



SNEŽNIK TRAILS

RULES

The terms used in these rules, written in the masculine grammatical form, are used as neutral for the feminine and masculine genders.

THE ORGANIZER

The organizer of the running event is Tekaško društvo Bistrca, Cankarjeva ulica 18, 6250 Ilirska Bistrica, Slovenia.

PARTICIPANT

A participant in the Snežnik Trails / Snežniški Teki running event is anyone who registers via the online form at <https://my.raceresult.com/> OR fills in the registration form and statement on the day of the event, for one of the available routes as published by the organizer on the website (hereinafter **runner or hiker**).

CONDITIONS

The running event can be attended by runners and hikers who are adequately psychophysically prepared for longterm efforts and this form of competition in nature and who have a valid health insurance.

By registering (via the online form or the registration form on the day of the event), all runners and hikers confirm that they are competing at their own risk and that they are registering for the event healthy and fully prepared for active participation, that they are familiar with and understand the rules of the competition, and that they are familiar with the possibility of dangerous situations, which can be an integral part of the competition. The organizer advises runners to undergo a preliminary medical check-up, with which runners and hikers can rule out potential risks that could arise from participating in the running event. By registering, the participant waives the possibility of transferring responsibility to the organizer, fellow competitors or third parties.

ROUTES AND ACTIVITIES

Snežnik trails will be held on **June 8, 2024 at the location Črne Njive above Ilirska Bistrica.**

As part of the running event, competitions and activities will be held on the following routes and distances:

- **Kozlek trail** in length of 31 km,
- **Milanja trail** in length of 17 km,
- **Bistrška 10ka** in length of 9,7 km, and
- **Youth runs** in lengths of 300m to 2000m.

As a part of the event, **two hikes** are planned: a shorter (appx. 3h) and a longer (appx. 5h)



The start and finish of the runs and hikes are Črne njive above Ilirska Bistrica.

The route of **Bistrška 10ka** is led along well-paved macadam paths between tall pines and blooming karsts grasslands. The track, which in the first part mainly climbs and in the second part descends, has been ridden under the picturesque ridge of Milanje, which is also known as Volovja reber.

The Milanja and Kozlek trails are run on hardened macadam, forest and field roads and hiking trails. The rule is that the runner runs on the road or path until the marker does not divert elsewhere. The routes will be marked with tapes, direction boards at the key points intersections and signs and arrows on the ground or on rocks along the paths. Volunteers will be also providing directions at key intersections.

The safety of the runners on the routes will be ensured by the conductors, controllers and the rescue service. Personnel or controller who estimate that the runner is no longer able to safely to continue the race, can remove the runner from the race, take care of him properly and, if necessary, arrange transportation to finish area. If the runner does not follow this decision, he may be immediately excluded from competition.

Youth runs are held in the proximity of the event area. The track lengths are from 300 to 2000 meters, depending on the age category of the participants. The tracks run on flat terrain, the maximum total ascent of the youth track at the length of 1000 m is about 20 m.

Short and long-distance **hikes** are organized and led by the guides of PD Snežnik Ilirska Bistrica. Routes for hikes will be defined later.

REFRESHMENT STATIONS

Refreshments will be organized on the competition routes, namely:

- **Bistrška 10ka**
 - at 2,5 km (water),
 - at 6 km (water) and
 - finish (water, fruits, snacks, isotonic drinks)
- **Milanja trail**
 - at 2,5 km (water),
 - at 10,4 km – Trnovska bajta (water, isotonic drink, light snack) and
 - finish (water, fruits, snacks, isotonic drinks)
- **Kozlek trail**
 - at 2,5 km (water),
 - at 10,4 km – Trnovska bajta (water, isotonic drink, light snack) and
 - at 20 km - Kozlek (water, isotonic drink, light snack) and
 - finish (water, fruits, snacks, isotonic drinks)

AVAILABLE SPOTS

- a) **Kozlek trail:** 150 runners
- b) **Milanja trail:** 150 runners
- c) **Bistrška 10ka:** 200 runners
- d) **Mladinski teki:** 200 runners



Data on the number of registrants for each run are updated on the website, therefore providing potential applicants with up-to-date information on available spots.

CONTROL POINTS AND MARKINGS ON THE TRACK

In addition to the refreshment stations, control points will be placed on the competition routes for the purpose of controlling arrival of runners. The competition course will be marked, and there will be personell at key places who will provide guidance. All runners must stick to the marked designated routes. Any use of shortcuts and off-track running will result in immediate disqualification from the competition.

The organizer reserves the right to verify the identity of the individual. Animal escort during running is not allowed. The runner is obliged to follow the instructions of the organizer and respect the markings on the tracks.

RECOMMENDED EQUIPMENT on the trail

- whistle
- water container (water bladder, water bottle), filled to meet the runner's needs between two refreshment stations
- personal first aid (elastic bandage, first bandage, plasters)
- mobile phone (switched on and muted, with a full battery and with the organizer's number entered)
- backpack or belt
- astro foil
- protective clothing (anorak)
- sun protection cream
- energy food
- walking sticks

REGISTRATION AND REGISTRATION FEE

Payment of the registration fee is a condition for successful registration to the running event. The registration will not be accepted until the registration fee is paid within the time limits and at the prices specified below.

	by 15. 4. 2024	16.4.24 - 26.5.24	27.05.24 - 02.06.24 and on event day
Pohod	10€	12€	15€
Bistrška 10ka	17€	20€	25€
Milanja trail (17km)	38€	46€	60€
Kozlek trail (31km)	45€	53€	65€

There is no registration fee for youth runs.



Runners registered by May 26, 2024 will have their first and last name written on their starting number (as filled in the online form). Runners registered later and on the day of the event will not be provided with the name and surname on the start number and the start package is not guaranteed.

When registering, please note the **age limits** for participation in each match, namely:

- Bistrška 10ka - at least 15 years old (Underage runners must sign a statement from a parent or guardian and an accompanying runner)
- Milanja and Kozlek trail - at least 18 years old
- hikes - there is no age limit, but adequate physical condition is required

The registration fee is to be paid to bank account TD Bistrc: SI56 1010 0004 4196 978 (Banka Intesa Sanpaolo d.d.) When paying, it is necessary to state the first and last name of the participant and which run / hike he will participate in.

REGISTRATION FEE PROVIDES

The registration fee for the races includes: starting bib, medical assistance, technical protection on the routes, a voucher for a hot meal, refreshments on the course and at the finish line, a finishers medal for the runners of the Milanja and Kozlek trails (the runner receives it at the finish line), and a starter pack. Runners registered after May 26, 2024 and on the day of the event will not be provided with the name and surname on the start number and the start package is not guaranteed.

The registration fee for the hikes includes: medical assistance, a voucher for a hot meal and a starter pack. A starter pack is not guaranteed for hikers registered after 26 May, 2024.

DISCOUNTS

Members of TD Bistrc (provided they have paid the membership fee and stated at registration that they are running for TD Bistrc) can claim a free participation in the hike and Bistrška 10ka, or they have a €20 discount on the Milanja trail or Kozlek trail.

Group registrations: groups of 5 or more participants can claim a 10% discount on the listed prices.

STARTING NUMBER

Each runner receives a starting number, which must be worn in a visible place on the chest or front of the body throughout the competition. It is not allowed to be worn on the back or on the side of the body. For non-observance of this rule, the competitor may be penalized with a time increment of 15 minutes for the Bistrška 10ka, or 30 minutes for the Milanja and Kozlek trails.



COMPETITION CATEGORIES

Bistrška 10ka:

Male			Female		
Cat.	Age	Year of birth	Cat.	Age	Year of birth
A	15-29 years	2009-1995	F	15-29 years	2009-1995
B	30-39 years	1994-1985	G	30-39 years	1994-1985
C	40-49 years	1984-1975	H	40-49 years	1984-1975
D	50-59 years	1974-1965	I	50 and older	1974 -
E	60 and older	1964 -			

The first three in each category receive medals. The best ranked members in the absolute ranking receive trophies and souvenirs.

- **Milanja in Kozlek trail**

Male and Female		
Cat.	Age	Year of birth
A	18 - 35 let	2006 -1989
B	36 - 50 let	1988 - 1974
C	Nad 51 let	1973 and older

All Milanja and Kozlek trail runners receive a finishers medal at the finish line. The first three in each category receive medals. The best ranked members in the absolute ranking receive trophies and souvenirs.

- **Youth runs**

Cat.	Gender	Age	Year of birth	Distance
A/I	Boys/girls	6 and 7 years	2018 in 2017	300 m
B/J	Boys/girls	8 years	2016	300 m
C/K	Boys/girls	9 years	2015	600 m
D/L	Boys/girls	10 years	2014	600 m
E/M	Boys/girls	11 years	2013	1000 m
F/N	Boys/girls	12 years	2012	1000 m
G/O	Boys/girls	13 years	2011	1000 m
H/P	Boys/girls	14 and 15 years	2010 in 2009	2000 m

The first three in each category receive medals.



AWARD CEREMONIES

The award ceremonies by category will take place in the central area according to the following schedule:

- Bistrška 10ka at 11.30
- Youth runs at 12:30
- Milanja trail at 13:30
- Kozlek trail at 15:00

The organizer reserves the right to change the schedule in case of special circumstances, cancellation of an individual run or organizational reasons. Participants will be informed about this before the event and at the event itself.

TIME LIMITS AND WAIVER

The time to finish the competition is limited, so a runner who wants to be officially ranked must arrive at the finish line within the prescribed time:

- **Bistrška 10ka:**
 - control point 1: Špičasti hrib (5.2 km) until 9:52 a.m. (52 minutes after the start),
 - to the finish line by 10:30 a.m. (1 hour and 30 minutes after the start).
- **Milanja Trail:**
 - control point 1: Trnovska bajta (10.4 km) until 11:15 a.m. (2 hours and 15 minutes after the start),
 - finish line by 12:35 p.m. (3 hours and 35 minutes after the start),
- **Kozlek Trail:**
 - control point 1: Trnovska bajta (10.4 km) until 11:15 a.m. (2 hours and 15 minutes after the start),
 - control point 2: Kozlek (20 km) until 1:15 p.m. (4 hours and 15 minutes after the start),
 - finish by 3:15 p.m. (6 hours and 15 minutes after the start).

A runner who **withdraws** during the race must either notify the personell at the nearest snack bar or inform the organizer of the withdrawal by phone.

In case of **injury and inability** to continue the journey to the nearest snack bar or destination, the runner informs the organizer by phone (if possible) or with the help of fellow competitors.

After receiving the information, the organizer will activate the rescue service. Arrival time depends on the location of the injured runner and the difficulty of the approach. The speed of evacuation or return to the destination also depends on the reason for the departure.

Outside the time limit, the organizer does not provide any care or guidance on the route!



CONTACT NUMBERS OF THE ORGANIZER

In the event of own injury or the injury of fellow runners, and when it is not possible to directly inform the personell on the course, call the following numbers:

- competitors on trails will have the phone number of the organizer written on their starting number, which they can call in case of injuries, problems or questions
- +386 (0) 51 259 673 Gregor Kosič (president)
- 112 – emergency number

When calling, it is necessary to inform who is calling, what happened, where it happened (if you can describe the location, describe it, if not, the information about the kilometers traveled on your sports watches is also sufficient), what kind of injuries and what kind of help is needed.

CANCELLATION AND REFUND OF STARTING FEE

Cancellations and refunds of the registration fee are possible without submitting a medical certificate or stating the reasons for cancellation until **May 26, 2024**. The cancellation must be sent in writing to the contact email address of the organizer snezniski.teki@tdbistrca.org (valis is the sending date). It is necessary to provide your personal data (name and surname, address, e-mail, phone number and banc account number for the refund of the entry fee). In this case, the organizer charges €5.0 administrative costs per individual runner, and returns the difference to the specified bank account within 30 days from receipt of the request.

After May 26, 2024, participation in the event can be canceled in writing and exclusively with the attached medical certificate **no later than June 13, 2024**. In the request, the competitor must also provide personal information (name and surname, address, e-mail, phone number and bank account number). In this case, the organizer charges €5.0 administrative costs per individual runner, and returns the difference to the specified bank account within 30 days from receipt of the request.

For cancellations that do not meet the above conditions, we do not guarantee a refund and the amount of the entry fee may be withheld in full.

DISQUALIFICATION AND APPEALS PROCEDURE

Exclusion of a competitor may occur in the event of:

- running outside the marked competition route
- using shortcuts
- using any form of transport during the match
- throwing away or depositing garbage (except at snack bars) and endangering flora and fauna along the course
- exchange of starting number with another competitor
- avoiding helping teammates in trouble
- unsportsmanlike behavior, insulting teammates, the organizer and third parties
- failure to comply with the instructions of the organizer, rescue service and controllers



- inappropriate content in photos or videos published after the competition that offend other participants, the organizer or third parties

In the event of exclusion, after the end of the competition, the organizer will consider the reasons for it and decide on a ban on the participation of the excluded person next year or forever, if there are legitimate reasons for such a decision.

Result corrections, changes and other requests will be possible 20 minutes after the announcement of the results. The organizer's decision is final.

CHANGE OF THE COMPETITION COURSE or CANCELLATION OF THE COMPETITION

The competition will be held in any weather. Exceptions are situations where the safety of the participants may be at risk (extreme weather events and other natural disasters). In such a case, the management board of TD Bistrca decides on an alternative version of the competition course or even on the cancellation of the competition.

The organizer reserves the right to change the competition course and the location of refreshment stations at any time and without prior warning. Changes will be published on the event's website. In case of exceptional weather events (extraordinary downpours, hurricane-force winds, danger of lightning strikes, etc.) and other natural disasters, the start of the match may be postponed for a maximum of 24 hours. If the competition cannot be held even then, the match will be cancelled. In this case, the contestants are reimbursed 50% of the paid entry fee, or the contestants can decide to use the paid entry fee for the next year's race.

The list of registrants with start numbers will be published on the website.

CONSENT ON THE USE OF PHOTO AND VIDEO MATERIALS

By registering, runners and hikers agree that the filmed and photographic material can be publicly displayed and used for promotional purposes of the competition. The organizer reserves all rights to copy and distribute all video and photo material.

The entire privacy policy is published on the association's website:

<https://tdbistrca.org/politika-zasebnosti/>

PROTECTION OF NATURE AND THE ENVIRONMENT

The competition takes place in the area of the habitat of large animals, large birds of prey and Natura 2000, so it is necessary to adhere to the basic rules of nature and environment protection. Runners and hikers must not pollute the environment during the race or during the hike, throw away and deposit garbage on and along the course from the start to the finish line, except at refreshment stands. Littering and endangering flora and fauna along the competition course may be grounds for exclusion of a runner from the competition.

Runners and hikers follow the organizers' instructions regarding parking, food, and the separation and disposal of waste at the event area.



RESPONSIBILITY

1. The organizer acts in accordance with the standards of professional care when organizing the Snežniški Teki event. Before the start of the event, the organizer informs the runners and hikers about all the essential elements of the event, particularly about safety measures, the registration method, competition categories and routes. The organizer provides this information on the website and through the organizer's contacts.
2. Runners and hikers are obliged to follow the instructions and recommendations of the organizer. In case of non-compliance with the provided instructions and recommendations, the organizer does not assume responsibility for injuries and other consequences that may occur to the participants.
3. The organizer does not assume responsibility for underage runners and hikers. Parents or guardians are responsible for them, and their written consent must be delivered to the organizer agreeing to participate in the run or hike.
4. The organizer does not assume responsibility in case of injuries or other consequences for runners and hikers under the influence of alcohol or other intoxicating substances. The organizer advises against any consumption of alcohol or other intoxicating substances before the start of the run/hike and during the run/hike.
5. The organizer does not assume responsibility for damaging events in cases of force majeure. In case of bad weather, runners and hikers are obliged to adapt their running/walking to the weather conditions (e.g. slippery track) in order to avoid possible injuries (e.g. sprains, fractures). It is also necessary to adjust running/walking on individual sections due to the technical complexity of the routes.
6. The organizer does not assume responsibility for the consequences arising from untrue or suppressed information.
7. Runners agree that by participating in a running event, they take over the typical risks that come from the running sport discipline. In the event of unwanted consequences, the organizer will do everything required by the rules of professional care.
8. Runners and hikers agree that they will participate in the event healthy, without signs of possible infection, and that they will follow the instructions and recommendations of the NIJZ to prevent the spread of infection with the covid-19 virus and, accordingly, the measures in force at the time.

TD Bistrc

Ilirska Bistrica, 29.01.2024