

**RULES AND REGULATIONS - KRALI MARKO
TRAILS 2017**



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1. 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.

2. GENERAL INFORMATION

Krali Marko Trails is a trail running event with five 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 largest trail running event in Macedonia.

All races start and finish in the oldest settlement in Prilep - Varos, and four races together with one kids' race will take place this 2017 year.

- **Krali Marko Ultra Trail:** 110 kilometers 5300 meters of denivelation, start 22.09.2017 in 23:00 local time, 5 points for UTMB - Ultra Trail du Mont Blanc - ITRA verified - <https://goo.gl/qV7ZP5>
- **Kozjak Trail:** 65 kilometers 3000 meters of denivelation, start 23.09.2017 in 08:00 local time, 4 points for UTMB - Ultra Trail du Mont Blanc - ITRA verified - <https://goo.gl/urx1y4>
- **Kamena Baba Trail:** 31 kilometers 1250 meters of denivelation, start 23.09.2017 in 10:00 local time - <https://goo.gl/7Isn9i>
- **Treskavec Trail:** 16 kilometers 800 meters of denivelation, start 23.09.2017 in 10:00 local time - <https://goo.gl/DrEHTd>
- **Markukule Trail - Kids race** - 1 kilometer, start 23.09.2017 in 10:30 local time - <https://goo.gl/A6zDNS>

3. 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.

4. 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.

5. 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.

6. 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.

7. APPLICATION

Registration starts on April 1st, 2017 and lasts until September 1st, 2017

Race package includes:

Treskavec Trail 16K

- Start number with the name of the competitor
- Food and drinks during the race
- Finisher medal
- Online degree
- Gifts from the partners of the race
- KMT branded gift from the organizer
- Participation on one unique outdoor event

Kamena Baba Trail 31K

- Start number with the name of the competitor
- Food and drinks during the race
- Finisher medal
- Online degree
- Gifts from the partners of the race
- KMT branded gift from the organizer
- Participation on one unique outdoor event

Kozjak Trail 65K

- Start number with the name of the competitor
- Food and drinks during the race
- Finisher medal
- Online degree
- Finisher meal
- Gifts from the partners of the race
- KMT branded gift from the organizer
- Participation on one unique outdoor event

Krali Marko Ultra Trail 110K

- Start number with the name of the competitor
- Food and drinks during the race
- Finisher medal
- Online degree
- Pasta party
- Finisher meal
- Gifts from the partners of the race
- KMT branded gift from the organizer
- Participation on one unique outdoor event

Enrolment fee and participation waves:

RACE	Early bird 01.04 - 30.06.2017	Late registration 01.07 - 31.08.2017
Treskavec Trail 16 km	4 €	6 €
Kamena Baba Trail 31 km	8 €	12 €
Kozjak Trail 65 km	20 €	30 €
Krali Marko Ultra Trail 110 km	30 €	40 €
Markukule Trail - kids race	Free of charge	Free of charge

Payment procedures:

- **ONLINE** - THROUGH THE **KRALI MARKO TRAILS SERVICE**

*Note - in the online charges service will be calculated a commission of 4%

- **OFFLINE** - ON BANK ACCOUNT - **270069272700140** - **Здружение ТРЕКС - Скопје - Халк Банка**

*Note - Offline payment is only available from local banks in Macedonia.

Maximum number of participants

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

8. CANCELLATION

Cancellations until June 30th, 2017 follow 50% refund of funds

Cancellations after June 30th, 2017 - 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.

9. OBLIGATORY AND RECOMMENDED EQUIPMENT FOR PARTICIPANTS

EQUIPEMENT	Krali Marko Ultra Trail	Kozjak Trail	Kamena Baba Trail	Treskavec Trail
Bottled water or water bubble in a backpack - minimum 1 litres of volume	OBLIGATORY		RECOMMENDED	
Race number attached to the front of the body - clearly visible	OBLIGATORY		OBLIGATORY	
Survival blanket	OBLIGATORY		RECOMMENDED	
Whistle	OBLIGATORY		RECOMMENDED	
Rain jacket - suitable for conditions in mountain	OBLIGATORY		RECOMMENDED	
Head lamp with extra batteries	OBLIGATORY			
Mobile phone turned ON	OBLIGATORY		OBLIGATORY	
First aid kit	OBLIGATORY		RECOMMENDED	
Blouse with long sleeves or sleeves	RECOMMENDED			
Cap / bandana	RECOMMENDED			
Gloves	RECOMMENDED			
Energy bar or similar solid food	RECOMMENDED			
Poles	RECOMMENDED			

Competitors are required to wear the **OBLIGATORY** equipment with them throughout the whole race. The organizer has the right to verify the obligatory 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.

The equipment stated as **RECOMMENDED** by the organizer is not mandatory to possess during the race, but it is highly recommended to be possessed by the runners.

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

10. DROP BAG - KMUT 110K AND KT 65K

KMUT 110K - Each participant in the race Krali Marko Ultra Trail - 110km 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. Jovan - Nebregovo (54 km of the race)

KT 65K - Each participant in the race Kozjak Trail - 65 km 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. Gjorgij - Prasad (41 km of the race).

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.

11. CONTROL AND AID STATIONS

Treskavec Trail 16 km / 1 control and 1 aid station

- CP1 Treskavec

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

- CP1 Treskavec
- CP9 Dabnica
- CP2 Lake Prilep
- CP9 Dabnica

Kozjak Trail 65K / 7 control and 7 aid stations

- CP1 Treskavec
- CP2 Lake Prilep
- CP3 Pletvar
- CP4 Krstec

- CP5 Prasad
- CP8 Lake Prilep
- CP10 Treskavec

Krali Marko Ultra Trail 110 km / 10 control and 10 aid stations

- CP1 Treskavec
- CP2 Lake Prilep
- CP3 Pletvar
- CP4 Krstec
- CP5 Prasad
- CP6 Sv. Jovan - Nebregovo
- CP7 Krstec
- CP8 Lake Prilep
- CP9 Dabnica
- CP10 Treskavec

Checkpoints are places where there has been the time of arrival of a runner - it is made from any of the volunteers. Checking in on the every of the races control points is obligatory. Anyone who does not appear on any of the control points will be disqualified from the race (listed in section DISQUALIFICATION AND PENALTIES).

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

On the control point Sv. Jovan - Nebregovo 54 km (for the runners on KMUT 110km) and Sv. Gjorgija - Prasad (for runners on KT 65K) besides the basic food and refreshment, runners will be able to get hot meals - vegetarian soup and hot drinks - coffee and tea.

12. ROAD BOOK / BIB NUMBER PERFORATION - KMUT 110K and KT 65K

KMUT 110K - On three locations on the trail:

- **Kojzak Peak (30km race and the highest point)**
- **Chave Peak (82km race)**
- **Edinak Peak (92km race)**

On these three places there will appropriately placed and designated perforators with which it will be necessarily to pierce the BIB number or the Road Book in order to prove the passage on these locations. The lack of a properly pierced BIB number or a Road Book with these three points will mean mean race disqualification for the runner (listed in section DISQUALIFICATION AND PENALTIES).

KT 65K - at one location on the trail of 65km:

- **Kojzak Peak (30km race and the highest point)**

On this location there will appropriately placed and designated perforators with which it will be necessarily to pierce the BIB number or the Road Book in order to prove the passage on these locations. The lack of a properly pierced BIB number or a Road Book with these three points will mean mean race disqualification for the runner (listed in section DISQUALIFICATION AND PENALTIES).

13. 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.

Kozjak Trail 65K

First time limit is control point **CP8 Prilep Lake (47km race)** 12 hours after the start of the race (09.23.2017 20:00 local time).

The time limit for finishing the race is 15 hours after the start (23/9/2017 23:00 local time)

Krali Marko Ultra Trail 110K

First time limit is control point **CP6 Sv. Jovan - Nebregovo (54km race)** 17 hours after the start of the race (23.09.2017 15:00 local time).

The time limit for finishing the race is 30 hours after the start (24.09.2017 05:00 local time)

Only at the checkpoints **CP8 Lake Prilep and CP5 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.

14. MARKING OF THE RACE ROUTES

Red and white stripes are the official markations 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 110 kilometer race and 65 kilometer 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.

15. 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.

16. 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.

17. DISQUALIFICATION

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

ПРАВИЛА	ДИСКВАЛИФИКАЦИЈ А	ПЕНАЛ
Competitor is NOT registered at a control point	✓	
Takes short cuts during the race	✓	
Is spotted throwing waste		1 час
Not helping a contestant who needs help		1 час
Using a transport trough the race	✓	
Is opposing to checks by the organizers during the race	✓	
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, Chave and Edinak	✓	
Is violating an order of a competent person - volunteer, medical aid organization	✓	

18. 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 route 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.