

RULES AND REGULATIONS  
KRALI MARKO TRAILS 2018



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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 three races together with one kids' race will take place this 2018 year.

## **Kozjak Trail**

67 kilometers 3600 meters of denivelation, start 22.09.2018 in 08:00 local time, 4 points for UTMB - Ultra Trail du Mont Blanc - ITRA verified

## **Kamena Baba Trail**

34 kilometers 1750 meters of denivelation, start 22.09.2018 in 10:00 local time  
2 points for UTMB - Ultra Trail du Mont Blanc - ITRA verified

## **Treskavec Trail**

16 kilometers 800 meters of denivelation, start 22.09.2018 in 10:00 local time -

## **Markukule Trail - Kids race**

1 kilometer, start 22.09.2018 in 10:30 local time

### 3. INFORMATION FOR THE PARTICIPANTS

- The race is open to anyone, men and women over 18. Participants under the age of 18 (on the age of 16 to 18) may participate with written permission from a parent only on the race Treskavec Trail 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 right 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 05.05.2018 and lasts until 31.08.2018

### **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 34K**

- 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 67K**

- 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

### **Enrolment fee and participation waves:**

RACE	Early bird 05.05 - 30.06.2018	Late registration 01.07 - 31.08.2018	Last opportunity (without gift) 01.09 - 22.09.2018
Treskavec Trail 16 km	5 €	7 €	7 €
Kamena Baba Trail 31 km	8 €	12 €	12 €
Kozjak Trail 65 km	20 €	30 €	30 €
Markukule Trail - kids race	Free of charge	Free of charge	Free of charge

#### Payment procedures:

- **ONLINE** - THROUGH THE **KRALI MARKO TRAILS SERVICE**
- **OFFLINE** - ON BANK ACCOUNT - 270069272700140 - Здружение ТРЕКС - Скопје - Халк Банка

*\* Online payment is made through the secure "3D Pay" system of Halk Bank*

*\*\* Note - in the online charge you will be charged a commission of 4% for bank charges and maintenance*

*\*\*\* Note - the price does not include bank fees at the OFFLINE payment*

*\*\*\*\* Offline payment is only available from local banks in Macedonia*

#### Maximum number of participants

- Kozjak Trail 150
- Kamena Baba Trail 200
- Treskavec Trail 200

## 8. CANCELLATION

- Cancellations until 30.06.2018 follow 50% refund of funds
- Cancellations after 30.06.2018 - 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**

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

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 - Kozjak Trail 65K

**KT 67K** - Each participant in the race Kozjak Trail - 67 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, 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

	Control Points	Total km	Part km	D+ to next	D+ cum	D- to next	D- cum	Time first	Time last	Time limit
<b>START</b>	<b>Varosh</b>	0	0	0	0	0	0	10:00	10:00	10:00
<b>CP1</b>	<b>Treskavec</b>	8.5	8.5	700	700	150	150	10:47	13:00	13:00
<b>FINISH</b>	<b>Varosh</b>	16	8	80	780	640	790	11:22	16:00	<b>16:00 Time limit</b>

### Kamena Baba Trail 34km / 4 control and 4 aid stations

	Control points	Total km	Part km	D+ to next	D+ cum	D- to next	D- cum	Time first	Time last	Time limit
START	Varosh	0	0	0	0	0	0	10:00	10:00	
CP1	Treskavec	8.5	8.5	700	700	150	150	10:50	12:00	
CP9	Road Dabnica	13	4.5	60	760	550	700	11:20	13:30	
CP2	Prilep Lake	19.7	6.7	160	920	144	844	12:05	15:00	
CP9	Road Dabnica	29	9.3	569	1489	589	1433	13:15	16:30	
FINISH	Varosh	34	5	251	1740	306	1739	13:50	18:00	18:00 Time Limit

### Kozjak Trail 67K / 8 control and 8 aid stations

	Control points	Total km	Part km	D+ to next	D+ cum	D- to next	D- cum	Time first	Time last	Time Limit / Drop Bag
START	Varosh	0	0		0		0	8:00	8:00	
CP1	Treskavec	8.5	8.5	700	700	150	150	8:55	10:00	
CP2	Prilep Lake	18	9.5	260	960	730	880	9:50	11:30	
CP3	Pletvar	24	6	240	1200	30	910	10:25	12:30	
CP4	Krstec	34	10	880	2080	785	1695	12:00	14:30	
CP5	Sv. Gjorgi-Prisad	41	7	257	2337	341	2036	12:35	17:00	Drop Bag
CP6	Prilep Lake	46	5	22	2359	242	2278	13:00	18:00	18:00h Time Limit (10 hours from start)
CP7	Dabnica	55.5	9.5	564	2923	589	2867	14:15	20:00	
CP8	Treskavec	60	4.5	560	3483	54	2921	15:10	21:30	
FINISH	Varosh	67	7	140	3623	700	3621	15:50	23:00	23:00h Time Limit (15 hours from start)

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. Gjorgija - Prisad (for runners on KT 67K) 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 - Kozjak Trail 67K and Kamena Baba Trail 34K

At two locations on the 67km race:

- **Kozjak Peak (30km of the race and the highest point)**
- **Peak Edinak (55km of the race)**

At one location on the 34km race:

- **Peak Edinak (24km of the race)**

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 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 34km**

- 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 67K**

First time limit is control point **CP6 Prilep Lake (46km race)** 10 hours after the start of the race (22.09.2018 18:00 local time).

The time limit for finishing the race is 15 hours after the start (22.09.2018 23:00 local time)

Only at the checkpoints **CP6 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. ROUTE MARKING

Red and white stripes are the official markings 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 67 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](http://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. CATEGORIES AND RANKING

All registered competitors for the two races of the edition "Vodno-Matka Trail Marathon 2018" will be classified into the following adult and gender categories:

- Juniors - (16-18) years - Men (M); - Only on Treskavec Trail 16K
- Juniors - (16-18) years - Women (F); - Only on Treskavec Trail 16K
- Seniors - (18-50) years - Men (M);
- Seniors - (18-50) years - Women (F);
- Veterans - (50+) years - Men (M);
- Veterans - (50+) years - Women (F);

The final ranking of the participants is in the general rank, category Men (M) and category Women (F)

## 16. AWARDS

The event does not award cash prizes to the best participants. Participants who finish in the first three places of the races will be rewarded with a unique trophy, gifts from sponsors of the event and a diploma.

Additionally, the best three participants in the Juniors (16-18) and Veterans category (50+), as well as the youngest and oldest participant of the event will be awarded.

## 17. 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.

## 18. 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.

## 19. DISQUALIFICATION

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

Rules	Disqualification	Penalty
Competitor is NOT registered at a control point	✓	
Takes short cuts during the race	✓	
Is spotted throwing waste		1 hour
Not helping a contestant who needs help		1 hour
Using a transport through the race	✓	

Is opposing to checks by the organizers during the race	✓	
do not possess the mandatory equipment or refusing to show it to a possible inspection by the volunteers	✓	
Does not possess a road book perforated with two stamps at peak Kozjak and Edinak	✓	
Is violating an order of a competent person - volunteer, medical aid organization	✓	

## 20. 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.

Race director and president of Outdoor Association TREX:  
Igor Jovanovski

