



RACE RULES AND REGULATIONS

OHRID TRAIL 2019

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1. ORGANIZERS

Association for trail-running, alpinism, expeditions and adrenaline activities in mountains TREKS, Skopje and Association for sport activities SPORT ZA SITE - SITE ZA SPORT, Ohrid are the organizers of the trail running event "Ohrid Trail".

2. EVENT GENERAL INFORMATION

Ohrid Trail is an one-day event where central place take two trail running races in the area of Ohrid - on the mountain Galichica and in the Galichica National Park. This area is abundant with natural beauties and historical and cultural monuments.

For 2019 two races with different distances are planned:

- **Ohrid Trail 60k:** 60 km - 3,140 meters of denivelation, start 25.05.2019 at 08:00 local time, 3 points for UTMB - Ultra Trail du Mont Blanc - Verified by ITRA - <https://tracedetrail.com/en/trace/trace/75498>
- **Ohrid Trail 35k:** 35 km - 1,470 meters of denivelation, start 25.05.2019 at 10:00 local time, 2 points for UTMB - Ultra Trail du Mont Blanc - Verified by ITRA - <https://tracedetrail.com/en/trace/trace/75498>

*Notice: distances and UTMB points will be valid as soon as ITRA - International Trail Running Association will evaluate and confirm the routes.

3. INFORMATION FOR THE PARTICIPANTS

- The race is open to anyone, men and women over 18. Participants who are under 18 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 route, especially in case of violating the laws of the Republic of North Macedonia
- Participants are required to be fully aware of the length and specification of the race and be totally ready for it;
- Participants have acquired abilities and skills for survival in mountain conditions, dealing with changes in the microclimate (rain, fog, wind, snow, night, low/high 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 he/she is aware of the dangers of competition in nature and takes the risk to themselves.

4. DECLARATION OF PERSONAL LIABILITY

Voluntary registration and then participating in anyone of the races in Ohrid Trail indicates that the competitor is familiar with these rules and agrees to fully accept the rules and regulations set forth herein.

5. REGISTRATION

The registration takes place only online on the website www.ohridtrail.mk by filling the online registration form for one of the races, after that an automatically generated confirmation email will be sent to the e-mail address that is declared in your registration.

The registration will be considered as complete after a successful payment of the race fee, after that, again, an automatically generated confirmation email will be sent to the e-mail address that is declared in your registration; at the same time a unique start number is assigned to your name.

The registration will be open on 01.02.2019 and will last until 24.05.2019.



5.1. ENROLMENT FEE AND PERIODS

Registration	EARLY BIRD	REGULAR FEE	LATE BIRD
period in 2019	01 Februry - 28 February	01 March - 15 May	16 May - 24 May
OHRID TRAIL 60k	30 EUR	40 EUR	40 EUR
OHRID TRAIL 35k	17 EUR	25 EUR	25 EUR

5.2. PAYMENT PROCEDURES

ONLINE - THROUGH THE OHRID TRAIL SERVICE at www.ohridtrail.mk

* 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.

OFFLINE* (Offline payment is only available from local banks in N.Macedonia) - ON BANK ACCOUNT:

Entity name: TREKS

Address: Ibe Palikukja 17, 1000 Skopje

Account number: 270069272700140

Bank: Halk Bank

Remittance description: OHRID TRAIL 60K / OHRID TRAIL 35K

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

5.3. IN THE REGISTRATION PROCESS THE FOLLOWING IS NOT PERMITTED

- Switching between races after you have been registered and payment had been confirmed, is not permitted.
- Transferring already paid registration for next year is not permitted.
- Participation with a start number assigned to another person is not permitted.
- Race bib and gift bag pick-up is not permitted after the event has finished.

5.4. RUNNER'S GIFT BAG CONTAINS (IN EARLY BIRD AND REGULAR FEE REGISTRATION):

- Branded cotton bag
- Start bib number with runner's name and surname
- Drop-bag / Sack with a sticker corresponding to runners starting number (see art. 13)
- Food and beverages at all Aid stations during the race.
- Transport to Start.
- Food at the finish line..
- Finishers medal.
- Online finishers certificate.
- Race sponsors' gifts.
- Ohrid Trail branded gift (t-shirt).
- Participation in a unique event in nature..

5.5. RUNNER'S GIFT BAG CONTAINS (IN LATE BIRD REGISTRATION)

- Branded cotton bag
- Start bib number without runner's name and surname
- Drop-bag / Sack with a sticker corresponding to runners starting number (see art. 13)
- Food and beverages at all Aid stations during the race.



- Transport to Start.
- Food at the finish line.
- Finishers medal.
- Online finishers certificate.
- Participation in a unique event in nature.

5.6. RACE BIB NUMBER AND GIFT BAG PICK-UP

Race bib number and gift bag pick-up time and place will be announced accordingly (please check event program at www.ohridtrail.mk). It can be collected personally only with ID card or Passport verification. A third person can pick-up another runner’s race bib number and gift bag, only by bringing original (no photocopy) and signed authorization document (available at website www.ohridtrail.mk).

5.7. MAXIMUM NUMBER OF PARTICIPANTS

- Ohrid Trail 60k – 200 runners.
- Ohrid Trail 35k – 400 runners.

6. CANCELLATION

- Cancellations until April 1st, 2019 follow 50% refund of funds
- Cancellations after April 1st, 2019 - 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 provided with adequate medical document, the organizer will transfer the funds for the next edition of “Ohrid Trail”.

7. MANDATORY AND RECOMMENDED EQUIPMENT FOR COMPETITORS

Competitors are required to wear the MANDATORY equipment with them throughout the whole race. The organizer has the right to verify the mandatory equipment of the contestants on any control point (even unannounced) and if any of the contestants does not possess part of the equipment he/she will be disqualified from the race.

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

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 with him/her during the whole race.

EQUIPMENT	OHRID TRAIL 60k	OHRID TRAIL 35k
Mobile phone with full battery and roaming activated	MANDATORY	MANDATORY
Thermal blanket	MANDATORY	MANDATORY
Whistle	MANDATORY	MANDATORY



EQUIPMENT	OHRID TRAIL 60k	OHRID TRAIL 35k
Trail running shoes, and socks	MANDATORY	MANDATORY
Headlamp + spare batteries	MANDATORY	RECOMMENDED
Waterproof breathable jacket with hood	MANDATORY	MANDATORY
Cup for liquids	MANDATORY	MANDATORY
Drinking containers and/or hydration packs	MANDATORY	MANDATORY
Backpack	MANDATORY	RECOMMENDED
Energy food	MANDATORY	MANDATORY
Mini first-aid kit	MANDATORY	MANDATORY
Windstopper jacket	RECOMMENDED	RECOMMENDED
Thermal insulation clothing	RECOMMENDED	RECOMMENDED
Trousers (Waterproof)	RECOMMENDED	RECOMMENDED
Leggings/Trousers (Warm)	RECOMMENDED	RECOMMENDED
Warm hat	RECOMMENDED	RECOMMENDED
Buff/tubular / Sun cap	RECOMMENDED	RECOMMENDED
Gloves	RECOMMENDED	RECOMMENDED
Sunscreen cream or lotion	RECOMMENDED	RECOMMENDED
Electrolytes and/or mineral salts	RECOMMENDED	RECOMMENDED
Sunglasses	RECOMMENDED	RECOMMENDED
Walking sticks	RECOMMENDED	RECOMMENDED

8. 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, night, injuries).

At the aid stations 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 (see art. 15); yet, competitors must have a minimum sense of orientation in nature.

9. DROP OUT DURING RACE

In case a runner wants to drop out from the race (because of any reason), he/she must contact a race official at the nearest aid station and inform him/her in order to be registered as such in the system, otherwise the Organizer will consider him/her as lost and will put out a search and rescue team for him/her.

10. SAFETY AND MEDICAL ASSISTANCE

Medical assistance teams and Mountain Rescue teams will be provided along the routes 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 in 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 a 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 competitor 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 liability insurance which would cover the expenses in case of personal harm during sport activities in nature.
- We advise all competitors regularly to monitor their health status 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 level of endurance.

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.

11. CONTROL POINTS AND AID STATIONS

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..



11.1. OHRID TRAIL 60K CONTROL POINTS AND AID STATIONS

CONTROL POINT	AID STATION	LOCATION	SUPPLIES	TOTAL DISTANCE (KM)	DISTANCE TO NEXT (KM)	UPHILL TO NEXT (M)	TOTAL ELEVATION GAIN (M)	DOWNHILL TO NEXT (M)	TOTAL ELEVATION LOSS (M)	TIME OF FIRST RUNNER	TIME LIMIT
START	-	SV.NAUM	drinks	0	10	+618	0	-84	0	8:00	8:00
CP1	AS1	POPOVA CHESHMA	drinks & food	10	5.8	+1,028	+618	-12	84	9:20	10:30
CP2	-	KOTA F10	-	15.8	4.6	+173	+1,646	-505	96	10:20	12:00
CP3	AS2	LIPOVA LIVADA	drinks & food	20.4	3.7	+419	+1,819	-359	601	10:55	13:30!
CP4	-	LAKO SIGNOJ	-	24.1	11.3	+508	+2,238	-1,020	960	11:15	14:30
CP5	AS3	ASAN DZURA	drinks & food	35.4	10	+95	+2,746	-135	1,980	12:30	17:00
CP6	-	LETNICA	-	45.4	5	+269	+2,841	-144	2,115	13:15	19:00
CP7	-	KRSTEC	-	50.4	3	0	+3,110	-481	2,259	13:45	20:30
CP8	AS4	VELESTOVO	drinks & food	53.4	6.1	+30	+3,110	-400	2,740	14:00	21:30
FINISH	-	OHRID	-	59.5			+3,140		-3,140	14:30	23:00

**11.2. OHRID TRAIL 35K CONTROL POINTS AND AID STATIONS**

CONTROL POINT	AID STATION	LOCATION	SUPPLIES	TOTAL DISTANCE (KM)	DISTANCE TO NEXT (KM)	UPHILL TO NEXT (M)	TOTAL ELEVATION GAIN (M)	DOWNHILL TO NEXT (M)	TOTAL ELEVATION LOSS (M)	TIME OF FIRST RUNNER	TIME LIMIT
START	-	CAMP ELESHEC	drinks	0	10.8	+1,078	0	-304	0	10:00	10:00
CP1	AS1	ASAN DZURA	drinks & food	10.8	10	+95	+1,078	-135	-304	11:20	12:30
CP2	-	LETNICA	-	20.8	5	+203	+1,173	-6	-439	12:15	14:30
CP3	-	KRSTEC	-	25.8	3	+67	+1,376	-628	-445	12:45	15:30
CP4	AS2	VELESTOVO	drinks & food	28.8	6.1	+27	+1,443	-397	-1,073	13:00	17:30
FINISH	-	OHRID	-	34.9			+1,470		-1,470	13:30	19:00

12. TIME LIMIT

Attention: The runner must leave the control point before the time limit or to pass through the finish line before the official time limit stated above!

12.1. OHRID TRAIL 60K

First time limit is control point CP3 LIPOVA LIVADA at 5 hours from race start (25.05.2019 13:00h local time). Time limit for finishing the race is 15 hours after the start (25.05.2019 23:00h local time).

Only at the control points CP3 LIPOVA LIVADA and CP8 VELESTOVO transport to the city center (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 or have finished the race.

12.2. OHRID TRAIL 35K

Time limit for finishing the race is 9 hours after the start (25.05.2019 23:00h local time).

Only at the control points VELESTOVO transport to the city center 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 or have finished the race.

13. DROP BAG

Each participant in the Ohrid Trail 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 city of Ohrid main square.

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.

14. ROUTE MARKING

Red and white stripes are the official markings for the Ohrid Trail races and they will be placed at



appropriate distance so that competitors won't have no major problems with orientation. The last 15 kilometers from the 60k and 35k 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.ohridtrail.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.

15. CATEGORIES AND RANKING

All registered competitors for the two races of the edition "Ohrid Trail 2019" 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).

16. AWARDS

The Organizer 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.

17. 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.

18. ENVIRONMENTAL RESPONSIBILITY

Ohrid Trail 2019 will be environmentally responsible event. It appeals to all competitors, volunteers and the public, to be extremely careful and not to pollute the environment.

There will be NOT provided disposable plastic cups at aid stations. Each participant is required to bring his/her own rubber/plastic cup or bidon or bottle for drinking at aid stations.

Anyone who will be caught polluting the nature will be disqualified. Competitors must carry the trash with them and leave it at the next control point at the specified bags for waste. Let's try our best to be an example for others and to contribute our nature to remain clean and unpolluted - for us and for future generations.

19. 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 volun-



teers;

- 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 2 hours 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.

20. COMPLAINTS

Runners may file complaints not more than 48 hours after the decision for penalty and/or disqualification is made by race organizers. The complaint will be taken into consideration by the Commission for complaints (composed of at least 3 members of the Organizing committee) and adequate answer will be provided to the concerned runner/s as soon as possible.

21. 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.

OHRID TRAIL 2019

Race director: **Dejan Krle**

Technical director and "TREX" president: **Igor Jovanovski**

Organizational director and "Sport za site - site za sport" president: **Ivan Cvetkoski**

Ohrid 2019.