

THE REGULATIONS OF THE 6TH LEDNICA MARATHON

The marathon is not regular race but a social sport event. The pace will be suitable for all participants so that they can run in one close group (for security reasons) and finish the marathon together.

The pace will be about 8-10 km/ h. Breaks (10 min. long) will be after 9.3 km, 20.6 km, 29,5 km, 35,8 km, 42,3 km, 46,0 km-finish. There are no age categories.

START

Saturday 5 June 2010 at 14:00 from Poznańskie Krzyże

THE RACECOURSE

Krzyże Poznańskie, Al. Niepodległości, ul. Solna, skrzyżowanie ul.Garbary- ul. Mieszka I, ul. P.S. Wyszyńskiego, Most Mieszka I, Rondo Śródka, ul. Podwale, ul. Zawady, ul. Główna, Koziągłowy, Karłowice, Wronczyn, Łagiewniki, Skrzetuszewo, The Fish.

FINISH

About 21:00 at the vast white gate in the form of a fish. Participants will be welcomed by over 100.000 young people from all over the world. Father John Góra OP is given the flame from the participants.

RULES OF PARTICIPATION

You can register:

- 1.By internet www.maratonyPolskie.pl In case of incorrectly filled in forms the organiser is no longer responsible for any further consequences.
- 2.In the Race Office before the start near Poznańskie Krzyże

NUMBER OF PARTICIPANTS

250 marathoners max., close group

SECURITY OF THE PARTICIPANT DURING THE RACE

The race will take place on the roads with usual traffic beside. The participants are obliged to be especially careful throughout the whole racecourse. The organizer is not responsible for the health conditions of the participants. The participants declare their own responsibility.

SECURITY MEASURES TAKEN THE ORGANIZER:

Police, Medical Assistance, escort vehicles.

THE ORGANIZERS PROVIDE:

- refreshments and food (food spots with soft drinks are located on 9,3 km, 20,6 km, 29,5 km, 35,8 km, 42,3 km, 46,0 km-finish)
- hot meals after the race- every athlete who finishes the race will receive a medal.

–official shirts

–arrival by bus: Lednica- Kozięgłowy- Poznań Śródka- Poznań Rataje- Railway Station PKP
in Poznań

PARTICIPATION

In order participate in the 6th Lednica Marathon the participants have to:

1. Sign a declaration about starting on their own responsibility
2. Be 18 years old by the 5th of June 2010
3. Be verified in the Race Office near Poznańskie Krzyże on 5th of June 2010 between 11:00-13:30. During the verification participants have to show ID to verify their date of birth.
4. Pay to fee 50 złotych to 28th May, in day of Marathon-70 złotych. Is possible to send pay document on mail izamoskal@wp.pl
5. Bank: BS Kórnik 02 9076 0008 2001 0013 9609 0001 name: VI Maraton Lednicki
- 6.
- 7.5. The organizer is the proper one to interpret these regulations.

IMPORTANT:

1. The participants who will be not able to keep the proper pace are obliged to abandon the race and use the escort vehicles to have a rest.
2. The organizer does not take any responsibility for the participants who will not obey the rules and will continue the race separately outside the clouse group of marathoners.
3. In case of disobeying the regulations and finishing the marathon on one's own the organizer does not guarantee the access on Lednica Fields, which means limited acces to the luggage as well.
4. If you need any further information on the 6th Lednica Marathon, please contact Izabella Moskal-tel.501-270-652 izamoskal@wp.pl or with Marathon Director-Krzysztof Buszkiewicz 604-640-306