



**KRALI
MARKO
TRAILS**

RULES AND REGULATIONS - KRALI MARKO TRAILS 2016

ORGANIZATION

Trail-running Association TREX in collaboration with PSD Makpetrol, supported by the Municipality of Prilep, is organising the trail running event Krali Marko Trails.

GENERAL INFORMATION

Krali Marko Trails is an event that has three trail running races which take place around the town of Prilep, Marko's Towers and Mount Babuna. The area abounds in natural beauty and cultural monuments of the past, a majority of which are included in the tentative list for protection by UNESCO - <http://whc.unesco.org/en/tentativelists/1918/>. The event is the biggest trail running race in Macedonia.

All races start and finish in the oldest settlement in Prilep - Varos, and three races together with one kids' race will take place this year, 2016.

- **Krali Marko Ultra Trail:** 90 km / 4300 meters of inclination, start September 24th, 2016 at 23:00 pm local time, 4 points for UTMB (3 under the old classification) / TagTiming measurement
- **Kamena Baba Trail:** 31 km / 1250 meters of inclination, September 25th, 2016 start at 10:00 local time / not scored / TagTiming measurement
- **Treskavec Trail:** 16 km / 850 meters of inclination, September 25th, 2016 start at 10:00 local time / not scored / TagTiming measurement
- **Markukule Trail - Kids' Race** - 1km, start September 25th, 2016 at 10:30 local time

EVENT PROGRAM

Saturday, September 24th, 2016

- 09:00 - Opening of EXPO in Varos
- 09:00 - 12:00 - delivery of race packages (16/31/90) - Varosh amphitheatre
- --free activities--
- 18:00 - 20:00 - delivery of race packages (16/31/90) - Varosh amphitheatre
- 18:00 - 20:00 - drop bag delivery (90)
- 19:00 - Technical meeting
- 20:00 - Pasta Party
- 21:00 - Opening ceremony of KMT
- 23:00 - Start of the 90 km race

Sunday, September 25th, 2016

- 07:00-09:30 - delivery of race packages (16/31/kids race)
- 10:00 - Start of the 16 and 31 km races
- 10:15 - Start of kids race - Markukule
- 16:00 - closing the 16 km race
- 18:00 - closing the 31 km race
- 19:00 - declaring the winners of all races and welcoming the last finishers of KMUT
- 21:00 - closing the 90km race

INFORMATION FOR THE PARTICIPANTS

- The race is open to anyone, men and women over 18. Participants under the age of 18 may participate with written permission from a parent on 33 and 16 km races;
- Participation in the race is on personal responsibility and the organizer assumes no liability in case of injury, accident or death;
- Each participant holds personal responsibility for their actions on and around the track, especially in case of violating the laws of the Republic of Macedonia
- Participants are required to be fully aware of the length and specification of the race and be totally ready for it;
- Have acquired abilities and skills for survival in mountain conditions, dealing with changes in the microclimate (rain, fog, wind, snow, night, low temperature);
- Be able to cope with isolation, physical and mental problems, digestive problems, pain in the locomotor system;
- Be fully aware that it is not the duty of the organizer to assist in dealing with the previously listed issues and concerns;
- By entering the race each competitor in the electronic form confirms that it is aware of the dangers of competition in nature and takes the risk to themselves.

AUTONOMY DURING THE RACE

The term "autonomy" means the ability of a participant to depend on himself/herself in almost every part of the race. In addition to food and drinks, this also applies to clothing and equipment, making participants able to adapt to the environment (storm, injuries).

At the checkpoints the participant can get food and water from the organizers of the race, but between these points, the participant should be able to rely on its equipment, food and drinks, preparedness and resilience. Because the races take place in nature and on the mountains, the competitors must have the experience to adapt to the conditions of nature, unexpected changes in weather conditions, rain, thunderstorms, meeting with animals.

The organizer will mark the track in an appropriate way (details in section marking of the race); yet, competitors must have a minimum sense of orientation in nature.

SAFETY AND MEDICAL ASSISTANCE

Medical assistance teams and the Red Cross will be provided along the track in case of emergency. In case of injury or other necessity, competitors will have to call the SOS phone of provided by the organizer on the Bib-number. If they are on area which is not covered by phone signal, they will have to convey the message to the first next checkpoint - so that actions can be taken as soon as possible.

At each checkpoint the organizer has provided basic emergency kit (bandages, plaster, Betadine, basic drugs); these will be available for runners by volunteers.

By submitting an application, each competitor, in an electronic form, confirms that it is aware of the dangers of competition in nature and takes the risk by themselves. The organizer will do its best to reduce the risks. However, we kindly ask the competitors to follow our advice and recommendations.

We recommend that every contestant has a damage insurance which would cover the expenses in case of violation of this sporting event.

We advise all competitors regularly to monitor their health situation and also, recommend a stress test a month or two before the competition to determine the level of fitness/stamina for this type of sport which requires high durability.

In order to preserve the safety and health of competitors, regulators and medical teams checkpoints have the power to stop the race and exclude those competitors who have been assessed that are no longer able to continue the race. In any event, competitors are required to follow instructions from controllers and medical teams. Any violation of these guidelines will lead to the disqualification of a competitor, and if he/she decides to continue at all costs, the organizer assumes no responsibility for possible side effects.

Each competitor that has any disease or medical condition is advised to consult a specialist for permission to participate in the races, and their doctor must notify the organizer of the race.

APPLICATION

Registration starts on April 1st, 2016 and lasts until September 1st, .2016. It is done via the service smartrace.club - <https://www.smartrace.club/>

Race package includes:

Treskavec Trail 16K

- Start number with the name of the competitor
- Chip Measurement - TAGTIMING
- Bandana
- Food and drinks during the race
- Finisher medal
- Online degree
- Gifts from the partners of the race

*There is an option to upgrade the race package with cotton or/and technical t-shirt. Details at <https://www.smartrace.club/>

Kamena Baba Trail

- Start number with the name of the competitor
- Chip Measurement - TAGTIMING
- Bandana
- Cotton t-shirt
- Food and drinks during the race
- Finisher medal
- Online degree
- Gifts from the partners of the race

*There is an option to upgrade the race package with technical t-shirt. Details at <https://www.smartrace.club/>

Krali Marko Ultra Trail

- Start number with the name of the competitor
- Chip Measurement - TAGTIMING
- Bandana
- Technical t-shirt

- Food and drinks during the race
- Finisher medal
- Online degree
- Voucher for pasta party (for participants on the 90 km race)
- Gifts from the partners of the race

*There is an option to upgrade the race package with cotton t-shirt. Details at <https://www.smartrace.club/>

Enrolment fee:

Application from April 1st till June 30th:

- 16 km - 4 euro
- 31 km - 7 euro
- 90 km - 25 euro
- Kids' race - free of charge

Application from 1st July to 31st August:

- 16 km - 5 euro
- 31 km - 10 euro
- 90 km - 35 euro
- Kids' race - free of charge

Payment procedures:

- **ONLINE** - THROUGH THE SERVICE <https://www.smartrace.club/> *Note - the online charges via SMARTRACE service will be calculated a commission of 6%
- **OFFLINE** - Bank transfer - transaction account - 300000003679246 - Association TREKS - Skopje - Komercijalna Banka

Maximum number of participants

- Krali Marko Ultra Trail 100
- Kamena Baba Trail 200
- Treskavec Trail 200

CANCELLATION

Cancellations until June 30th, 2016 follow 50% refund of funds

Cancellations after June 30th, 2016 - No reimbursement

If the race is canceled due to factors beyond the control of the organizer, up to 30 days before the event, 50% of the funds will be refunded. This amount has been calculated due to partial coverage of the already invested funds of the organizer.

If the race is canceled or interrupted due to atmospheric factors or any factors beyond the control of the organizer (vis major), it does not follow reimbursement.

Cancellation due to injury

In the case of non chronic osteo-articular or muscular damage acquired after the registration, and not completely curable before the race start, and solely in this situation, the organizer will transfer the funds for the next edition of Krali Marko Trails.

STATEMENT OF RESPONSIBILITY

Voluntary registration and then participating in the races Krali Marko Trails indicates that the competitor is familiar with these rules and agrees to fully accept the rules and regulations set forth herein.

MANDATORY AND RECOMMENDED EQUIPMENT FOR PARTICIPANTS

MANDATORY EQUIPMENT - Krali Marko Ultra Trail 90km

- Bottled water or water bubble in a backpack - minimum 1 litres of volume
- Race number attached to the front of the body - clearly visible
- Survival blanket
- Whistle
- Rain jacket - suitable for conditions in mountain
- Head lamp with extra batteries
- Road book provided by the organizer
- Mobile phone turned ON
- Appropriate shoes for trail running
- First aid kit

Competitors are required to wear this equipment with them throughout the race. The organizer has the right to verify the mandatory equipment of the contestants on any control point (even unannounced) and if one of the contestants does not own most of the equipment will be disqualified from the race.

RECOMMENDED EQUIPMENT - Krali Marko Ultra Trail 90km

- Blouse with long sleeves or sleeves
- Cap / bandana
- Gloves
- Energy bar or similar solid food
- Basic first aid kit

This equipment is recommended by the organizer and it is not mandatory to possess during the race.

The use of hiking sticks is allowed if the participant decides to use, he/she must have them during the whole race.

RECOMMENDED EQUIPMENT FOR 16KM AND 31KM RACES

- Minimum volume of 0,5 litres
- Rain jacket - suitable for mountain conditions
- Survival blanket
- Mobile Phone turned ON

DROP BAG - 90 KM

Each participant in the race Krali Marko Ultra Trail - 90km will be provided with a bag (from the organizer) which, together with the participants' most needed items can be left at the organizer's headquarters before the start. The drop bag will be available at the aid station - Sv. Gjorgi Prasad (41km or 65 km).

At the end of the race, or within 12 hours after the first time limit (Lake Prilep 16pm in Sunday) participants can take their drop bags from the race Headquarters after showing their BIB number.

If none appears to pick the package within 12 hours after the race, it will be subjected to destruction due to hygienic reasons.

CONTROL AND AID STATIONS

Treskavec Trail 16 km / 1 control and 1 aid station

- Treskavec

Kamena Baba Trail 31km / 4 control and 4 aid stations

- Treskavec
- Dabnica
- Lake Prilep
- Dabnica

Krali Marko Ultra Trail 90 km / 10 control and 10 aid stations

- Treskavec
- Lake Prilep
- Pletvar
- Krstec
- Prasad

- Sv. Jovan - Nebregovo
- Prasad
- Lake Prilep
- Dabnica
- Treskavec

Control stations are places where the participants arrival time is recorded. On four control points (Start/finish, Treskavec, Lake Prilep and Prasad) there will be provided electronic timing TAGTIMING (through the chip in the BIB number). On the others, the runners will have to be registered manually by the volunteers. The results of these checkpoints will be published live on the Internet (link will be provided before the race on the official web-site)

On two locations of the **90 km race - Kojzak Peak (33 km of the race and the highest point) and Edinak Peak (76 km race)** there will be placed and properly marked perforators which the participants must use to puncture their BIB number (properly marked). Anyone that does not posses a BIB number punctured by the specially designed perforators from this two locations will not be recognized as a finisher.

Control points are also the aid stations of runners who will be able to get food (fruits, sweets, salt, etc.), water and other beverages for refreshment.

At the control point Prasad (42km and 65km of the race) runners of KMUT 90K will be able to receive hot meals - vegetarian soup and hot drinks - coffee and tea besides the standard refreshment. Also, at this control runners have the opportunity to pick up the drop-bag.

Control points will be equipped with a basic set of first aid kit.

TIME LIMITS

Treskavec Trail 16km

- The time limit for finishing the race is 6 hours after the start (16:00 local time). Anyone who fails to arrive within this time limit will be disqualified.

Kamena Baba Trail 31km

- The time limit for finishing the race is 8 hours after the start (18:00 local time). Anyone who fails to arrive within this time limit will be disqualified.

Krali Marko Ultra Trail 90km

- First time limit is control point Prilep Lake (71km of the race) with 17 hours after the start of the race (16:00 local time).
- The time limit for finishing the race is 22 hours after the start (21:00 local time)

Only at the checkpoints Lake Prilep and Prasad, transport will be provided to the finish for those runners who are unable to continue the race or failed to fulfill the time limit designated by the organizer.

MARKING OF THE RACE ROUTES

Red and white stripes are the official markatons for the Krali Marko Trails races and they will be placed at appropriate distance so that competitors won't have no major problems with orientation. Most of the 90 kilometer race route will be marked with reflective markings which enables easier detection of the same overnight.

Use of GPS navigation is allowed and recommended - race tracks available at the official website www.kmt.mk - so the contestants will have extra security in orientation. However, GPS track is approximate orientation. Due to changes in the situation on the ground minor adjustments to the track may be made, because the race is considered officially marks - signalisation red and white stripes.

If any of the contestants continue in part that no visible delimitation, it is advisable to return to the last point where there is one.

PHOTO COPYRIGHT

By accepting these regulations each competitor relinquishes their claim to photographic copyright over the official photographs of the event. All official photos of the event are the property of the organizer and they must not be used, exploited and taken without prior approval. The organizer has the right to use these photos for their needs.

ENVIRONMENTAL RESPONSIBILITY

Krali Marko Trails will be environmentally responsible event. It appeals to all competitors, volunteers and the public, to be extremely careful and not to pollute.

Anyone who will be caught polluting the nature will be disqualified.

Competitors who need to litter shall bring the trash and leave it at the next checkpoint at the specified bags for waste.

Let's try our conduct to be an example for others and to contribute our nature to remain clean and unpolluted - for us and for future generations.

DISQUALIFICATION

The organizer has the right to disqualify a competitor in the following situations:

- Competitor is NOT registered at a control point
- Takes short cuts during the race
- Is spotted throwing waste
- Not helping a contestant who needs help
- Using a transport trough the race
- If is opposing to checks by the organizers during the race
- If they do not posses the mandatory equipment or refusing to show it to a possible inspection by the volunteers
- Does not posses a road book perforated with two stamps at peak Kozjak and Edinak (90km race)

MAKING CHANGES IN THE ROUTE AND CANCELLATION OF THE RACE

The organizer reserves the right to modify and change the race route, control points and the time of start at any time due to objective reasons.

If any undesirable weather (possibility of thunderstorms and storm) and adverse consequences due to bad weather are possible, the organizer reserves the right to make changes at any part of the rout or cancel the race.

The start of the race can also be moved for several hours due to undesirable weather conditions, including the forecast of high temperatures.

