



„KERNAVĖ - VILNIUS“

Trail Marathon, Ultra and Sprint

2023-06-10

RULES

Organisers

“OSK Perkūnas”, “S-Sportas“

Date

2023.06.10

[Vilnius, TV Tower](#)

Info

kernavetrail.lt , kernavetrail@gmail.com

Start times

Ultra / 82 km – 7.00 h, Marathon / 42 km - 10.00 h, Sprint / 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, surname, club and age) will be published on the event website kernavetrail.lt and dbsportas.lt as well as all photos or videos from the event can be freely used by the organizers for marketing purposes.

Routes and age groups

Ultra and Marathon courses are classified with I-TRA points and UTMB INDEX.

| Route | Altitude gain | Time barrier | I-TRA classification | UTMB index |
|------------------|---------------|--------------|-----------------------------------|---|
| 82 km | 1 800 m | 13 h | 3 endurance pts., 2 mountain lvl. | 100K  |
| 42 km | 900 m | 8 h | 2 endurance pts., 2 mountain lvl. | 50K  |
| 10 km (2x5km) | 270 m | 2 h | ----- | |





| Age | 10 km | 42 km | 82 km |
|--------------|-------|-------|-------|
| *under 16 | + | - | - |
| *16 and over | + | + | |
| 18 and over | + | + | + |

* Signed parents or guardians permission needed.

Registration

Registration is done via internet until 2022.06.04 – <https://dbsportas.lt/en/varz/2023024>

After final deadline registration can be done only with exceptions. Contact kernavetrail@gmail.com

Start packages can be picked up at: Ateities g. 33, sports shop S-SPORTAS

June 9th 12.00-19.00 h - Ateities g. 33, [sports shop S-SPORTAS](#)

June 10th from 05.00 h - event centre near [Vilnius TV tower](#)

Enrolment fees

| | Low Fee | Standard fee | High fee | Post deadline registration |
|--------------|--------------|--------------|--------------|----------------------------|
| Distance | 02.01-04.19* | 04.20-05.21* | 05.22-06.04* | 06.05- event day** |
| 82 km | 50 € | 62 € | 75 € | 90 € |
| 42 km | 35 € | 42 € | 55 € | 65 € |
| 10 km | 7 € | 12 € | 12 € | 15 € |

* Gets a free GPS tracker

** if slots available

| | |
|--|---|
| | Includes free special design 82km event T-shirt |
| | Includes free special design event necktube |

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

Every Marathon and Ultra distance runner registered before **May 21st**, gets a GPS tracker **for free**.

GPS trackers will allow to follow the progress live online and watch the replay afterwards.

Event T-shirt and headbands

Special design **event T-shirts** and **necktubes** can be ordered until **May 15th** .

T-shirt 25 € , necktube – 10 €



***Refreshment stations**

82 km – **5 stations

42 km – **2 stations

10 km – after 1st loop in event centre

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 is 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. The placement of such station, will be given in the pre-race info.

Event programme

Participants will be taken to the starting locations (from event centre) 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 do 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

All routes will be marked with red arrows and red /white marking tape.

Awards

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

Every finisher gets a special event medal.

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 GPS tracking from course will be available online as well.

Safety regulations

Participant must always obey orders of the course judges.

Participants might only use their own name when registering for the event. Transferring number to other people is not allowed.

Every participant must attach his/her 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

Every 82km and 42km distance runners must carry:

- charged and working **cell phone**,
- **GPX track** imported to sports watch or cell phone,
- a fluid container of **at least 500ml** (though 1 liter or more is advised),
- **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.

No mandatory gear for 10km Sprint distance

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.

If in case of force majeure or other forces beyond organizers control race will be canceled or moved to different date:

- more than 30days before the race participant can get full refund or transfer registration to the next year.
- 7-30 days before the race participant can get a 50% refund or transfer registration to the next year.
- less than 1 week, no refund