



EVENT PROGRAM OF 4. ULTRAMARATHON KASZUBSKA PONIEWIERKA

GENERAL INFO:

1. Athletes participating in the event have a choice of starting at one of four distances:
 - Ultramarathon Kaszubska Poniewierka over a distance of 100km (hereinafter **UKP**) with a time limit of 16h;
 - Kaszubska Poniewierka 75 over a distance of 74 km (hereinafter **KP75**) with a time limit of 12h;
 - Kaszubska Poniewierka 50 over a distance of 49km (hereinafter **KP50**) with a time limit of 8h;
 - Kaszubska Poniewierka 30 over a distance of 30km (hereinafter **KP30**) with a time limit of 5h.
2. Place of start of individual distances:
 - **UKP** – Sopot, at the foot of Łysa Góra (local hill), address: ul. Zbigniewa Herberta 9.
 - **KP75** – close to the Wróblówka Restaurant, address: ul. Borówkowa 13, Gdańsk – Otomin
 - **KP50** – Skrzyszewo, PL (municipality Żukowo), address: OSP (local firehouse), ul. Pożarna 13
 - **KP30** – Centrum Aktywnego Wypoczynku Wieżyca - Koszałkowo
3. The finish line of the race for all distances is common and together with the Race Office will be located at the Centrum Aktywnego Wypoczynku Wieżyca-Koszałkowo.

DETAILED EVENT PROGRAM:

September 11, 2019r.

17:00 – 20:00 in the Intersport store located in Galeria Bałtycka in Gdańsk, at Aleja Grunwaldzka 141, the Organizer will distribute race packs and bib numbers for **UKP, KP75, KP50, KP30** participants. Bib number can be issued only after identity verification and after the athlete has signed the declaration that he/she runs on his/her own responsibility;

September 13, 2019r.

18:00 – 00:30 in the Start Office located within the premises of Primary School No. 35 Jan Parandowski, ul. Wąsowicza 30 in Gdańsk, the Organizer will distribute race packs and bib numbers for **UKP, KP75, KP50, KP30** participants (**ATTENTION: KP30 athletes are served only until 21:00**). Bib number can be issued only after identity verification and after the athlete has signed the declaration that he/she runs on his/her own responsibility;

18:00 – 22:00 Registration point to the DKMS bone marrow donor database;

18:00 – 21:00 Poniewierka's store. **NOTE: payment in cash only;**

September 14, 2019r.

v1.1 (update: 2019-09-04)



- 01:10 **Departure of the shuttle from the Start Base, ul. Wąsowicza 30 in Gdańsk to Sopot at the starting point of UKP, only for those who have paid the fare;**
- 01:25 Planned arrival of the shuttle to the starting point of **UKP** in Sopot, ul. Herberta 9;
- 01:40 – 01:50 at the **UKP** starting point located close to the Klakier restaurant, ul. Herberta 9 in Sopot, the Organizer will conduct a short briefing (in Polish and separately in English) for athletes starting in **UKP**. Briefing includes information about course conditions and potential dangers, also reminder about the main rules included in the Race Regulations;
- 01:50 – 01:59 Verification of mandatory gels and bars markings;
- 01:59 – 02:00 Countdown to the start of **UKP**;
- 02:00 **Start of Ultramarathon Kaszubska Poniewierka UKP (time limit on the course is 16h);**
- 04:00 Opening of aid station PK1 on the **UKP** course located in Wróblówka, Gdańsk – Otomin, ul. Borówkowa 13;
- 04:50 **Departure of the shuttle from the Start Base, ul. Wąsowicza 30 in Gdańsk to the starting point of KP75 in Wróblówka, only for those who have paid the fare;**
- 05:25 Planned arrival of the shuttle to the starting point of **KP75** in Wróblówka, Gdańsk – Otomin, ul. Borówkowa 13;
- 05:30 Opening of aid station PK2 on the **UKP / KP75** course located in Skrzyszewo next to OSP (local firehouse) building, ul. Pożarna 13;
- 05:40 – 05:50 at the **KP75** starting point located close to Wróblówka in Gdańsk - Otomin, ul. Borówkowa 13 (in the vicinity of PK1), the Organizer will conduct a short briefing (in Polish and separately in English) for athletes starting in **KP75**. Briefing includes information about course conditions and potential dangers, also reminder about the main rules included in the Race Regulations;
- 05:50 – 05:55 Verification of mandatory gels and bars markings;
- 05:59 – 06:00 Countdown to the start of **KP75**;
- 06:00 **Start of Kaszubska Poniewierka 75 (KP75) (time limit on the course is 12h);**
- 06:30 Closing of aid station PK1 on the **UKP** course located in Wróblówka, Gdańsk – Otomin, ul. Borówkowa 13;
- 08:00 Opening of aid station PK3 on the **UKP / KP75 / KP50** course in Kartuzy (“Assessor’s Bench” – view spot);
- 08:30 **Departure of the shuttle from the Start Base, ul. Wąsowicza 30 in Gdańsk to the starting point of KP50 in Wróblówka, only for those who have paid the fare;**
- 09:00 – 12:00 at the Race Office located in Centrum Aktywnego Wypoczynku Wieżyca - Koszałkowo, the Organizer will distribute race packs and bib numbers for **KP30** participants. Bib number can be issued only after identity verification and after the athlete has signed the declaration that he/she runs on his/her own responsibility;
- 09:00 – 15:00 Registration point to the DKMS bone marrow donor database;
- 09:15 Opening of aid station PK4 located in Brodnica Dolna common for all distances: **UKP / KP75 / KP50 / KP30**;
v1.1 (update: 2019-09-04)



09:20	Planned arrival of the shuttle to the starting point of KP50 in Skrzyszewo ul. Pożarna 13;
09:40 – 09:50	at the KP50 starting point located in Skrzyszewo, next to OSP (local firehouse) building, ul. Pożarna 13 (in the vicinity of PK2), the Organizer will conduct a short briefing (in Polish and separately in English) for athletes starting in KP50 . Briefing includes information about course conditions and potential dangers, also reminder about the main rules included in the Race Regulations;
05:50 – 05:55	Verification of mandatory gels and bars markings;
09:59 – 10:00	Countdown to the start of KP50 ;
10:00	Start of Kaszubska Poniewierka 50 (KP50) (time limit on the course is 8h);
10:00	Closing of aid station PK2 on the UKP / KP75 course located in in Skrzyszewo next to OSP (local firehouse) building, ul. Pożarna 13;
11:00 – 19:00	Poniewierka's store. NOTE: payment in cash only;
11:00	DJ Włodj;
11:30	Opening of the expo zone (UNiT, Grivel);
11:45	The winner of UKP expected at the finish;
12:05	The winner of K75 expected at the finish;
12:30 – 12:40	at the Race Office located in Centrum Aktywnego Wypoczynku Wieżyca – Koszałkowo, the Organizer will conduct a short briefing (in Polish and separately in English) for athletes starting in KP30 . Briefing includes information about course conditions and potential dangers, also reminder about the main rules included in the Race Regulations;
12:40 – 12:50	Warm-up;
12:50 – 12:59	Verification of mandatory gels and bars markings;
12:59 – 13:00	Countdown to the start of KP30 ;
13:00	Start of Kaszubska Poniewierka 30 (KP30) (time limit on the course is 5h);
13:00	Closing of aid station PK3 on the UKP / KP75 / KP50 course in Kartuzy ("Assesor's Bench" – view spot);
13:00 – 18:00	Working hours of the free FizjoLab massage zone;
13:45	The winner of K50 expected at the finish;
14:00	Opening runs for kids;
14:10	4, 5, 6 years old (2013-2015) - distance: approx. 100 meters;
14:30	7, 8, 9 years old (2010-2012) - distance: approx. 250 meters;
14:50	10, 11, 12 years old (2007-2009) - distance: approx. 500 meters;



- 15:15 The winner of **K30** expected at the finish;
- 17:15 Closing of aid station PK4 located in Brodnica Dolna common for all distances: **UKP / KP75 / KP50 / KP30**;
- 18:00 **Closing the finish line for all distances in Wieżyca – Koszałkowo;**
- 18:30 – 19:00 The ceremony of decorating the best athletes of all distances;
- 19:00 – 22:00 Ending event (party).