

## THE 3<sup>RD</sup> "SŁOWAK" HALFMARATHON IN GRODZISK WIELKOPOLSKI

### I. Aim

- popularization of mass running
- popularization of running as the simplest form of exercise
- promotion of the town Grodzisk Wlkp.
- promotion of Secondary School named after Juliusz Slowacki in Grodzisk Wielkopolski

### II. Organizers

- the mayor of Grodzisk Wielkopolski
- Grodzisk Runners Club
- Secondary School named after Juliusz Slowacki in Grodzisk  
Address: Liceum Ogólnokształcące im. Juliusza Słowackiego w Grodzisku Wielkopolskim, ul. 3 Maja 7, 62-065 Grodzisk Wielkopolski  
Phone: +48 (61) 444 53 98  
Phone/fax: +48 (61) 444 53 97  
e-mail: [sekretariat@logw.pl](mailto:sekretariat@logw.pl)  
Run Director: +48 606 902 644

### III. Date and place

14<sup>th</sup> June 2009 (Sunday) at 11.00 Old Market Square (Stary Rynek)  
halfmarathon office: Grodziska Hala Sportowa  
street: ul. Żwirki i Wigury 2A  
town: 62-065 Grodzisk Wielkopolski

### IV. Halfmarathon route

Flat route, passes through the streets of the town, 3 loops, it has got PZLA certificate. There are two refreshing centers and two beverage points. Time limit for covering the route is 3 hours.

### V. The detailed programme

7.00 opening the halfmarathon office  
10.00 closing the halfmarathon office  
10.40 the competitors assembly in front of the halfmarathon office and march with an orchestra to the start point – Old Market Square  
10.50 official opening at the start point  
11.00 start of the halfmarathon  
14.00 decorating and giving away the rewards to the winners

## **VI. Age categories**

The race includes the following age categories for men and women:

M16 (men from 16 to 19 years old)	K16 (women from 16 to 19 years old)
M20 (men from 20 to 29 years old)	K20 (women from 20 to 29 years old)
M30 (men from 30 to 39 years old)	K30 (women from 30 to 39 years old)
M40 (men from 40 to 49 years old)	K40 (women from 40 to 49 years old)
M50 (men from 50 to 59 years old)	K50 (women over 50)
M60 (men from 60 to 69 years old)	
M70 (men over 70 years old)	

## **VII. Time measurement**

A system of CHAMPION CHIP will be used in the halfmarathon. Every competitor is obliged to buy a CHIP for 10 zł. Only participants who have the CHIP may take part and be ranked at the end of the competition. The wrong fastening of the CHIP may cause disqualification.

## **VIII. Awards for participants**

Competitors receive a start package. All participants who finish the race will get a commemorative medal. After the race the organizers offer warm meal and drinks.

Awards:

In general ranking of men and women:

- I place – 1500 zł
- II place – 1200 zł
- III place – 900 zł
- IV place – 600 zł
- V place – 400 zł
- VI place – 200 zł

There will be a bonus prize for breaking the route record (1000 zł for men and women). From this amount, it needs to be paid a tax 10%. In the age categories there will be also non-cash awards for I, II and III place.

The organizer has prepared also the awards for the oldest competitors.

All competitors who will finish the halfmarathon in the time limit will take part in a prize-drawing (high quality LCD television set)

Additional competitions:

1. For the runners who will be the best dressed up as Juliusz Slowacki
2. Predicting the amount of runners who finish the 3<sup>rd</sup> halfmarathon

The details of the competitions will be given one month before the event on the web page.

## **IX. Registration**

Registration may be done until:

1. 11<sup>th</sup> of June 2009:

- a. online: [www.logw.pl/biegi](http://www.logw.pl/biegi)
- b. by phone: 061 44 45 398 from 8.00 until 14.00
- c. by post: only on a registration form, send to the address:  
Liceum Ogólnokształcące im. Juliusza Słowackiego w Grodzisku Wielkopolskim  
Ul. 3 Maja 7  
62-065 Grodzisk Wielkopolski

2. Just before the halfmarathon on the 14th of June 2009, from 7.00 until 10.00, in the halfmarathon office

## **X. Financial issues**

Starting fees:

- a. 25,0 zł for competitors who will register and pay until the 5<sup>th</sup> of June 2009
- b. 40,0 zł for competitors who will register and pay after the 5<sup>th</sup> of June 2009

Payments of starting fees on a bank account should be arranged until the 12<sup>th</sup> of June 2009

Bank Spółdzielczy w Grodzisku Wielkopolskim  
Rada Rodziców przy Liceum Ogólnokształcącym im. Juliusza Słowackiego w  
Grodzisku Wielkopolskim  
**Nr 07 9063 0008 0000 0000 0374 0002**

A name and surname of the competitor should be written as the title of the bank transfer.

Payments of starting fees can be done at school

Liceum Ogólnokształcące im. Juliusza Słowackiego w Grodzisku Wielkopolskim  
ul. 3 Maja 7  
62-065 Grodzisk Wlkp. – 1st floor from 8.00 until 14.00

Payments of starting fees can be done just before the halfmarathon on the 14<sup>th</sup> of June 2009 in the halfmarathon office.

The date when the starting fee is on the account is treated as the date of revenue.

Competitors who will pay the starting fee by bank after the 5<sup>th</sup> of June 2009 should show a confirmation of the bank transfer in the halfmarathon office.

Runners who are over 70 get starting fee exemption .

All competitors who enter for the halfmarathon and pay the starting fee until 31<sup>st</sup> of March 2009 will take part in a prize-drawing.

## **XI. Participation**

In 3rd Slovak Half Marathon can participate people who are 18 years old . Every competitor takes part in the event on one's own responsibility, which confirms by signing on a registration form .

Each participant has to read and obey the regulations, which is confirmed by taking the race number.

## **XII. Final procedures**

The race results will be send as a text message to those who will give mobile phone number while filling in the registration form, after the event and also at the web page [www.logw.pl](http://www.logw.pl) and [www.maratonypolskie.pl](http://www.maratonypolskie.pl) .

The organizer offers free accommodation in Grodzisk Sport Hall – own sleeping bag and foam mattress are needed.

The halfmarathon will take place regardless of the weather.

The organizer is not responsible for lost belongings.

The final interpretation of the regulations depends on the organizer.