

# "KERNAVĖ - VILNIUS" 2025.06.07 RULES

## Organisers

SK "Gavaitis", "S-Sportas"

## Info

kernavetrail.lt, kernavetrail@gmail.com

# Date & Venue

2025.06.07 J. I. Kraševskio g. 2, Vilnius (54.686927, 25.25314)

# Menu (Courses)

### Kernavė – Vilnius Ultra

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.	100K M

### Trail Marathon

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>

### **Trail Sprint**

Distance	Elevation gain	Groups	Time limit	I-TRA points	UTMB Index
10 km	250 m	W10k, M10k	2 val.		

# Start times

**2025.06.07** 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 <u>kernavetrail.lt</u> and <u>dbsportas.lt</u> 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
*16 and over	+	_	_
18 and over	+	+	+

\* Signed parents or guardians permission needed.

### **Refreshment stations\***

82 km course: 5 refreshment stations42 km course: 2 refreshment stations10km course: no refreshments on course

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

Spectators are allowed in all refreshment stations, but physical support (bringing food, gear) is allowed just in the 3<sup>rd</sup> aid station (Šilėnai) for 82km course.

\* 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 82km and 42km course will be set. The placement of such station, will be given in the pre-race info.

### **Drop bags**

82km course – 1 drop bag places (3rd aid station – Šilėnai – 40km)

#### **Event programme**

82km and 42km participants will be taken to the starting locations (from event centre) by buses, hired by organizers. 10 km courses participants start from event centre in Vilnius.

82km bus leaves from event centre 5:40, 42km bus leaves at 8:50. Your personal belongings from start (warm up clothes, etc.) will be taken 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 race number with 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.

Bus Schedule

	DEPARTURE	ARRIVAL
82 km (to Kernavę)	05:45 h.	06:30 h.
42km (to Šilėnai)	09:00 h	09:30 h.

### Marking

All routes will be marked with flags, red arrows, marking tape. Preliminary GPX files are available on the event website, final GPX files will be provided 1-2 weeks before event. These files you should have on your sport watches or mobile phones. It will keep you on track even if course marking is lost.



Registration is done via internet until 2025.05.31 – <u>https://dbsportas.lt/en/varz/2025006</u> After final deadline registration can be done only with exceptions. Contact <u>kernavetrail@gmail.com</u>

Start packages can be picked up at: June  $06^{th}$  10.00-19.00 h - Ateities g. 33, <u>sports shop S-SPORTAS</u> June  $07^{th}$  05.00-11.00 h - at event centre **Enrolment fees** 

#### 2024 special Early bird **Standart fee** Late fee After deadline After 06.01 \*\* until 01.01 01.02-03.03 03.04-05.05 05.06-05.31 Course 80 km 45 € 55€ 65€ 75€ 90€ 65€ 32 € 40€ 47 € 55€ 42 km 12€ 12€ 12€ 15€ 15€ 10 km

\*\* 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 05<sup>th</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 05<sup>th</sup>.

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

Event merch can be ordered during registration process, or later via e-mail 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. 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

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 8 weeks before the race participant can get full refund or transfer registration to the next year.
- less than 8 weeks before the race participant can get a 50% refund or transfer registration to the next year.
- less than 1 week, no refund