



# „KERNAVĖ - VILNIUS“

10 years anniversary

2024.06.21-22

RULES

## Organisers

“OSK Perkūnas”, “S-Sportas“

## Info

[kernavetrail.lt](http://kernavetrail.lt) , [kernavetrail@gmail.com](mailto:kernavetrail@gmail.com)

## Date & Venue

2024.06.21-22

Vilnius (exact location will be announced later)

## Menu (Courses)

### „Cherry on top“ (Vilnius – Kernavė – Vilnius)

Distance	Elevation gain	Groups	Time limit	I-TRA points	UTMB Index
160 km	3600 m	W160k, M160k	30 h	5 points, 2 mtn lvl.	<b>100M</b>

### „Birthday cake“ (Kernavė – Vilnius)

Distance	Elevation gain	Groups	Time limit	I-TRA points	UTMB Index
82 km	1 800 m	W82k, M82k	14 h	3 points, 2 mtn lvl.	<b>100K</b>

### „Piece of cake“ (Šilėnai – Vilnius)

Distance	Elevation gain	Groups	Time limit	I-TRA points	UTMB Index
42 km	900 m	W42k, M42k	8 val.	2 points, 2 mtn lvl.	<b>50K</b>

### „Cupcake“

Distance	Elevation gain	Groups	Time limit	I-TRA points	UTMB Index
10 km		W10k, M10k	2 val.	-----	-----

## Start times

2024.06.21

17:00 - 160 km start in Vilnius

2024.06.22

07:00 - 82 km start in Kernavė

10:00 - 42 km start in Šilėnai

12:00 - 10 km start in Vilnius





## 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](http://kernavetrail.lt) and [dbsportas.lt](http://dbsportas.lt) as well as all photos or videos from the event can be freely used by the organizers for marketing purposes.

Age	10 km	42 km	82 km	160 km
*under 16	+	—	—	—
*16 and over	+	+	—	—
18 and over	+	+	+	+

\* Signed parents or guardians permission needed.

## Refreshment stations\*

160 km course: 9 refreshment stations, 2 rest stops with hot food, 1 rest stop with sleep option

82 km course: 5 refreshment stations

42 km course: 2 refreshment stations

10km course: no refreshments on course

**Refreshment points will include:** water, soda, energy drinks, fruit (bananas, oranges), potato chips etc.

Support teams are allowed to come and give food, gear at Kernavė and Šilėnai refreshment stations. Support outside these stations is not allowed.

\* **No plastic cups** will be available at the stations, please bring your own race cup

\*\* In case of hot weather conditions extra water station for 160km, 82km and 42km course will be set. The placement of such station, will be given in the pre-race info.

## Drop bags

160km course – 3 places (at 40km, 80km and 120km)

82km course – 2 places (at 40km and 65km)

42km course – 1 place (at 25km)

## Event programme

160 km and 10 km courses participants start from event centre in Vilnius. 82km and 42km 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, marking tape and flags with light reflecting details. Later GPX files will appear on the event website, which you should have on your sport watches or mobile phones. It will keep you on track even if course marking is lost.

## Registration

Registration is done via internet until 2024.06.09 – <https://dbsportas.lt/en/varz/2024001>  
 After final deadline registration can be done only with exceptions. Contact [kernavetrail@gmail.com](mailto:kernavetrail@gmail.com)

Start packages can be picked up at:

June 20<sup>th</sup> 14.00-19.00 h - Ateities g. 33, [sports shop S-SPORTAS](#)

June 21<sup>st</sup> 10.00-15.00 h - Ateities g. 33, [sports shop S-SPORTAS](#)

June 21<sup>st</sup> 16.00-19.00 h – at the starting location of 160 km course

June 22<sup>nd</sup> from 05.00 h – at event centre

## Enrolment fees

	2023 special	Early bird	Standart fee	Late fee	After deadline
Course	until 01.01	01.02-03.31	04.01-05.21	05.22-06.09	After 06.10 **
160 km	80 €	95 €	115 €	140 €	180 €
80 km	45 €	55 €	65 €	75 €	90 €
42 km	32 €	40 €	47 €	55 €	65 €
10 km		10 €	12 €	12 €	15 €

\*\* 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 21<sup>st</sup>**, 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 21<sup>st</sup>**.

**T-shirt 25 €**, **necktube – 10 €**, **towel - 20 €**

Event Merch can be ordered during registration process, or later via e-mail [kernavetrail@gmail.com](mailto:kernavetrail@gmail.com)

## 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 a participant cannot complete the chosen distance and withdraws from the race, he must inform event organizers.

## Mandatory gear

**160km distance** runners must carry

- charged and working **cell phone**,
- **windproof and waterproof** (at least 10 000 schmerber) **jacket**
- **head torch** (at least 250 lm recommended) and **spare battery** (or second head torch)
- **emergency blanket**
- **long tights or trousers**
- **a fluid container** of at least 1 litre
- **GPX track** imported to sports watch or cell phone
- **reusable cup** to be used at refreshment stations
- **food reserve** (at least 500kcal recommended)
- **cap, hat, buff** or other form of head protection from the sun
- **whistle**

Recommended: anti chafing cream, sunscreen, mosquitoes repellent, tape, plasters, waterproof pants, thermal layer, sunglasses, a bit of cash.

**82km and 42km distances** 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 litter or more is advised),
- **reusable cup** to be used at refreshment stations.

Recommended: anti chafing cream, sunscreen, mosquitoes repellent, emergency blanket, tape, plasters, head protection from the sun, sunglasses, a bit of cash.

**10 km distance** - no mandatory gear

## 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 6 weeks before the race participant can get full refund or transfer registration to the next year.
- less than 6 weeks before the race participant can get a 50% refund or transfer registration to the next year.
- less than 1 week, no refund