**„KERNAVĖ - VILNIUS“  
Trail Run Marathon and Ultra  
2020-08-15**

**RULES**

**Organisers**

“OSK Perkūnas”, “S-Sportas“

**Date**

2020.08.15

**Event centre**

[Vingis Park, Vilnius.](https://www.google.lt/maps/dir/54.6831357,25.2368945/@54.6842459,25.245027,16z)

**Info**  
[kernavetrail.run](http://kernavetrail.run) , [kernavetrail@gmail.com](mailto:kernavetrail@gmail.com)

**Start times**

**82 km** – 7.00 h, **42 km** - 10.00 h, **10 km** – 12.00 h

**Participants**   
Every participant takes full responsibility for his/her health condition and must be physically prepared to complete the chosen distance. They must verify it with signature upon receiving race bib. Parents, trainers or legal guardians are responsible for participants under the age of 18.

By registering to the race participants agree that **race results** (including person`s name, family name, club and age) will be published on the event website kernavetrail.run and dbsportas.lt as well as all photos or videos from the event can be freely used by the organizers for marketing purposes.

Team classification of best three runners (one per each course 10-42-82K) will also be counted.

**Routes and age groups**

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| **Route** | **Altitude gain** | **Time barrier** | **I-TRA classification** |
| 82 km | 1 800 m | 13 h | 3 endurance pts., 2 mountain lvl. |
| 42 km | 900 m | 8 h | 2 endurance pts., 2 mountain lvl. |
| \*10 km | 300 m | 3 h | ----- |

\*10km distance might not be available year 2020. Follow info on <kernavetrail.run> for updates

|  |  |  |  |
| --- | --- | --- | --- |
| **Age** | **10 km** | **42 km** | **82 km** |
| 15 or under | **＋** | － | － |
| 16 and over (year 2003 or older) | **＋** | **＋** | － |
| 18 and over (year 2001 or older) | **＋** | **＋** | **＋** |

**Registration**

Registration is done via internet until 2020.08.09 – <https://dbsportas.lt/en/varz/2020022>

After final deadline registration can be done only with exceptions. Contact [kernavetrail@gmail.com](mailto:kernavetrail@gmail.com)

Start packages can be picked up at Ateities g. 33, sports shop MARATONAS, August 13th 14.00-19.00 h, August 14th , 12.00-20.00h or at the event centre on the competition day (from 05.00 h).

**Enrolment fees**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
|  | **Low Fee** | **Standard fee** | **High fee** | **Post deadline**  **registration** |
| **Distance** | **02.01-06.01** | **06.02-07.26** | **07.27-06.09** | **08.10 - event day** |
| **82 km** | 45€ | 55€ | 65€ | 80 € |
| **42 km** | 30€ | 35€ | 40€ | 50 € |
| **10 km** | 10€ | 12€ | 15€ | 20 € |

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Includes free special design Compressport 82km event T-shirt   
Includes free special design event headband

Amount paid must match the enrolment fees rate for transactions day.  
Enrolment fees are not refundable and cannot be transferred to other participants. If you want to change your distance to a longer one after you have already made the payment, you have to pay the fees difference.

**GPS**GPS tracking service for the race will be available. Deadline for **GPS reservation is July 19th**, reservation fee – **8 €.**  
**First 10 participants** to register (82km and 42km combined) gets a tracker **for free**.   
 GPS trackers will allow to follow the progress live online and watch the replay afterwards. Gps reservation can be done during registration process.   
  
**Event T-shirt and headbands**  
  
Special design **event T-shirts** and **headbands** can be ordered until **July 19th** .   
**T-shirt 25 € , headband – 7 €**

**\*Refreshment stations  
82 km – \*\*5 stations   
42 km – \*\*2 stations   
10 km – no refreshment in track   
  
Refreshment points will include:** water, soda, energy drinks, fruit (bananas, oranges), potato chips.  
Support teams are allowed to come and give food, gear at refreshment stations, support outside these stations are not allowed.  
  
**\* No plastic cups** will be available at the station, please bring your own race cup  
\*\* In case of hot weather conditions extra water station for 82km and 42km course will be set

**Event programme**Participants will be taken to the start points by buses, hired by organizers. Buses departure time will be announced later with the additional information. These buses will also bring your personal belongings, warm up clothes, etc. back to the event centre (finish).   
Event organizers does not take responsibility in case of theft or loss of any valuable belongings.  
  
Electronic timing system will be used for accurate and fast results timing. Every participant is responsible for proper installation of the timing chip.  
Participant must follow the marked route all the way from start to finish. Taking any shortcuts is not allowed. Participant disobeying this rule will be disqualified.

**Marking**82-K and 42-K routes will be marked with red arrows and red /white marking tape, 10-K route will be marked with blue arrows and marking tape .

**Awards**First 3 places in each group will be awarded with prizes and souvenirs.

**Finish**Finish time is recorded when crossing the finish line. After participant crosses the finish line he must return the timing transponder (chip).  
  
Preliminary results are published at the event centre and online.  
  
Live split times from course will be available online as well.

**Safety regulations**

Participant must always obey orders of the course judges.

Participant might only use his own name when registering for the event. Transferring number to other people is not allowed.   
Every participant must attach his number in a clearly visible place and show it to race official if asked to.  
Any use of transportation as well as personal escort is forbidden.

Event organizers do not guaranty a ride to the finish if participant decides to quit the race elsewhere than the refreshment point. In case of injury participant must inform organizers and emergency services.

Participants should respect their opponents and help them in case of emergency.   
Most of the race course goes through “Neris Regional Park” so littering (throwing away packing of used gels, bars etc.) is strictly forbidden. You must leave all the empty packages at the refreshment points or carry them with you to the finish.

Contact phones in case of emergency: +370 693 37910; 112   
  
If for any reason participant cannot complete the chosen distance and withdraws from the race, he must inform event organizers.  
  
**Mandatory gear**  
82km and 42km distance runners must carry a cell phone and a fluid container of at least 500ml (though 1 litter or more is advised) and reusable cup to be used at refreshment stations. There is no other obligatory equipment but it is highly recommended to have some nutrition to be taken in between the aid stations as well as some protection from the sun.   
  
**Finishing notes**  
Organizers have the right to change routes and start times of the race if deemed necessary. In case of force majeure or other forces beyond organizers control race might be canceled or moved to different date.