

# Rules and regulations Krali Marko Trails 2023

16.02.2023 Skopje

# DECLARATION OF PHYSICAL FITNESS AND DISCLAIMER

# KRALI MARKO TRAILS 2023

By registering, the participant acknowledges that the competition requirements, legal order and rules of procedure are binding. These regulations serve the uniform and equal engagement in the sport and are non-appealable in a court of law. Their recognition and upholding are a prerequisite for participating in the event. Each entrant is responsible for the technical safety of his/her gear and must ensure that it is in conformity with the rules. The organiser assumes no liability for accidents, personal injury or material damage, theft or other damages!

#### ATHLETE'S DECLARATION

- 1. I have read, understood and fully accepted the Rules and Regulations governing the sports event in which I take part (KRALI MARKO TRAILS 2023), that will take place on March 5th, 2023. The Rules and Regulations are published at the official website of the event (<u>www.kmt.mk</u>).
- 2. I am sure of being sufficiently prepared (physically and psychologically) to take part in the race. I follow the appropriate medical controls to guarantee that I enjoy good health, not suffering from any disease, allergy, physical defect, lesion or cardio-respiratory disorder advising against taking part in the event.
- 3. I am fully aware of the difficulties of the event, its course, profile and distance; which I have previously consulted at the event website (<u>www.kmt.mk</u>).
- 4. I am aware that this type of event entails an additional risk for the participants. I therefore state that I am taking part in the event of my own free will and at my own initiative, and I fully assume the risks and consequences derived from my participation.
- 5. I have sufficient knowledge and technical skill to guarantee my own safety in the environment and conditions of autonomy in which the event takes place. I also have the sports and safety gear required by the Organizer for the day of the event; and I guarantee that it is in perfect condition, that I know how to use it properly, and that I will wear it/carry it on my person during the entire event.
- 6. I commit to obey the rules and safety protocols established by the Organizer of the race in which I take part; and to behave responsibly, avoiding conducts that increase risks to my physical or psychological integrity. I will follow the instructions and comply with the decisions taken by the responsible persons from the Organization (judges, doctors and organizers) with respect to all aspects of safety.
- 7. I authorise the Medical Services of the event to perform on my person any medical procedure or diagnostic test that they deem appropriate in any moment of the event, whether or not I have requested it myself. Whenever requested by them, I undertake to abandon the event and/or allow my hospitalization, if they deem it necessary for the sake of my health.
- 8. I authorise the event Organizer to take and use any photography, film or recording of my person taken during the event, providing they are exclusively related to my participation in the event; and that I will not receive any compensation in return.
- 9. I will not consume any prohibited substances considered as doping substances by the athletics and mountaineering federations before or during the event. I am aware that the Organization may

oblige the first three classified participants of each category per race to undergo anti-doping control.

- 10. I am aware that my race-bib is personal and non-transferable, therefore I will not cede it or sell it to any other person in any case, even in the case that I cannot assist in the event.
- 11. I am taking part in the event of my own free will and on my own responsibility. Therefore, I exonerate any responsibility the Organizer, its collaborators, sponsors and any other participants, exempting them from any liability for any physical or material harm that may occur to me, and therefore, I waive my right to file a report or claim against said parties.
- 12. I undertake to follow the general guidelines of respect for nature and for other persons. Said guidelines are described below:
  - To exercise caution and follow the established rules when moving along trails and roads which are open to traffic.
  - To not cause any deterioration to the biotic, geological or cultural resources, or in general to the landscape.
  - To perform any physiological needs in appropriate places, or in any case, out of water and far from passage or meeting points.
  - To not trash or abandon objects or solid or liquid waste out of the places specifically provided for disposing of such objects or waste.
  - To not leave the marked trail.
- 13. I declare under moral and criminal liability that in the past period I have not had contact with any person(s) positive with Covid-19, and that I have not been quarantined and self-isolated; on the days before race start I declare that I feel healthy, with normal body temperature levels and without any covid-19 virus symptoms; I declare that I will fully abide to the race rules and health protocols for covid-19 protection during the event.

# Art. 1. ORGANISER

Outdoor sports association TREX organizes the 10<sup>th</sup> edition of "Krali Marko Trails", a partially self-sufficiency, trail running race in a natural environment, on Sunday 05 March 2023.

# Art. 2. GENERAL INFORMATION

"Krali Marko Trails" consists of two running races along trails in the vicinity of Prilep, Markovi Kuli and on Mount Babuna. This area abounds with natural beauties and cultural monuments of the past, and some of them are included in the preliminary list for protection by UNESCO - http://whc.unesco.org/en/tentativelists/1918/.

All races start and end in the oldest settlement in Prilep - Varos, and for 2023, two races with different distances are planned. Races take place in a single stage in semi-autonomy, where competitors are subject to a time limit throughout the competition. The routes are clearly shown on the website <u>www.kmt.mk</u>

The route is marked with flags, fluorescent spray, coloured tape, and permanent sign posts, as well as markings for distance completed and distance to finish. The route may be downloaded from the Organization's website to be used on smartphones and GPS devices.

Date: 05.03.2023	Distance	Ascend / Descend	Time limit	Start time
Kamena Baba Trail 35K	35.50 km	+1890 / -1890 meters	8 hours	09:00
Treskavec Trail 18K	17.90 km	+980 / -980 meters	5 hours	11:00

**WARNING:** Do not rely exclusively on your watch data. Depending on the weather and other factors, differences up to 5% must be considered. On a 25 km course, this can sum up to a difference of over 1 km.

# Art. 3. PARTICIPATION REQUIREMENTS

Participants are required:

- To understand the length and particularities of the demands of the race and to be well trained to participate.
- To have acquired, before the event, a real capacity of complete independence in the mountains and to be able to manage the problems associated with this type of challenge, in particular:
- Adapt to the climate conditions that can change with altitude and become difficult, such as wind, cold, fog, rain or snow.
- Understand the physical or mental fatigue this challenge may cause: problems with digestion, muscles, joints, blisters, and minor wounds.

- Understand that safety is dependent on the capacity of the participant to adapt to the problems which will be faced, foreseen and unforeseen.

# Art. 4. REGISTRATION

#### a) Registration requirements

Entry is open to athletes aged 18 years and over (on 19.03.2023) for Kamena Baba Trail 35K.

Entry is open to athletes aged 16 years and over (on 19.03.2023) for Treskavec Trail 18K. The following athletes may not register:

- athletes who have been disqualified for using performance-enhancing substances;

- athletes who have been blacklisted by Krali Marko Trails.

# b) Registration procedures

Official registration starts in February 2023 and closes on 26 February 2023. In the registration form available exclusively on <u>www.kmt.mk</u> the following fields must be filled:

- Name
- Surname
- Birth date
- Gender
- Nationality
- Mobile phone number of the athlete
- Mobile phone number of a close person of the athlete for emergency contact
- E-mail address

#### Registration must be completed by paying the starting fee. Registration closes 26 February 2023 for all races.

# c) Registration fees

The registration fees are as following:

Period	February 2023	from 27.02.2023
Kamena Baba Trail 35K	30 euros	closed
Treskavec Trail 18K	20 euros	closed

# Registration includes the following:

- a personal race bib number with electronic timing chip
- insurance
- rescue, medical assistance and food and beverages along race routes
- race branded gift

- a finishers medal
- race photographs on social media
- unforgettable fun time

# Discounts:

- FREE = Runners with ITRA Performance Index greater than 730 (male) and 575 (female) or National athletic champions or Olympians.
- FREE = Travel promoters and/or influencers in the outdoor and running community.

# For free registrations please contact us by email <u>race@kmt.mk</u> BEFORE registering latest by 20.02.2023

#### d) Payment procedures

Registration fees must be paid by Credit/Debit Card or Banking systems.

#### Accepted Payment Methods:

#### 1. ONLINE PAYMENT WITH CREDIT / DEBIT CARD

KRALI MARKO TRAILS WEB SERVICE – <u>www.kmt.mk</u> Online payment is made through the secure "3D Pay" system of HalkBank AD Skopje. Note: An additional commission of 4% is charged for bank fees and maintenance costs.

# 2. BANK TRANSFER (valid only within N.Macedonia)

Entity name: TREKS Address: Ibe Palikukja 17, 1000 Skopje Account number id: 270069272700140 Bank: HALK BANKA AD SKOPJE Remittance description: Athlete's Name Surname Race Name and Race Distance Note: An additional bank commission may be charged.

# e) Fixed number of participants

The maximum number of participants is 598 registered athletes total in all races.

# f) Cancellation

If an athlete is unable to participate and wishes to cancel their registration, they must notify the organizers by e-mail at the following address: vodnomatka@gmail.com

#### Procedures for reimbursement are as follows:

- cancellation by 20.02.2023: reimbursement of 50% of fee.
- no refunds shall be issued for cancellation requests after 27.02.2023.

Should the race be cancelled due to covid-19 restrictions, the Organizers reserve the right to transfer the registration fee for the same race in the next 2 years, no refund policy. Should the race be cancelled or interrupted for atmospheric reasons, or for any other reason beyond our control, no refund of the registration fee will be made.

# g) Changing races

If an athlete who is registered and had paid the fee decides to change races, they must send a request by email <u>race@kmt.mk</u> by 26.02.2022, at latest, specifying the race they are registered for and the one they would like to enter.

Going for a shorter distance does not trigger any financial compensation.

On the other hand, going for a longer distance implies the payment of the difference between the fee paid and the current fee for the new race (early bird prices are calculated).

# h) Passing bib number to another athlete

If an athlete who is registered and had paid the fee decides not to participate in the race, they must send a request by email to <u>race@kmt.mk</u> by 26.02.2023, at latest, specifying the following details:

First and last name, date of birth, race bib number of the athlete that cancels participation
First and last name, date of birth of athlete that is the replacement

The request must come from the athlete who is already registered and with assigned race bib number. The replacement athlete must register as well but not pay; the organizer will assign the same bib number in the system.

# i) The following is not permitted:

- postponing registration to the following year;
- participation in other races instead of the race for which the athlete has registered;
- bib number exchange or use by anyone other than a registered athlete.

# Any athlete found with another athlete's race bib during or after the race will be disqualified and blacklisted by the Krali Marko Trails.

# Art. 5. MEDICAL CERTIFICATE

Medical certificates are not required in order to participate in the races. However, the organizer encourages all athletes to obtain **a medical certificate that declares one's well-being and strenuous exercise capabilities for their own sake**.

# Art. 6. COLLECTION OF THE RACE BIB NUMBER AND RACE PACK

Race number and race pack distribution shall take place in the Amphitheater in Varosh neighborhood in Prilep by the following schedule:

<u>KAMENA BABA TRAIL 35K</u> 05.03.2023, SUNDAY, 07:00 - 08:45 <u>TRESKAVEC TRAIL 18K</u> 05.03.2023, SUNDAY, 09:10 - 10:45

#### Art. 7. MANDATORY EQUIPMENT

# The following equipment is mandatory and must be carried by athletes for the entire duration of the races:

- (only mandatory for Kamena Baba Trail 30K): running vest/pack with flasks or liquids container with minimum 1 liter capacity. (Also highly recommended for Treskavec Trail 15K).

- race bib number visible during the entire duration of the race (provided by the organizer)
- emergency blanket or windproof jacket
- cell phone with full battery and roaming switched on

- cup, flask, or small container for liquids. In order to reduce the use of plastic, there will be no disposable cups available at aid stations thus athletes must bring their own cups/flasks

Mandatory equipment may be worn or placed inside a race backpack or race belt. Mandatory equipment checks may be carried out during the race.

Due to unforeseen weather conditions, the organizers have the right to change or add new equipment in the mandatory equipment list.

#### **RECOMMENDED EQUIPMENT**

Race participants are advised to bring the following non-mandatory equipment with them:

- bidon, hydration bladder or water bottle with a capacity of at least a half-liter of liquid
- whistle
- hat or bandana
- energy bars or solid food
- at least 300 denars (5 Euro) to buy drinks or food at the finish
- trail running shoes
- elastic bandages for dressings

Trekking poles are permitted.

# Art. 8. MAXIMUM TIME LIMITS AND CUT OFF TIMES; WITHDRAWING FROM THE RACE

- a) KAMENA BABA TRAIL 35K: The maximum time permitted to reach the finish line is 8 hours.
- b) TRESKAVEC TRAIL 18K: The maximum time permitted to reach the finish line is 5 hours.

A "pick up" service will follow the last runner, in order to assist athletes that withdraw from the race and to ensure assistance for anyone with injuries.

Cut off points are situated after aid stations. Athletes who do not reach these points within the established time limits will not be allowed to continue the race. It is forbidden to go beyond the cut-off point and then go back to use the aid station. Race officials reserve the right to disqualify athletes who disrespect the rules.

Participants who reach the check points after the maximum time, those who are injured and those who are judged by the medical staff to be unfit to continue the race, and any other athletes who decide to drop out, shall be taken to the finish line or Skopje city center by organization vehicle. For logistical reasons, athletes who have dropped out may have to wait before being accompanied to the finish area. Any participant who drops out of the race at any point other than the established check points should make their own way back to Prilep and immediately inform race organizers by text message to the number indicated on the bib.

# Art. 9. AID STATIONS

# This is a semi self-sufficient race and athletes are advised to bring at least a supply of half-liter of water.

Semi-self-sufficiency is defined as the ability to be autonomous between aid stations in terms of food and equipment and also to be safely able to adapt to any problems (bad weather, physical distress, injury...).

This means that the following rules are necessary:

- athletes must always carry all obligatory equipment during the entire race.

- food and drink acquired in aid stations must be consumed there. The Organizers only provide water or electrolyte drinks for flasks/water bottles and camelbags. When leaving an aid station, athletes must have a sufficient quantity of water and food to reach the following aid station.

# a) KAMENA BABA TRAIL 35K aid stations and control points:

KAMENA B	ABA TRAIL 35K						
Контролна точка Control point	Име Name	km	Денивелација Denivelation	Време на ПРВ Time of passage FIRST	Време на MHO3ИHCTBO Time of passage PELOTON	Време на ПОСЛЕДЕН (тајм лимит) Time of passage LAST (time limit)	Информации Information
0	Старт - Варош Start - Varosh	0	0m + 0m -	09:00	09:00	09:00	вода и електролит, прва помош water, electrolyte, first aid
1	Манастир Трексавец Treskavec monastery	8.2	770m + 198m -	10:00	10:30	11:15	вода water
2	Дабница Dabnica	12.74	770m + 729m -	10:20	11:10	11:55	вода, електролит, сокови, храна, овошје, прва помош water, electrolyte, drinks, snacks, fruits, first aid
3	Кукул Kukul	20.5	1070m + 926m -	11:00	12:30	13:30	вода water
4	Единак Edinak	25.85	1681m + 1105m -	11:30	13:30	14:50	/
5	Дабница Dabnica	30.3	1687m + 1647m -	11:50	14:20	15:50	вода, електролит, сокови, храна, овошје, прва помош water, electrolyte, drinks, snacks, fruits, first aid
6	Наковална Nakovalna	32.0	1835m + 1647m -	12:05	14:50	16:20	/
7	Цел - Варош Finish - Varosh	35.5	1890m + 1890m -	12:20	15:20	17:00	вода, електролит, сокови, храна, овошје, гравче, прва помош water, electrolyte, drinks, snacks, fruits, baked beans, first aid

#### b) TREKSAVEC TRAIL 15K aid stations and control points:

TREKSAVE	C TRAIL 18K						
Контролна точка Control point	Име Name	km	Денивелација Denivelation	Време на ПРВ Time of passage FIRST	Време на MHO3ИHCTBO Time of passage PELOTON	Време на ПОСЛЕДЕН (тајм лимит) Time of passage LAST (time limit)	Информации Information
0	Старт - Варош Start - Varosh	0	0m + 0m -	11:00	11:00	11:00	вода и електролит, прва помош water, electrolyte, first aid
1	Манастир Трексавец Treskavec monastery	8.2	770m + 198m -	12:00	12:30	13:15	вода water
2	Дабница Dabnica	12.74	770m + 729m -	12:20	13:10	14:00	вода, електролит, сокови, храна, овошје, прва помош water, electrolyte, drinks, snacks, fruits, first aid
6	Наковална Nakovalna	14.47	920m + 732m -	12:35	13:40	15:00	1
7	Цел - Варош Finish - Varosh	17.9	980m + 980m -	12:50	14:00	16:00	вода, електролит, сокови, храна, овошје, гравче, прва помоц water, electrolyte, drinks, snacks, fruits, baked beans, first aid

Family or team members can only provide assistance to athletes in some aid stations in the areas designated for this purpose as outlined by the coordinator of the aid station. Only one person per athlete may provide assistance.

Only runners carrying a visible race number have access to the aid stations. Food and liquids from the aid stations must be consumed at aid stations; it is strictly forbidden for athletes to drink from the bottles provided by the Aid stations: personal cups or flasks must be used. **Garbage must be thrown into the trash cans present in every aid station**.

When leaving each aid station, athletes must have sufficient liquid and food to reach the next station.

Check points shall be set up along the route, where members of the staff shall monitor the athletes as they pass and also may apply random checks to verify that the athletes are in possession of the mandatory race equipment. **Should anyone refuse to undergo the check on the mandatory race equipment, they shall be disqualified immediately.** 

There is another aid station at the finish line.

# Art. 10. ASSISTANCE DURING THE RACE

Assistance from family or team members is permitted at all aid stations, in a specific area, and with the agreement of the head of the station:

Only one assistant per athlete will be admitted only when the athlete has arrived.

Being accompanied by any person not registered in the race on a stretch of the race or along the whole race is forbidden.

#### Art. 11. DROP BAGS

Each athlete may leave his/her own bag/backpack with a change of clothes to use at the finish. The bag can be deposited latest 15 minutes before race start.

Athletes are advised not to place objects of value in the bags; the organizers accept no liability for any theft, loss or damage of bags or their contents.

Bags with clothes left at the start may be collected at the finish upon presentation of race bib. The Organizers will not send uncollected bags to participants' houses. Bags that are not collected after this deadline will be immediately destroyed for reasons of hygiene.

# Art. 12. RACE ROUTE

Krali Marko Trails race routes require the ability to run on particular kinds of terrain, trails and impervious or treacherous paths (slopes with rocky outcroppings or debris) that are sometimes without barriers.

# a) KAMENA BABA TRAIL 35K 2023 takes the following route:

Varosh (Markov Grad) - Markovi Kuli - Nakovalna - Javi steni - Crveni steni - Treskavec monastery - Leska - Pazojca - Sredno Pole - Srednorid - St. Petka - Kamena Baba (Kukul) -Chair - Sveta Petka - Pade - Ridon - under the peak of Edinak - Glajca - Sveta Petka - Vrtop -Sredno Pole - Nakovalna - Zagrad - Varosh

The length is 35.5 km with an altitude difference of 1,890D+/1,890D- meters.

# b) TREKSAVEC TRAIL 18K 2023 takes the following route:

Varos (Markov Grad) - Markovi Kuli - Nakovalna - Javi steni - Crveni steni - monastery Treskavec - Leska - Pazojca - Sredno Pole - Nakovalna - Zagrad - Varos The length is 17.9 km with a height difference of 980D+/980D- meters.

Should adverse weather conditions occur or one or more paths become inaccessible, alternative routes will be outlined at the briefing before the start of the race. Race kilometres are not marked. Athletes should strictly adhere to the marked race route and avoid taking shortcuts or cutting out sections of the route. Any departures from the official route may lead to disqualification and shall be at the sole risk of athletes.

# Art. 13. INSURANCE

Athletes are highly recommended to take out a valid individual insurance policy that covers find and rescue costs as well as incurring medical costs.

Athletes are responsible for handing over their personal file to their insurance company if necessary, within the given timeframe.

An insurance policy provided by the Organizer will cover related risks for all participants that may occur during outdoor activities.

# Art. 14. SAFETY AND CHECKPOINTS

Members of the Organization and the Mountain Rescue Teams, in constant contact with Race HQ, will be positioned along the race route. Paramedics shall be positioned at different points along the race route, but also at the start and finish.

Medical assistance teams and Mountain Rescue teams will be provided along the routes in case of emergency. In case of injury or other necessity, athletes will have to call the SOS phone provided by the organizer on the Bib-number. If they are in an 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.

However, by considering the inaccessible terrain and unforeseen mountain weather, the first responders to such events are the runners themselves. Therefore, each runner is obliged to stop his/her race and to be actively involved in the assistance and rescue of other injured runners.

By submitting the registration form, each athlete 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 athletes to follow our advice and recommendations.

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

We advise all athletes regularly to monitor their health status 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 a high level of endurance.

Each athlete 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.

# Art. 15. ENVIRONMENT

The race shall take place in a natural park area with a natural ecosystem. Participants are therefore required to fully respect the environment, in particular by not leaving rubbish, picking flowers or disturbing the wildlife. **Anyone found leaving rubbish along the route shall be disqualified from the race.** In the various aid stations there are rubbish bins into which athletes may throw their rubbish. The organizers advise athletes to carry a small bag for collecting any tissues which can then be disposed of at aid stations.

Athletes must follow the outlined paths and avoid leaving them so as not to cause damage to the surrounding environment.

In order to reduce the use of plastic, there will be no disposable cups available at aid stations and the start/finish area thus athletes must bring their own cups/flasks.

# Art. 16. WEATHER

In case of adverse weather conditions (dense fog, snow or thunderstorms), the organizers reserve the right to make last-minute changes, even during the race, to the race route in order to eliminate potential hazards or conditions that could cause hardship for participants. The staff shall inform the participants of any changes. The organisers also reserve the right

to suspend or cancel the race if the weather conditions are such that they put athletes, staff or medical teams at risk.

# Art. 17. DISQUALIFICATION, PENALTIES AND APPEALS

	IF THE PARTICIPANT:	PENALTY
1.	Did not pass through or is not registered at one or more control points (CP) or aid stations (AS)	Disqualification or time penalty or by race director's decision
2.	Departs from the marked route or uses other unmarked trails/roads by which effectively he/she takes shortcuts	Disqualification
3.	Departs from the marked route or uses other unmarked trails/roads by which effectively he/she does not take shortcuts	Disqualification or time penalty or by race director's decision
4.	Participates without or takes a BIB number from another registered athlete (who has given up starting the race)	Disqualification and 2-year ban for both athletes
5.	Refuses to help other participants in case of injury or emergency	Lifetime disqualification
6.	Receives assistance by any other person at any point along the race route, outside of designated areas at aid stations	Disqualification
7.	Uses transport during the race (bicycle, motorbike, ATV, land or water vehicle)	Lifetime disqualification

8.	Refuses his/her mandatory equipment to be checked at race bib number pick up or during race	Disqualification
9.	Does not carry mandatory equipment during race	30-min time penalty for each missing item
10.	Destroys route markings, insults, threatens the wellbeing of other participants, race officials, volunteers, does not obey orders from race officials and medical personnel	Lifetime disqualification
11.	Purposefully litters garbage and damages the natural environment, plants and wildlife	Lifetime disqualification

Time penalty or disqualification may be applied immediately by the race director or other race officials during the race, at the finish line or after the competition has ended, given that valid proof or witness statements are obtained.

The following proof is considered valid for appeal: original gpx file, photo/video with timestamp, written statements by two credible witnesses at least, either participants and/or race officials.

Appeal deadline begins right after finishing and is open until 10:00am on 06.03.2023. The appeals are filed only in written form (either by hand or via email).

The race director has the absolute authority in the decisions regarding penalties and appeals for maintaining competition fair-play. The race director has the right to put up a committee of experienced race officials and trail runners, in such cases, where further investigation needs to be taken for the purposes of drawing fair decision.

Official final race results will be published within 48 hours of last finisher on the event's website.

The organizer has the right to penalize or disqualify any participant even after publishing official race results (for example, due to a positive doping test or obtained proof of serious breach of rules and unfair behavior).

# Art. 18. PRIZES

The awards are at the discretion of the sponsors and the organization and according to the r ules of the ITRA (https://itra.run/page/260/High\_calibre\_athletes.html). Non-monetary prizes shall be awarded to the first 3 men and 3 women of each race (general classification).

Each athlete who completes the race within the maximum time limit will be given a Finisher medal. Prizes will be awarded on race day at the finish line.

All registered athletes for both races of "Krali Marko Trails 2023" will be categorized according to the age and gender criteria:

- 16-18 (only at Treskavec Trail 18K)
- 19-20
- 20-34
- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85+

Final ranking will be in general classification, category Male (M) and Female (F).

# Art. 19. IMAGE RIGHTS

On registration, athletes authorize the organizers to freely use any images depicting athletes during their participation in Krali Marko Trails, whether still or in movement, with no territorial or time limits.

# Art. 20. WAIVER OF RESPONSIBILITY

By registering, the participant acknowledges that the competition requirements, legal order and rules of procedure are binding. These regulations serve the uniform and equal engagement in the sport and are non-appealable in a court of law. Their recognition and upholding are a prerequisite for participating in the event. Each entrant is responsible for the technical safety of his/her gear and must ensure that it is in conformity with the rules. The organizer assumes no liability for accidents, personal injury or material damage, theft or other damages!

Good luck to all and happy trails! Krali Marko Trails 2023 organizing team