

RACE RULES AND REGULATIONS

- VODNO-MATKA TRAIL MARATHON 2018 -



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1. ORGANIZATION

Trail-running Association TREX in collaboration with PSD Makpetrol are organising the trail running event Vodno-Matka Trail Marathon.

2. GENERAL INFORMATION

Vodka Matka Trail Marathon (VMTM) is a one-day event where central paces take two trail running events in the area of Skopje city - on the mount Vodno and in the canyon Matka. This area is abundant with natural beauties and cultural monuments of the past. The event aims to be the largest trail running race in Macedonia.

All races start from the Vodno neighbourhood near the place called Policija - for 2018 two races with different distances are planned:

- Vodno-Matka Trail (Mountain) Marathon: 40 km 2800 meters of denivelation, start 25.03.2018 at 08:00 local time, 2 points for UTMB - Ultra Trail du Mont Blanc - Verified by ITRA
- Vodno-Matka Trail Half Marathon: 23 km 1400 meters of denivelation, start 25.03.2018 at 09:00 local time, 0 points for UTMB - Ultra Trail du Mont Blanc - Verified by ITRA

3. INFORMATION FOR THE PARTICIPANTS

- The race is open to anyone, men and women over 18. Participants who have between 16 and 18 years of age can participate, with a written permission from a parent, only in the 23 km race. Participants who are under 16 years of age can not participate in any race;
- Participation in the race is on personal responsibility and the organizer assumes no liability in case of injury, accident or death;
- Each participant holds personal responsibility for their actions on and around the track, especially in case of violating the laws of the Republic of Macedonia
- Participants are required to be fully aware of the length and specification of the race and be totally ready for it;
- Have acquired abilities and skills for survival in mountain conditions, dealing with changes in the microclimate (rain, fog, wind, snow, night, low temperature);
- Be able to cope with isolation, physical and mental problems, digestive problems, pain in the locomotor system;
- Be fully aware that it is not the duty of the organizer to assist in dealing with the previously listed issues and concerns;
- By entering the race each competitor in the electronic form confirms that it is aware of the dangers of competition in nature and takes the risk to themselves.

4. STATEMENT OF RESPONSIBILITY

Voluntary registration and then participating in the races Krali Marko Trails indicates that the competitor is familiar with these rules and agrees to fully accept the rules and regulations set forth herein.

5. AUTONOMY DURING THE RACE

The term "autonomy" means the ability of a participant to depend on himself/herself in almost every part of the race. In addition to food and drinks, this also applies to clothing and equipment, making participants able to adapt to the environment (storm, injuries).

At the checkpoints the participant can get food and water from the organizers of the race, but between these points, the participant should be able to rely on its equipment, food and drinks, preparedness and resilience. Because the races take place in nature and on the mountains, the competitors must have the experience to adapt to the conditions of nature, unexpected changes in weather conditions, rain, thunderstorms, meeting with animals.

The organizer will mark the track in an appropriate way (details in section MARKING OF THE RACE); yet, competitors must have a minimum sense of orientation in nature.

6. SAFETY AND MEDICAL ASSISTANCE

Medical assistance teams and the Red Cross will be provided along the track in case of emergency. In case of injury or other necessity, competitors will have to call the SOS phone of provided by the organizer on the Bib-number. If they are on area which is not covered by phone signal, they will have to convey the message to the first next checkpoint - so that actions can be taken as soon as possible.

At each checkpoint the organizer has provided basic emergency kit (bandages, plaster, Betadine, basic drugs); these will be available for runners by volunteers.

By submitting an application, each competitor, in an electronic form, confirms that it is aware of the dangers of competition in nature and takes the risk by themselves. The organizer will do its best to reduce the risks. However, we kindly ask the competitors to follow our advice and recommendations.

- We recommend that every contestant has a damage insurance which would cover the expenses in case of violation of this sporting event.

- We advise all competitors regularly to monitor their health situation and also, recommend a stress test a month or two before the competition to determine the level of fitness/stamina for this type of sport which requires high durability.

In order to preserve the safety and health of competitors, regulators and medical teams checkpoints **have the right** to stop the race and exclude those competitors who have been assessed that are no longer able to continue the race. In any event, competitors are required to follow instructions from controllers and medical teams. Any violation of these guidelines will lead to the disqualification of a competitor, and if he/she decides to continue at all costs, the organizer assumes no responsibility for possible side effects.

Each competitor that has any disease or medical condition is advised to consult a specialist for permission to participate in the races, and their doctor must notify the organizer of the race.

7. REGISTRATION

The registration for the races will be open on 10.01.2018 and will last until 11.03.2018

Enrolment fee and participation waves:

RACE	Early bird 10.01 - 11.02.2018	Late registration 12.02 - 11.03.2018	Last opportunity (without gift) 12.03. – 25.03.2018
<i>Vodno-Matka Trail Marathon</i>	15 €	20 €	20 €
<i>Vodno-Matka Halfmarathon</i>	10 €	15 €	15 €

Payment procedures:

- **ONLINE** - THROUGH THE **VODNO-MATKA SERVICE**
- **OFFLINE*** (*Note - Offline payment is only available from local banks in Macedonia*) - ON BANK ACCOUNT:

Назив на налогопримач: ТРЕКС

Адреса: Сава Ковачевиќ 47/3-54 1000 Скопје

Трансакциска сметка: 270069272700140

Банка: Халк Банка

Цел на дознака: Име и презиме на тркачот

Повикување на број: VM23 или VM40 (во зависност од трката)

*** Online payment is made through the secure "3D Pay" system of Halk Bank**

**** Note - in the online charge you will be charged a commission of 4% for bank charges and maintenance**

***** Note - the price does not include bank fees at the OFFLINE payment**

Starting package includes:

- BIB number and road book
- Food and drinks during the race
- Finisher medal
- Gifts from the supporters of the race
- VMTM branded gift from the organizer
- Participation in a unique outdoor sport event

Maximum number of participants

- VMTM 40K - 200
- VMTM 22K - 300

8. CANCELLATION

- Cancellations until February 15th, 2018 follow 50% refund of funds
- Cancellations after February 15th, 2018 - No reimbursement

If the race is canceled due to factors beyond the control of the organizer, up to 30 days before the event, 50% of the funds will be refunded. This amount has been calculated due to partial coverage of the already invested funds of the organizer.

If the race is canceled or interrupted due to atmospheric factors or any factors beyond the control of the organizer (vis major), it does not follow reimbursement.

Cancellation due to injury

In the case of non chronic osteo-articular or muscular damage acquired after the registration, and not completely curable before the race start, and solely in this situation, the organizer will transfer the funds for the next edition of ``Vodno-Matka Trail Marathon``.

9. CATEGORIES AND RANKING

All registered competitors for the two races of the edition "Vodno-Matka Trail Marathon 2018" will be classified into the following adult and gender categories:

- Seniors - (18-50) years - Men (M);
- Seniors - (18-50) years - Women (F);
- Veterans - (50+) years - Men (M);
- Veterans - (50+) years - Women (F);

The final ranking of the participants is in the general rank, category Men (M) and category Women (F)

10. AWARDS

The event does not award cash prizes to the best participants. Participants who finish in the first three places of the two races will be rewarded with a unique trophy, gifts from sponsors of the event and a diploma.

Additionally, the best three participants in the Veterans category (50+), as well as the youngest and oldest participant of the event will be awarded.

11. OBLIGATORY AND RECOMMENDED EQUIPMENT FOR COMPETITORS

Competitors are required to wear the **OBLIGATORY** equipment with them throughout the whole race. The organizer has the right to verify the obligatory equipment of the contestants on any control point (even unannounced) and if one of the contestants does not own most of the equipment will be disqualified from the race.

The equipment stated as **RECOMMENDED** by the organizer is not mandatory to possess during the race, but it is highly recommended to be possessed by the runners.

The organizer reserves the right to change or upgrade a list of mandatory equipment depending on the weather forecast and the conditions of the field. Participants will be notified in advance by the organizer before the start of the race.

The use of hiking sticks is allowed if the participant decides to use, he/she must have them during the whole race.

Mandatory equipment

- BIB number attached and fully visible on the front part of the body
- Rain jacket or space blanket
- Mobile phone - fully charged

Recommended equipment

- Volume of at least 0.5 liters
- Cap/bandana and gloves
- Energy bars or similar food
- Mountaineering poles
- First aid (hansaplast, elastic bandage)
- A headlight for those who will finish among the last - at dusk.

12. DROP BAG

Each participant in the Vodno-Matka Trail Marathon races will be provided with a drop bag (provided from the organizer), together with the participants' most needed items can be left before the start at the organizers office and the bags will be available for the runners at the finish of the race - at the peak of Vodno.

At the end of the race, competitors will be able to raise their drop-bags from the finish line **only by showing** their BIB number.

If no one appears to pick up the bag within 7 days after the end of the race, it will be subject to destruction due to hygienic reasons.

13. CONTROL POINTS

Control points are the places where the competitor's arrival time is recorded - the same is done by one of the volunteers. Participants must pass every control point on the race. Anyone who does not pass at one of the checkpoints will be disqualified from the race (emphasized in the section DISQUALIFICATION AND PENALTIES).

Some of the checkpoints are also refreshment points where runners (with BIB numbers) will have the opportunity to get food (fruit, sweet things, salt, etc.), water and other refreshments.

Control points on VMTM 40K

VODNO MATKA TRAIL MARATHON 40K 2800D+												
Control points	Refreshment points	Location	Facilities	Total km	Km. to next	D+ to next	D+ cum.	D- to next	D- cum.	Time first	Time last	Time limit
START	/	Policija nas. Vodno		0	2.7	290	0	15	0	8:00	8:00	
CP1	/	Sredno Vodno		2.7	2.1	28	290	67	15	8:17	8:35	
CP2	RP1	Markovo Kruvce	Drinks	4.8	3.8	516	318	24	82	8:27	8:55	
CP3	RP2	Vrv Vodno (Krstovar)	Food and drinks / +	8.6	4.4	66	834	213	106	8:57	10:05	
CP4	RP3	Sedlo	Food and drinks / +	13	6.5	216	900	820	319	9:20	10:45	
CP5	RP4	Kajakarski most	Food and drinks / +	19.5	6.3	475	1116	470	1139	10:02	12:10	
CP6	RP5	Kajakarski most	Food and drinks / +	25.8	2.2	246	1591	47	1609	10:50	14:00	14:30
CP7	RP6	Shishevski	Drinks / +	28	4.8	502	1837	110	1656	11:12	14:50	
CP8	RP7	Sedlo	Food and drinks / +	32.8	4.2	28	2339	313	1766	11:58	16:10	
CP9	RP8	Gorno Nerezi	Food and drinks / +	37	2.9	493	2367	41	2079	12:20	16:50	
FINISH		Vrv Vodno (Krstovar)	Food and drinks hot food / +	39.9			2860		2120	12:48	18:00	18:00

Control Points on VMTM 23K

VODNO MATKA HALF MARATHON 23K 1300D+												
Control point	Refreshment point	Location	Facilities	Total km	Km. to next	D+ to next	D+ cum.	D- to next	D- cum.	Time first	Time last	Time limit
START	/	Policija nas. Vodno		0	2.7	290	0	15	0	9:00	9:00	
CP1	/	Sredno Vodno		2.7	2.1	28	290	67	15	9:14	9:40	
CP2	RP1	Markovo Kruvce	Drinks	4.8	3.8	516	318	24	82	9:25	10:15	
CP3	RP2	Vrv Vodno (Krstovar)	Food and drinks / +	8.6	4.4	66	834	213	106	9:50	11:15	
CP4	RP3	Sedlo	Food and drinks / +	13	6.4	307	900	315	319	10:12	12:00	
CP5	RP4	Sedlo	Food and drinks / +	19.4	4.1	216	1207	46	634	10:50	14:30	
FINISH		Vrv Vodno (Krstovar)	Food and drinks hot food / +	23.5			1423		680	11:15	16:00	16:00

14.TIME LIMITS

Vodno-Matka Trail Marathon

- First time limit is control point CP6 Kajakarski most (26th km from the race), 6,5 hour from race start (25.03.2018 14:30 hour local time).
- Time limit for finishing the race is 10 hours after the start (25.03.2018 18:00 hour local time).

Only on the control points CP1, CP3, CP5, CP6, CP9 transport to the city center (by bus and cable car) will be provided for all those who are not able to continue the race or failed to catch the time limit indicated by the organizer in the control point timetables.

Vodno-Matka Half Marathon

- Time limit for finishing the race is 7 hours after the start (25.03.2018 16:00 hour local time).

Only on the control points CP1 and CP3, transport to the city center (by bus and cable car) will be provided for all those who are not able to continue the race or failed to catch the time limit indicated by the organizer in the control point timetables.

15. ROUTE MARKING

Red and white stripes are the official markings for the Vodno-Matka Trail Marathon races and they will be placed at appropriate distance so that competitors won't have no major problems with orientation. The last 5 kilometers from the 40km race will be marked with reflective markings which enables easier detection of the same overnight.

Use of GPS navigation is allowed and recommended - race tracks available at the official website www.vodnomatka.mk - so the contestants will have extra security in orientation. However, GPS track is approximate orientation.

If any of the contestants continue in part that no visible delimitation, it is **MANDATORY TO** return to the last point where there is one.

16. PHOTO COPYRIGHT

By accepting these regulations each competitor relinquishes their claim to photographic copyright over the official photographs of the event. All official photos of the event are the property of the organizer and they must not be used, exploited and taken without prior approval. The organizer has the right to use these photos for their needs.

17. ENVIRONMENTAL RESPONSIBILITY

Vodno-Matka Trail Marathon will be environmentally responsible event. It appeals to all competitors, volunteers and the public, to be extremely careful and not to pollute.

Anyone who will be caught polluting the nature will be disqualified. Competitors must bring the trash and leave it at the next control point at the specified bags for waste. Let's try our conduct

to be an example for others and to contribute our nature to remain clean and unpolluted - for us and for future generations.

18. DISQUALIFICATION AND PENALTIES

The organizer has the right to disqualify the competitor in the following situations:

- the competitor is not registered at one or more control points;
- Makes shortcuts during the race;
- Uses transport during the race;
- the competitor opposes the checks by the organizer during the race;
- does not possess the mandatory equipment or refuses to show it for eventual check by the volunteers;
- fails to comply with the order of an official person - controller, medical assistance, organization.

The organizer has the right to punish the competitor by adding 1 hour at his/her total time in the following situations:

- is spotted littering the track;
- if it does not help a competitor who needs help.

The penalty in extra time can affect the competitor's final result - he may "drop" a few places in the general classification or is disqualified because the total time can exceed the time limit of the races.

19. MAKING CHANGES IN THE ROUTE AND CANCELLATION OF THE RACE

The organizer reserves the right to modify and change the race route, control points and the time of start at any time due to objective reasons.

If any undesirable weather (possibility of thunderstorms and storm) and adverse consequences due to bad weather are possible, the organizer reserves the right to make changes at any part of the route or cancel the race.

The start of the race can also be moved for several hours due to undesirable weather conditions, including the forecast of high temperatures.

Race Director: Dejan Krlevski

Dejan Krlevski

Technical Director and president of Sports Association TREX: Igor Jovanovski



Skopje 2018