

# HARDASUKA ULTIMATE TRIATHLON CHALLENGE COMPETITION - GENERAL RULES AND REGULATIONS

## THE OBJECTIVE

Popularisation of sport and healthy life style and popularization of Podhale Region, Zakopane and the Tatra Mountains.

## THE ORGANIZER

### Extreme Endurance

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## GENERAL INFORMATION

HardaSuka is one of the most difficult triathlon competitions in the world. Each competitor should get familiar with the present rules and regulations and make sure that their health condition and training level enable them to finish the competition, before they take the decision to take part in the competition. The running route is technically very demanding. It leads through difficult mountain routes of the Western Tatra and the High Tatra Mountains and it includes sections of big height differences, significant exposure and a lot of loose stones. The weather conditions may be very changeable. The Organizer recommends experience in competitions of Ironman distance and/or experience in ultra runs.

## THE DATES, DISTANCE, ROUTE

1. The competition takes place between 22<sup>th</sup> and 23<sup>th</sup> June 2018.
2. The competition starts on 22<sup>th</sup> June 2018 at 16:00 in **Slanicka Osada (Slovakia)**.
3. The route of the competition is as follows:
  - a. Swimming section of the length of 4500 metres in a straight line between the start and finish of the section, located in Ustie nad Prehradou. Distance will not be marked. 8x8m orange "Harda" banner will be used to navigate.
  - b. Bicycle section of the length of 225 kilometres and the heights difference of about 3000 metres taking place in a loop surrounding the Polish and Slovak Tatra Mountains (start of the section - Chocholów - Poronin - Łysa Polana - Tatrzńska Łomnica - Liptowski Mikulasz - Zuberec - Chocholów – finish of the section: Chocholowska Valley).
  - c. Running section leading through the main ridge of the Tatra Mountains of the length of 55 kilometres and the heights difference of about 5000 metres (start of the section: Chocholowska Valley - Wołowiec - Jarząbczy Wierch - Ornak - Hala Ornak mountain hut - Czerwone Wierchy - Kasprowy Wierch – Murowaniec mountain hut in Hala Gąsienicowa (Mountain hut in Sucha Woda Gąsienicowa Valley) - Krzyżne - Dolina Pięciu Stawów mountain hut (Mountain hut in the

Valley of Five Polish Lakes) - Świstówka – finish of the section and finish of the whole competition in Morskim Oku mountain hut (Mountain hut at Morskie Oko).

4. The bicycle section takes place mostly at night in open road traffic. The competitors and their support teams have to **absolutely observe the traffic rules and regulations** in Poland and in Slovakia. In the bicycle section no drafting is allowed. The distances between the competitors have to amount to minimum 10 metres except for the 30 second takeover period.
5. The running section takes place in marked tourist trails in the area of the Tatra National Park. The competitors and their support teams have to **absolutely observe the rules and regulations of tourist traffic concerning the tourist traffic in the whole area of the Park**.
6. The following time limits apply in the route:
  - a. for finishing the swimming section – 22<sup>th</sup> June, at 18.30
  - b. for finishing the bicycle section – 23<sup>th</sup> June, at 8.00
  - c. Hala Ornak mountain hut – 23<sup>th</sup> June, at 15.00
  - d. Murowaniec mountain hut – 23<sup>th</sup> June, at 18.30
  - e. Pięć Stawów mountain hut - 23<sup>th</sup> June, at 20.30
  - f. Morskie Oko mountain hut – 23<sup>th</sup> June, at 22.00
7. Briefing will be on-line and will take place 18<sup>th</sup> June, at 20.00. Competitors will get the link to briefing website via email. Briefing is obligatory for both competitors and support.

## **OBLIGATORY EQUIPMENT**

The competitors are absolutely obliged to possess the following items during the competition:

1. In the swimming section:
  - a. A swim cap provided by the Organizer. You are allowed to have any second cap, e.g. a neoprene cap put under a cap provided by the Organizer,
  - b. Swimming goggles,
  - c. A full wetsuit with sleeves,
  - d. It is prohibited to cover your feet or hands in any manner.
2. In the bicycle section:
  - a. A race bicycle or a time trial bicycle (a race bicycle is a definitely better option). It is prohibited to start on any other type of a bicycle;
  - b. A car support,
  - c. Full and working bicycle lighting consisting of a white front lamp shining with a constant light and a red rear lamp shining with a flashing light,

- d. A bike helmet put on your head throughout the whole bicycle section,
- e. A high visibility vest put on top during the whole bicycle section – vest is obligatory, and can't be replaced by reflective elements on jersey.
- f. A turned on and charged mobile phone with roaming service switched on,
- g. A map of the competition route provided by the Organizer,
- h. A valid ID or passport,
- i. A starting number visible at your back throughout the whole bicycle section,
- j. An insurance covering a rescue action in Slovakia, covering the whole period of the competition.

3. In the running section:

- a. A running rucksack or a belt pack
- b. A water container of a litre volume or more,
- c. A working headlamp with good batteries,
- d. A first aid blanket of the minimum dimensions of 140x200cm,
- e. Extension bandage and a sterile dressing,
- f. A whistle,
- g. A cap or a headscarf,
- h. Full gloves with fingers,
- i. A waterproof jacket with long sleeves and a hood,
- j. A turned on and charged mobile phone with roaming service switched on,
- k. A map of the competition route provided by the Organizer,
- l. A valid ID or passport,
- m. A starting number visible at your back throughout the whole bicycle section,
- n. Insurance covering rescue in Slovakia valid 22-25 June 2018.

Lack of any of the obligatory equipment items result in immediate disqualification of a competitor.

## **COMPETITION ORGANIZATION**

1. Starter packs will be ready to collect on the day of the competition - June 22 2018 from 8:00 to 14:00. Those who do not collect starter package within a period will not have the right to compete.
2. Competitor will have to present whole obligatory equipment and documents (id, insurance) during collection of starter package.
3. The swimming route is protected by lifeguards.

4. The bicycle route is marked in critical crossover points. The competitors are obliged to be familiar with the route and have a map provided by the Organizer.
5. It is prohibited to have any person from a competitor's support team riding a bike on the bicycle route.
6. The Organizer's car is on the bicycle route and it controls the course of the competition.
7. The running route will not be marked. The competitors are obliged to be familiar with the route and have a map provided by the Organizer.
8. In the running route there will be only one refreshment point and it will be located in Hala Ornak mountain hut. Apart from this place the nourishing of the competitors takes place with the help of their support teams.
9. Providing food and support to the competitors on the bicycle route has to take place in a manner, which does not hinder the movement of other competitors or other road users. The car of a support team has to be parked with its four wheels outside of the roadway. It is allowed to park only in places where parking is permitted. It is forbidden to provide food while the car is moving.
10. In case of a failure of a bicycle on the bicycle route it is allowed to have the support team help you in the repair.
11. It is allowed to run on the running route with support, however, the support team must not help a competitor in carrying their obligatory equipment.
12. It is forbidden to shorten the route in any manner. In the running section it is absolutely forbidden to leave the marked tourist route.
13. The entry fee includes the entry ticket to the Tatra National Park for the competitor. The support teams have to buy the entry tickets for themselves.
14. The Organizer provides medical support on the whole route of the competition, and also the protection provided by TOPR (Tatra Volunteer Search and Rescue) on the running route.
15. In case of exceeding the time limit of a given section, a competitor is obliged to stop the competition and return the starting number to a judge. It is forbidden to continue the competition on one's own.
16. In case of a withdrawal from the competition, the competitors are obliged to report this fact to the Organizer immediately, by calling to the phone number provided in the materials given before the start or to a person representing the Organizer in a control point.

## **ENTRY FEE**

1. The entry fee amounts to 1100 PLN payable to the Organizer's bank account on registering to the competition.
2. Entry fee for the competitors who took part in previous editions will be 825pln (-25%).
3. The entry fee is non-returnable. If a competitor has to resign from the competition, it is possible to change the competitor with the Organizer's consent. In case of a resignation and a change of a competitor after 22<sup>th</sup> May 2018 it is not possible to change the size of the T-shirts.

## **PARTICIPATION CONDITIONS**

The right to start in the competition is granted to the persons, who:

1. Fill in the registration form and are on the starting list announced by the Organizer,
2. Have paid the entry fee in the full amount,
3. On the day of the competition are 18 years old and present a valid ID or a passport confirming their identity,
4. Sign a statement about starting in the competition of their own free will and at their own responsibility, being aware of the dangers resulting from the difficulty of the competition.

## **REGISTRATION**

1. Registration will be launched January 25, 2018, at 12.00.
2. The limit of participants is 50 people. In the case of exceeding the limit, first 50 people who fill the application form and pay the entry fee will be qualified.

## **FINAL PROVISIONS**

1. The Organizer has right to change the route, date or limit of participants due to decisions, permissions and agreements got from PL and SK offices.
2. The competition takes place regardless of the weather conditions, however due to the weather conditions the route might be modified and shortened.
3. The Organizer decides on the interpretation of the rules and regulations and all contentious issues.