

1. ORGANIZATION

Utrku organizira udruga "Dinaridi Trails" u suradnji sa Hrvatskom gorskom službom spašavanja te gradovima: Knin, Vrlika, Sinj, Trilj, općinama: Kijevo, Civljane, Hrvace, Otok te županijama: Splitsko – dalmatinska i Šibensko – Kninska.

The association "Dinaridi Trails" are the organizers of the event Ultra Trail Dinarides in assistance with the Croatian Mountain Rescue Service and the cities of Knin, Vrlika Sinj, Trilj and municipalities Kijevo, Civljane, Hrvace, Otok and Split-Dalmatia and Šibenik-Knin counties.

DIRECTOR OF EVENT: Ivan Marušić 095/506-1526

ASSOCIATION:

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2. GENERAL INFORMATION

Ultra trail Dinarides is an event consisting of several individual races using the mountain routes of the Dinara Nature Park. Each race is a separate event which must be done in a single stage at an undefined pace within a time limit.

- KING'S RACE: 157 km long with an altitude difference of 6780 m, starts in Kninu with a time limit of 46 hours.
Start: 16:00h, 26th May, 2023.
- KNIGHT'S RACE: 81 km long, with an altitude difference of 3470 m, start in Vrlika (Ježević) with a time limit of 28 hours.
Start: 06:00h, 27th May, 2023
- UTD MARATHON: 42 km long with an altitude difference of 1500 m, starts in Voštane with a time limit of 12 hours.
Start: 08:00h, 27th May, 2023

- INITIATION RACE: 20km long with an altitude difference of 780m, starts in Sinj with a time limit of 5 hours.
Start: 09:30h, 27th May, 2023
- FAMILY RACE: 10km long with an altitude difference of 290m, starts in Sinj with a time limit of 4 hours.
Start: 10:00h, 27th May, 2023

3. PARTICIPATION AND REGISTRATION CONDITIONS

The races are open to any person, male or female, licensed, or not. A declaration of liability has to be signed by the parents from participants born in 2005. or younger.

The participants born between 2005. and 2007. may only participate in the following courses:

FAMILY, INITIATION and MARATHON.

Registration has to be made online at the registration pool on our official website

www.ultra traildinarides.com . The indemnity provision and the Conditions for participation have to be accepted during online registration. A participant only becomes entitled to a starting slot after a succesful payment provided that slots are still available.

Each participant has to pick up his/her starting pack in person.

Athletes who have been found guilty of doping will not be admitted. Moreover, the organizer is entitled to disqualify athletes for reasons important to the organizer.

4. REGISTRATION FEE

Registration is available online at our partner's website Stotinka.hr, who handles all registrations and all personal data of the registered entrants. By registering to the Ultra Trail Dinarides, competitors automatically accept the competition regulations and ethics. Registration is final. The fee can be paid online by credit card via a secure payment system.

RACE	AMOUNT
KING'S RACE	133 €
KNIGHT'S RACE	80 €
UTD MARATHON	53 €
INITIATION RACE	23 €
FAMILY RACE	13 €

The registration fee covers:

- Starter pack with gifts
- Large drop bag and complete manipulation (only for KING'S and KNIGHT's races)
- Small drop bag and complete manipulation (for all competitors on all races). After the start of the race, the small bags will be transported to the finish line in Sinj
- rich aid stations, approximately every 15 km, with drinks and food
- showers and changing room facilities at the city pool near the finish line
- a hot meal in Sinj
- finisher's medal
- medical first aid in the finish area
- live timekeeping, interim times and results
- a hot meal at the mountain house sv. Jakov (only KING'S and KNIGHT's races)
- rest area mountain house sv. Jakov (only KING'S and KNIGHT's races)

The registration fee does not cover:

- Bus transfert from Sinj to the start location of King's and Knight's race (the transfer can be booked during registration and costs 8€)

5. RUNNERS COMMITMENT

To participate in the Ultra Trail Dinarides, particularly the KING'S and KNIGHT'S races, it is essential:

- To be completely aware of the length and specificity of the event and to be perfectly prepared for it
- To have acquired, previous to the race, real capacity of personal autonomy in the mountains allowing for the management of potential problems induced by this type of event, and notably:
 - To know how to confront, without outside help, climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain or snow)
 - To know how to manage, including when one is isolated, physical or mental problems arising from great fatigue, digestive problems, muscle or articular pains, small wounds...
 - To be completely conscious that the organization's role is not to help a runner manage these problems
 - To be completely aware that for such an activity in the mountains safety depends upon the runner's capacity to adapt to the problems encountered or foreseen

- To inform and to sensitize the members of the runner's entourage towards the respect of nature, people and the regulations of the race
- To accept to receive newsletters providing information about the event

6. SEMY-AUTONOMY

The race will be conducted based on the principal of semi-autonomy. All races of The Ultra Trail Dinarides event take place in one single stage, at an undefined pace, within the time limits specified for each race. Semi-autonomy is defined as having the capacity to be autonomous between two refreshments posts, referring to food and drinks, equipment, and safety, allowing for adapting to any problems encountered or foreseen (bad weather, physical problems, injury...)

This principle implies the following rules:

1. Each runner must have with them throughout the duration of the race the totality of their mandatory equipment. At any moment of the race, the equipment can be checked by the race officials. The runner is obliged to submit to these checks in good faith, at the risk of exclusion from the race.
2. The refreshment posts supply drinks and food may only be consumed at the refreshment post. The organization only supplies still water or energizing drink for filling water bottles or hydration packs. When leaving the aid station, the runners should take care to ensure they have the quantity of drink and food which is necessary to keep them going until the following aid station.
3. Personal assistance and company is tolerated exclusively at certain aid stations (*), in the zone specifically reserved for this use. Assistance can only be given by one person, without specific equipment other than a bag with a maximum volume of 30 liters. Assistance given by a team of professionals, or any medic or paramedic, is strictly forbidden. The rest of the refreshment post is strictly reserved for the runners.
4. It is forbidden to accompany or be accompanied along any part of the race route by a person not registered for the race, outside of the tolerance zones which are clearly marked in the

(*) Personal assistance is tolerated at the following aid stations:

Brezovac, Cetina river source, sv. Jakov, Žlabina, Gljevi

It is forbidden at all other refreshment posts, as well as at any other point of the race route.

7. MANDATORY EQUIPMENT

In order to ensure their security and the good progress of each event, each participant must have at their disposal the all the mandatory equipment on the list, detailed below.

The “hot-weather”, “cold-weather” kits are integrally a part of the obligatory equipment. According to the weather conditions, the organizers can activate a kit and inform each participant before the opening of the race-bib distribution for their race. Each participant must, therefore, present their mandatory equipment, including the kit activated by the organizers, in order to retrieve their race-bib, and agree to keep it with them throughout the event.

It is important to note that the material imposed by the organizers is a vital minimum which each trail-runner must adapt in function to their own capacities. In particular, they must not choose the lightest weight clothing possible in order to gain a few grams but opt for clothing which really offers good protection in the mountains against the cold, wind and snow, which therefore give better security and better performance.

Basic kit

BASIC KIT

equipment parts	FAMILY	KING'S	KNIGHT'S	MARATHON	INITIATION
race pack destined to transport obligatory equipment throughout the race	O	O	O	R	R
Mobile phone	O	O	O	O	O
Personal beaker (15cl minimum)	O	O	O	O	O
Supply of water, min. 1l	O	O	O	O	R
Head torch and spare battery	O	O	O	-	-
Survival blanket + first aid kit + whistle	O	O	O	O	O

Food reserve	O	O	O	O	R
Hooded jacket	O	O	O	TBA	TBA
long legged trousers or a legging+socks combination (cover the leg completely)	O	O	R	-	-
Cap or bandana	O	O	R	R	R
Additional warm layer	O	O	-	-	-
Waterproof overtrousers	TBA	TBA	TBA	-	-
ID or passport	O	O	O	O	O

- Mobile phone (smartphone strongly recommended): the runner must be reachable at any time before, during and after the race:
 - mobile phone with international roaming allowing for its use in Croatia and BiH (since part of the race goes through BiH) - load into its memory the organization's security numbers, don't hide your number and don't forget to leave with the battery fully charged
 - Keep the phone on, airplane mode is prohibited and it could lead to a penalty.
- head torch in good working order with spare cells/batteries
 - Recommendation: 200 lumens or more
- basic first aid kit
 - 2 gauze pads
 - 1 gauze roller bandage
 - a box of adhesive bandages
- Food reserve
 - Recommendation: 800kcal
- **The hooded jacket which can withstand bad weather in the mountains with waterproof* and breathable** membrane (eg. Outdry)**
 - *minimum recommended 10 000 Schmerber
 - **RET recommended inferior to 13

- the jacket must, imperatively, be fitted with an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer.
- the seams must be sealed.
- the jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back) since they do not damage in any obvious way the impermeability, are accepted.
- It is the runner's responsibility to judge, with these criteria, if their jacket fits the regulations stated but, during a check, the judgment is made by the person in charge of the check or the race official.
- Additional warm second layer: a warm second layer top with long sleeves (cotton excluded) of a weight of a minimum of 180g (men's size medium (M) OR the combination of a warm long sleeved underwear (first or second layer, cotton excluded) of a minimum weight of 110 g (men's size medium (M)) and a durable water repellent (DWR protection) windproof jacket*
 - *the wind-proof jacket does not replace the obligatory waterproof jacket, and vice versa

Hot weather kit (can be deemed necessary by the organization, according to weather conditions)

HOT WEATHER KIT equipment parts	KING'S	KNIGHTS	MARATHON	INITIATION	FAMILY
sunglasses	O	O	O	R	R
Saharan cap or a combination that covers the neck	O	O	O	R	R
Sun cream	O	O	O	R	R
Supply of water- minimum 2l	O	O	O	R	R

Cold weather kit (can be deemed necessary by the organization, according to weather conditions)

COLD WEATHER KIT equipment parts	KING'S	KNIGHT'S	MARATHON	INITIATION	FAMILY
3rd warm layer	O	O	O	R	R
robust and closed running shoes (minimalist,	O	O	O	O	O

ultralight and sandals excluded)					
Warm hat	O	O	O	O	O
Warm and waterproof gloves	O	O	O	R	R

- 3rd warm layer (the intermediary layer between the 2nd layer and the waterproof jacket)
 - Recommendation: fleece or compressible down jacket

LEGEND

- **O – obligatory**
- **R – recommended**
- **TBA – to be announced**

8. INSURANCE

Competitors are advised to obtain insurance. Each competitor should be covered by accident insurance. This must cover potential costs for Rescue operations (particularly helicopter evacuation, search, and action by rescue) and treatment. Any damage claims from competitors against the Race Organizer, regardless of their legal reason, are void.

For members of the ITRA (International Trail Running Association), it is possible to subscribe to an Assistance – Repatriation insurance which covers the cost of search and rescue world-wide. For more information go to <https://itra.run/page/353/Insurance.html>.

The choice of the method of evacuation and the actual choice of hospital is at the discretion of the search and rescue and medical officials.

Expenses arising from the use of exceptional methods of rescue or evacuation have to be paid by the person rescued who will also have to pay their return from the place to where they were evacuated. It falls to the runner to create their file and present it to their insurance company within the stated time limit.

9. RESPECT FOR THE ENVIRONMENT

By registering for the Ultra trail Dinarides event, participants agree to respect the environment and the natural areas they pass through. In particular :

- It is strictly forbidden to abandon your rubbish (gel tubes, paper, organic detritus, plastic wrappers...) along the race route. Trash/rubbish bins are available at each aid station and it is imperative that they are used. The race officials conduct random checks all along the race route.

- All participants must keep any rubbish and wrappers with them until they can throw them in the bins which are provided for them at each aid stations. The organization encourages runners to equip themselves with a bag or pouch in which to transport their waste to the next bin.
- It is imperative that you follow the paths as they are way-marked, without short-cutting them.
- No disposable plastic dishes (cutlery, cups, bowls) will be distributed at the aid stations. This is to reduce the plastic usage by runners, as well as by the volunteers of the Ultra trail Dinarides. Instead of the plastic utensils, the organizer will provide wooden or paper ones.

10. PHOTO/VIDEO RIGHTS

Every competitor expressly foregoes the right for any images or video footage during the event, just as they renounce any right of appeal to the organizers and their partners for the use of their image. Only the organization can transfer this right for images and videos to any media, via an accreditation or relevant license.

All communication about the event or the use of images or videos from the event must respect the name of the event, the registered trademark and have official approval from the organization.

11. PERSONAL DATA PROTECTION POLICY

With the registration, the participant agrees that personal data can be gathered and passed on to third parties for the purposes of timekeeping, rankings, and results as well as for the publication of respective lists on the internet.

The information is collected as part of a registration for one of the Ultra Trail Dinarides races, for the needs of the organization and in particular to identify each competitor in order to communicate his/her information related to his/her participation before, during or after the event.

The participant agrees that his first name, last name, country, date of birth, team name, bib number and results (ranking, time) may be published in all print and electronic media relevant to the event.

The runner's data is kept in the database for 10 years. This period is renewable at each registration and corresponds to the legal data retention period of the medical and non-contraindication to the practice of athletics or running in competition certificate, or the sports card. Beyond these 10 years, and unless the runner authorizes the organization to keep his/her data, all data are deleted except the runner's surname, first name, date of birth, gender and nationality to maintain the rankings.

12. AID STATIONS

The organization ensures the presence of solid and liquid refreshments along the race route. The aid stations supply drinks and food for consumption in situ. The organization supplies still water and energizing drink for filling water bottles/hydration packs and personal beakers. The competitor must take care when leaving each aid station, that they have enough food and drink to last them to the next aid station.

Only runners wearing a visible race-bib who have been duly checked have access to the aid stations. The Race guide (to be published in March 2022 will have a complete list of aid stations and what they serve.

13. SPARE BAGS

KING'S/ KNIGHT'S: each participant in addition to the start number, are the starting package gets a big and a small bag.

The big bag is transported to the refreshment station of St. Jakov after the participants fill it up and hand it over at a designated place in Sinj during certain working hours. Upon arrival at the refreshment station of St. Jakov, the participants pick up their bag and hand it over to the official staff when they leave the station. This bag is then transported back to Sinj where it can be picked up at certain opening hours.

A small bag is used for personal belongings / equipment from the start. After the participants fill it with things they do not need in the race, the bag is deposited to certain places at the start and transported to Sinj. There they can be picked up by arriving at the finish line.

MARATHON / INITIATION / FAMILY: each participant gets a small bag with the start number

A small bag is used for personal belongings / equipment from the start. After the participants fill it with things they do not need in the race, the bag is deposited to certain places at the start and transported to Sinj. There they can be picked up by arriving at the finish line.

Note 1: We advise participants not to leave valuables in bags. the organizer does not bear any responsibility for the theft

Note 2: small bags are deposited exclusively at the start location of each race

Spare bag collection in Sinj: Bags are picked up only with the presentation of the start number, and can be picked up by participants or their support. The bags must be picked up no later than two hours after the end of the event. After this deadline, the participant must contact the organizer and at his own expense, personally pick up the bags at a location designated by the organizer.

The organizer ensures the transport of bags to Sinj for participants who are absent, provided that the removal is announced to the head of the refreshment station. Transport is in direct correlation with the logistical requirements during the race and therefore the organizer cannot guarantee transport before the end of the race.

Only bags provided by the participants by the organizers will be transported. Sticks are not allowed in bags. The contents of the bags will not be checked and any objections to the contents of the bag will not be accepted.

14. CHECK POSTS

A check is carried out at the arrival at an aid station and at certain security posts.

Unexpected check posts are set-up at posts other than those of aid stations or security posts. Their location is not divulged by the organization

15. WAY MARKING

The courses will be marked with more than 10.000 pink flags on the course (every cca 40 meters) along with around 100 arrow signs and a few kilometers of red-and-white stripe tape. For better sighting at night, the way-markers are fitted, in part, with reflective material which attracts the light of your torch. In the urban areas, the course will be marked with red-and-white tape along with the arrows sprayed on the asphalt surfaces.

ATTENTION: if you don't see any course mark for some time (longer than 200 m), turn back!

In respect to the environment, no paint is used on the paths.

16. MAXIMUM AUTHORIZED TIME AND TIME LIMITS

KING'S RACE: 46 HOURS

KNIGHT'S RACE: 28 HOURS

UTD MARATHON: 12 HOURS

INITIATION RACE: 5 HOURS

FAMILY RACE: 4 HOURS

These time barriers are calculated to allow competitors to arrive at the finish within the maximum time allowed while having made eventual stops (rest, food...). **In order to be authorized to continue with an event, competitors must leave the checkpoint before the time limit** (whatever their time of arrival at the checkpoint).

All competitors excluded from the race who wish to continue the route can only do so after having returned their race-bib and under their own responsibility and in complete autonomy.

17. SAFETY AND MEDICAL ASSISTANCE

It is up to a runner in trouble or seriously hurt to call for the help :

- By going to an aid station
- By calling race HQ
- By asking another runner to alert the security service

Every runner must give assistance to any person in danger and alert security services.

In the case where it is impossible to contact race HQ, you can make a direct call to the national security service (most particularly if you find yourself in a zone where only emergency calls are possible)

- 112

Do not forget that hazards of all sorts, linked to the environment and the race, may require you to wait for assistance for a longer time than expected. Your security, therefore, depends upon the quality of the equipment which you have put in your pack.

All the personnel, medics, paramedics, search and rescue and official guides, as well as any person so designated by the organization, are able to :

- exclude any competitor from the race who is judged to be unable to continue the event
- oblige any competitor to use any element of obligatory equipment
- have evacuated by any means any runners who are judged to be in danger
- orientate patients to a better treatment structure which is better adapted to their needs

A runner who contacts a physician or rescue personnel submits themselves to their authority and agrees to accept their decisions.

As from the moment where the state of a runner's health justifies treatment via an intravenous drip, they are obligatorily excluded from the race.

An infirmary will be accessible in Sinj throughout the duration of the event. Competitors who have a severe medical problem may present themselves. Minor treatments will be carried out at the discretion of the personnel and subject to their availability.

Each runner must stay on the way-marked route, even to sleep.

All runners who voluntarily venture from the way-marked course are no longer under the responsibility of the organization.

18. FINISH

Each competitor, upon successfully finishing the race in the designated time limit receives a finisher's medal.

A post-race meal is served at the designated restaurant in Sinj.

19. SHOWERS

There is the possibility of a hot shower at the end of the race. Access to the end of race showers is, strictly, only accessible to runners. The race-bib is the pass for accessing the showers.

20. RANKING AND RECOMPENSE

For each race, a general ranking, male and female, and for each category, male and female, is established.

KING'S: the first 3 men and the first 3 women in the general ranking

KNIGHT'S, MARATHON, INITIATION, FAMILY: the first 3 men and the first 3 women in the general ranking

Runners must be present at their prize giving. The trophies are only distributed at the ceremony.

Results will be published at the official website at www.ultratraildinarides.com. Finisher's certificates will be available and downloadable from the online repository at the official website.

21. ABANDONMENT AND REPATRIATION

Except in the case of injury, a runner must not abandon outside of an aid station. They must inform the person responsible for the post.

In the case of the decision to abandon between two aid stations, the runner must go to the next aid station where they announce their abandonment.

The runner keeps hold of their race-bib because it is the pass for accessing shuttle buses, buses, meals, treatment rooms...

Repatriation will be organized from each aid station. Injured or sick athletes will have a priority. In case of total stoppage of the race, the organization ensures the repatriation of the runners as fast as possible.

22. PENALTIES - DISQUALIFICATION

Race officials present along the race-route, and those responsible for the different aid stations and security posts are able to enforce the regulations and immediately apply a penalty in the case of non-respect for these regulations, according to the following chart:

BREACH OF REGULATION**PENALTY**

Short-cutting the route	at the race director's discretion
Absence of obligatory equipment (no waterproof jacket with hood, no torch, no survival blanket, no mobile/cell phone)	immediate disqualification
Absence of other obligatory equipment	1-hour penalty
Refusal to have obligatory equipment checked	disqualification
Phone turned off or in airplane mode	15-minute penalty
Discarding of rubbish (voluntary act) by a competitor or a member of their entourage	1-hour penalty
Lack of respect for others (organization or runners) Note: a participant whose supporters are uncivil and/or refuse to respect the organization's instructions will be penalized.	disqualification
Not assisting a person in difficulty (in need of care)	disqualification
Assistance outside the designated areas	1-hour penalty
Being accompanied along the route outside the clearly defined zones of tolerance in the vicinity of the refreshment posts.	1-hour penalty
Cheating (eg. : use of a means of transport, sharing a race-bib, ...)	immediate disqualification for life
Lack of visible race-bib	15-minute penalty
The wearing of a non-conforming race-bib	15-minute penalty
Absence of passage through a control point	at the race director's discretion

Refusal to comply with an order from the race directors, race officials, chief of posts, physicians or rescue personnel.

disqualification

(*) The time penalties are immediately applicable on site, meaning that the runner has to interrupt their race for the duration of the penalty time.

All other lack of respect for the regulations will be subject a sanction at the race directors' discretion.

23. EXCEPTIONAL CONDITIONS

If the circumstances require, the organization reserves the right to, at any moment, modify the route, start times, time limits, the position of aid stations or security posts, and any other aspect related to the good functioning of the event.

In the case of a force majeure, weather conditions which are too unfavorable or any other circumstance which puts the security of the competitors at risk, the organization reserves the right to:

- defer the start by a few hours maximum
- modify the time limits
- cancel the event
- neutralize the event
- stop the race in progress

In case of cancelation of the event for any reason more than 15 days before the start date, partial reimbursement of the registration fee will be made. The amount of this reimbursement will be defined as to allow the organization to deal with all the irremediable expenses made to the date of cancelation. In case of cancelation less than 15 days before the start date for any reason, or in case of interruption of the race, no refund of registration fees will be made.

24. AMENDMENTS TO THE REGULATIONS

The organizer reserves the right to make short-term amendments that will be announced in a timely manner, while all registered competitors will be informed by e-mail.

25. CANCELLATION

1. In the case of a **runner's non-chronic osteoarticular or muscular injury**, and only in this case, arising after registration and which is not completely curable by the day of the race, the organization recommends that the injured runner does not put themselves at unnecessary risk, cancels their registration (cancellation conditions as above) and asks for priority registration, for the same race, during a future event.
2. In case of a serious illness or death of the participant, the start fee will be returned in full (bank fees excluded). In order to get the refund, it is necessary to supply a medical certificate signed and stamped by the giving evidence of the runner's incapacity to participate in the race or death certificate.
3. In case of the pregnancy of a registered competitor (birth date 6 months before – 6 months after the race), the organization recommends that the pregnant runner does not put themselves at unnecessary risk, cancels their registration (cancellation conditions as above), and asks for priority registration, for the same race, during a future event.

All requests for priority, in the case of a cancellation due to injury, must reach us accompanied by a complete medical file (detailed medical report and image examination results confirming the diagnostic written in ENGLISH or CROATIAN language, signed and stamped by the physician must be delivered to the organizer by email before 15 March 2022. Any incomplete files will be rejected.

If the medical committee's decision is favorable, the participant will benefit from priority registration for the same race in a future year. Priority registration only means avoiding the draw. The registration is subject to all the usual registration regulations (entering data, registration fees).