# Regulations of the Ekiden Relay during the DOZ Marathon Łódź 2024 

These regulations are effective from 23 January 2024.

Ekiden Relay (hereinafter: Run) takes place as part of the event under the name of "DOZ Maraton Łódź 2024" (hereinafter: Event)

## I. Organiser, Contractor and Run Partners.

## 1. Organiser:

Association "Maraton Dbam o Zdrowie" based in Łódź, ul. Zbąszyńska 3, 91-342 Łódź, entered into the Register of Associations, Other Social and Professional Organisations, the Foundation and Independent Public Health Care Institutions maintained by the District Court for Łódź-Śródmieście in Łódź. Economic Court of the 20th Commercial Division of the National Register Courthouse under the numberKRS 0000403717, REGON: 101325327, tax identification number (NIP): 9471980735

## 2. Contractor

Ms Joanna Chmiel running a company under the name Beauty Sport Run Joanna Chmiel with its registered office in Łódź at Konstadta 7 Street flat 66, 91-430 Łódź, NIP 7271445611, REGON 364956765.

The Organiser entrusts the Contractor with the implementation of the event under the name "DOZ Maraton Łódź 2024" together with accompanying events on 26-28 April 2024 r, in particular the Ekiden Relay.
3. Strategic Partner

Łódź City Hall
4. Honorary Patronage

- Mayor of the City of Łódź
- Marshal of Lodzkie Voivodeship


## II. Goal of the Run

1. popularising running as the simplest form of physical activity;
2. popularising sport in various social, environmental and professional groups;
3. promoting sports in the family,;
4. promotion of the City of Łódź and the Łódź region in Poland and around the world.

## III. Name, date and the place of the Run

Name: Sztafeta Ekiden (Ekiden Relay)
Date: April 28, 2024 (Sunday)
Place: Lodz, Atlas Arena, Bandurskiego Avenue 7 (start, finish)
Start: 9:00 a.m.
Finish: Atlas Arena, Bandurskiego Avenue 7, Łódź

## IV. Route of the Run

- The route of the Run is certified and its every kilometre is marked by the attesting entity licensed by the Polish Athletics Association.
- The course of the Run will be supervised by the judges of the Polish Athletics Association (PZLA).
- Length of the route: $42,195 \mathrm{~km}$.
- Length of individual relay changes: 1 st change -5 km , 2 nd change -10 km , 3 rd change -5 km , 4th change - 10 km , 5th change -5 km , 6th change -7 km 195 m .
- The route will be marked with vertical signs every 1 km .


## V. Conditions for registration for the Run and participation in the Run

1. In the Race there is a limit of 100 relay teams of 6 runners each ( $\mathbf{6 0 0}$ runners total).
2. Any person who by April 28,2024 will be 16 years of age may become a participant of the Run. Participation in the Race of persons under 18 years of age requires the consent of their parents or legal guardians in writing, under pain of nullity. A specimen consent is available at www.lodzmaraton.pl under tab "Documents to download" ("Dokumenty do pobrania").
3. A single relay must be composed of 6 (six) Participants who cover the distances indicated in the regulations (in indicated order).
4. One Participant may take part only in one change of a given relay.
5. One Participant may take part only in one relay.
6. Relay registration is carried out by the Captain of the respective relay by naming his relay and completing the registration form in accordance with point. 10 below.
7. The captain is chosen by the relay.
8. The captain must register electronically, via the relay application form, all participants (competitors) of his relay and provide all competitors' data included in the application form by April 27,2024 or in person at the Run competition office on April 26-27, 2024 (unless the application limit has been reached earlier).
9. Each competitor registered by the captain must confirm knowledge of the regulations. Confirmation is made using a link sent by the entity cooperating with the Organiser in handling the registration. The link will be sent immediately after the registration of the athletes by the relay captain to the email addresses of the athletes' data given during the registration in the entry form. The condition for assigning the QR code and bib number to the relay is the use of the link and confirmation of knowledge of the regulations and consent contained in the registration form by each relay participant.
10. Any changes in applications (e.g. change of names) will not be made after 10 April 2024.
11. The condition of participation in the Run is to register electronically on the website www.lodzmaraton.pl by 27 April 2024 or in person at the competition office on 26 or 27 April 2024 (unless the deadline for applications is reached earlier), as well as payment of the entry fee, in accordance with the price list referred to in point VI of these Regulations until April 27, 2024 at 9:00 p.m.
12. In order for a relay to be admitted to the Run, the Relay Captain (or another relay member) must present the QR code of the relay in question at the race office. The relay's QR code will be sent to the Captain's email address provided by the Captain in the entry form no later than April 1, 2024, and in the case of relay registration at the race office on April 26-27, 2024. - immediately after registration and payment of the entry fee. The QR code will also be generated in the relay captain's application immediately after paying for the relay's participation.
13. On the day of the Run (April 28, 2024) there will be no registrations. That day the Run Event Office will only issue numbers and starting packages to previously registered Participants of the Relay, whose participation has been paid for.
14. Participants failing to pay the entry fee, referred to in point VI of these Regulations, results in no allocation of bib number to the Participant and inability to participate in the Run .
15. Only paid Relay (all Participants from a given Relay) with assigned starting numbers have the right to take part in the Race.
16. Numbers and starting packages will be issued at the Run Event Office. Run Event Office will be located in the Hall under the stand of the Władysław Król Municipal Stadium at Aleja Unii Lubelskiej 2 in Łódź - entrance from Atlas Arena and will be open on the following days and hours:

- April 26, 2024 (Friday) - 13:00-20:00
- April 27, 2024 (Saturday) - 11:00-21:00
- April 28, 2024 (Sunday) - 7:00-15:30, on this day the starting packages will be issued only till 8.30 am.

17. On the day of the Run, i.e. April 28, 2024 registration to the race will not be possible. Participants will be able to collect starting packages only.
18. The deposit will be open on 28 April 2024 from 7:00 a. m. until 16:00 on the premises of the Atlas Arena at Al. Bandurskiego 7 in Łódź. Any deposit not collected by the competitor by 4 p.m. will not be returned to the competitor and the Organiser has the right to dispose of it.
19. At the Run Competition Office, relay captains or a relay representative holding the QR code of a given relay will receive starting packages for the entire team, including, among others: bib numbers, baton with electronic chip, safety pins. Along with the collection of the Start Package, each Runner receives a technical T-shirt. Packet and technical T-shirt not collected within the time specified in these Regulations shall be forfeited.
20.As a prerequisite for the captain or any other representative of the relay to pick up the start packs, the captain or any other representative of the relay must present the QR code referred to in paragraph 12 above.
21.Starting packets not picked up at the race office of the Run are forfeited - they will not be shipped or issued at a later date.
20. The order of the Participants in each shift of the Run is decided by the Relay Captain. The data contained in the entry form can be edited online only by the Relay Captain until April 10, 2024, and then in person at the Run competition office on April 26-17, 2024, when collecting the start package. Changes can only be made by the Captain of the respective team.
23.If it is necessary to change a person within a relay, the Captain must report it in accordance with the rules indicated in paragraph 22 above. Once the start package has been collected, it will not be possible to change the order of individuals competing within a relay.
24.During the Run, all relay participants must have bib numbers attached horizontally to the front of their T-shirt (or outer garment). The bib number must be visible at all times during the Run.
21. The classification is based on electronic time measurement based on the electronic chip in the relay baton. The Participant of the relay is obliged to run with the baton, hand it over to the next Participant of his/her relay in the marked shift zone, and the last Participant of the relay must run the finishing line while holding the baton. A runner who loses the baton or does not report it to the finish line or to his/her finish line or to his/her shift zone will not be classified and thus the entire relay will not be classified There will be control mats on the Relay route, which record the appearance of a participant at a given point. Failure to read the appearance of the Relay Participant at a given point may result in disqualification of the Participant and the entire relay.
22. Under the penalty of disqualification, it is prohibited to cover the bib number in part or in the whole, or to modify it.
23. Participants from the first shift set up at the start in separate zones, according to the declared time of completion of the race through the entire relay.
28.Participants from the following shifts: second, third, fourth, fifth and sixth shift line up in the indicated change zones along the Run route. The baton must be passed in a given zone of 100 m in length - appropriately marked in the area - respectively: $5 \mathrm{~km}, 15 \mathrm{~km}, 20 \mathrm{~km}, 30 \mathrm{~km}, 35 \mathrm{~km}$.
24. Participants of particular shifts will have the opportunity to use the transport provided by the Organiser. The buses will be placed near the Atlas Arena and will be appropriately marked for delivery to the target shift zone or back to Atlas Arena.
30.Buses delivering the Participants to individual shift zones will depart from under Atlas Arena between 8:30 and 9:00 am on the day of the Run, i.e. April 28, 2024. At that time, the Participants of the respective shifts are required to take their seats in the appropriately marked bus. In the event that a Participant is late and therefore does not take a seat in the corresponding bus, that Participant must reach his/her shift zone on his/her own. After the completion of the run, Buses will bring the Participants from the respective shift zones to the Atlas Arena. The return from the shift zones will take place after the last Participant has run through the respective zone. If the transition zone is located not further than 1.5 km from the start and finish line of the Run, the Participants will go by themselves to the respective transition zone and return from the zone to Atlas Arena by themselves - in such a situation the Organiser will not drive the Participants. Detailed information on the organisation of the relay transport will be provided in the DOZ Maraton Łódź Program published on the website www.lodzmaraton.pl in the EVENT PROGRAM (PROGRAM IMPREZY) tab.
31.It is forbidden to make the shifts in the relay outside the designated shift zones.
25. Participants of the relay are subject to a time limit of 6 hours 00 minutes, counted from the starter's shot.
33.Additional time limits are: for 10 km : 1 hours 25 minutes; for 20 km : 2 hours 50 minutes, for 30 km : 4 hours 16 minutes,for 35 km : 4 hours 58 minutes, for 40 km : 5 hours 41 minutes.
26. Participants who do not finish their stage of the race within the indicated time limit or do not pass the time measurement points from the previous point within the indicated time limit are obliged to stop the Race and leave the route or to reach the finish line by car with the inscription CATCH RUNNER TIME LIMIT. The car will follow the competitors at the pace of the time limit at the individual verifying measuring points - as indicated above. The time limit will be counted from the crossing of the starting line of the last competitor of the last starting zone. A competitor will receive information about exceeding the time limit from the main referee of the competition, who will be driving in the car verifying the time limit.
27. Participants remaining on the route of the Run after the indicated time limit do so on their own risk and liability, according to traffic regulations and the Civil Code.
28. Relay participants are bound by the regulations of the Polish Athletics Association (PZLA) (excluding the length of change zones) available at www.pzla.pl and these Regulations. The change zones will be 100 m and will be marked accordingly. During each shift, the baton must be passed within a 100 m change zone.
29. The Organiser provides medical services at the start, route and finish line during the Run. The Organiser recommends that the Participants of the Run carry out medical examinations in connection with their intention to participate in the Run and not to declare participation in the Run in case of medical contraindications. The Participant enters the Run at his/her own risk and responsibility. The Organiser shall not be liable for the consequences of participation in the Run of the Participants whose health condition contraindicates their participation in the Run. The Organiser does not verify the health condition of the Participants. Parents or legal guardians are responsible for the start and health of minors.
38.Submitting to the Organiser a properly completed application form and/or consenting to the participation of a minor means that the participant/parents/guardian, and in the case of participants entered by the relay captain - confirmation of acceptance of the rules and regulations in accordance with paragraph 11 above, has considered and assessed the nature, scope and degree of risks involved in participation in the Run, including the risk of accidents, the possibility of personal injury and physical injury, including death, as well as damage of a property nature, and has voluntarily decided to take these risks.
30. The organiser reserves the right to terminate the subscriptions earlier in the event the limit of Participants has been exhausted.
40.The Organiser does not provide for a possibility of anonymous start.
41.Assistance provided to the Participant during the run by an outsider along the entire length of the route (including buffet points) is not allowed and will result in disqualification.
42.Apart from Participants with bib numbers, only people designated by the organiser, travelling by car, bicycle or on foot, properly marked and wearing an ID badge, may be present on the race route.
31. It is prohibited to move people on bicycles, scooters and other transport equipment along the entire length of the route without the consent of the Organiser.
32. A competitor next to whom a bystander is riding a bicycle, scooter or other locomotion device will be disqualified by the judge (disqualification of a relay competitor will result in disqualification of the entire relay). Disqualification is given by the referee of the competition by showing the disqualified competitor a red card and providing information about the reason for disqualification. Final disqualification must be preceded by a warning given by the referee to the competitor concerned by showing a yellow card and verbally stating the reason for the warning.
33. After disqualification, the competitor is obliged to leave the route.

## VI. Entry fees

1. The entry fee includes all costs related to the organisation of the DOZ Marathon and costs for elements necessary to participate in the Marathon, i. e. elements of the starting package listed in point V, paragraph 19 of the Regulations.
2. Every relay participating in the Run bears the costs of the entry fee.
3. The entry fee for the participation of the entire relay in the Run is made by the Captain. The payment must be made electronically through the "Go to payment" ( „Przejdź do płatności" ) option available from the entry form.
4. Entry fees for Participants who will be registered for the Run in the office of the Run on 26-27 April 2024 (subject to availability) will be paid in cash only. There will not be card payment options.
5. As part of the fees for participation in the Run made online via the form application form available on the website www.lodzmaraton.pl, the Organiser allows Credit card payments for the participants.
6. Amounts of entry fees:

- Ist date - payment made by January 142024 - PLN 360
- II date - payment made on January 15 - February 142024 - PLN 420
- III date - payment made on February 15-10 April 252024 - PLN 479
- IV date - payment made on 26-27 April 2024 - PLN 600 zł

7. The proof of payment is the appearance of the starting number next to the name of the relay on the starter list on the website www.lodzmaraton.pl.
8. If, after 7 (seven) days, the starting number does not appear, the relay Captain is obliged to contact the Organiser at the following e-mail address: stowarzyszenie@pelion.eu.
9. The fee paid once is not refundable or transferred to another team or other course organised by the Organiser.
10.The captain who wishes to receive an invoice for the entry fee paid is obliged to provide in the application form or in the competition office of the Run accurate data for issuing an invoice. In case of failure to provide data for invoice or providing incomplete data, the invoice will not be issued. The invoice will be issued by the Organiser.
11.The Organiser has the right to release selected Participant and other Participants of the Runs from random fees, at their own discretion.

## VII. Deposits and meals

1. Participants in the Run will receive a deposit bag in the starting package with a place for entering the bib number, allowing to deposit items in a specially designated place. The bag can be picked up only on the basis of the bib number. In the event of the participant's loss of the bib number, the Organiser is released from responsibility for collecting the bag by another person. It is forbidden to leave in the deposit:
a. valuables,
b. things that due to their properties may be broken, flooded or crushed,
c. documents.

For leaving in the deposit the things specified in letters a-c above, the Organiser shall not bear responsibility.
The deposit will be open on 28 April 2024 from 7:00 a.m. to 4:00 p.m. If the Relay Participant does not collect his deposit by 4:00 p.m., the Organiser has the right to dispose of the deposit.
2. Before the Run participants will have the opportunity to use the dressing room. After the race, participants will have the opportunity to use the changing room and showers.
3. All Participants of the Run receive: the opportunity to use eating points along the route of the Run and a regenerative meal at the finish line.
4. On the day of the Run, toilets will be available to Run Participants in the area in front of Atlas Arena.

## VIII. Nutrition points and checkpoints

1. Buffet points will be placed at intervals of approximately 4-5 kilometres, starting from the 5th kilometre of the Run route.
2. The Organiser does not accept private nutrients from Participants.
3. In the vicinity of each of the eating points there will be a toilet cubicle.
4. Time control checkpoints will be on $5,10,15,20,25,30,35$ and 40 kilometre and half way through the marathon.
5. The service of checkpoints will list the starting numbers of Participants shortening the route.
6. Participants who shorten or change the route will be disqualified.

## IX. Classifications and results

1. During the Run the following classifications will be conducted:

- OPEN classification - any relay composition
- Men's relay classification
- Women's relay classification

2. The basis for classification is electronic time measurement based on the electronic chip in the relay baton. A relay that loses the baton or fails to bring it to the finish line will not be classified. There will be control mats along the route of the Run, which record the appearance of a participant at a given point. Failure to read the appearance of a participant at a given point will result in disqualification of the participant and the entire relay. Classifications of all relays are based on actual times (net - counted from crossing the starting line).
3. Unofficial results of the Run will be posted on the website www.datasport.pl and www.lodzmaraton.pl directly after Run
4. Protests and complaints will be accepted in writing up to 30 minutes after the end of the Run in the office running competitions. Protests and complaints will be considered up to 3 (three) days after the end of the Run. After this time the results of the Run become official results.
5. The organiser reserves the right to introduce additional classifications by April 1, 2024. Information on the introduction of additional classifications will be posted on the website www.lodzmaraton.pl by the date specified in the previous sentence.

## X. Awards in the Run

1. All Participants who complete the Run receive commemorative medals.
2. Teams that will occupy places I-III in a given classification will receive cups or commemorative medals.
3. Special awards for men's and women's relay teams for achieving a relay result equal to or better than the minimum for the Olympic Games in Paris at the women's and men's marathon distance. Details will be provided in the NAGRODY (AWARDS) tab published on the website www.lodzmaraton.pl by April 10, 2024 at the latest.

## XI. Personal details

1. The Administrator of the personal details in the process of registration in the Run is Association "Maraton Dbam o Zdrowie" Zbąszyńska St.3, 91-342, Łódź.
2. Legal basis and time of processing personal data of the Participant and his/her parent/guardian the specific objectives are as follows:

Purposes of data processing

1 Execution of the linking page 1 agreements (regulations).

Communication for
2 implementation agreements with a person other than that, with whom the agreement was

Legal bases
Article 6(1)(b) of the GDPR, i. e. processing is necessary for the execution of agreement to which the party is the person whose data concern.
Article 6(1)(f) of the GDPR - processing is necessary for the purposes of resulting

## Processing period

1 year from completion Parties, and after that time if it is the law required or permitted, e. g. to investigate possible claims.

By the time of completion cooperation or notification effective opposition by the person whose data concern.

Purposes of data processing
concluded e. g. authorised to receive packages proxies.

Sending information about offers and marketing in the case of 3 sending them electronically and image processing recorded during the Run.

Art. 6 (1) (a) GDPR

- the person whose data
concern has consented to processing.

Legal bases
legitimate interests administrator.

Processing period
3. Personal data of not more than the first 10 Participants in each category will be processed by up to 3 years from the end of the Run.
4. After the processing is completed, the name and surname will be anonymised.
5. Providing personal data and image in relation to execution of the contract (accepted rules and regulations) connecting the parties is voluntary but necessary to register participation and to start in the Run. For other purposes, i.e. sending information about offers and marketing content, in case of sending them electronically - providing personal data is voluntary.
6. Data will be provided to entities cooperating in the organisation of the Run, and if you express your consent, also to sponsors, whose current list is available on the website: www.lodzmaraton.pl.
7. You have the right to request access to your personal data, rectification or deletion or restrictions on processing, as well as the right to object to the processing and the right to transfer your data and file a complaint to the supervisory body - the President of the Personal Data Protection Office. The request to delete personal data is tantamount with deletion from the list of Participants of the Run and the Event and the lack of possibility to start in the Run.
8. You have the right to submit a statement on the withdrawal of consent for processing your personal data at any time by sending a letter or electronic mail, according to your own choice. Withdrawal of consent does not affect compliance with the law of data processing which was made on the basis of consent before its withdrawal.
9. The administrator of your personal data provided in connection with the registration of participation in the Run is the "Maraton Dbam o Zdrowie" Association with its registered office at ul. Zbąszyńska 3 in Lodz (91-342). The basis for the processing of personal data is your consent (Article 6 paragraph 1 point a) general regulation on the protection of personal data), the need for contact about your registration and participation in the Event (Article 6 (1)letter (b) of the General Protection Regulation personal data) or the legitimate interest of the "Maraton Dbam o Zdrowie" Association (Article 6 (1)letter (f) of the General Regulation on the Protection of Personal Data). Providing personal data is voluntary, but necessary to register your participation and take part in the Run.
10. Your data will be transferred to entities cooperating in the organisation of the Event and the Run, and if you give your consent, also to Sponsors and Partners. The current list of Sponsors and Partners can be found at www.lodzmaraton.pl. The list will be subject to ongoing updates, which you acknowledge by giving your consent. Provision of data is voluntary, but necessary for the above purposes. You have the right to demand access to your personal data, their rectification, deletion or restriction of processing, as well as the right to object to processing and the right to transfer your data and lodge a complaint to the supervisory authority - the President of the Office for Personal Data Protection, while the demand to delete personal data is equivalent to deleting you from the list of Run participants and the inability to start in the Run.
11. Your personal data will be processed until you revoke your consent, if any, and then for the period necessary to secure any claims related to the processing.
12.Personal data of Run Participants will not be processed for the purpose of automated decision-making, including profiling.
13. Personal data of Run Participants will not be transferred to a third country or an international organisation.
14. In matters concerning the processing of personal data, please contact us at stowarzyszenie@pelion.eu

## XII. Final Provisions

1. The Run will take place regardless of weather conditions.
2. The Organiser provides medical care during the competition on the route and at the finish line of the Run.
3. The Organiser is covered by third party liability insurance. The event, including the Run, is covered by third party liability insurance and accident insurance, any claims in this respect should be addressed to the Organiser. The Organiser does not provide participants with life insurance, health insurance or from civil liability in respect of sickness, accident, injury or death, or losses that may occur in connection with participation in the Run.
4. The Organiser suggests Participants to purchase individual accident insurance.
5. The Run results will be available immediately after the Run at www.datasport.pl and the website: www.lodzmaraton.pl.
6. Each Participant is obliged to wear the bib number during the Run.
7. Participants are required to run only along the route marked by the Organiser.
8. During the Run Participants are required to submit to the orders of the municipal services, i.e. Police, Municipal Police, MPC Traffic Supervision and Organiser's services.
The participants of the race are absolutely obliged to enable the privileged vehicles in action (driving on the signal) to drive - otherwise the whole Team will be disqualified.
9. A Run Participant who shortens the route and bypasses the time measurement points will not be classified.
10.During the Run and accompanying events a photographic report and video materials will be made. Participants during registration agree to the use of their image and processing personal data. Failure to agree will prevent participation in the Run.
11.The Organiser reserves the right to and the Participant agrees to carrying out interviews with each of the Participants, taking pictures and filming for advertising and promotional purposes, use of these materials on the Internet or radio and television broadcasts and all other commercial purposes.
12.The Organiser reserves the right to and the Participant agrees to use all around the world, free of charge all photos, film materials, interviews and sound recordings presenting the Participants of the Run. They can be used by the Organiser through placing on CD, DVD, catalogues and media, on websites, in newspapers and at exhibitions, as well as for promotional and advertising related purposes with activities run by the Organiser.
10. Parent or legal guardian consents to the processing of the image and personal data of minors
14.It is forbidden for Participants, spectators and accompanying persons to bring intoxicants, illegal performance-enhancing substances and alcohol to the venue of the Run. Participants are forbidden to take such drugs and substances both before and during the Run under penalty of exclusion, inadmissibility to the Run and disqualification.
15.The Organiser is not responsible for items lost during the Run.
11. Only Participants with a bib number may be on the route during the Run placed in a visible place on the chest. Participants without bib numbers and accompanying persons on bicycles, rollerblades, skateboards and other mechanical vehicles will be removed from the route.
12. For safety reasons, it is forbidden to bring on the route, the area around the start and finish of the Run objects that may pose a danger to other Participants or fans and persons accompanying persons.
13. It is forbidden to participate in the Run in clothing that covers the face and prevents identification of participants.
14. Participation in the Run is tantamount to acceptance of the Regulations of the Run.
20.If the Race is postponed not due to the fault of the Organiser, but due to force majeure, to another date Participants as part of the fee may start the Run at the specified new date, as part of the paid entry fee. The new date of the Run will be announced no later than in 30 (thirty) days from the date of notification of the need to reschedule the Run. In such a case, resignation from the Run and refund of funds is entitled at the request of the Participant in accordance with the rules set out in paragraph 23 below.
21.Due to the change in the date of organisation of the Event due to the elections to local government bodies taking place on April 7, 2024, the Participant who has already paid the entry fee has the right to resign from participation in the Run within two weeks from the date of announcing the change in the regulations of the Run date and ask for a refund of the paid entry fee or express your willingness to transfer your participation within the paid entry fee to another distance of the Event organised on the new date. Cancellation from the Run and a refund are available at the Participant's request in accordance with the rules set out in section 23 below. A request to be transferred to another distance (race) is made by sending a transfer request, within the deadline specified in the first sentence, to the email address: kontakt@dozmaraton.pl.
22.For the participants of the Run there will be parking (free and extra paid) - access from Al. Unii Lubelskiej in Łódź.
15. The Organiser reserves the right to amend the Regulations no later than April 1, 2024.

Any changes to the regulations will be posted on the website with an indication of its initial date of application, no later than 01 April 2024, with at least 14 days in advance. The participant who does not accept the change of the rules has the right to resign from participating in the Run within 14 (fourteen) days from the effective date of the change.
Resignation from participation in the Run with indication of the bank account number for the refund of the starting fee must be sent by registered letter with return confirmation of receipt to: Stowarzyszenie „Maraton Dbam o Zdrowie", ul. Zbąszyńska 3, 91-342 Łódź or electronically to the following e-mail address: stowarzyszenie@pelion.eu
The Organiser shall return the entry fee to the participant no later than within the 7 (seven) days from the date of delivery of the participant's declaration of resignation from participation in the Run. Changes purely technical and organisational, including changes to limits, times, number of participants or hours the opening of the Running office does not constitute a change of the Regulations entitling to a refund the entry fee paid.
24. The emergency number +48887102112 is a phone number to the Operations Center where medical calls from people who need help on the run are received. It is recommended to use the emergency phone number for the benefit of the Participant.

