

II Cross Marathon on Pilica river “The Great Force” is dedicated to children with autism

INFORMATION

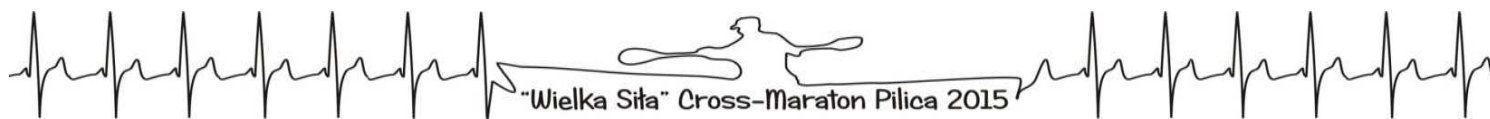
I. Basic information

1. Spring Cross Marathon on Pilica river dedicated to children with autism is a tourist competition for those who want to overcome their weaknesses.
2. Date of the event: 27th – 29th March 2015
3. Cross Marathon begins a series of events called [CANOA KAZYAK CUP](#)
4. Date of the race: 28th March 2015, 6.00 a.m
5. The start will be from the water next to the road bridge in Przedbórz on the 202,4 km of Pilica river
6. The finishing line will be in Domaniewice near Nowe Miasto nad Pilica on the 87,9 km of Pilica river
7. Two mandatory checkpoints are determined. On these checkpoints the participants have to be verified after 44,4 km and after 73 km of canoeing. On these checkpoints participants can finish their race.
8. The distance of the marathon: 115 km

II. Contact information

1. Organiser: [Amber Sport Club](#)
2. Canoeing office: Małgorzata Bychowska tel. 530-201-111 crossmaratonpilica@gmail.com
3. Patronate: [Stowarzyszenie Instruktorów i Trenerów Kajakarstwa](#)
4. Partners: [KAJMAR](#), [Przystań Tomaszów](#), [Safari OW Domaniewice](#)
5. Commander: Dariusz Łapiński tel. 602-136-398
Vice commander: Marcin Suszka tel. 502-941-122
6. Referee: Jan Bielecki tel. 501-396-229
7. Auxiliary referees: Marcin Suszka, Jolanta Suszka, Dariusz Cyniak, Małgorzata Bychowska, Hanna Kuligowska
8. Head of rescuers: Dariusz Cyniak tel. 608-119-274
9. Nurse: Renata Kurpios tel. 695-220-280
10. Logistic help during the race: [Marcin Suszka tel. 502-941-122](#)
11. Accommodation
The main accommodation is in [OW Przystań](#), PCK Street 2/4, Tomaszów Mazowiecki
Second accommodation is in the Bowling alley – Strzelecka Street 26, Tomaszów Mazowiecki (the meals are in OW Przystań). Payment order decides about the accommodation. If there are no room on OW Przystań, accommodation is 220 m further – on the bowling alley.





III. MANDATORY CHECKPOINTS ON WHICH THE PARTICIPANTS HAVE TO BE VERIFIED

1. The first checkpoint in Sulejów:

- a. 44,4 km from Przedbórz on the left bank of the river (it is 158 km of the river)
- b. The checkpoint is marked with a blue board. Additionally it will be marked with blue and yellow flags. 600 m before the checkpoint a steeple can be seen.
- c. Time limit for the first checkpoint is set at 3.00 p.m. (so that every participant can row the first stage. Pay attention to point d).
- d. **IMPORTANT!** Everyone who wants to cover the whole distance of the marathon within the prescribed time has to beat the first stage as soon as possible. You have to be at the first checkpoint before 1.30 p.m. the crews which will be after 1.30 p.m. have to finish the marathon on this stage and cannot start it once again from the second checkpoint.
- e. There is a possibility to take the crews and the equipment to Tomaszów Mazowiecki – the crews are finishing the marathon on this stage and they cannot start it once again from the second checkpoint.

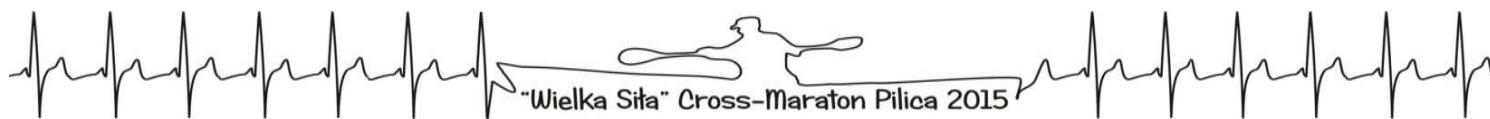
2. Second checkpoint – marina in Tomaszów Mazowiecki:

- a. 73 km from Przedbórz, on the left bank of the river (it is 130 km of the river).
 - b. The checkpoint will be marked with blue and yellow flags.
 - c. Time limit for the second checkpoint is set at 3.00 p.m. If the crews will be at this checkpoint after 3.00 p.m. they definitely finish the participation in the marathon.
- Each crew that does not come out of the river can row at their own risk – they won't be classified in the marathon and they have to organize transport of their equipment to Tomaszów Mazowiecki.

IV. SECURITY ISSUES

1. Every participant of the marathon will be insured.
2. The participants take part in the marathon on their own equipment and at their own risk.
3. Participants are required to prevent their kayaks from sinking (buoyancy chambers or plastic bottles).
4. Every participant of the cross-marathon has to abide by the rules, fair play and they have to help other participants if their life is in danger during the marathon.
5. Participants mustn't drink alcohol during the marathon.
6. The participant of the marathon has to:
 - a. Have a life jacket properly dressed
 - b. Swim well
 - c. Have his mobile phone switched on
 - d. Have a well-equipped first aid kit
 - e. Have heaving line
 - f. Have a head torch
 - g. Have dry clothes in a waterproof bag
7. If the participant has to give up in different place, beyond the checkpoints, he will have to call to Marcin Suszka tel. 502-941-122 and tell him where he is and then wait for the transport.
8. During the verification every participant will get a map. There are some places marked on the map where the participant can wait for the transport (beyond the checkpoints).
9. Breach of any of the regulations result in exclusion from the event.





V. START CATEGORIES AND CLASSIFICATION

1. The participants can take part in the competition only on touristic kayaks.
2. If there are any doubt about the kayak the referee will decide.
3. The categories of the marathon: T-1 Women, T-1 Men, T-2 open (there must be at least three crews in each category).
4. To take part in the marathon in T-1 category the participant must be at least 18 years old.
5. Underage can take part in the marathon in T-2 category if they have written consent from their parents and they can go canoeing only with someone adult.
6. The crews can use trolleys for transporting kayaks but they have to report it to the referee before the start and use it on the whole distance of the marathon.
7. During the race the crews cannot be assisted by someone who is not a participant of the marathon.
8. During the verification each crew will get a starting number and they must stick it in front of the cockpit on the port board.
9. Any disputes will be resolved by the referee.

VI. FEES

a. Application should be sent by e-mail: crossmaratonpilica@gmail.com

In the application should be given: first name, surname, phone number, personal identity number, address, t-shirt size.

Money must be received before 20th March 2015 to the bank account: mBank: 40 1140 2004 0000 3702 7441 4337

Payments made after March 20th March do not guarantee receiving a t-shirt.

b. An entrance fee includes: insurance during the race, transportation to the start, transportation from the first checkpoint to Tomaszów, provision, hot meal in Tomaszów, heat soup and grilled sausages at the finish, warm and cold drinks, commander evening, t-shirt, diploma from the marathon, participation in kayaking classes in the pool, cold bath, an interleaf, a gift.

Additional fees:

a. 35 zł/day – accommodation and breakfast (x2 - payable in [OW Przystań](#)).

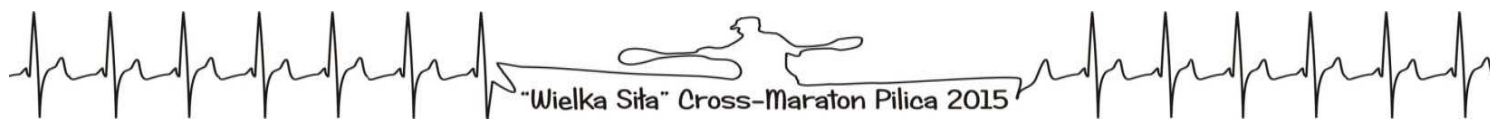
Accommodation in 2-, 3-, 4- bedded rooms.

(there is a possibility to be accommodated for 20 zł/day with breakfast – more information 530-201-111).

b. 30 zł – commander evening for accompanying persons and guests who want to join us (payable in [OW Przystań](#)).

c. 25 zł – t-shirt for accompanying persons – application and payment before 20th March





VII. THE PROGRAM OF II SPRING CROSS-MARATHON ON PILICA RIVER "THE GREAT FORCE"

27th March (Friday)

1. 14:00 – accommodation of the participants
[OW Przysań](#), PCK Street 2/4, 97-200 Tomaszów Mazowiecki.
2. 20:00 – the meeting with touristic song. Guitars: Rafał Tomczyk, Darek Łapiński.
3. 21:00 – 23:00 – verification of the participants of the marathon.
4. 19:00 – 23:00 - equipment preparation for departure – checking the categories of kayaks, loading of the kayaks and the equipment.
5. Till 24:00 dinner and conversations

28th March (Saturday)

1. 4:00 – departure for the start of the marathon (provision instead of breakfast included in the price).
2. 5:10 – unloading of the equipment/ preparations.
3. 5:25 – warm-up – participation is compulsory – trainer: Aneta Cyniak
4. 5:45 – the opening of II Cross – Marathon
5. 6:00 - The start from the water next to the road bridge in Przedbórz. The referee will decide about common start or by category.
6. 13:30 - the final time of departure from the 1st checkpoint.
7. 15:00 - the final time of departure from the 2nd checkpoint.
8. 19:30 – expected time of arrival to Domaniewice near Nowe Miasto nad Pilica Safari centre. Heat soup, grilled sausages. There is a possibility of taking a shower and warm yourself.
9. 19:00 – 20:00 – expected time of return to [OW Przysań](#)
10. 21:00 – commander evening, summary, announcement of the results, present with diplomas, draw of gifts, playing the guitars and singing, the official closing of II Cross-Marathon

29th March (Sunday)

1. 8:00 – 8:45 - Kayaking classes on the pool in primary school No. 12 in Tomaszów Mazowiecki, Wiejska Street 36.
2. 7:30 – 10:00 – breakfast included in the price.
3. 11:00 – warm-up, cold bath together with [Amber Club](#).
4. 12:00 – bonfire with sausages, summary of the season of cold baths 2014-2015, fun and games.
5. 15:00 – closing the event of cold bath.
6. Till 16:00 – check out.

If you want to overcome your weaknesses and canoeing the marathon – minimum 44 km you will certainly do it – you have got 9 hours – Welcome!

If you like extreme challenges you can race with the best long-distance kayakers in Poland on the distance of 115 km – Welcome!

