

NORDEA LCJRun 5k run 2016 Rules and Regulations

Aims:

1. Promoting and popularisation of running events in Łódź.
2. Encouraging Łódź citizens to active, healthy and sporty lifestyle.
3. Enhancing the offer of leisure and sports events in Łódź.
4. Integrating runners as well as sports institutions and clubs.
5. Promotion of the city of Łódź and Wł. Reymont airport.

Organizer:

1. inesSport Agnieszka Wolska – Sobecka.

Partners:

1. Wł. Reymont airport in Łódź
2. parkrun Łódź

Date and venue:

1. The race is held on Saturday 14/15th May 2016.
2. NORDEA LCJRun starts around 00:30 at Wł. Reymont airport premises
3. Time limit for runners of a 5k run is 60 minutes.

Route and distance:

1. The route is at Wł. Reymont airport premises – details on the run website: www.lcjrun.pl
2. The runners are bound by 60-minute time limit. After the expiry of this limit, the runners must leave the route and take off their race bib.

Conditions of participation:

1. Holding an identity document (a valid ID card or passport) and a certificate – no impediments to participate in the race (available in the NORDEA LCJRun Office) signed by the participant is necessary to participate in Nordea LCJRun

2. Race packets will be given only to the enrolled persons who produce their ID document.
3. Runners who turn 16 as of 14th May 2016 may participate in the run. Persons under age must have a written consent of their parents or guardians – template of the consent is available on the run website www.lcjr.pl. Such a runner may be admitted to start only when their parent or guardian is present with their ID card at the moment of verification of the runner in the NORDEA LCJRun Office.
4. NORDEA LCJRun will be held in the airport security restricted area. Only runners with race bibs who have passed security control will have access to this area.
5. During the race, all runners are obliged to wear a provided NORDEA LCJRun performance t-shirt and race bib included in the race packet. Organizer reserves the right to disqualify and refuse the participation of any runner not dressed the way provided above.
6. The Organizers will do their best to broadcast all information through amplifying equipment; in order for the runners to hear the Organizer's announcements it is recommended not to use personal devices with headphones.

Enrollment:

1. Enrollment will be accepted only upon completing an application form available on the www.zapisy.inessport.pl website.
2. An enrolled person shall be a person who has completed and submitted an application form and paid the entry fee. The moment 850 persons have submitted their application forms and have paid the entry fee, the list of participants will be closed. Additional entries for invited elite runners, guests and sponsor representatives are provided by the Organizer.
3. Only runners who paid the race fee will be included in the list of participants.
4. If a runner pays the entry fee after the participants limit is exceeded, the Organizer, at the request of the concerned runner, will reimburse the fee in question less the bank transfer fee.
5. The Organizer shall not bear any responsibility for the dates of execution of bank and postal transfers.
6. Enrollment deadline is 8th May 2016 or after the entries limit is reached.
7. NORDEA LCJRun Office is located at Wł. Reymont airport premises in 35 Gen. S. Maczka street and open on 14th May 2016 from 8 pm to 10.30 pm.
8. Each runner who has submitted their application form and paid their entry fee will be assigned a race bib, according to which the security check time will be determined. If the runner does not come up to the security check at the determined time, they will have to wait before the last group for security check is finished. The security check time will not be extended. Runners who have not come up to the security check at the determined time may not be admitted to the race – detailed information on the times of security checks will be provided in a separate notice.

9. Resale of the race packet shall result in disqualification of the runner.

ENTRY FEES

- 54,95 PLN – for the first 450 runners
- 64,95 PLN – for the next 300 runners
- 74,95 PLN – for the next 100 runners

1. The entry fees are paid only via Dotpay service.

2. After submitting the application form, the system shall transfer to Dotpay website via which one shall pay the entry fee. Payment may also be effected after logging in zapisy.inessport.pl – tab: *moje konto-płatności*.

3. Online payment of entry fee shall be equivalent to being enrolled for the race.

4. Payment date shall be considered a date of crediting the money in the Organizer's account.

5. Under no circumstances can the entry fee be refunded to the runner in case of their resignation, not having finished the race or withdrawing their consent to process their personal data.

6. Entry fee can be transferred onto another runner by 22nd April 2016. This deadline, however, is non-extendable. To proceed with this transfer, the runner shall fill in the form available on the race website and make a bank transfer of the operational fee (10 PLN) to the bank account provided in the above mentioned form.

7. Payment of entry fee shall be equivalent to accepting the rules and regulations of the race.

8. Each enrolled runner shall receive a race packet including:

- a bib with a timing chip,
- four pins,
- performance t-shirt (selection of size is possible by 29th April 2016),
- confectionary bar and a drink,
- a one-off open entry ticket to Sport Vera centre.

Racing time measurement:

1. Racing time measurement shall be effected by single use timing chips placed in the bibs.

2. Racing time measurement shall be effected on the start / finishing line and in the half-way point.

3. Gross time of the first 50 participants shall be included in general classification. The positions of remaining runners shall be determined according to net times.

4. After having finished the race, each runner shall receive a text with a race result.

Classifications and prizes in NORDEA LCJRun:

1. General classification of women and men.
2. Classification of Łódź citizens.
3. Classification of banking sector employees.
4. Prizes

- for positions 1-3 in general classification of women and men – winner cup + voucher for shopping in Galeria Łódzka shopping mall for 500 PLN, 400 PLN, 300 PLN.
- for positions 1-3 for women and men in the classification of Łódź citizens – statuette + a prize.

Final provisions:

1. Each runner of the NORDEA LCJRun undertakes to comply with general safety regulations of Wł. Reymont airport in Łódź as well as all commands of security service and airport security service staff under pain of being inflicted with a fine.
2. The runners may freely walk in the generally available airport zone.
3. Being in the restricted airport area indicated by the organiser shall be only upon personal security control.
4. The runners are prohibited from bringing in prohibited items into the restricted airport area. A list of prohibited items is available at the website of Wł. Reymont airport in Łódź – <http://www.lotnisko.lodz.pl/pl/twoja-podroz.html#tab46>
5. Any runner who grossly and deliberately breaches the civil aviation safety regulations and does not comply with the commands of the airport staff may not be admitted to the race or excluded therefrom also during the race. The provisions of civil aviation safety regulations shall be respectively applied. Any runner who does not comply with the provisions of rules and regulations of NORDEA LCJRun and Wł. Reymont airport in Łódź may be inflicted with a fine.
6. Entry fee shall be paid by the runner.
7. Organisation costs shall be borne by the organisers.
8. The runner shall be fully responsible for their own activities and behaviour pursuant to the regulations in force in the premises of Wł. Reymont airport in Łódź .
9. The organiser is covered by a civil liability insurance policy. The organizer does not provide the runners with any insurance policy for life, health, civil liability, sickness, accident, injuries, death or any losses or damages that the runner may incur as a result of presence or participation in NORDEA LCJRun, however, the participants are advised, if they deem it necessary, to take out a

relevant accident insurance policy for the time of participation in the sports event.

10. The runner shall start only at their own responsibility and incurs the risk related thereto. The runner, when enrolling to the race, accepts the fact that participation in the race involves physical effort, natural risk, danger of accident, possibility of incurring bodily or physical injuries (including death) as well as material damages and losses.

11. The organiser recommends medical check-up and advice regarding participation in the race.

12. The organiser shall ensure medical first aid, for runners only, on the race route from the moment of race start to the moment of closing the route (defined by time limit) as well as in the NORDEA LCJRun Office by the time the race is finished. The organiser shall not cover the medical costs or transportation costs not included in the scope of medical support of the race.

13. Decisions of the medical coordinator or medical staff regarding participation of a runner in the race shall be autonomous and binding for the runner. Non-compliance with the medical staff commands shall result in the runner's disqualification.

14. The organisers shall not be responsible for any items left unattended nor for any valuable items left in the deposit.

15. The organiser shall ensure the deposit for the runners' personal belongings.

16. Any protests shall be submitted in the NORDEA LCJRun Office within one hour from the time of closing the race upon paying the deposit in the amount of 200 PLN.

17. The organiser shall not ensure any showers.

18. The race shall be held notwithstanding weather conditions (weather conditions posing danger to the participants shall be exception to that rule).

19. All NORDEA LCJRun participants shall be bound by these rules and regulations.

20. The runners grant their consent to process their personal data for the internal needs of the event organiser and to use their image in promotional and information materials.

21. The participant grants the Organizer with the free-of-charge licence to use their recorded image in all ways, especially:

- recording and reproduction by any known technique and broadcasting in any form
- sharing a copy with recorded image to the sponsors and official partners for promotion of the sponsor or official partner as regards their participation in the race
- saving in the computer memory and multimedia network
- multiplication of the recorded image
- public display, broadcast and reemit and public sharing in a way that anyone may have access

thereto in a chosen place and time

- publications in press, on websites, posters and billboards

22. The organizer reserves the right to cancel the race without giving a reason thereof.

21. The organizer reserves the right to amend these rules and regulations as well as final interpretation thereof. Rules and regulations shall be available in NORDEA LCJRun Office.

Organizing team:

Bartłomiej Sobecki: bartek@lcjrun.pl

Maciej Woźnicki: biuro@lcjrun.pl