

## **31st Sudecka 100 Statute (shortened)**

### **DATE**

21st – 22nd June 2019

### **TIME**

**21st June 2019**

Race Office OPEN from 4:00 PM to 9:00 PM

START: 10:00 pm.

### **PLACE OF START**

Boguszów-Gorce, market square 50°45'23.8"N 16°12'16.8"E  
(Lower Silesian Voivodeship in Poland)

### **DISTANCES**

42 km – The Night Mountain Marathon (26 mi)

100 km – Sudecka 100 (62 mi)

Organiser does not allow the change of distance during the run.

### **TIME LIMIT**

Time limit is set at 12 hrs (noon of 22nd June 2019) placed on the 72th km (44 mi) of the course. Competitors who appear on the checkpoint after the time limit will be officially classified on the „72 shortcut distance”. Continuation of the race after closing the limit is forbidden.

There is no time limit for the 42 km distance run.

### **RACE ROUTE**

Start line of the run is located at the market square in Boguszów-Gorce. Route leads through Mniszek Peak to Trójgarb massif, Chełmiec massif, then it leads to the marathon's finish line located at the stadium on Kusocińskiego st. in Boguszów-Gorce. From this point the route leads through lower parts of Chełmiec massif and south-eastern part of Boguszów-Gorce town to the massif of Dzikowiec and Lesista Wielka. Time limit Checkpoint is located in the village of Grzędy Górne. From here the route goes back through Dzikowiec massif to the town of Boguszów-Gorce and the finish line at the stadium on Kusocińskiego st.

### **ROUTE MARKING**

Route leads through woods, meadows and urbanised terrain. Whole distance is marked with lemon-yellow fluorescent triangles indicating proper direction. The marks are placed ca. 500 m from each other if there are no crossroads on the route. If they occur, the mark will be placed before the crossroad (showing proper direction) another one will be visible directly after the crossroad to assure the runner that he or she is on the track, and third mark will be placed after 100 – 200 m for final reassurance. In particularly problematic places marks will be supplemented with white/red warning tape.

### **CHECKPOINTS**

Refreshment checkpoints will be set at 6th, 20th, 26th, 38th, 42nd, 55th, 65th, 72nd, 86th, 100th kilometer of the route. Checkpoints will be supplied with water, isotonics, heated tea (at selected points), salt, fruits, raisins, sweet buns and breakfast buns. Competitors can leave their own packets at the points listed above. Packets can include food, drinks/isotonics, change of clothes, flashlight spare batteries and other small items which a runner considers as useful. Packets should be packed in a waterproof manner, and signed with the competitors' starting number for easier identification. Packets can be left in the Race Office to 8:00 PM on the 21st June 2019.

There are also two small checkpoints on the 33rd and 40th kilometer, supplied only with water and with no option of competitors' packets.

## **REWARDS AND CLASSIFICATIONS**

Statuettes and awards are provided for the first three places in women's and men's general categories on 42 km and 100 km distances, and for the first three places in women's and men's general categories on 72 km shortcut.

Women and men age classification on 42km and 100 km distances:

### **Night Mountain Marathon (42 km)**

16-17\*

18-29

30-39

40-49

50-59

60-69

70 and older

### **Sudecka 100 (100 km)**

18-29

30-39

40-49

50-59

60-69

70 and older

\* minors are allowed to start only with the knowledge and written consent of parents/foster-parents and only on the marathon distance.

Awards will depend on sponsorship, the organiser reserves the right to implement extra categories and awards.

## **PARTICIPATION**

You can take part in the run if:

You are 18 years old (or 16-17 and obtained parent's permission)

You sign a declaration about lack of medical contraindications to take part in the race (you do not need a note from the doctor, you can sign such declaration in our race office).

You make a registration and pay start fee.

You may register online at:

<https://online.datasport.pl/zapisy/portal/zawody.php?zawody=4439>

Or in the race office on the day of the start.

## **QUESTIONS**

All questions about the statute and the run should be directed online to the e-mail address:

[biuro@osir-boguszow.eu](mailto:biuro@osir-boguszow.eu)