating points there will be a toilet cubicle.
4. Time control checkpoints will be on 5, 10, 15, 20, 25, 30, 35 and 40 kilometer and half way through the marathon.
5. The service of checkpoints will list the starting numbers of Participants shortening the route.
6. Participants who shorten or change the route will be disqualified.

## **IX. Classifications and results**

1. During the Run the following classifications will be conducted:

- OPEN classification - any relay composition
  - Men's relay classification
  - Women's relay classification
2. The basis for classification is electronic time measurement based on the electronic chip in the relay baton. A relay that loses the baton or fails to bring it to the finish line will not be classified. There will be control mats along the route of the Run, which record the appearance of a participant at a given point. Failure to read the appearance of a participant at a given point will result in disqualification of the participant and the entire relay. **Classifications of all relays are based on actual times (net - counted from crossing the starting line).**
  3. Unofficial results of the Run will be posted on the website [www.sts-timing.pl](http://www.sts-timing.pl) and [www.lodzmaraton.pl](http://www.lodzmaraton.pl) directly after Run
  4. 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.
  5. The organizer reserves the right to introduce additional classifications by March 31, 2023. Information on the introduction of additional classifications will be posted on the website [www.lodzmaraton.pl](http://www.lodzmaraton.pl) by the date specified in the previous sentence.

## X. Awards in the Run

1. All Participants who complete the Run receive commemorative medals.
2. Teams that will occupy places I-III in a given classification will receive cups or commemorative medals.

## XI. Personal details

1. The Administrator of the personal details in the process of registration in the Run is Association "Maraton Dbam o Zdrowie" Zbąszyńska St.3, 91-342, Łódź.
2. 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	Art. 6 (1) (a) GDPR – the person whose data concern has consented	Until consent is withdrawn.

Purposes of data processing	Legal bases	Processing period
during the Run.	to processing.	

3. Personal data of not more than the first 10 Participants in each category will be processed by up to 3 years from the end of the Run.
4. After the processing is completed, the name and surname will be anonymised.
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 organisation of the Run, and if you 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, 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 administrator of your personal data provided in connection with the registration of participation in the Run is the "Maraton Dbam o Zdrowie" Association with its registered office at ul. Zbąszyńska 3 in Lodz (91-342). The basis for the processing of personal data is your consent (Article 6 paragraph 1 point a) general regulation on the protection of personal data), the need for contact about your registration and participation in the Event (Article 6 (1)letter (b) of the General Protection Regulation personal data) or the legitimate interest of the "Maraton Dbam o Zdrowie" Association (Article 6 (1)letter (f) of the General Regulation on the Protection of Personal Data). Providing personal data is voluntary, but necessary to register your participation and take part in the Run.
10. Your data will be transferred to entities cooperating in the organisation of the Event and the Run, and if you give your consent, also to Sponsors and Partners. The current list of Sponsors and Partners can be found at [www.lodzmaraton.pl](http://www.lodzmaraton.pl). The list will be subject to ongoing updates, which you acknowledge by giving your consent. Provision of data is voluntary, but necessary for the above purposes. You have the right to demand 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 to the supervisory authority - the President of the Office for Personal Data Protection, while the demand to delete personal data is equivalent to deleting you from the list of Run participants and the inability to start in the Run.
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. Personal data of Run Participants will not be processed for the purpose of automated decision-making, including profiling.
13. Personal data of Run Participants will not be transferred to a third country or an international organisation.
14. In matters concerning the processing of personal data, please contact us at [stowarzyszenie@pelion.eu](mailto:stowarzyszenie@pelion.eu)

## **XII. 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](http://www.sts-timing.pl) and the website: [www.lodzmaraton.pl](http://www.lodzmaraton.pl).
6. Each Participant is obliged to wear the bib number during the Run.
7. Participants are required to run only along the route marked by the Organizer.
8. During the Run Participants are required to submit to the orders of the municipal services, i.e. Police, Municipal Police, MPC Traffic Supervision and Organizer's services.

### **The participants of the race are absolutely obliged to enable the privileged vehicles in action (driving on the signal) to drive - otherwise the whole Team will be disqualified.**

9. A Run Participant who shortens the route and bypasses the time measurement points will not be classified.
10. 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.
11. 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.
12. 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 related purposes with activities run by the Organizer.
13. Parent or legal guardian consents to the processing of the image and personal data of minors
14. It is forbidden for Participants, spectators and accompanying persons to bring intoxicants, illegal performance-enhancing substances and alcohol to the venue of the Run. Participants are forbidden to take such drugs and substances both before and during the Run under penalty of exclusion, inadmissibility to the Run and disqualification.
15. The Organizer is not responsible for items lost during the Run.
16. Only Participants with a starting number may be on the route during the Run placed in a visible place on the chest. Participants without starting numbers and accompanying persons on bicycles, rollerblades, skateboards and other mechanical vehicles will be removed from the route.
17. 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 persons.
18. It is forbidden to participate in the Run in clothing that covers the face and prevents identification of participants.
19. Participation in the Run is tantamount to acceptance of the Regulations of the Run.
20. If the Race is postponed not due to the fault of the Organiser, but due to force majeure, to another date Participants as part of the fee 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 a case, 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 22 below.

21. For the participants of the Run there will be parking (free and extra paid) – access from Al. Unii Lubelskiej in Łódź.

22. 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 – a day in advance. The participant who does not accept the change of the rules has the right to resign from participating in the Run within 7 (seven) days from the effective date of the change.

Resignation from participation in the Run with indication of the bank account number for the refund of the starting fee must be sent by registered letter with return confirmation of receipt to:

Stowarzyszenie „Maraton Dbam o Zdrowie”, ul. Zbąszyńska 3, 91-342 Łódź or electronically to the following e-mail address: [stowarzyszenie@pelion.eu](mailto:stowarzyszenie@pelion.eu)

The Organiser shall return the entry fee to the participant no later than within the 7 (seven) days from the date of delivery of the participant's declaration of resignation from participation in the Run. Changes purely technical and organisational, including changes to limits, times, number of participants or hours the opening of the Running office does not constitute a change of the Regulations entitling to a refund the entry fee paid.

23. The emergency number **+48 789 277 973** is a phone number to the Operations Center where medical calls from people who need help on the run are received. It is recommended to use the emergency phone number for the benefit of the Participant.