



**PIENINY
ULTRA-TRAIL®**

19-21.04 2024

MAGAZINE

What Mountains! What an Adventure!



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+ MORE TRAIL.





I cordially invite you to the Lesser Poland (Małopolska) Region to one of the largest mountain and ultra running festivals in Central and Eastern Europe, i.e. **Pieniny Ultra-Trail**.

Picturesque short and medium distances in Little Pieniny mountains, the demanding vertical race to the summit of Lubań, the classic loop around the entire valley and the Mini Pieniny Ultra-Trail for the youngest are becoming more and more popular with both athletes and fans every year. This maintains the image of Lesser Poland as a perfect place for practicing sports - both for recreational and competitive activities.

This year, the festival will include the Polish Mountain Running Championships over three distances: Vertical, Short Trail, Mountain Classic. That is why I am even more pleased that the Lesser Poland Voivodeship is a strategic partner of this event.

I wish the organizers that this unique event will continue to develop, adapting to the expectations of the participants, becoming a place of great sporting emotions, but also a place to promote a healthy lifestyle. I would like to congratulate all the runners on their results in advance. Let the festival be a source of joy and satisfaction for you and an encouragement to develop your passion for sports and improve yourself in this field.

See you in the beautiful and hospitable Lesser Poland!

Witold Kozłowski
Marshal of the Lesser
Poland Voivodeship

SCHEDULE

__ Friday, April 19, 2024

- 12:00** – Race Office opening
- 15:00** – departure of buses to the start of Lubań Vertical
- 16:00** – start of Lubań Vertical
- 16:00/17:00/18:00** – festival meetings, check the details on our website www.pieninyultratrail.pl
- 19:00** – presentation of elite runners of Pieniny Ultra-Trail 2024
- 19:30** – prize giving ceremony for Lubań Vertical – Polish Championships in Vertical Mountain Running
- 21:30** – Race Office closing

__ Saturday, April 20, 2024

- 01:00** – start of Niepokorny Mnich
- 05:00** – Race Office opening
- 06:00** – start of Dziki Groń
- 07:00** – start of Żwawe Wierchy
- 7:10 and 7:45** – departure of buses to the start of Chyża Durbaszka

- 08:30** – start of Chyża Durbaszka
- 09:00** – start of Wielka Prehyba
- 15:00** – prize giving ceremony for Chyża Durbaszka and Żwawe Wierchy – open cat., age cat.
- 16:00** – departure of buses to the start of Hardy Rolling
- 17:00** – start of Hardy Rolling
- 20:00** – official closing ceremony Pieniny Ultra-Trail® and prize giving ceremony for Hardy Rolling, Wielka Prehyba, Dziki Groń, Niepokorny Mnich – open cat., age cat., Polish National Championships

__ Sunday, April 21, 2024

- 09:00** – opening of Race Office for Mini Pieniny Ultra-Trail®
- 10:00-12:00** Mini Pieniny Ultra-Trail® – kids and youth races
- 12:00** – official closing ceremony of Mini Pieniny Ultra-Trail®

IMPORTANT LOCATIONS

Race Office (Friday/Saturday):

Parking Pieniny, Pienińska 1C Street, Szczawnica

Race Office for Mini Pieniny Ultra-Trail (Sunday):

Hotel Maria, Park Dolny 10, Szczawnica

Start and finish zone in Szczawnica:

Most Flisaków, Szczawnica

Start zone of Chyża Durbaszka:

Jaworki, Parking Homole (Pod Durbaszka)

Start zone of Hardy Rolling:

Jaworki, Parking Homole (Pod Durbaszka)

Start zone of Lubań Vertical: Tylmanowa, the beginning of the green trail to Lubań

SPRÓBUJ SIĘ Z GÓRAMI



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PIENINY
ULTRA-TRAIL®



HOW TO COLLECT THE STARTER PACKAGE?

In this year's edition, the race office, EXPO and the running town will be located in the Pieniny parking lot in **Szczawnica (Pienińska 1C Street)**, and the main Start/Finish zone on the Rafter's Bridge (Most Flisaków) right next to it. **In order to collect the starter package, you must have your ID card with you.**

WORK HOURS:

- **FRIDAY, 19.04.2024:** 12:00-21:30
- **SATURDAY, 20.04.2024:** 05:00-17:00



COLLECTING THE PACKAGE FOR ANOTHER PERSON

To collect the package for another person, you need an **Authorization** signed or sent by the person authorizing you to collect the package.

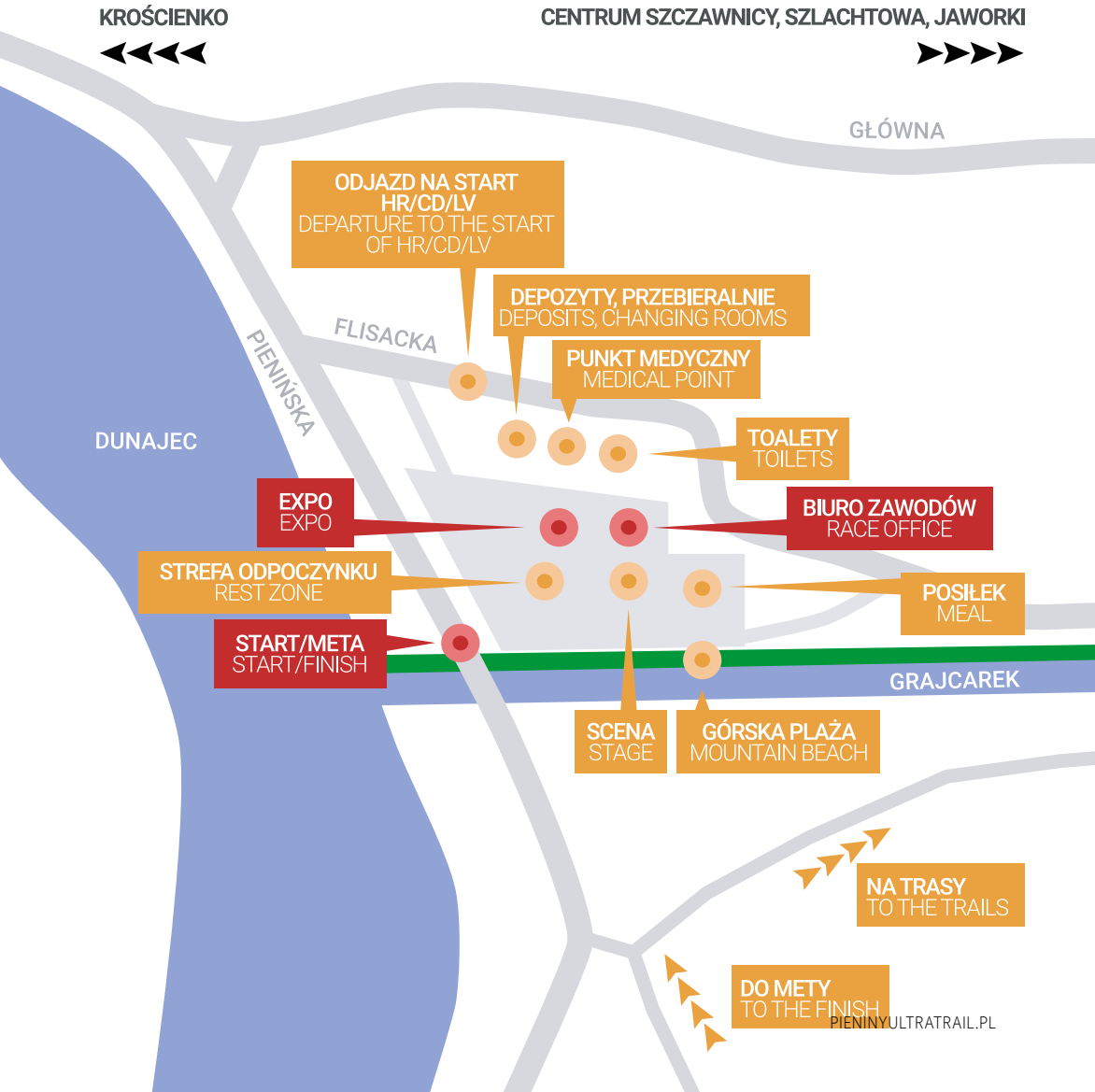
1. The authorization can be sent by e-mail to the race office at: **info@pieninyultratrail.pl** by April 18, 2024. It will be forwarded to the race office, and on this basis the package will be issued to the person indicated in the authorization. For the e-mail authorization to be valid, it **MUST** be sent from the e-mail address from which the Participant was registered for the competition.
2. The authorization can also be printed, signed and delivered at the race office.
3. The content of the authorization can be downloaded from the website:
<https://pieninyultratrail.pl/en/race-office/>

PARKING LOTS

The running town occupies the upper level of parking lot, while there is a paid parking lot on the lower level. Please note that virtually all parking lots in Szczawnica and surrounding towns are private and therefore paid. Plan your logistics in advance to avoid unnecessary stress before the start.

We encourage you to leave your car at the accommodation and walk to the Race Office or use the **Pieniny Ultra-Trail® bus line**.

MAP OF RUNNING TOWN





EUROPE TRAIL CUP

WE ARE A PROUD MEMBER OF EUROPE TRAIL CUP!

In the heart of Europe, where the mountains whisper tales of adventure, the Europe Trail Cup emerges and unifies the spirit of trail-running enthusiasts across Poland, Slovakia, Slovenia, Italy, Bosnia, Serbia, Macedonia, Turkey and Bulgaria.

Born from a shared love for the untamed beauty of Europe's diverse landscapes, Europe Trail Cup is more than a series of events; it's a journey that unites trail enthusiasts in a mix of culture, camaraderie, and competition.

Each race in our series paints a unique picture, from the majestic peaks of the Pieniny, Julian Alps, and Dolomite mountains to the sun-drenched trails in the Balkan, welcoming runners to immerse themselves in the excitement of discovery and connection.

Lace up, embrace the challenge, and let the adventure begin!

Events in the ETC are:

- **Ephesus Ultra Marathon:** March 9-10, Turkey
- **Pieniny Ultra-Trail:** 19-21 April, Poland
- **Ultra Trail Vipava Valley:** 26-28 April, Slovenia
- **Hg Ultra Trail Idrija:** 11 May, Slovenia
- **Ohrid Ultra Trail:** 24-26 May, Macedonia
- **Ultra Trail Stara Planina:** 25-26 May, Serbia
- **Kočevo Outdoor Festival:** 31 May-2 June, Slovenia
- **Dolomiti Extreme Trail:** 7-9 June, Italy
- **Soča Outdoor Festival:** 28-30 June, Slovenia
- **Aladağlar Epic Trail:** July 4-7, Turkey
- **Tryavna Ultra:** July 12-14, Bulgaria
- **Jahorina Ultra Trail:** 27-28 July, Bosnia and Herzegovina
- **K24 Ultra Trail:** 9-10 August, Slovenia
- **Julian Alps Trail Run by UTMB:** 20-22 September, Slovenia
- **Big Bear's Ultra:** 21-22 September, Slovakia
- **Obala Ultra Trail:** 1-3 November, Slovenia
- **Antalya Ultra:** December 23-24, Turkey



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START AND FINISH

The main starting zone is located in Szczawnica, on the Rafter's Bridge (Most Flisaków) at the Dunajec River. The starting zone for Hardy Rolling and Chyża Durbaszka is located in Parking Homole in Jaworki. The finish line of all Saturday's runs is in Szczawnica, on the Rafter's Bridge at the Dunajec River. The start of Lubań Vertical is in Tylmanowa, and the finish line is at the summit of Lubań.

HOW TO GET TO THE START?

Each participant of Lubań Vertical, Hardy Rolling and Chyża Durbaszka routes can use transport to the start provided by the organizer.

LUBAŃ VERTICAL – buses leave at 3:00 p.m. from the parking lot at the race office and return to the same place after the race. Remember to go down from Lubań to the parking lot under Wdźar Mountain (blue trail).

HARDY ROLLING and **CHYŻA DURBASZKA** - buses start from the parking lot at the race office and pass through Szczawnica, stopping at places marked on the map in this magazine - you can get on at any of the marked places. The buses arrive one by one, taking everyone waiting, for the HR start at 4:00 p.m., and for the CD start at 7:10 am and 7:45 am.

SHOWERS

Participants can use the showers next to the gym - ul. Główna 12 (Main Street 12).

START TIMES:

- **LUBAŃ VERTICAL:** 19.04.2024, 16:00
- **NIEPOKORNY MNICH:** 20.04.2024, 1:00
- **DZIKI GROŃ:** 20.04.2024, 6:00
- **ŻWAWIE WIERCHY:** 20.04.2024, 7:00
- **CHYŻA DURBASZKA:** 20.04.2024, 8:30
- **WIELKA PREHYBA:** 20.04.2024, 9:00
- **HARDY ROLLING:** 20.04.2024, 17:00

DEPOSITS

The starter package includes a bag with a sticker allowing you to deposit your items in the starting zone. Deposits can be made from approximately 1 hour before each start. Competitors starting on Lubań Vertical, Hardy Rolling and Chyża Durbaszka routes can leave their deposit just before the start, in Tylmanowa and Jaworki, respectively. It will be transported to Szczawnica to the deposit area.

The package for **Lubań Vertical** includes a second bag - for the finish line at the top of Lubań - this deposit should be left in Szczawnica, in the **deposit area at the race office until 2:30 p.m.**



The package for **Niepokorny Mnich** includes a second bag - for deposit in Rytró - the bag should be left in the deposit area at the race office, you can do it just before the start. Deposits from Rytró will be collected successively with subsequent bus transports and will be available for collection at the main deposit collection point at the finish line.

DEPOSIT COLLECTION

You will need your bib number to collect your deposit. The deposit will only be issued upon presentation of the number. **You can pick up your belongings until 20:30 on 20/04/2024.** Unclaimed deposits may be returned to owners at their expense.



- P1** Parking under the cable car to Palenica (paid) – 1600 m from the start/finish zone
- P2** Parking Pieniński (lower lever, paid) – under the race office
- P3** Parking at Zdrojowa Street (paid) – 1900 m from the start/finish zone
- P4** Parking at Zdrojowa 19 (paid) – 2200 m from the start/finish zone
- P5** Parking at Lower Park, Parkowa Street (paid) – 1300 m from the start/finish zone
- P6** Parking at the cemetery (free, ca. 20 places) and opposite the cemetery „u Kuby” Główna 54A Street – 1000 m from start/finish zone

-  Race Office and main START/FINISH Zone, Pienińska 1C Street
-  Accommodation in the gym, showers, Główna 12 Street
-  Bus stops (for the start of Chyża Durbaszka and Hardy Rolling)
- Parking lots in Jaworki**
- Parking Homole** (paid) – 600 m from the start of HR11, CD20
- Parking Jaworki**, Pod Homolami 24 Street (paid) – 300 m from the start of HR11, CD20
- Parking Pod Dębem**, Pod Homolami 31A Street (paid) – 400 m from the start of HR11, CD20

JAWORKI

BUS LINES

Thinking of the comfort of participants, residents of Szczawnica and surrounding towns, as well as the environmental benefits of this solution, for the duration of the race we are launching 3 special Pieniny Ultra-Trail® bus lines, which will run around Szczawnica (line 1 - green) and to Jaworki (line 2 - blue) and to Krościenko (line 3 - red). Line 1 on Friday and Saturday, and lines 2 and 3 only on Saturday.

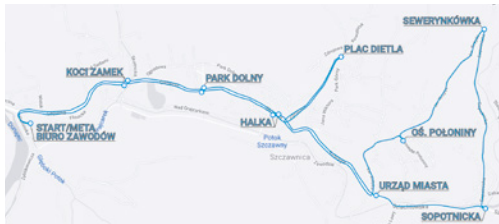
We want to make it easier for you to get to the race office and the starting line, and after the competition also to accommodation places or parking lots where you left your cars, without traffic jams and the stress of looking for parking spaces.

Transport is free for all participants of the competition, as well as your families and fans. And it will take place upon presentation of the bib number or electronic ticket posted on the event website.

You can check the detailed timetable on the map you will receive in your starter package, at each bus stop and on our website:

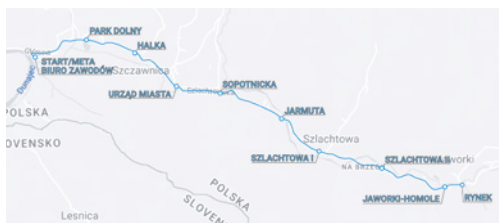
www.pieninyultratrail.pl/en/bus-lines/

LINE 1: SZCZAWNICA CITY BUS



▲ **Bus stops:** Parking Start/Meta – Koci Zamek – Park Dolny – Halka – Plac Dietla – Os. Poloniny – Sewerynkówka – ul. Sopotnicka – Urząd Miasta – Halka, Park Dolny, Koci Zamek, Parking Start/Meta.

LINE 2: SZCZAWNICA – JAWORKI – SZCZAWNICA



▲ **Bus stops:** Parking Start/Meta, Park Dolny, Halka, Urząd Miasta, ul. Sopotnicka, Jarmuta, Szlachtowa I, Szlachtowa II, Parking Homole, Jaworki Rynek.

LINE 3: SZCZAWNICA – KROŚCIENKO – SZCZAWNICA



▲ **Bus stops:** Parking Start/Meta, Port Pienin, Kozłeczyczna, Krościenko Kościół, Krościenko Rynek, Kozłeczyczna, Port Pienin, Parking Start/Meta.



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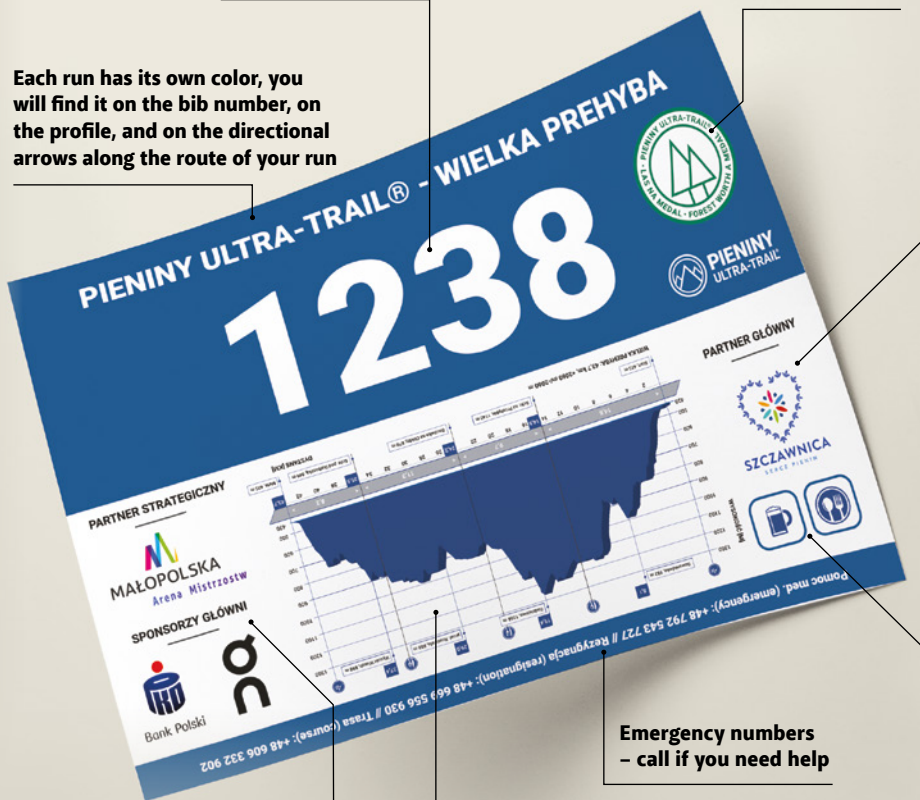
BIB NUMBER

The City and Commune of Szczawnica is both our host and Main Partner.

The bib number should always be on top, always visible

Forest worth a Medal - this icon informs us that at the finish line we will give you a tree instead of a medal

Each run has its own color, you will find it on the bib number, on the profile, and on the directional arrows along the route of your run



The Lesser Poland Voivodeship is the Strategic Partner of Pieniny Ultra-Trail, and PKO Bank Polski and On are the Main Sponsors.

The elevation profile has been reversed so that it can be read while running

Emergency numbers – call if you need help

Post-race meal and beer coupons

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w Szczawnicy


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NUTRITIONAL POINTS

| | Niepokorny Mnich | Dziki Groń | Wielka Prehyba | Żwawe Wierchy | Chyża Durbaszka | Hardy Rolling |
|---------------------------|------------------|------------|----------------|---------------|-----------------|---------------|
| Krościenko | 1 | | | | | |
| Tylmanowa | 2 | | | | | |
| Schronisko na Przehybie | 3 | 1 | 1 | 1 | | |
| Ośrodek RyterSKI w Rytrze | 4 | 2 | | | | |
| Kosarzyska | 5 | 3 | | | | |
| Bacówka na Obidzy | 6 | 4 | 2 | | | |
| Schronisko pod Durbaszką | 7 | 5 | 3 | 2 | 1 | 1 |

__ Krościenko



Supplies:

Drinks: water, isotonic drink, Coca-Cola, tea

Food: bananas, oranges, others fruit, salty and sweet snacks

__ Tylmanowa



Supplies:

Drinks: water, isotonic drink, Coca-Cola

Food: bananas, oranges, others fruit, salty and sweet snacks

__ Schronisko na Przehybie



Supplies:

Drinks: water, isotonic drink, Coca-Cola, tea

Food: bananas, oranges, others fruit, salty and sweet snacks, sandwiches
Warm meal: tomato soup with rice for the participants of Niepokorny Mnich

__ Ośrodek RyterSKI w Rytrze



Supplies:

Drinks: water, isotonic drink, Coca-Cola, tea

Food: bananas, oranges, others fruit, salty and sweet snacks

__ Kosarzyska



Supplies:

Drinks: water

__ Bacówka na Obidzy



Supplies:

Drinks: water, isotonic drink, Coca-Cola, tea

Food: bananas, oranges, others fruit, salty and sweet snacks, sandwiches
Warm: baked potatoes and cream vegetable soup

__ LEGEND



Drinks



Food



First-aid



Transport to Szczawnica



Deposit (Niepokorny Mnich)



Hot meal



Time measurement



Supplies:

Drinks: water, isotonic drink, Coca-Cola, tea

Food: bananas, oranges, others fruit, salty and sweet snacks



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ROUTE MARKING

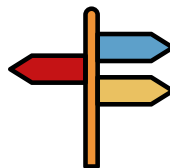


Yellow tape with the event logo

The basic marking for all routes is a yellow tape with the event logo posted in visible places along the route of each run. The tapes are hung in such a way that the route is clearly visible. We try to hang tapes often enough so that some tape is in your line of sight most of the time. This means that if you don't encounter any tape for, say, 2 minutes, that should already be a concern. If the tape is gone for 5 minutes, you are very likely off the course. Tapes are always more important than tourist trails, from which we sometimes stray to take a shortcut, take a more logical route or avoid some unpleasant place.

Directional arrows

The second type of marking is directional arrows in 7 different colors. Each color refers to a different course and appears consistently: on the bib numbers, elevation profiles and on the arrows. If at any crossroad or turn you are unsure where to run, simply look at your bib number and follow the arrow in its color. The arrows have an inscription with the name of a given race printed on them. If you see that the inscription is upside down or sideways, it means that someone has changed this arrow!



Reflective tapes

The section that runners of Niepokorny Mnich cover at night so from the start to Krościenko and the climb to Lubań is additionally marked with reflective tape

SOMETHING WRONG?

If you see any tapes obviously hanging in a place they shouldn't, the arrows are broken or rotated, contact us immediately, by phone – you'll find the number on your bib number, the last one will be the best: **606 332 902**.

Additional marking: red exclamation mark



Appears mainly on the route Niepokorny Mnich, where there are sudden turns from a main road to a side ones, sometimes poorly visible paths. Such an exclamation mark hangs on 50-100 meters before the turn, of course then an arrow appears and the tapes keep going on.



HOTEL MARIA

In the center of Szczawnica, in the Lower Park itself, there is a unique building. This is Hotel Maria, whose history dates back to 1889. Here, architecture and decor combine with the history of the building, tradition and passion for contemporary design and comfort. All this is in harmony with the surrounding nature, and the unique atmosphere of this place provides the whole family with unforgettable experiences and favorite relaxation.

The hotel has a unique restaurant, **PRYZSTAŃ SMAKÓW**, which provides true delight for the palate. The Chef proposes original dishes inspired by local flavors. The restaurant impresses not only with its taste, but also with the elegance of its interior. We take care of every detail to make the time spent in the restaurant an unforgettable experience.



Guests have access to a wellness zone that will allow them to relax regardless of the weather. All this thanks to a wide range of amenities, from saunas to the salt cave.

From April 17, 2024 (Wednesday) to April 21, 2024 (Sunday), there is a 10% discount on food for runners using the slogan: „RESTAURACJA PRYZSTAŃ SMAKÓW”.

LUBAŃ VERTICAL

- **Distance:** 6,5 km
- **Elevation:** +920 m/-90 m
- **Start:** 16:00 (Friday)
- **Start location:** Tyłmanowa
- **Finish location:** Lubań
- **Time limit:** 2,5 hours
- **Highest point:** Lubań, 1202 m abs.
- **Mandatory equipment:**
 - bib number (placed on the front in such a way that it is always visible and readable) and the chip
 - a mobile phone with a battery that works for at least several hours (roaming is recommended)
 - emergency blanket / NRC foil
 - *We recommend placing a drinking vessel in the deposit, which they will be able to use at the finish line (we do not provide disposable cups).*
- **Transport to the start:**

Each participant of Lubań Vertical can use transport to the start provided by the organizer. The buses start from the parking lot next to the race office and arrive at the start in Tyłmanowa. They depart at 15:00.
- **Transport from the finish:**

If you want to use the return transport to Szczawnica, go down from Lubań along the blue trail to the parking lot under Wdźar Mountain, where the buses will be waiting. This is a shorter variant and with a lower elevation than the descent back to Tyłmanowa.

**NATIONAL
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TOP 10 RESULTS IN HISTORY:

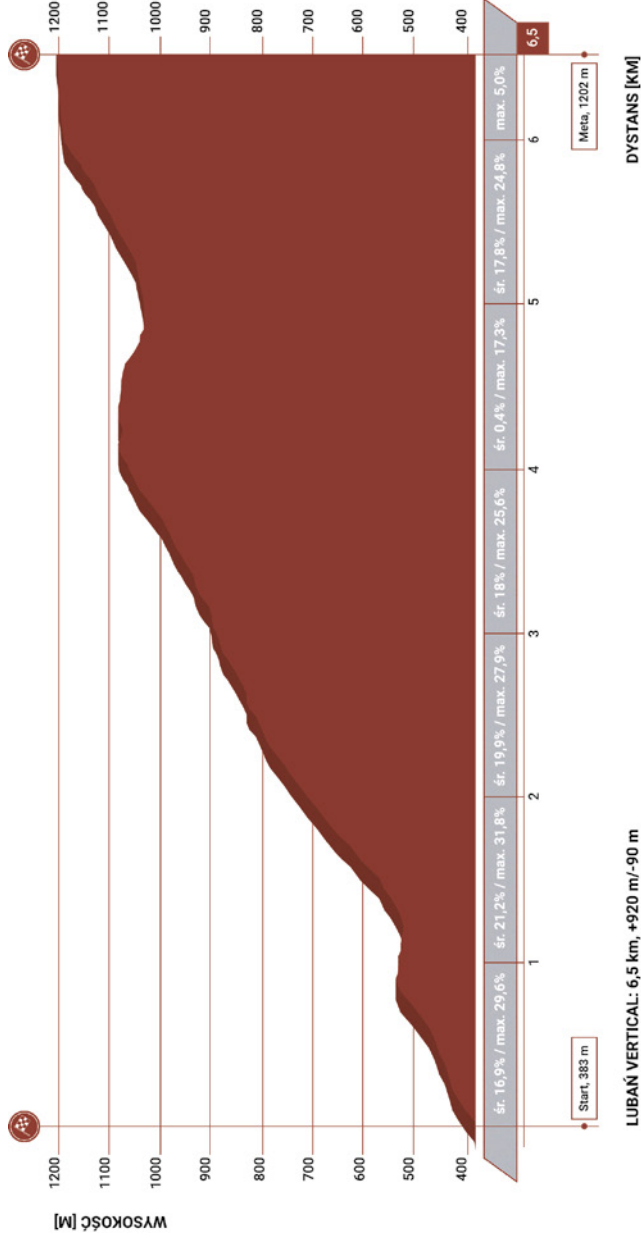
MEN

- **Dawid Malina: 00:40:14.70 (2023)**
- **Piotr Łobodziński: 00:40:35.20 (2023)**
- **Dominik Tabor: 00:40:40.95 (2023)**
- Marcin Kubica: 00:41:05.70 (2023)
- Sylwester Lepiarz: 00:42:56.10 (2023)
- Michał Dudczak: 00:43:04.15 (2023)
- Dominik Grządziel: 00:44:34.2 (2023)
- Daniel Dulski: 00:46:03.8 (2023)
- Marcin Kunz: 00:47:30.55 (2023)
- Maciej Ogrodnik: 00:47:33.1 (2023)

WOMEN

- **Anna Celińska 00:46:47.75 (2023)**
- **Mirosława Witowska 00:48:41.45 (2023)**
- **Beata Mazan 00:50:13.65 (2023)**
- Sylwia Kapusta-Szydłak 00:52:48.90 (2023)
- Anna Ficner 00:53:31.75 (2023)
- Anna Skalska 00:54:40.35 (2023)
- Karolina Obstój 00:54:55.35 (2023)
- Nina Wiczorek 00:55:29.0 (2023)
- Agnieszka Długosz-Stępiak 00:56:41.20 (2023)
- Dominika Bolechowska 00:57:18.15 (2023)

ELEVATION PROFILE OF LUBAŃ VERTICAL



HARDY ROLLING

- **Distance:** 10,6 km
- **Elevation:** +530 m/-660 m
- **Start:** 17:00 (Saturday)
- **Start location:** Parking Homole, Jaworki
- **Finish location:** Most Flisaków, Szczawnica
- **Time limit:** 3 hours
- **Highest point:** Wysoki Wierch, 898 m abs.
- **Nutritional point:** Schronisko pod Durbaszką – 2,4 km

— **Mandatory equipment:**

- bib number (placed on the front in such a way that it is always visible and readable) and the chip,
- a mobile phone with a battery that works for at least several hours (roaming is recommended),
- a water container to be used on the route and at nutritional points (a cup or water bottle or flask) with a total capacity of at least 0.25 liter.

— **Transport to the start:**

Each participant of Hardy Rolling can use transport to the start provided by the organizer. The buses depart from the parking at the Race Office and pass through Szczawnica, stopping at the next stops marked on the map. They depart at 16:00 and arrive at the next stops a few minutes later. If the first or second one is full, just wait for the next one.

TOP 10 RESULTS IN HISTORY:

MEN

- **Michał Olejnik, 00:42:12 (2023)**
- **Marcin Kubica, 00:42:19 (2023)**
- **Michał Dudczak, 00:42:29 (2022)**
- Piotr Łobodziński, 00:42:46 (2023)
- Dominik Tabor, 00:43:51 (2023)
- Kacper Dudczak, 00:44:53 (2022)
- Adam Świrgoń, 00:45:10 (2022)
- Sylwester Lepiarz, 00:45:13 (2023)
- Michał Dudczak, 00:45:50 (2023)
- Dariusz Marek, 0:46:15 (2019)

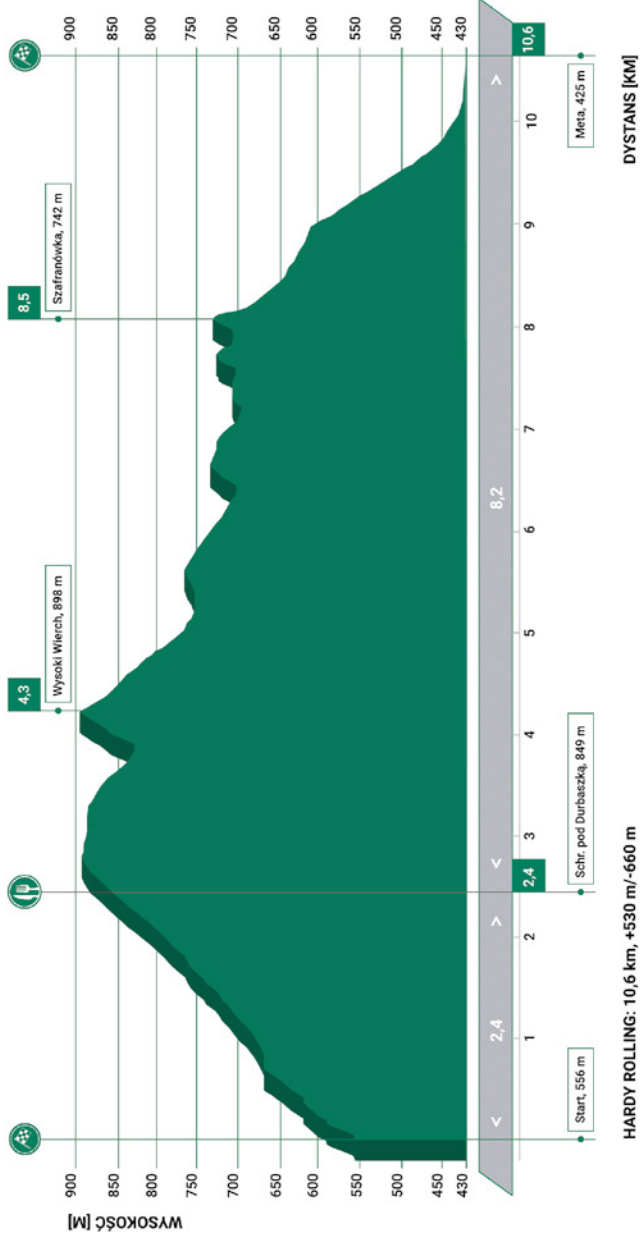
WOMEN

- **Anna Celińska, 00:52:01 (2023)**
- **Paulina Tracz, 00:52:43 (2023)**
- **Marta Kaźmierczak, 00:53:45 (2022)**
- Sylwia Kapusta-Szydłak, 00:53:53 (2023)
- Beata Mazan, 00:55:39 (2023)
- Nina Wieczorek, 00:55:49 (2023)
- Anna Ficner, 00:56:08.50 (2023)
- Anna Skalska, 00:56:13.30 (2023)
- Marta Kaźmierczak, 00:56:15.00 (2023)
- Karolina Dul, 00:56:21.75 (2023)

Remember...

All activities that may disturb the beauty of the natural areas through which the race route leads are prohibited, especially: littering. All garbage should be left at checkpoints, shelters or carried to the finish line. **Littering on the route is punishable by disqualification!**

ELEVATION PROFILE OF HARDY ROLLING



CHYŻA DURBASZKA

- **Distance:** 20,6 km
- **Elevation:** +910 m/-1050 m
- **Start:** 8:30 (Saturday)
- **Start location:** Parking Homole, Jaworki
- **Finish location:** Most Flisaków, Szczawnica
- **Time limit:** 5 hours
- **Highest point:** Smerekowa: 985 m abs.
- **Nutritional point:** Schronisko pod Durbaszką - 12,4 km

— **Mandatory equipment:**

- bib number (placed on the front in such a way that it is always visible and readable) and the chip
- a mobile phone with a battery that works for at least several hours (roaming is recommended)
- a water container to be used on the route and at nutritional points (a cup or water bottle or flask) with a total capacity of at least 0.25 liter

— **Transport to the start:**

Each participant of Chyża Durbaszka can use transport to the start provided by the organizer. The buses start in front of the Race Office and pass through Szczawnica, stopping at the next stops marked on the map. They start at 7:10 am and 7:45 am and arrive at the next stops a few minutes later. If the first or second one is full, just wait for the next one.

NATIONAL CHAMPIONSHIP IN MOUNTAIN CLASSIC RUN

QUALIFIER RACE FOR THE EUROPEAN CHAMPIONSHIPS

TOP 10 RESULTS IN HISTORY:

MEN

- **Marcin Kubica, 1:25:48 (2019)**
- **Tomasz Kawik, 1:28:41 (2019)**
- **Adrian Bednarek, 1:29:16 (2019)**
- Michał Rajca, 1:30:03 (2018)
- Piotr Biernawski, 1:31:24 (2019)
- Kacper Piech, 1:31:29 (2016)
- Błażej Knutelski, 1:31:34 (2022)
- Adam Bednarz, 1:31:35 (2019)
- Dariusz Marek, 1:31:37 (2018)
- Tomasz Kubiak, 01:31:43 (2022)

WOMEN

- **Martyna Kantor, 1:42:51 (2021)**
- **Aneta Ściuba, 1:49:38 (2019)**
- **Katarzyna Wilk, 1:49:56 (2019)**
- Aleksandra Bazułka, 1:50:26 (2022)
- Monika Dudek, 1:51:00 (2022)
- Aleksandra Bazułka, 1:53:39 (2019)
- Martyna Kantor, 1:54:12 (2017)
- Justyna Grzywaczewska, 01:54:45 (2023)
- Magdalena Lewandowska, 1:56:04 (2022)
- Weronika Koziół, 1:56:08 (2019)
- Iwona Flaga, 1:56:09 (2016)



ELEVATION PROFILE OF CHYŻA DURBASZKA



ŻWAWE WIERCHY

- **Distance:** 33,4 km
- **Elevation:** +1600 m/-1600 m
- **Start:** 7:00 (Saturday)
- **Start and finish location:** Most Flisaków, Szczawnica
- **Time limit:** 8 hours
- **Highest point:** Przehyba, 1162 m n. p. m
- **Nutritional points:**
 - Schronisko na Przehybie – 14,5 km
 - Schronisko pod Durbaszką – 25,2 km
- **Mandatory equipment:**
 - bib number (placed on the front in such a way that it is always visible and readable) and the chip
 - a mobile phone with a battery that works for at least several hours (roaming is recommended)
 - emergency blanket / NRC foil
 - a water container to be used on the route and at nutritional points (a cup or water bottle or flask) with a total capacity of at least 0.5 liter

TOP 10 RESULTS IN HISTORY:

MEN

- Karol Siola, 2:50:35 (2022)
- Dariusz Marek, 02:51:11 (2023)
- Piotr Biernawski, 02:52:43.45 (2023)
- Michał Siwek, 2:56:16 (2022)
- Michał Korek, 02:56:20 (2023)
- Douglas Harris, 02:56:29 (2023)
- Wojciech Szkoła, 2:57:36 (2022)
- Rafał Jura, 02:58:22.20 (2023)
- Bartek Kujawski, 2:59:55 (2022)
- Jarosław Zbozień, 2:59:57 (2022)

WOMEN

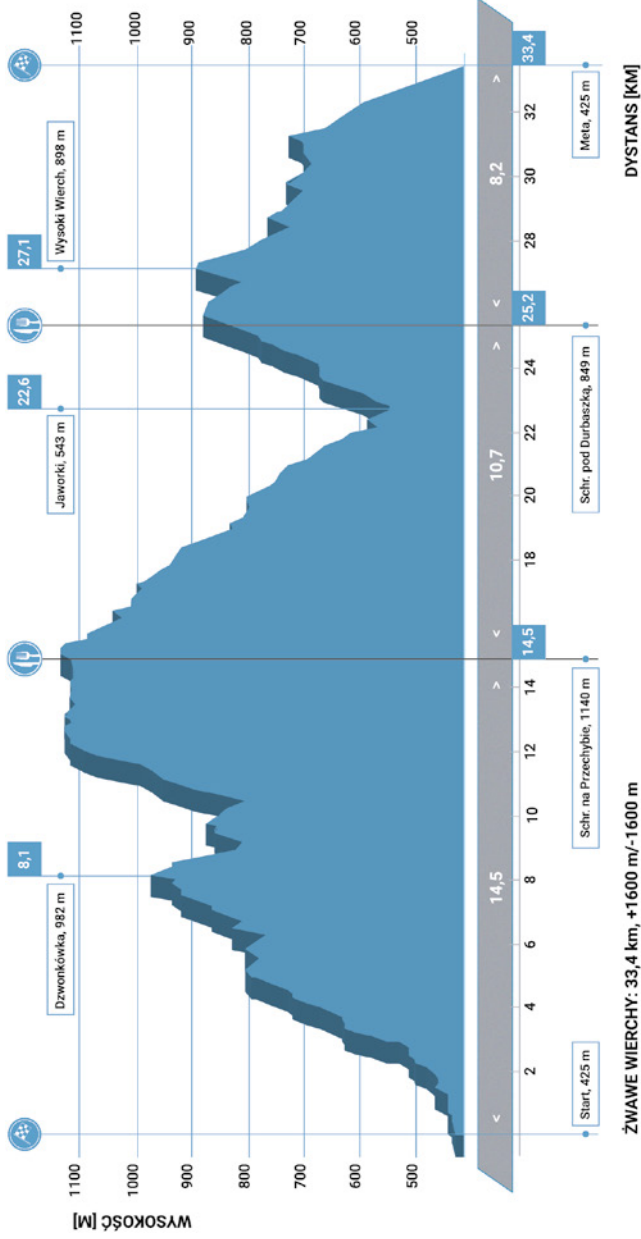
- Natalia Tomasiak, 3:10:52 (2022)
- Natalia Tomasiak, 03:14:03 (2023)
- Justyna Grzywaczewska, 3:17:42 (2022)
- Ania Halska, 03:20:07 (2023)
- Magdalena Bednarczyk, 03:24:13 (2023)
- Ania Halska, 03:28:52 (2022)
- Natalia Paulina Bartosz, 3:33:49 (2022)
- Katarzyna Bałys, 3:34:54 (2022)
- Maria Kuruc, 03:37:24 (2023)
- Anna Toporkiewicz, 3:39:27 (2022)

Remember...

**Littering on the route is
punishable by disqualification!**



ELEVATION PROFILE OF ŻWAWE WIERCHY



WIELKA PREHYBA

- **Distance:** 43,7 km
- **Elevation:** +2060 m/-2060 m
- **Start:** 9:00 (Saturday)
- **Start and finish location:** Most Flisaków, Szczawnica
- **Time limit:** 9 hours
- **Highest point:** Radziejowa, 1268 m abs.
- **Nutritional points:**
 - Schronisko na Przehybie – 14,5 km
 - Bacówka na Obidzy – 24,2 km
 - Schronisko pod Durbaszką – 35,5 km
- **Mandatory equipment:**
 - bib number (placed on the front in such a way that it is always visible and readable) and the chip
 - a mobile phone with a battery that works for at least several hours (roaming is recommended)
 - emergency blanket / NRC foil
 - a water container to be used on the route and at nutritional points (a cup or water bottle or flask) with a total capacity of at least 0.5 liter

Remember...

All activities that may disturb the beauty of the natural areas through which the race route leads are prohibited, especially: littering. All garbage should be left at checkpoints, shelters or carried to the finish line. **Littering on the route is punishable by disqualification!**

NATIONAL CHAMPIONSHIPS IN SHORT TRAIL MOUNTAIN RUN

QUALIFIER RACE FOR THE EUROPEAN CHAMPIONSHIPS

TOP 10 RESULTS IN HISTORY:

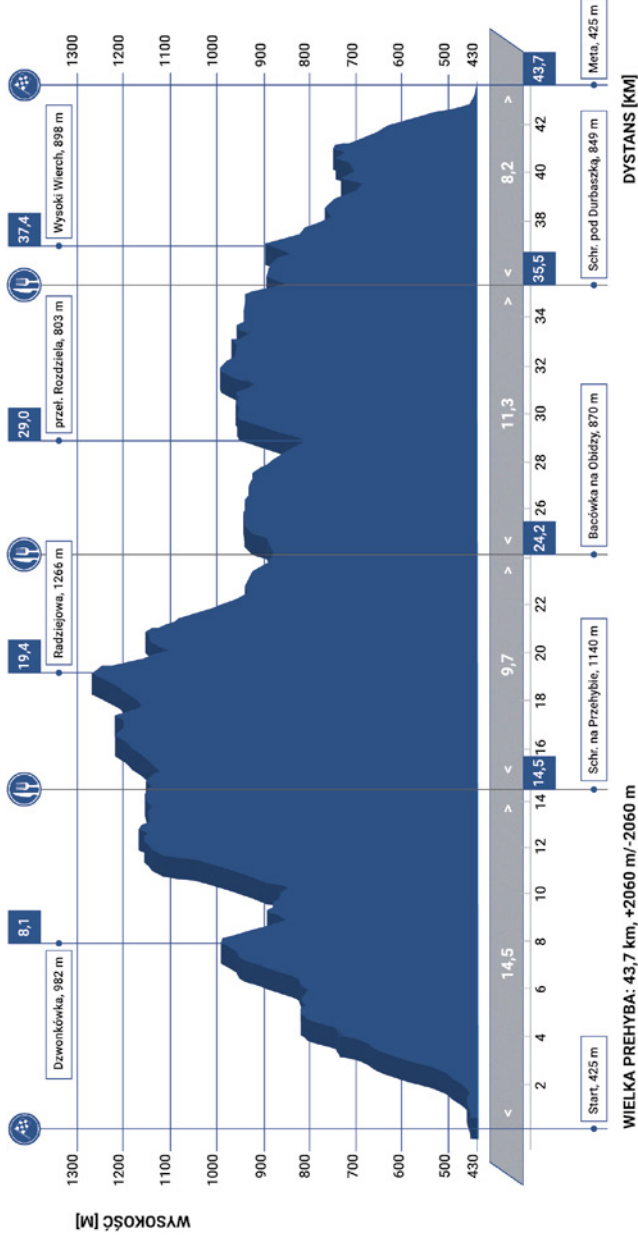
MEN

- **Marcin Świerc, 3:15:19 (2016)**
- **Bartłomiej Przedwojewski, 3:16:57 (2019)**
- **Bartosz Gorczyca, 3:21:57 (2016)**
- Marcin Rzeszółtko, 3:26:10 (2022)
- Krzysztof Bodurka, 3:26:31 (2019)
- Marcin Świerc, 3:26:46 (2018)
- Andrzej Witek, 03:29:30 (2023)
- Marcin Świerc, 3:30:08 (2015)
- Rafał Matuszczak, 03:30:22.250 (2023)
- Miłosz Szczęśniewski, 3:32:03 (2016)

WOMEN

- **Martyna Młynarczyk, 3:56:47 (2019)**
- **Edyta Lewandowska, 3:59:15 (2016)**
- **Edyta Lewandowska, 4:02:29 (2018)**
- Dominika Stelmach, 4:02:42 (2016)
- Martyna Młynarczyk, 04:03:45.10 (2023)
- Martyna Młynarczyk, 4:05:48 (2022)
- Paulina Tracz, 4:07:33 (2019)
- Mirosława Witowska, 4:09:30 (2022)
- Katarzyna Solińska, 4:11:51 (2023)
- Ewa Majer, 4:12:49 (2018)

ELEVATION PROFILE OF WIELKA PREHYBA



DZIKI GROŃ

- **Distance:** 64,6 km
- **Elevation:** +3200 m/-3200 m
- **Start:** 6:00 (Saturday)
- **Start and finish location:**
Most Flisaków, Szczawnica
- **Time limit:** 14 hours
- **Highest point:** Przehyba, 1162 m n. p. m.
- **Nutritional points:**
 - Schronisko na Przehybie – 14,5 km
 - Ośrodek RyterSKI w Ryttrze – 23,2 km
 - Kosarzyska – 36,4 km
 - Bacówka na Obidzy – 45,1 km
 - Schronisko pod Durbaszką – 56,4 km
- **Mandatory equipment:**
 - bib number (placed on the front in such a way that it is always visible and readable) and the chip
 - a mobile phone with a battery that works for at least several hours (roaming is recommended)
 - emergency blanket / NRC foil
 - a water container to be used on the route and at nutritional points (a cup or water bottle or flask) with a total capacity of at least 1 liter
- **Time limits on the course:**
 1. Bacówka na Obidzy (45,1 km): 10 h (16:00)
 2. Schronisko pod Durbaszką (56,4 km): 12 h 30 min (18:30)

TOP 10 RESULTS IN HISTORY:

MEN

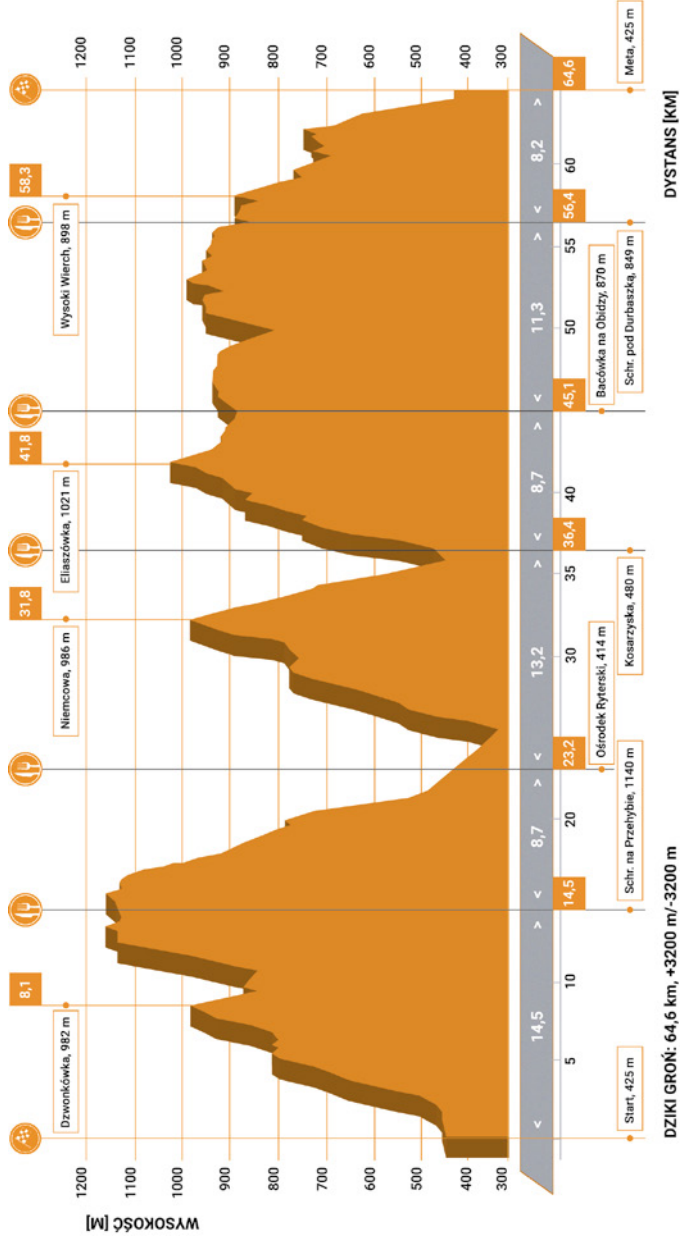
- Marcin Świerc, 6:06:38 (2017)
- Karol Matussek, 06:08:27 (2023)
- Bartosz Gorczyca, 6:11:38 (2017)
- Piotr Szumliński, 6:18:42 (2019)
- Wojciech Probst, 6:21:21 (2017)
- Karol Siola, 06:25:27 (2023)
- Piotr Uznański, 6:30:42 (2019)
- Michał Kaszuba, 06:30:56 (2023)
- Artur Baran, 6:33:56 (2019)
- Karlis Eiduks, 06:35:26.25 (2023)

WOMEN

- Karolina Wierzchowiak, 7:29:32 (2022)
- Edyta Lewandowska, 7:34:11 (2017)
- Marta Naczyk, 7:36:12 (2022)
- Kamila Grzelak, 7:39:37 (2019)
- Anna Kącka, 7:43:50 (2017)
- Joanna Oberlan-Maróń, 07:46:56.15 (2023)
- Marta Chilicka, 7:48:40 (2022)
- Marta Wenta, 7:51:53 (2017)
- Katarzyna Florek, 7:51:51 (2022)
- Justyna Mamala, 7:53:49 (2021)



ELEVATION PROFILE OF DZIKI GRON



DZIKI GRON: 64,6 km, +3200 m/-3200 m

NIEPOKORNY MNICH

— **Distance:** 95,2 km

— **Elevation:** +4940 m/-4940 m

— **Start:** 1:00 (Saturday)

— **Start and finish location:** Most Flisaków, Szczawnica

— **Time limit:** 19 hours

— **Highest point:** Średni Groń, 1194 m abs.

— **Nutritional points:**

- Krościenko – 13,6 km
- Tylmanowa – 28,9 km
- Schronisko na Przehybie – 45,1 km
- Ośrodek RyterSKI w Ryttrze – 53,8 km
- Kosarzyska – 67 km
- Bacówka na Obidzy – 75,7 km
- Schronisko pod Durbaszką – 87 km

— **Mandatory equipment:**

- bib number (placed on the front in such a way that it is always visible and readable) and the chip
- a mobile phone with a battery that works for at least several hours (roaming is recommended)
- emergency blanket / NRC foil
- a water container to be used on the route and at nutritional points (a cup or water bottle or flask) with a total capacity of at least 1 liter
- headlamp / flashlight

— **Deposit on the course:**

The deposit for the nutritional point in Rytro (53,8 km) should be made just before the start in the start/finish zone in Szczawnica. The deposit will be transported to Rytro, and after closing the point, it will be available for collection in the finish area, in the same place as other deposits. **Attention! The deposit can be collected until 20:30 on Saturday.**

TOP 10 RESULTS IN HISTORY:

MEN

V. THROUGH GORCE MOUNTAINS

- Dominik Grządziel, 10:23:21 (2021)
- Dominik Grządziel, 10:28:23 (2022)
- Roman Ficek, 10:30:19 (2023)
- Michał Jurek, 10:38:55 (2023)
- Szymon Wolek, 10:47:13.65 (2023)

V. THROUGH SLOVAKIA

- Grzegorz Ziejewski, 9:36:50 (2019)
- Michał Sedlak, 9:44:46 (2019)
- Szymon Wolek, 10:16:09 (2018)
- Piotr Hercog, 10:16:23 (2015)
- Maciej Więcek, 10:23:38 (2018)

WOMEN

V. THROUGH GORCE MOUNTAINS

- Małgorzata Moczulska, 12:04:16 (2023)
- Małgorzata Moczulska, 12:04:30 (2022)
- Alina Wyleżałek, 12:24:11.40 (2023)
- Agnieszka Tatarek-Konik, 12:54:21 (2023)
- Katarzyna Zych, 12:55:02 (2022)

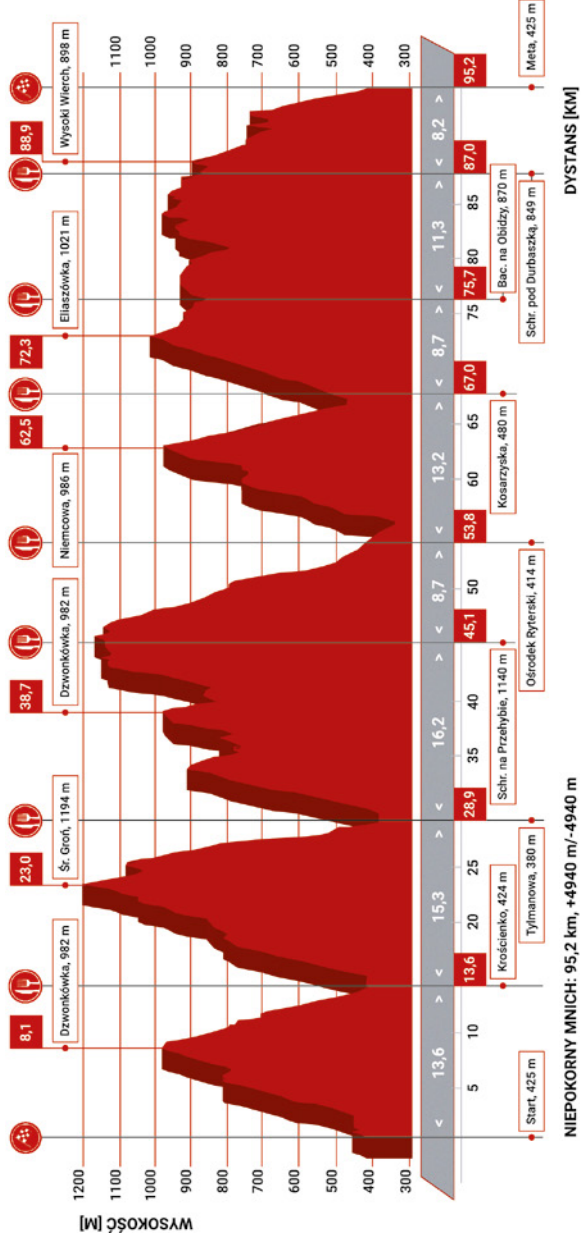
V. THROUGH SLOVAKIA

- Ewa Majer, 11:47:49 (2014)
- Małgorzata Pazda-Pozorska, 11:48:13 (2018)
- Kinga Kwiatkowska, 12:01:44 (2018)
- Marta Wenta, 12:12:50 (2018)
- Iwona Ćwik, 12:20:43 (2016)

— **Time limits on the course:**

1. Bacówka na Obidzy (75,7 km) – 15 h (16:00)
2. Schronisko pod Durbaszką (87 km) – 17 h 30 min (18:30)

ELEVATION PROFILE OF NIEPOKORNY MNICH



NIEPOKORNY MNICH: 95,2 km, +4940 m/-4940 m

LESSER POLAND LOVES SPORT, ATHLETES LOVE LESSER POLAND!

Lesser Poland is a region where sport has a permanent and important place in the lives of residents, and the voivodeship government, through investment programs and grant projects, supports the creation of new sports infrastructure and promotes both professional and recreational activity.

Lesser Poland focuses on sport, which occupies an increasingly stronger position in the broadly understood system of individual and social values, serving comprehensive human development. Therefore, the activities of the Provincial Government for the development and promotion of sport focus in particular on:

- the importance of physical culture in shaping social attitudes, self-fulfillment and development of physical activity and improving physical condition (both among children and adolescents, people of the „third age“ and people with disabilities), among others, through open contests „*Lesser Poland for sports*“.

- creating appropriate conditions for the development of sports talents based on, among others, for inter-school competitions, inter-club competition, or extra-club training, i.e. provincial teams as part of the nationwide system of sports competition for children and youth (through open contest, e.g. „*Lesser Poland Club*“), in order to select potential medalists of the Olympic Games, World Championships or European Championships.

- providing appropriate sports infrastructure, as part of activities aimed at the sustainable development of infrastructure

important for the region or local communities, increasing the accessibility of residents to basic sports facilities, including: through the implementation of the project „*Lesser Poland recreation and sports infrastructure - MIRS*“ as part of the program for the modernization of sports fields and recreation areas based on financial assistance for local government units.

- managing free time, promoting a healthy lifestyle and active forms of physical activity that can compete with attractive multimedia entertainment, through implemented projects, such as: swimming lessons called „*I'm already swimming.*“

The Lesser Poland Voivodeship offers outstanding athletes from our region a wide system of rewards for special sports achievements. In the years 2021 - 2023, a special sports scholarship fund was implemented under the name „**Lesser Poland Hopes for the European Games'23**” for achieved sports results in international or national competition. The aim of the project was to create appropriate conditions conducive to the development of sport and improving the sports level of competitors preparing to take part in the highest-ranking events, including: to participate in the 3rd European Games, while supporting the process of

selecting talented athletes, giving them the opportunity to achieve increasingly better sports results in the future. Next - **Scholarship Fund of Stefan Kapłaniak** gives competitors the opportunity to apply for financial support in a wider range of disciplines. The fund has been implemented since 2022 and is becoming more and more popular.

Another form of recognizing outstanding athletes is the „**Lesser Poland Laurel of Sport**” awards. These awards promote the best athletes from our region, support talented youth and create positive role models for the young generation. The

award is granted in financial form, in each age category, in sports of significant importance for the Voivodeship (i.e. sports included in the Olympic, Paralympic or Deaf Games program), for winners of a gold, silver or bronze medal at the Olympic Games, Paralympic Games, Olympic Games for the Deaf, World Championships and World Championships for People with Disabilities, European Championships, European Championships for People with Disabilities and European Games, and for setting a world record or a European record in sports included in the Olympic, Paralympic or Deaf Games program.

Fot.: Karolina Krawczyk



The Lesser Poland Voivodeship has been supporting local governments in the expansion and modernization of sports facilities for years through annual programs. In 2023, it allocated financial resources in the amount of nearly PLN 24 million for sports infrastructure. These funds were allocated to the program entitled **Lesser Poland Recreation and Sports Infrastructure**, under which over 100 sports facilities were modernized

in 2023. As a result, a specialized MTB track was built in Krynica Zdrój, the ice hall in Nowy Targ and the communication route around the swimming pool in Oświęcim were modernized. Thanks to modern infrastructure, Lesser Poland's athletes have better conditions to improve their sports level. Providing athletes with the opportunity to train in modern facilities is an additional stimulus to achieve better sports results.

An important factor in sports activation is the preparation of an appropriate sports offer for the inhabitants of the voivodeship, especially the young generation, by supporting appropriate sports programs enabling the psychophysical development of children and youth. Participating in attractive physical education classes at schools and organizing extracurricular sports activities in various disciplines is an important element of instilling the „bug” of practicing sports



Fot.: Piotr Dymus

and actively spending free time among the youngest. To this end, Lesser Poland additionally supports, implements and develops grant programs that provide young people with sports talents and their guardians with optimal conditions for sports training and opportunities to improve their sports level to represent the country in international competition.

The Lesser Poland Voivodeship, aspiring to become a national leader in the location of sports events of the World Championships and European Championships, popularizes sports in Lesser Poland during international events, while promoting Lesser Poland as a region prepared to host sports events of the highest rank. Sports promotion in Lesser Poland takes place during, among others: Ski Jumping World Cup, Lesser Poland Mountain Race, Hill Climb Limanowa Mountain Race, Memorial of Hubert Jerzy Wagner, or European Running Festival – Two Beskids in Krynica-Zdrój and during nationwide and mass events, or events in the disabled people's community.



Lesser Poland, as a complete region, prepared to host sporting events of the highest rank on June 21 - July 2, 2023, has become the **„heart of European sport“** as the host of the **3rd European Games Cracow - Lesser Poland**. The whole of Poland witnessed the efforts of athletes from nearly 50 countries in competitions held at the level of European Championships or qualifications for the Olympic Games in Paris. The organization of this high-ranking event has become an opportunity for Europe to speak with one voice, to emphasize that our continent is a place where

other people are respected and the common good is our primary goal. It was a fantastic opportunity for Poland to demonstrate its values while presenting itself as a safe and hospitable country. For Lesser Poland, the European Games have become a unique opportunity to develop and promote the region as an efficient host of such a prestigious sports event, and to show Polish culture and tourism. The Cracow - Lesser Poland European Games significantly demonstrated the trends and changes taking place in modern sport.




MAŁOPOLSKA
Arena Mistrzostw

www.malopolska.pl

fb.com/lubiemalopolske

6,380 athletes competed in sports competitions in 29 disciplines, including: in Cracow, Krynica-Zdrój, Tarnów, Zakopane, Nowy Targ, Krzeszowice, Nowy Sącz, Myślenice, Kryninów, Oświęcim. 1,626 medals were awarded, in 253 medal categories - 111 men's, 116 women's and 26 mixed. Poland was represented by 374 athletes (the largest team in the history of sports) who won 50 medals: 13 gold, 19 silver, 18 bronze. Nearly 200,000 fans appeared in the stadiums. The competition was assessed by 1,215 judges and technical officials (712 foreign and 503 domestic). 776 journalists re-

ported on the competition in 48 countries. The involvement of 4,500 volunteers from 72 countries provided invaluable support. The tourism and service industries benefited, as well as hoteliers, restaurateurs, sellers and carriers. New sports facilities were built, some of the existing ones were modernized and rebuilt, road infrastructure was improved, including: sidewalks, parking lots. Time has shown that the organizers met the challenge, creating an event whose participants: athletes, fans, journalists and thousands of volunteers will not soon forget.

Sport arouses emotions, develops and connects people. Sports competition is the best fuel for building group identities and a sense of bond between both competitors and fans, which is why Lesser Poland, through the implementation of the above-mentioned activities, wants to provide the best possible conditions for the physical development of its residents and wants to ensure the highest level of positive emotions for its residents and guests of the region.

Sięgnij po **CZANIECKI**

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Wypełnij swoją kuchnię smakami, aromatami i zapachami, które pozostaną z Tobą na zawsze.

Nasze makarony są ponadczasowe, łączą kolejne pokolenia rodzin, które spotykają się przy wspólnym stole.



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PKO BANK POLSKI TOGETHER WE DON'T JUST RUN

As the largest bank in Poland, we know how important sport is in our lives - both professional and amateur. Sport teaches, develops, integrates and supports physical and mental health. That is why for many years we have been supporting many events, promoting a healthy and active lifestyle and spreading the idea of charity. As a sponsor, we are involved in projects related to, among others: running, football, volleyball and horse riding.

Since 2013, we have been implementing our own program „PKO Bank Polski Let's Run Together”. We support the largest running events in Poland, including: PKO Poznań Half Marathon, PKO Nocny Wrocław Half Marathon, PKO Gdynia Half Marathon, the Polish version of Wings for Life and many others. In 2023, we were a partner of 21 running events.

Fot.: Mateusz Zakrzewski

Together with the project **ambassadors - athletes Sofia Ennaoui and Joanna Jóźwik**, we create a number of guide and support materials for runners in the training process. Additionally, ambassadors meet participants during events, share their valuable experience and motivate them at the start and finish.

During events sponsored by PKO Bank Polski, charity campaigns „I'm running for...” are carried out for people who need help in saving their lives or health. The involvement of competitors who cross the finish line with the „I am running for...” card pinned to their shirts is converted into specific help - PKO Bank Polski Foundation makes a donation for the indicated purpose. Since 2013, the Foundation has helped nearly 612 beneficiaries with over PLN 7 million.

PKO Bank Polski is the author and organizer of the **PKO Charity Run** - a nationwide charity relay that takes place simultaneously in 12 cities across Poland. In 2023, the event was held for the seventh time. In all previous editions of the PKO Charity Run, participants ran a total of 214,565 laps, which is 85,826

km. In return for their commitment, the PKO Bank Polski Foundation donated over PLN 8 million to the most needy children in Poland.

PKO Bank Polski not only sponsors running events, but also, as a partner of the „**BiegamBoLubię**” campaign, helps prepare for them. At nearly 100 athletics stadiums throughout the country, under the supervision of professionals, free training sessions take place throughout the week, during which coaches advise participants: how to enter the world of running painlessly. PKO Bank Polski has been involved in sponsoring Ekstraklasa football games for five years, initially as the Main Partner and Official Bank of Ekstraklasa. Since 2019 as Title Partner. We support Polish football and young football talents. We carry out a number of innovative activities and actions integrating the fan community. Projects such as Youth of the Month, Youth of the Season, and Fan's Couch have become a part of everyday league life. Thanks to the Official Ekstraklasa Card and cards with the image of clubs, fans can express their football affiliation anytime and anywhere.

Apart from running and football, PKO Bank Polski supports Polish equestrian sports. **CAVALIADA Tour** is the largest series of international indoor competitions in Poland, authorized by the International Equestrian Federation (FEI). The tour takes place in four cities: Warsaw, Poznań, Sopot and Cracow.

Since 2023, we have been involved in the promotion of volleyball - both indoor and beach versions. As the main sponsor, we took part in the final tournament of the Tauron Polish Cup for men in Cracow. Seasonally, we encourage children to practice volleyball through a number of activities during tournaments on the beach - Orlen Beach Volley Tour PKO and Plaza Open. We encourage amateur athletes to start their adventure with triathlon and cross-country skiing.

Regardless of whether you are professionally involved in sports or it is your additional activity - we are proud that we can support each of you. Thanks to this, we feel part of this sports community!



WE HAVE BEEN SAYING RAK OFF FOR 15 YEARS*

*RAK MEANS CANCER

It towers over the finish line, you will see it on many runners' T-shirts along the route, or maybe you already have a T-shirt with it? Who are we talking about? About RAK OFF, the totem of the Rak'n'Roll Foundation! For us, it is the leitmotif of our daily activities, for our clients - often an amulet, and for runners - an additional motivator in training and on the route.

He has always been with us in Szczawnica. Together with the first Rollingers, pupils of the Rolling sports and therapeutic program, he entered the Hardy Rolling route in 2013. Magda, who was making

her debut then, says: *'For me, at the beginning he was a bit arrogant... my little boys [sons] and how to explain to them that in this case showing the middle finger is okay. I explained what it means to me, something that is not*

*welcome, that I don't want this cancer, and it motivates me to fight... on my T-shirt it makes me smile and I say to myself, f*** man! You're probably wondering where RAK OFF came from in Rak'n'Roll?*

A short history of one drawing

A long time ago, when people still believed that cancer meant a death sentence and preferred to go to shamans, charlatans or bioenergy therapists instead of going to a doctor, the Rak'n'Roll foundation was established. From the very beginning of its activity, it came out with a strong and unambiguous message that was supposed to refute such thinking, with the campaign: **“Roll out cancer. It's not a miracle, it's medicine!”** The campaign was intended to raise awareness that science has made enormous progress in the treatment of cancer and that it is therefore worth detecting and treating it early.

Many famous people, music stars, TV presenters and journalists joined the campaign. It was also supported by outstanding Polish cartoonists - Henryk Sawka, Andrzej Pągowski, Marek Raczkowski and Edward Lutczyn, who created unique works that were later auctioned at the Journalists' Charity Ball in January 2011. The income from the auction was allocated to the renovation of the waiting room at the Oncology Center in Warsaw.

That's when RAK OFF was created. Edward Lutczyn, with his characteristic line and perfect sense of the subject, drew a sign that for many people became a rebellious symbol of resistance and oncological prevention.

We accepted it and over time it became our totem, the hallmark of Rak'n'Roll. And a guide in our daily activities. It is often an amulet for our clients. ;) *“I remember the first time I saw rakoff, I was probably before chemotherapy, I had dark thoughts in my head, because it was the end of life... and suddenly I see*

a humorously and strongly exposed middle finger, and I thought: hey, so there's no point in getting so serious, someone was here before me and is alive.” - Viola

It quickly became the most desired decoration - tattoos, stickers, socks, T-shirts. We always hear - *“do you have the ones with Rak Off!?”* Yes, we have! We know from certain sources that it adds power on uphill sections and agility when going downhill... ;) Come to us at the **Pieniny Ultra-Trail 2024 Race Office** (or to the store: rakn-roll-sklep.pl) and check how much power it has!



What we do to say cancer, OFF!

For those who don't know us yet, let us introduce ourselves - for 15 years we have been helping people overcome cancer, be treated with dignity, and live well and joyfully despite the disease. We change patterns of thinking about cancer and work to improve the quality of life of people with cancer and their loved ones.

On a daily basis, we support people with cancer in collecting funds for non-reimbursed treatment, we help them find their way in the health care system, and we provide psycho-oncological support to patients and their loved ones. We give strength by donating free wigs and organizing workshops and support groups. We speak boldly about issues that, although important, seem to be omitted in everyday conversations, e.g. oncofertility, i.e. securing fertility before starting cancer treatment. We are looking for a new, more effective way of talking about prevention and we encourage people to check what is good for us, make good choices for themselves and regularly confirm their health in tests. All this can happen thanks to the trust and support of our donors.

Thank you! There is no Rak'n'Roll without you!

See what we did in 2023!

144 people under our care joined the **Head to the Sun program!** We help them navigate the complex health care system and organize financial support for surgeries, therapies and rehabilitation.

392 people received **psychological and psycho-oncological support** - these are patients and their loved ones, whom we helped in 1,135 good conversations to deal with emotions that appeared at various stages of treatment, e.g. with paralyzing anxiety after diagnosis.

14 pregnant women suffering from cancer received comprehensive support in the **Divine Mothers** program. We give them knowledge, help them heal and give birth to a healthy child. We provide them with oncological, obstetric, gynecological, psychological, dietary, exercise and beauty support.

29 women **rebuilt their relationship with their body changed by the disease** - these are girls with experience of cancer, whom we supported in building a new relationship with their body and discovering their sexuality.

18,181 people learned what **oncofertility** is. They know that after cancer treatment you can become a parent, provided that you protect your fertility early enough.

194 people participated in **workshops and meetings** - these are sick and recovered patients, whom we help to take their minds off the disease and draw strength from joint meetings during workshops, cultural and sports activities.

138 recoveries **moved on with their lives**. We helped them work through the trauma of the disease and take a step forward in life.

582 girls received beautiful **wigs** - thanks to this they could feel better and gain strength to overcome the disease.

103,422 people we encouraged to take care of their health with the **Day at U campaign** and during preventive training. These are healthy people whom we encouraged to confirm their health through preventive tests and inspired them to make conscious choices and take care of themselves every day.

■ BIEGASZ? ■

OKDRYJ PIERWSZY NA ŚWIECIE NAPÓJ ANTYOKSYDACYJNY
Z LIKOPENEM I WITAMINĄ C, KTÓRY POMAGA W OCHRONIE
KOMÓREK PRZED STRESEM OKSYDACYJNYM.

LYCOPEN PRO



Likopen, zdobywając miano „Naturalnego Obrońcy”, może być kluczowym elementem diety każdego sportowca.

Jego unikatowe właściwości antyoksydacyjne oraz zdolność do ochrony i naprawy komórek mogą przynieść sportowcom mnóstwo korzyści zdrowotnych, wpływając na lepsze wyniki oraz ogólną kondycję fizyczną.

- Ochrona mięśni i stawów
- Zapobieganie uszkodzeniom DNA
- Wsparcie dla układu immunologicznego
- Poprawa wydolności fizycznej
- Regeneracja po wysiłku

LYCOPHARM - ZDROWIE TO TWÓJ WYBÓR!



WIĘCEJ NA: LYCOPHARM.COM



“When you are in a hurry, you see nothing, sense nothing, experience nothing, think nothing! The fast pace dries up the deepest layers of your soul, dulls your sensitivity, sterilizes and dehumanizes you.”

- pisał Ryszard Kapuściński.

EMPATON

A SPECIAL REWARD FOR HEARTFELT MINDFULNESS

Heartfelt mindfulness adds meaning and satisfaction to our lives, which are both worthwhile and profitable. A small gesture, a question, or noticing another person are moments that can change someone's day, and certainly change ours. And although nowadays it may sound utopian (or very marketing ;)), it is worth being an attentive person, because it is our chance for a good life and a better world.

The mention of this quote may be surprising in the Pienniny Ultra-Trail® competition magazine, but athletes have repeatedly proven that racing is not only about being the fastest and winning, but also about fair play and respect for other participants. Empathy and the loving attentiveness that comes from it are a key element. The ability to empathize with the needs and feelings of other people, and in the case of athletes, also of our opponents, makes us develop as people.

In line with this concept, in 2022, the idea was born in Rak'n'Roll to create a special distinction for people practicing heartfelt mindfulness on the routes of Pieniny Ultra-Trail. This is how EMPATON was created.

CONTEST

We are entering the third year of awarding EMPATON - an award for heartfelt mindfulness on the Pieniny Ultra-Trail® routes. Each participant, but also a fan, a volunteer or even a random passer-by who witnessed an event showing signs of empathy, can send a report. After last year's competition, many emails were sent to our e-mail box! Much more than in the first year, which means that you liked the idea! We are very happy! Who will rule your hearts in 2023?

EMPATON(s)

The most common entries we read were: *„An elderly lady who puts out a bucket of water every year”, „She always supports runners, brings water herself and provides a cup”, „The lady was incredibly warm and kind, wishing every runner good luck. A simple gesture meant so much.”* The heroine of these memories is **Mrs. Michalina from the cottage on the red**

trail to Niemcowa and she received the **Empaton 2023** distinction. We know from the applications that since 2014 she has been tirelessly taking care of the well-being of the runners of the two longest distances of Pieniny Ultra-Trail®, supporting and encouraging them. For several years, she has also been offering them water. Warm memories of Mrs. Michalina's warm attentiveness appeared in many e-mails and lit a fire in our hearts! When we visited her to present the award, the conversation only confirmed your observations. Mrs. Michalina is full of warmth and kindness. Despite difficult moments in her life, she maintained her cheerful spirit and an open heart, which she shares with others. We hope to meet her on a bench in front of the house on the trail to Niemcowa also this year.

However, this is not the end of last year's awards! As the originator of EMPATON, we have the privilege of awarding its honorary version to those who transfer their practices from the running trails beyond the sports environment. We used it last year! We awarded the first **Honorary Empathons** to two people, well-known for

How to submit a nomination for the Empaton 2024 award?

Within 48 hours from the end of the competition (until Monday at 8:00 p.m.), write an e-mail to: empaton@raknoll.pl, and in the message:

- describe the situation,
- provide as much data as possible of the nominated person, if possible name and surname or bib number - something that will allow us to contact the person,
- provide your name, surname and telephone number.

participants of Pieniny Ultra-Trail® - **Eliza Czyżewska and Kuba Wolski**. They are long-time Friends of Rak'n'Roll, co-creators of many of our sports and therapeutic projects, always open and attentive to the needs of our Rolling pupils. It was on their initiative that one of the co-course in Szczawnica was called Hardy Rolling, Hardy, because it is intended for people who are experienced in overcoming adversities, who strive to achieve their goal despite everything, and for people who are fighting cancer. It is thanks to the warm attentiveness of Eliza and Kuba that each year the Rak'n'roll team is represented in greater numbers during Pieniny Ultra-Trail®. **Thank you!**

RESIGNATION

We don't wish it on anyone, but the statistics are clear. Resignations and accidents occur every year during our race. We are prepared for many events, but they run smoothly and safely only if we all cooperate. See what to do when something goes the wrong way. Remember to return chip, you can do it to the person handling the time measurement at an intermediate point or at the finish line.

EMERGENCY PHONE NUMBERS

ACCIDENT: +48 792 543 727

Call this number when you need help from mountain or medical rescuers. When something has happened that stops you from reaching the nearest nutritional point or from descending from the mountains on your own. When you call, a mountain rescuer will answer the phone and coordinate the activities of other rescuers in the mountains.

RESIGNATION: +48 669 556 930

Call this number when you resign from further competition and leave the race route. We need to know about this! Remember that we are waiting for you at the finish line, and if you don't show up, you don't inform us about your resignation, and then, for example, you don't answer our phone, we will organize a search operation in the mountains, the costs of which will be charged to you.

YOU ARE LOST: +48 606 332 902

This is a number to the person who knows all the routes best. If you see that someone has removed or changed the markings, or you have run off the route by mistake and are wondering how to get back on it - call this number.



RESIGNATION AT THE NUTRITIONAL POINT

If you are at the nutritional point and decide that you are not continuing your run, approach the station staff and inform them about it. The staff should note down your bib number. Give the chip to the timekeeper. Keep your bib number, do not give it to the staff, you have food and beer coupons on it - they will be useful when you reach the finish line. We provide transport to the finish line from each point. Waiting times may vary depending on when the previous transport left.



WSIADAJ NA ROWER Z UBEZPIECZENIEM

Karta kredytowa PKO Mastercard Platinum z ubezpieczeniem assistance rowerowym.

Zyskaj ubezpieczenie podróże dla Ciebie i Twojej rodziny oraz zwrot kosztów za naprawę rowerów.

Zamów kartę już teraz!

RRSO 21,46%

RRSO – Rzeczywista Roczna Stopa Oprocentowania
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Decyzja o przyznaniu karty i ostatecznej wysokości limitu
jest uzależniona od Twojej zdolności kredytowej.

MATERIAŁ MARKETINGOWY

Ochronę ubezpieczeniową świadczy PKO Towarzystwo Ubezpieczeń SA. Szczegółowe informacje o ubezpieczeniu, w tym o ograniczeniach i wyłączeniach odpowiedzialności ubezpieczyciela oraz czasie trwania umowy i zakresie terytorialnym, znajdują się w Karcie Produktu i w Ogólnych Warunkach Ubezpieczenia dostępnych na stronach PKO Ubezpieczenia oraz PKO Bank Polski.

www.pkobp.pl, infolinia: 800 302 302 brak opłat dla numerów krajowych na terenie kraju; w pozostałych przypadkach opłata zgodna z taryfą operatora, +48 81 535 60 60 opłata zgodna z taryfą operatora



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