



**Rules and regulations for
„PELISTER ULTRA-TRAIL®
2023“**

15.12.2022

1. ORGANIZER

Association BOF Bitola (Bitola Outdoor Festival) is organizer of the ultra trail race „PELISTER ULTRA-TRAIL® 2023”.

2. GENERAL INFORMATIONS

Pelister Ultra-Trail® is a international outdoor event taking place annually in the Pelister National Park, Macedonia. The edition of Pelister Ultra-Trail® will have 2 trail running races which are scheduled on 13 August 2023.

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.pelisterultratrail.com

Race	Length	D+	D-	Date	Start	Limit
BABA TRAIL 20K	20km	2860m	2860m	13.08.2023	9:00h	5h
CAPARSKA TRAIL 10K	10km	4200m	420m	13.08.2023	10:00h	2:30h

3. PARTICIPATION REQUIREMENTS

Participants are required:

- a) To understand the length and particularities of the demands of the race and to be well trained to participate
- b) To have acquired, before the event, a real capacity of complete independence in the mountains and to be able to manage
- c) the problems associated with this type of challenge, in particular
- d) Adapt to the climate conditions that can change with altitude and become difficult, such as wind, cold, fog, rain or snow.
- e) Understand the physical or mental fatigue this challenge may cause: problems with digestion, muscles, joints, blisters, and minor wounds.
- f) 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

Entry for the one of the trails of „Pelister Ultra-Trail®“ are open to athletes who are 18 years and older and not before 12.08.2023.

Only on the race „Caparska Trail 10K“ can participated runners with over 16 years but not before 12.08.2023.

The following participants cannot apply:

- Participants who are disqualified for using illicit doping agents;

4.2. Registration procedures

Registration starts from the day it is published on our website and ends on 30.07.2023.

In the registration form the following fields must be filled:

- Name
- Surname
- Birth date
- Gender
- Nationality
- Mobile phone number of the athlete
- Mobile phone number of a close person of the athlete
- E-mail address
- T-shirt size

Registration is considered completed after paying the starting fee.

4.3. Registration fees and packages

The registration fees and waves are as following:

RACE	Early Bird DISCOUNT 15.01 - 30.04.2023	Regular Prices
Baba Trail 20K	16 EUR	22 EUR
Caparska Trail 10K	11 EUR	16 EUR

4.4 Registration includes the following:

- a race bib number
- assistance, refreshments and food along the race routes
- race bag

- dri fit t-shirt
- a finishers medal
- a post-race meal
- photos from the race on social media profiles

4.5 Payment procedures

Registration is made exclusively through the website www.pelisterultratrail.com.
Registration fees can be paid by Credit/Debit Card or Banking systems.

4.6 Accepted Payment Methods:

- ONLINE PAYMENT WITH CREDIT / DEBIT CARD
Pelister Ultra-Trail® WEB SERVICE – www.pelisterultratrail.com
Online payment is made through the secure “3D Pay” system of HalkBank

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

BANK TRANSFER (valid only within Macedonia)

Entity Name:

BOF Bitola, Account Number: 2700 7475 4890 171: Bank: HalkBank

Description: Pelister Ultra-Trail®. Athlete’s Name Surname

4.7 Fixed number of participants

RACE	LENGTH	MAX. NUMBER
BABA TRAIL	20K	250
CAPARSKA TRAIL	10K	300

5. CANCELLATION AND RACE CHANGE

5.1 Canceling registration

If an athlete is unable to participate and wishes to cancel their registration, they must notify the organizers by e-mail at the following address: info@pelisterultratrail.com

Procedures for reimbursement are as follows:

- cancellation by 01/06/2023: reimbursement of 70% of fee
- cancellation by 01/07/2023: reimbursement of 70% of fee
- cancellation after 31/07/2023: no reimbursement

Reimbursements will be made by 31 October 2021 and are subject to deduction of bank charges

pertaining to refund processing.

Should the race be cancelled due to circumstances beyond our control up to 15 days before the race, the Organizers reserve the right to refund 50% of the registration fee paid. This percentage is calculated to enable the Organizers to cover part of the expenses incurred which cannot be recovered.

Should the race be cancelled or interrupted for atmospheric reasons, or for any other reason beyond our control, no refund of the registration fee will be made.

5.2 Changing Races

If an athlete who is registered and had paid the fee decides to change races, they must send a request by email to info@pelisterultratrail.com by 30.07.2023, at latest, specifying the race they are registered for and the one they would like to enter.

5.3 Passing bib number to another athlete

If an athlete who is registered and had paid the fee decides not to participate in the race, they must send a request by email to info@pelisterultratrail.com by 30.07.2023, at latest, specifying the following details:

- First and last name, date of birth, race bib number of the athlete that cancels participation
- First and last name, date of birth of athlete that is the replacement

The request must come from the athlete who is already registered and with assigned race bib number. The replacement athlete must register as well but not pay; the organizer will assign the same bib number in the system.

5.4 The following is not permitted:

- postponing registration to the following year;
- participation in other races instead of the race for which the athlete has
- registered;
- bib number exchange or use by anyone other than registered athlete.

Any athlete found with another athlete's race bib during or after the race will be disqualified from the Pelister Ultra-Trail®.

6. MEDICAL CERTIFICATE

Medical certificate is not required in order to participate in the races. However, the organizer encourages all athletes to obtain a medical certificate that declares their well-being and strenuous exercise capabilities for their own sake.

7. BIB NUMBER AND RACE PACK DISTRIBUTION

The BIB numbers and race packs distribution will be announced later on

- On 12.08.2023 - prior the races „Baba Trail“ and „Caparska Trail“ starts, bib numbers **WILL NOT** be distributed!
- To collect the BIB numbers athletes must present a valid identity document (ID or passport).
- For the races „Baba Trail“ and „Caparska Trail“, prior the BIB number delivery, there will be mandatory equipment check. Every runner must possess his/hers race pack.

8. MANDATORY EQUIPMENT

The following equipment is mandatory and must be carried by athletes for the entire duration of the races:

EQUIPMENT	RACES	
	BABA TRAIL	CAPARSKA TRAIL
Race pack	RECOMMENDED	RECOMMENDED
Mobile phone fully charged and with activated roaming	MANDATORY	MANDATORY
Water bottles or bladder - 1litre	RECOMMENDED	RECOMMENDED
BIB number clearly visible in the front part of the body	MANDATORY	MANDATORY
Trail running shoes	RECOMMENDED	RECOMMENDED
Survival blanket	MANDATORY	/
Whistle	MANDATORY	RECOMMENDED
Waterproof jacket - suitable for mountain conditions	RECOMMENDED	RECOMMENDED
Cup 150ml.	MANDATORY	/
Headlamp with spare batteries	/	/
First aid set (elastic bandage)	RECOMMENDED	RECOMMENDED
Long sleeve blouse or sleeves	RECOMMENDED	RECOMMENDED
Hat/bandana	RECOMMENDED	RECOMMENDED
Gloves	RECOMMENDED	/
Energy bars, gels	RECOMMENDED	/
Solid Foods	RECOMMENDED	/
Poles	RECOMMENDED	/

Power Bank for mobile battery	RECOMMENDED	/
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- Mandatory equipment must be worn in the race pack (or in race belt exclusively for Baba Trail)
- Mandatory equipment checks may be carried out during the race.
- Due to unforeseen weather conditions, the organizers has the right to change or add new equipment in the mandatory equipment list.

9. TIME LIMITS AND CUT OFF TIMES; WITHDRAWING FROM THE RACE

9.1 Baba Trail – Total time limit 5 hours / Total numbers of control points with time limit checkpoint - 1

9.2 Molika Trail - Total time limit – 2:30 hours / Total numbers of control points with time limit checkpoint – 0

- Time limit represents the time when the runner must LEAVE the control point.
- A “broom” service will follow the last runner, in order to assist athletes that withdraw from the race and to ensure assistance for anyone with injuries.
- Cut off points are situated after aid stations.
- Athletes who do not leave these control points prior the established time limits will not be allowed to continue the race.
- It is forbidden to go beyond the cut-off point and then go back to use the aid station. Race officials reserve the right to disqualify athletes who disrespect the rules or give time penalty
- Participants who reach the check points after the maximum time, those who are injured and those who are judged by the medical staff to be unfit to continue the race, and any other athletes who decide to drop out, shall be taken to the finish line by organization vehicle. For logistical reasons, athletes who have dropped out may have to wait before being accompanied to the finish area.

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 to the number indicated on the bib number

10.CONTROL POINTS AND AID STATIONS

This is a semi self-sufficient race and athletes are obligated to bring at least a supply of half-liter of water and sufficient food between points.

Semi-self-sufficiency is defined as the ability to be autonomous between aid stations in terms of food and equipment and also to be safely able to adapt to any problems (bad weather, physical distress, injury).

This means that the following rules are necessary:

- athletes must always carry all obligatory equipment during the entire race.
- The Organizers only provide water or electrolyte drinks for flasks/water bottles and camelbags and various types of solid food.
- When leaving an aid station, athletes must have a sufficient quantity of water and food to reach the following aid station.

- Only runners carrying a visible BIB number have access to the aid stations.
- It is strictly forbidden for athletes to drink from the bottles provided by the Aid stations personal cups or flasks must be used.
- Garbage must be thrown into the trash cans present in every aid station.
- Check points shall be set up along the route, where members of the staff shall monitor the athletes as they pass and also may apply random checks to verify that the athletes are in possession of the mandatory race equipment. Should anyone refuse to undergo the check on the mandatory race equipment, they shall be disqualified immediately.
- There is another aid station at the finish line. Furthermore, each participant can have a post-race meal (time and place stated in the event schedule); in order to benefit of post-race meal, it is necessary to show your race bib.

RACE	CONTROL POINTS	AID STATIONS
BABA TRAIL	3	1
CAPARSKA TRAIL	2	0

11.ASSISTANCE DURING THE RACE

Assistance from family or team members is permitted at all aid stations, in a specific area, and with the agreement of the head of the station:

- Only one assistant per athlete will be admitted only when the athlete has arrived.
- Being accompanied by any person not registered in the race (pacer) on a stretch of the race or along the whole race is forbidden.

12.RACE ROUTE

„Pelister Ultra-Trail®“ race routes requires 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	LINK
BABA TRAIL	https://tracedetrail.fr/en/trace/trace/210379
CAPARSKA TRAIL	https://tracedetrail.fr/en/trace/trace/214114

Should adverse weather conditions occur or one or more paths become inaccessible, alternative routes will be outlined at the briefing before the start of the race. Place of the meeting will be published and announced on our website or our Facebook Page.

Race kilometres are not marked. Athletes 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 will lead to disqualification and shall be at the sole risk of athletes.

13. INSURANCE

Athletes are highly recommended to take out a valid individual insurance policy that covers find and rescue costs as well as incurring medical costs.

Athletes are responsible for handing over their personal file to their insurance company if necessary, within the given timeframe.

14. SAFETY

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.

Medical assistance teams and Mountain Rescue teams will be provided along the routes in case of emergency. In case of injury or other necessity, athletes will have to call the SOS phone provided by the organizer on the Bib-number. If they are in an 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.

However, by considering the inaccessible terrain and unforeseen mountain weather, the first responders to such events are the runners themselves. Therefore, each runner is obliged to stop his/her race and to be actively involved in the assistance and rescue of other injured runners.

By submitting the registration form, each athlete 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 athletes to follow our advice and recommendations:

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

15. MARKINGS

The route is marked with flags, coloured tape, and semi-permanent sign posts in yellow, as well as markings for distance completed and distance to finish. The route may be downloaded from the Organization's website to be used on smartphones and GPS devices. Additional race info may be heard on the technical meeting prior to the races.

WARNING! Do not rely exclusively on your watch data. Depending on the weather and other factors, differences in data must be considered.

16. ENVIRONMENT

The race shall take place in the National Park Pelister - an area with a natural ecosystem. Participants are therefore required to fully respect the environment, in particular by not leaving rubbish, picking flowers or disturbing the wildlife. Anyone found leaving rubbish along the route shall be disqualified from the race. In the various aid stations there are rubbish bins into which athletes may throw their rubbish. The organizers advise athletes to carry a small bag for collecting any tissues which can then be disposed of at aid stations.

Athletes must follow the outlined paths and avoid leaving them so as not to cause damage to the surrounding environment.

In order to reduce the use of plastic, there will be no disposable cups available at aid stations thus athletes must bring their own cups/flasks.

17. WEATHER CONDITIONS

In case of adverse weather conditions (dense fog, 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 staff shall inform the participants of any changes. The organisers also reserve the right to suspend or cancel the race if the weather conditions are such that they put athletes, staff or medical teams at risk.

The organizer also reserves the right to temporarily suspend or completely cancel the race if the weather conditions are such as to directly put participants in danger, volunteers and medical rescue teams on the ground.

18. DISQUALIFICATION, PENALTIES AND APPEALS

- 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.
- The following proof is considered valid for appeal: original gpx file, photo/video with a timestamp, written statements by two credible witnesses at least, either participants and/or race officials.
- The appeal deadline begins right after finishing and is open until 24 hours after the end of the race. The appeals are filed only in written form (either by hand or via email info@pelisterultratrail.com)
- Official final race results will be published within 48 hours of last finisher on the event's website.
- The race director has absolute authority in the decisions regarding penalties and appeals for maintaining competition and 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 a fair decision.
- 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).

	RULES	PENALTY
1.	Competitor is NOT registered at one or more control points	Disqualification or time penalty by the race director's decision
2.	Departs from the marked route or uses other unmarked trails/roads by which effectively he/she takes shortcuts	Disqualification
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 by the race director's decision
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
5.	Refuses to help other participants in case of injury or emergency	blacklisted
6.	Receives assistance by any other person at any point along the race route, outside of designated areas at aid stations	Disqualification
7.	Uses transport during the race (bicycle, motorbike, ATV)	Disqualification
8.	Refuses his/her mandatory equipment to be checked at race bib number pick up or during race	Disqualification
9.	Does not carry mandatory equipment during race	30-min time penalty for each missing item
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
11.	Purposefully litters garbage and damages the natural environment, plants and wildlife, especially in highest protected zones of NP Pelister	Lifetime disqualification
12.	insulting or threatening staff or volunteers	Disqualification
13.	Is violating an order of a competent person - volunteer, medical aid organization	Disqualification
14.	Uses banned performance enhancing substances (doping)	Lifetime disqualification

The penalty may be applied immediately as soon as the infringement has been established or at the end of the race.

Penalties or disqualification can be appealed by writing to the race management 24 hours after the publication of the race results. Appeals will be evaluated and answered in the necessary time; decisions are final, without appeal.

19. PRIZES

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. Additionally, diplomas will be awarded for the first 3 men and women in each age category.

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.

The results of all registered athletes of "Pelister Ultra-Trail® 2020" will be categorized according to the age and gender criteria:

- Seniors - (18-50) Female & Males (F&M);
- Seniors 1 - (50-60) Female & Males (F&M);
- Veterans - (60+) Female & Males (F&M);

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

20. IMAGE RIGHTS

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

21. WAIVER OF RESPONSIBILITY

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!

BITOLA, 05.02.2022

