



Rules and regulations

Ohrid Ultra-Trail® 100K
Galicica Ultra 60K
Samotska Trail Marathon 40K
Letnica Trail 20K

Skopje
29.09.2022

Ver. 1/2023

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DECLARATION OF PHYSICAL FITNESS AND DISCLAIMER

OHRID ULTRA-TRAIL 2023

By registering, the participant acknowledges that the competition requirements, legal order and rules of procedure are binding. These regulations serve the uniform and equal engagement in the sport and are non-appealable in a court of law. Their recognition and upholding are a prerequisite for participating in the event. Each entrant is responsible for the technical safety of his/her gear and must ensure that it is in conformity with the rules. The organizer assumes no liability for accidents, personal injury or material damage, theft or other damages!

PARTICIPANT'S DECLARATION OF PERSONAL LIABILITY

1. I have read, understood and fully accepted the Rules and Regulations governing the sports event in which I take part (OHRID ULTRA- TRAIL 2023), that will take place on 27.05.2023. The Rules and Regulations are published at the official website of the event (www.ohridultratrail.com).
2. I am sure of being sufficiently prepared (physically and psychologically) to take part in the race. I follow the appropriate medical controls to guarantee that I enjoy good health, not suffering from any disease, allergy, physical defect, lesion or cardio-respiratory disorder advising against taking part in the event.
3. I am fully aware of the difficulties of the event, its course, profile and distance; which I have previously consulted at the event website (www.ohridultratrail.com).
4. I am aware that this type of event entails an additional risk for the participants. I therefore state that I am taking part in the event of my own free will and at my own initiative, and I fully assume the risks and consequences derived from my participation.
5. I have sufficient knowledge and technical skill to guarantee my own safety in the environment and conditions of autonomy in which the event takes place. I also have the sports and safety gear required by the Organizer for the day of the event; and I guarantee that it is in perfect condition, that I know how to use it properly, and that I will wear it/carry it on my person during the entire event.
6. I commit to obey the rules and safety protocols established by the Organizer of the race in which I take part; and to behave responsibly, avoiding conducts that increase risks to my physical or psychological integrity. I will follow the instructions and comply with the decisions taken by the responsible persons from the Organization (judges, doctors and organizers) with respect to all aspects of safety.
7. I authorise the Medical Services of the event to perform on my person any medical procedure or diagnostic test that they deem appropriate in any moment of the event, whether or not I have requested it myself. Whenever requested by them, I undertake to abandon the event and/or allow my hospitalization, if they deem it necessary for the sake of my health.
8. I authorise the event Organizer to take and use any photography, film or recording of my person taken during the event, providing they are exclusively related to my participation in the event; and that I will not receive any compensation in return.
9. I will not consume any prohibited substances considered as doping substances by the athletics and mountaineering federations before or during the event. I am aware that the Organization may oblige the first three classified participants of each category per race to undergo anti-doping control.
10. I am aware that my race-bib is personal and non-transferable, therefore I will not cede it or sell it to any other person in any case, even in the case that I cannot assist in the event.
11. I am taking part in the event of my own free will and on my own responsibility. Therefore, I exonerate any responsibility the Organizer, its collaborators, sponsors and any other participants, exempting them from any liability for any physical or material harm that may occur to me, and therefore, I waive my right to file a report or claim against said parties.
12. I undertake to follow the general guidelines of respect for nature and for other persons. Said guidelines are described below:
 - To exercise caution and follow the established rules when moving along trails and roads which are open to traffic.
 - To not cause any deterioration to the biotic, geological or cultural resources, or in general to the landscape.
 - To perform any physiological needs in appropriate places, or in any case, out of water and far from passage or meeting points.
 - To not trash or abandon objects or solid or liquid waste out of the places specifically provided for disposing of such objects or waste.
 - To not leave the marked trail.

I declare under moral and criminal liability that in the past period I have not had contact with any person(s) positive with Covid-19, and that I have not been quarantined and self-isolated; on the days before race start I declare that I feel healthy, with normal body temperature levels and without any covid-19 virus symptoms; I declare that I will fully abide to the race rules and health protocols for covid-19 protection during the event.

RULES AND REGULATIONS OHRID ULTRA-TRAIL 2023

1. ORGANISERS

1.1. Outdoor association TREX – Skopje in partnership with Outdoor association TOP ADVENTURES – Ohrid are organizing the trail running event Ohrid Ultra-Trail®.

2. GENERAL INFORMATION

2.1. Ohrid Ultra-Trail® is a three day international outdoor sports event taking place annually in the Galicica National Park and Prespa-Ohrid region, N. Macedonia. The third edition that encompasses 4 trail running races is scheduled on May 27, 2023.

2.2. The races will take part in a single stage and in semi autonomy, with athletes subjected to time limits. The planned routes are clearly described, and they are visible on www.ohridultratrail.com

Race details	Length	D+	D-	Date	Start	Limit
Ohrid Ultra-Trail® 100K	107.0 km	5,000 m	5,000 m	27.05.2023	00:00	25 h
Galicica Ultra 60K	65.5 km	3,350 m	3,350 m	27.05.2023	07:30	16.5 h
Samotska Trail Marathon 40K	40.5 km	1,950 m	1,950 m	27.05.2023	09:00	10 h
Letnica Trail 20K	22.6 km	1,100 m	1,240 m	27.05.2023	10:30	6 h

3. PARTICIPATION REQUIREMENTS

3.1. Participants are required of the following:

- To understand the length and particularities of the demands of the race and to be well trained to participate.
- To have acquired, before the event, a real capacity of complete independence in the mountains and to be able to manage the problems associated with this type of challenge, in particular:
- Adapt to the climate conditions that can change with altitude and become difficult, such as wind, cold, fog, rain or snow.
- Understand the physical or mental fatigue this challenge may cause: problems with digestion, muscles, joints, blisters, and minor wounds.
- Understand that the role of the Organization is not that of a life-saving entity. For the trail race, safety is dependent on the capacity of the participant to adapt to the problems which will be faced, foreseen and unforeseen.

4. REGISTRATION

4.1. Registration requirements

- 4.1.1. Participation in any race in Ohrid Ultra-Trail® is open to anyone older than 18 years on 01.10.2022.
- 4.1.2. Exception is Letnica Trail 20K where runners older than 16 years on 01.10.2022 are allowed to participate with written parental consent.
- 4.1.3. Participants that have been under effective ban of doping violation are forbidden to take part in Ohrid Ultra-Trail®.
- 4.1.4. Participants that have broken race rules and regulations in previous editions of Ohrid Ultra-Trail® and consequently have been disqualified, are forbidden to take part in Ohrid Ultra-Trail®.
- 4.1.5. Participants that have broken fair-play rules and have misbehaved thus endangering the wellbeing of other participants and volunteers in any other sport competition are forbidden to take part in Ohrid Ultra-Trail®.

4.2. Registration procedures

- 4.2.1. Registration for all races begins on 01.10.2022.
- 4.2.2. Registering for 100K and 60K races is not possible after 10.05.2023.

- 4.2.3. Registering for 40K and 20K races is not possible after 10.05.2023.
- 4.2.4. Starting lists are generated on 11.05.2023 afterwards fee payment and refunds are not allowed.
- 4.2.5. Registration is considered completed only after paying the starting fee.
- 4.2.6. In the registration form the mandatory fields must be filled:
 - Name
 - Surname
 - Birth date
 - Gender
 - Nationality
 - Mobile phone number of the participant
 - Mobile phone number of a close person of the participant
 - E-mail address
 - T-shirt size

5. RACE FEES AND STARTER PACK

5.1. Race fees are as following:

Race fees in 2023	EARLY BIRD DISCOUNT 01.10.2022 - 31.10.2022	REGULAR PRICES 01.11.2022 - 10.05.2023	11.05.2023 27.05.2023	-
Ohrid Ultra-Trail® 100K	71 EUR	81 EUR	Closed	
Galicica Ultra 60K	52 EUR	60 EUR	Closed	
Samotska Trail Marathon 40K	29 EUR	37 EUR	Closed	
Letnica Trail 20K	16 EUR	22 EUR	Closed	

5.2. Discounts:

- Group registrations / Running clubs (minimum number of participants is 5) per EARLY BIRD race fees.
- FREE = 2022 edition general classification podium holders of each race distance.
- FREE = Runners with ITRA Performance Index greater than 730 (male) and 575 (female) or National athletic champions or Olympians.
- FREE = Travel promoters and/or influencers in the outdoor and running community.
- For discounts and free registrations please contact us by email race@ohridultratrail.com BEFORE registering latest by 20.04.2023.

5.3. Starter pack contains the following:

- Race bib number and route markings
- Medical and rescue assistance, refreshments and food along the race routes
- Race branded gift
- Finishers medal
- Post-race meal
- N.P. Galicica entry fee
- Bus transfer to start (all races except 100K)
- Free race photos

5.4. Payment procedures

5.4.1. Registration is made exclusively through filling registration form at event website www.ohridultratrail.com

5.5. Accepted Payment Methods:

5.5.1. ONLINE PAYMENT WITH CREDIT / DEBIT CARD

Ohrid Ultra-Trail® WEB SERVICE – www.ohridultratrail.com

Online payment is made through the secure “3D Pay” system of HalkBank AD Skopje

Note: An additional commission of 4% is charged for bank fees and maintenance costs

5.5.2. BANK TRANSFER (valid only within N.Macedonia)

Entity name: TREKS

Address: Ibe Palikukja 17, 1000 Skopje

Account number id: 270069272700140

Bank: HALK BANKA

Remittance description: Participants' Name Surname and race distance.
Note: An additional bank commission may be charged.

5.5.3. PAYMENT BY INVOICE. Please contact us at race@ohridultratrail.com before registering.

5.6. Fixed number of participants

Race	Max. number
Ohrid Ultra-Trail® 100K	99
Galicica Ultra 60K	99
Samotska Trail Marathon 40K	199
Letnica Trail 20K	299
TOTAL	696

6. CANCELLATION AND RACE CHANGE

6.1. Canceling registration

- 6.1.1. If a participant is unable to participate and wishes to cancel their registration, they must notify the organizers by email at race@ohridultratrail.com
- 6.1.2. Procedures for reimbursement are as follows:
 - Cancellation until 20.04.2023: 80% refund.
 - Cancellation until 10.05.2023: 50% refund.
- 6.1.3. Reimbursements will be made by 30 June 2023 and are subject to deduction of bank charges pertaining to refund processing.
- 6.1.4. Should the race be cancelled due to circumstances beyond organisers control (force majeure) up to 15 days before the race, the organisers reserve the right to refund 50% of the registration fee paid. This percentage is calculated to enable the organisers to cover part of the expenses incurred which cannot be recovered.
- 6.1.5. Should the race be cancelled or interrupted for atmospheric reasons, or for any other reason beyond organisers control, no refund of the registration fee will be made.
- 6.1.6. In case the whole event is postponed or cancelled due to covid-19 restrictions, paid starting fees will be valid in the next 2 years.

6.2. Changing races

- 6.2.1. If a participant who is registered and had paid the fee decides to change races, they must send a request by email to race@ohridultratrail.com by 10.05.2023, at latest, specifying the race they are registered for and the one they would like to enter.

6.3. Passing bib number to another participant

- 6.3.1. If an athlete who is registered and had paid the fee is prevented to participate in the race, there is an option to transfer the entry to another person who wants to take over the spot. They must send a request by email to race@ohridultratrail.com by 10.05.2023, at latest, specifying the following details
 - First and last name, date of birth, race bib number of the participant that cancels participation;
 - First and last name, date of birth of participant that is the replacement.
- 6.3.2. The request must come from the participant who is already registered and with assigned race bib number.
- 6.3.3. The replacement participant must register as well, but not pay; the organiser will assign a bib number in the system.
- 6.3.4. Participation in other races instead of the race for which the athlete has registered is not allowed.
- 6.3.5. Bib number exchange or use by anyone other than a registered participant is not allowed.

7. MEDICAL CERTIFICATE

- 7.1. Medical certificates are not required in order to participate in the races. However, the organiser encourages all participants to obtain a medical certificate that declares their well-being and strenuous exercise capabilities for their own sake.

8. RACE BIB NUMBER AND RACE PACK DISTRIBUTION

- 8.1. Race bib number and race pack distribution, for all races of Ohrid Ultra-Trail, will be held at Race Expo, in terms publicly announced at www.ohridultra-trail.com
- 8.2. To collect the BIB numbers participants must present a valid identity document (ID or passport).
- 8.3. IMPORTANT: All participants of 100K and 60K races must bring the mandatory equipment and their race pack at bib number distribution for purposes of control as a condition to receive their race bib number. (see art. 9)

9. MANDATORY AND RECOMMENDED EQUIPMENT

- 9.1. Mandatory equipment checks may be carried out during the race and participants may be sanctioned with time penalties or disqualified from the race. (see art. 19)
- 9.2. Mandatory equipment must be worn in the race pack (or in a race belt exclusively for 40K and 20K).
- 9.3. Due to unforeseen weather conditions, the organizers have the right to change or add new equipment in the mandatory equipment list.
- 9.4. The following mandatory equipment must be carried by the participants for the entire duration of the races:

MANDATORY EQUIPMENT				
OHRID ULTRA-TRAIL® 2023				
Clothes & Equipment	Ohrid Ultra-Trail® 100K	Galicica Ultra 60K	Samotska Trail 40K	Letnica Trail 20K
Race pack or running vest	MANDATORY	MANDATORY	MANDATORY	RECOMMENDED
Mobile phone fully charged and with activated roaming	MANDATORY	MANDATORY	MANDATORY	MANDATORY
Water bottles or bladder - 1 litre minimum volume	MANDATORY	MANDATORY	MANDATORY	RECOMMENDED
BIB number clearly visible in the front part of the body (provided by organiser)	MANDATORY	MANDATORY	MANDATORY	MANDATORY
Trail running shoes	MANDATORY	MANDATORY	MANDATORY	RECOMMENDED
Survival (emergency) blanket	MANDATORY	MANDATORY	MANDATORY	MANDATORY*
Whistle	MANDATORY	MANDATORY	MANDATORY	MANDATORY
Waterproof jacket - suitable for mountain conditions (gore-tex or similar)	MANDATORY	MANDATORY	MANDATORY	RECOMMENDED
Windproof jacket or long-sleeve mid-layer top	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED
Cup 150ml. min.	MANDATORY	MANDATORY	MANDATORY	MANDATORY
Headlamp with spare batteries	MANDATORY	MANDATORY	MANDATORY	/
First aid set (elastic bandage)	MANDATORY	MANDATORY	MANDATORY	RECOMMENDED
Hat/bandana	MANDATORY	MANDATORY	MANDATORY	RECOMMENDED
Gloves	MANDATORY	MANDATORY	MANDATORY	RECOMMENDED
Solid food, energy bars, gels	MANDATORY	MANDATORY	MANDATORY	RECOMMENDED
Hiking poles	RECOMMENDED	RECOMMENDED	RECOMMENDED	RECOMMENDED

*If participants of Letnica Trail 20K do not have emergency blanket they must bring a windproof jacket as a replacement item.

10. TIME LIMITS AND WITHDRAWING FROM THE RACE

- 10.1. Time limit represents the time when the runner must leave the control point.
- 10.2. A "broom" service will follow the last runner, in order to assist participants that withdraw from the race and to ensure assistance for anyone with injuries.
- 10.3. Cut off points are situated after aid stations.
- 10.4. Participants who do not leave these control points prior the established time limits will not be allowed to continue the race.

- 10.5. It is forbidden to go beyond the cut-off point and then go back to use the aid station or rest in its vicinity. Race officials reserve the right to disqualify athletes who disrespect these rules.
- 10.6. During the Ohrid Ultra-Trail® races, personal assistants acting as a runner's support are only allowed at aid stations. Assistants may only enter the area specifically designated for them and must comply with all instructions of aid station team leader and staff. Runners may only have one assistant, 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. A part from this area, the rest of the aid station is strictly reserved for runners.
- 10.7. No assistance is allowed, at any point along the race route.
- 10.8. Runners may only be accompanied in the areas where assistance is allowed - these areas are clearly marked in the proximity of the aid station. It is forbidden to accompany or be accompanied along any part of the race route by someone who is not registered for the race.
- 10.9. Participants who reach the check points after the maximum time, those who are injured and those who are evaluated by the medical staff to be unfit to continue the race, and any other participant who decides to drop out, shall be taken to the finish line by organization vehicle. For logistical reasons, participants who have dropped out may have to wait a couple of hours before being transferred to the finish area.
- 10.10. ATTENTION: Any participant who drops out of the race at any point other than the established check points should make their own way back to the control point and immediately inform the race organizers by text message or call the Organizer mobile number indicated on the race bib.
- 10.11. Timecharts:

T I M E C H A R T												
OHRID ULTRA-TRAIL® 107 km // 5,000 m+												
START/A - OHRID 27.05.2023 / 00:00h												
Check point	Altitude	Location	Cumul. km.	D+ cumul.	D- cumul.	Split km	D+ split	D- split	Fastest	Slowest	Time limit	Facilities
START/A	700	Ohrid	0	0	0	0	0	0	27/05 00:00	27/05 00:00		/
CP1	1051	Velestovo	12	650	280	12	650	280	1:07	1:45		Food and drinks, transport, medics on call
CP2	1083	G. Konjsko	19.5	1050	665	7.5	400	385	1:56	3:10		/
CP3	880	Elshani	22.8	1070	885	3.3	20	220	2:14	3:30	27/05 4:00	Food and drinks, transport, medics on call
CP4	726	Trpejca	33.2	1430	1380	10.4	360	495	3:09	4:55		Food and drinks
CP5	699	Sv. Naum	41.5	1640	1640	8.3	210	260	3:58	6:45	27/05 7:00	Food and drinks, transport, medics
CP6	1409	Vojtino	56	2550	1900	14.5	910	260	5:30	9:55		Food and drinks
CP7	2265	F10	60.5	3500	1930	4.5	950	30	6:30	12:15		Mountain rescue
CP8	1600	Prevoj	66.7	3630	2700	6.2	130	770	7:15	13:45	27/05 14:00	DROP-BAG, Food, drinks, hot meal, transport, medics
CP9	1973	Lako Signoj	69	4000	2750	2.3	370	50	7:50	14:45		/
CP10	1800	Chumo Vлага	74	4170	3100	5	170	350	8:20	15:45		/
CP11	1468	Asan Gjura	80	4380	3600	6	210	500	9:10	17:15		Food and drinks, transport, medics
CP12	1327	Letnica	92	4600	3980	12	220	380	10:10	19:45	27/05 20:00	Food and drinks, medics
CP13	1054	Velestovo	100	4960	4600	8	360	620	11:20	23:50		Food and drinks, hot meal, medics
FINISH	700	Ohrid	107	5000	5000	7	40	400	11:55	28/05 0:55	28/05 01:00	25 hours to finish

T I M E C H A R T

GALICICA ULTRA 65 km // 3,350 m+

START/B ST. NAUM 27.05.2023 / 07:30h

Check point	Altitude	Location	Cumul. km.	D+ cumul.	D- cumul.	Split km	D+ split	D- split	Fastest	Slowest	Time limit	Facilities
START/B	700	Sv. Naum	0	0	0	0	0	0	27/05 7:30	27/05 7:30		/
CP6	1409	Vojtino	14.5	910	260	14.5	910	260	8:45	10:15		Food and drinks
CP7	2265	F10	19	1860	290	4.5	950	30	9:35	12:25		Mountain rescue
CP8	1600	Prevoj	25.2	1990	1060	6.2	130	770	10:10	13:45	27/05 14:00	Food and drinks, hot meal, transport, medics
CP9	1973	Lako Signoj	27.5	2360	1110	2.3	370	50	10:40	14:30		/
CP10	1800	Chumo Vlaga	32.5	2530	1460	5	170	350	11:10	15:30		/
CP11	1468	Asan Gjura	38.5	2740	1960	6	210	500	11:45	17:30		Food and drinks, transport, medics
CP12	1327	Letnica	50.5	2960	2340	12	220	380	12:45	19:45	27/05 20:00	Food and drinks, medics
CP13	1054	Velestovo	58.5	3310	2960	8	350	620	13:40	22:00		Food and drinks, hot meal, medics
FINISH	700	Ohrid	65.5	3350	3350	7	40	390	14:10	23:50	28/05 00:00	16.5 to finish

T I M E C H A R T

SAMOTSKA TRAIL MARATHON 40 km // 2,000 m+

START/C PESHTANI 27.05.2023 / 09:00h

Check point	Altitude	Location	Cumul. km.	D+ cumul.	D- cumul.	Split km	D+ split	D- split	Fastest	Slowest	Time limit	Facilities
START/C	700	Peshtani	0	0	0	0	0	0	27/05 09:00	27/05 09:00		/
CP3	880	Elshani	1.7	185	3	1.7	185	3	9:15	9:30		Water
CP10	1800	Cumo Vlaga	7.2	1115	46	5.5	930	43	10:20	11:50		/
CP11	1468	Asan Gjura	13.7	1326	557	6.5	211	511	11:00	13:10		Food and drinks, transport, medics
CP12	1327	Letnica	25.5	1571	941	11.8	245	384	11:55	15:20	27/05 16:00	Food and drinks, medics
CP13	1054	Velestovo 2	33.8	1910	1555	8.3	339	614	13:00	17:20		Food and drinks, hot meal, medics
FINISH	700	Ohrid	40.5	1950	1950	6.7	40	395	13:30	18:55	19:00	10 hours to finish

T I M E C H A R T

LETNICA TRAIL 20 km // 1,100 m+

START/D VELGOSHTI 27.05.2023 / 10:30h

Check point	Altitude	Location	Cumul. km.	D+ cumul.	D- cumul.	Split km	D+ split	D- split	Fastest	Slowest	Time limit	Facilities
START/D	770	Velgoshti	0	0	0	0	0	0	27/05 10:30	27/05 10:30		/
CP12	1327	Letnica	7.7	736	230	7.7	736	230	11:15	12:50		Food and drinks, medics
CP13	1054	Velestovo 2	16.1	1076	843	8.4	340	613	12:05	15:00		Food and drinks, hot meal, medics
FINISH	700	Ohrid	22.6	1100	1240	6.7	33	387	12:35	16:25	16:30	6 hours to finish

11. CONTROL POINTS AND AID STATIONS

Race	Control points	Aid Stations
Ohrid Ultra-Trail® 100K	13	9
Galicica Ultra 60K	8	5
Samotska Trail Marathon 40K	5	3
Letnica Trail 20K	2	2

12. DROP BAGS

- 12.1. Each participant of Ohrid Ultra-Trail® 100K can leave a bag with a change of clothes to use at the CP8 Prevoj 66,7km. Once filled with his/her clothes and closed, the bag can be deposited at the latest 15 minutes before the start of the race.
- 12.2. Drop Bags may be collected at the finish upon presentation of race bib.
- 12.3. Participants are advised not to place objects of value in the bags; the organizers accept no liability for any theft, loss or damage of bags or their contents.
- 12.4. Only bags provided before race start 100K will be transported to the finish.
- 12.5. The Organizers will not send uncollected bags to participants' houses. Bags that are not collected two days after race ends will be immediately destroyed for reasons of hygiene.

13. RACE ROUTE

- 13.1. Ohrid Ultra-Trail® race routes require the ability to run on particular kinds of terrain, trails and impervious or treacherous paths (slopes with rocky outcroppings or debris) that are sometimes without barriers.

Race	Race route link
Ohrid Ultra-Trail® 100K	https://tracedet trail.fr/fr/trace/trace/179309
Galicica Ultra 60K	https://tracedet trail.fr/fr/trace/trace/179310
Samotska Trail Marathon 40K	https://tracedet trail.fr/fr/trace/trace/174176
Letnica Trail 20K	https://tracedet trail.fr/fr/trace/trace/155232

OHRID ULTRA-TRAIL® AID STATIONS

APPLICABLE TO ALL RACES - local time CET

Check point	Altitude	Location	100K km	60K km	40K km	22K km	OPENS	CLOSES	Accessibility	Assistance allowed	Coordinates
START/A	700	Ohrid	0	X	X	X	26/05 23:30	27/05 00:10	WALK/CAR	YES	41° 6'40.64"N 20°48'9.06"E
CP1	1051	Velesovo 1	12.0	X	X	X	27/05 00:30	27/05 1:45	CAR	YES	41° 4'52.80"N 20°49'32.48"E
CP2	1083	Gorno Korjnsko	19.5	X	X	X	1:30	3:15	CAR	NO	41° 3'1.95"N 20°48'49.20"E
CP3	880	Elshani	22.8	X	X	X	1:45	4:00	CAR	NO	41° 1'34.65"N 20°48'59.51"E
CP4	726	Trpejca	33.2	X	X	X	2:40	5:40	CAR	NO	40°57'38.38"N 20°46'58.63"E
CP5	700	Sv. Naum	41.5	X	X	X	3:30	7:35	CAR	YES	40°54'53.28"N 20°44'34.97"E
START/B	700	Sv. Naum	X	0	X	X	7:00	7:35	CAR	YES	40°54'53.28"N 20°44'34.97"E
CP6	1409	Vojtino	56.0	14.5	X	X	5:00	9:00	HIKE/MTB	NO	40°54'30"N 20°48'16"E
CP7	2265	F10	60,5	19.0	X	X	6:00	12:15	HIKE	NO	40°54'47"N 20°49'40"E
CP8	1600	Prevoj	66.7	25.2	X	X	6:30	14:00	CAR	YES	40°57'5.85"N 20°49'48.16"E
CP9	1973	Lako Signoj	69.0	27.5	X	X	7:00	14:45	HIKE/MTB/ /4X4	NO	40°58'11.27"N 20°49'52.87"E
START/C	700	Peshtani	X	X	0	X	8:30	9:05	CAR	YES	41° 0'58.21"N 20°48'36.45"E
CP3	880	Elshani	X	X	1.7	X	9:00	9:35	CAR	NO	41° 1'34.65"N 20°48'59.51"E
CP10	1800	Cumo Vlaga	74.0	32.5	7.2	X	7:40	15:45	HIKE	NO	41° 0'7.05"N 20°50'46.72"E
CP11	1468	Asan Gjura	80.0	38.5	13.7	X	8:20	17:15	HIKE/MTB /4X4	YES	41° 1'37.95"N 20°51'56.94"E
START/D	770	Velgoshti	X	X	X	0	10:00	10:35	CAR	YES	41° 7'49.25"N 20°50'23.82"E
CP12	1327	Letnica	92.0	50.5	25.5	7.7	09:30	19:45	HIKE/MTB /4X4	NO	41° 6'35.98"N 20°51'38.62"E
CP13	1054	Velesovo 2	100.0	58.5	33.8	16.1	11:00	23:50	CAR	YES	41° 4'52.80"N 20°49'32.48"E
FINISH	700	Ohrid	107.0	65.5	40.5	22.6	27/05 11:00	28/05 01:00	WALK/CAR	YES	41° 6'40.64"N 20°48'9.06"E

- 13.2. Should adverse weather conditions occur or one or more paths become inaccessible, alternative routes will be outlined at the event website www.ohridultratrail.com
- 13.3. Race kilometers are not marked. Participants should strictly adhere to the marked race route and avoid taking shortcuts or cutting out sections of the route. Any departures from the official route may lead to time penalty or disqualification.

14. INSURANCE

- 14.1. Participants are highly recommended to take out a valid individual insurance policy that covers find and rescue costs as well as incurring medical costs.
- 14.2. Participants are responsible for handing over their personal file to their insurance company if necessary, within the given timeframe.

15. SAFETY

- 15.1. Members of the Organization and the Mountain Rescue Teams, in constant contact with Race HQ, will be positioned along the race route. Paramedics shall be positioned at different points along the race route, but also at the start and finish. In case of injury or other necessity, athletes will have to call the SOS phone provided by the organizer on the Race bib. If they are in an area which

is not covered by mobile phone signal, they will have to convey the message to the nearest checkpoint – so that actions can be taken as soon as possible.

- 15.2. However, by considering the inaccessible terrain and unforeseen mountain weather, the first responders to such events are the participants themselves. Therefore, each participant is obliged to stop his/her race and to be actively involved in the assistance and rescue of other injured runners.
- 15.3. In order to preserve the safety and health of participants, race officials and medical personnel have the right to stop the race and exclude those participants who have been assessed that are no longer able to continue the race.
- 15.4. Participants are required to follow instructions from the race director, race officials and medical teams. Any violation of these guidelines will lead to the disqualification, and if he/she decides to continue at all costs, the organizer assumes no responsibility for possible consequences.
- 15.5. Each participant that has any disease or medical condition is advised to consult a specialist for permission to participate in the races, and they also must notify the organizer of the race.

16. ROUTE MARKINGS

- 16.1. The routes are marked with flags, printed PVC tape, and semi-permanent sign posts, as well as detailed info boards at each aid station. The race routes may be downloaded from www.ohridultra-trail.com in kml or gpx file formats to be used on smartphones and GPS devices.
- 16.2. **WARNING:** Do not rely exclusively on your sport watch data. Depending on the weather and other factors, differences up to 5% must be considered. On a 50 km course, this can sum up to a difference of over 2 km.

17. ENVIRONMENT PROTECTION

- 17.1. The race shall take place in the Galicica National Park - an area protected by UNESCO. Participants are therefore required to fully respect the environment, in particular by not leaving rubbish, picking flowers or disturbing the wildlife.
- 17.2. Littering is strictly forbidden (gel tubes, paper, organic leftovers, plastic wrappers...). Trash/rubbish bins are available at each aid station and they must be used. The race stewards will be checking all along the race route.
- 17.3. All participants must keep their rubbish and wrappers with them until they can throw them in the bins at an aid station. Runners should carry a bag or pouch to carry their waste until the next bin. Plastic bags for soiled paper are handed out with the race-bibs. They must be used for collecting any paper used during any urgent need along the route.
- 17.4. You must follow the paths as they are way-marked, without short-cutting them. Actually, short-cutting a path causes erosion thus damaging the site.
- 17.5. No disposable dishes (cutlery, cups, bowls) will be distributed at any check point or aid station. This is to reduce the plastic waste by runners, as well as by the volunteers of the Ohrid Ultra-Trail®. We invite you to bring your own must bring their own cups/flasks and utensils if you wish to eat hot meals at the aid stations.

18. WEATHER

- 18.1. In case of adverse weather conditions (dense fog, strong winds, snow or thunderstorms), the organizers reserve the right to make last-minute changes, even during the race, to the race route in order to eliminate potential hazards or conditions that could cause hardship for participants. The volunteers shall inform the participants of any changes.
- 18.2. The organisers also reserve the right to suspend or cancel the race if the weather conditions are such that they put participants, volunteers or medical teams at risk.

19. DISQUALIFICATION, PENALTIES AND APPEALS

- 19.1. Time penalty or disqualification may be applied immediately by the race director or other race officials during the race, at the finish line or after the competition has ended, given that valid proof or witness statements are obtained.
- 19.2. The following proof is considered valid for appeal: original gpx file, photo/video with timestamp, written statements by two credible witnesses at least, either participants and/or race officials.
- 19.3. Appeal deadline begins right after finishing and is open until 10:00am on 28.05.2023. The appeals are filed only in written form (either by hand or via email race@ohridultra-trail.com).
- 19.4. The race director has the absolute authority in the decisions regarding penalties and appeals for maintaining competition fair-play. The race director has the right to put up a committee of experienced race officials and trail runners, in such cases, where further investigation needs to be taken for the purposes of drawing fair decision.
- 19.5. Official final race results will be published within 48 hours of last finisher on the event's website.

- 19.6. The organizer has the right to penalize or disqualify any participant even after publishing official race results (for example, due to a positive doping test or obtained proof of serious breach of rules and unfair behavior).

	IF THE PARTICIPANT:	PENALTY
19.6.1.	Did not pass through or is not registered at one or more control points (CP) or aid stations (AS)	Disqualification or time penalty or by race director's decision
19.6.2.	Departs from the marked route or uses other unmarked trails/roads by which effectively he/she takes shortcuts	Disqualification
19.6.3.	Departs from the marked route or uses other unmarked trails/roads by which effectively he/she does not take shortcuts	Disqualification or time penalty or by race director's decision
19.6.4.	Participates without or takes a BIB number from another registered athlete (who has given up starting the race)	Disqualification and 2-year ban for both athletes
19.6.5.	Refuses to help other participants in case of injury or emergency	Lifetime disqualification
19.6.6.	Receives assistance by any other person at any point along the race route, outside of designated areas at aid stations	Disqualification
19.6.7.	Uses transport during the race (bicycle, motorbike, ATV, land or water vehicle)	Lifetime disqualification
19.6.8.	Refuses his/her mandatory equipment to be checked at race bib number pick up or during race	Disqualification
19.6.9.	Does not carry mandatory equipment during race	30-min time penalty for each missing item
19.6.10.	Destroys route markings, insults, threatens the wellbeing of other participants, race officials, volunteers, does not obey orders from race officials and medical personnel	Lifetime disqualification
19.6.11.	Purposefully litters garbage and damages the natural environment, plants and wildlife, especially in highest protected zones (Stara Galicica (Sv.Naum – Prevoj))	Lifetime disqualification
19.6.12.	Uses banned performance enhancing substances (doping)	Lifetime disqualification

20. PRIZES

- 20.1. The awards are at the discretion of the sponsors and the organization and according to the rules of the ITRA (https://itra.run/page/260/High_calibre_athletes.html). Non-monetary prizes shall be awarded to the first 3 men and 3 women of each race.
- 20.2. Each athlete who completes the race within the maximum time limit will be given a Finisher medal. Prizes will only be awarded at the prize-giving ceremony, they will not be sent or handed out in advance for any reason.
- 20.3. The results of all registered athletes of Ohrid Ultra-Trail® 2023 edition will be categorized according to the age and gender criteria:
- 16-17 (only at Letnica Trail 20K)
 - 17-19
 - 20-34
 - 35-39
 - 40-44
 - 45-49
 - 50-54
 - 55-59

- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85+

20.4. Final ranking will be in general classification, category Male (M) and Female (F).

21. IMAGE RIGHTS

21.1. On registration, participants authorize the organizers to freely use any images depicting athletes during their participation in Ohrid Ultra-Trail®, whether still or in movement, with no territorial or time limits.

22. WAIVER OF RESPONSIBILITY

- 22.1. By registering, the participant acknowledges that the competition requirements, legal order and rules of procedure are binding. These regulations serve the uniform and equal engagement in the sport and are non-appealable in a court of law.
- 22.2. Each participant and volunteer declare under moral and criminal liability that on the days before race start, he/she feels healthy, with normal body temperature levels and without any covid-19 virus symptoms; also declares that he/she will fully abide to the race rules and health protocols for covid-19 protection during the event.
- 22.3. The recognition and upholding of race rules and regulations; the declaration of physical fitness; and the disclaimer are a prerequisite for participating in the event. Each entrant is responsible for the technical safety of his/her gear and must ensure that it is in conformity with the rules. The organizer assumes no liability for accidents, personal injury or material damage, theft or other damages!

Good luck to all and happy trails!

Ohrid Ultra-Trail® organizing team