

RACE RULERS / EN

SKY RUN - 24 Hour Run on the Roof of Slovak Radio Building
17. May - 18. May. 2019, 10.00 a.m. - 10.00 a.m.
Or

SKY RUN - 12 Hour Run on the Roof of Slovak Radio Building
17. May. - 18. May. 2019, 10.00 p.m. - 10.00 a.m.

Place: The building of Slovak Radio (Slovenský Rozhlas), Street Mýtna 1, Bratislava 15, Slovakia

Organizer: XTREMERUN Jozef Rajchl, Street Javorova 35, 92101 Piešťany, Slovakia

RTV –ROZHLAS A TELEVIZIA SLOVENSKA (Slovak Radio and Television), Street Mýtna 1, Bratislava 15, Slovakia

Registration Fee:

Registration fee for 24 hour Run: 50 €, and Registration fee for 12 hour Run: 25 €. The fee has to be paid (deposited) **1 day before the start** (otherwise backups will be registered instead of you!!!). After call it is possible pay **before the race!!** You can pay: 1. cash (in the day of start), 2. Account deposit: Account number: IBAN: SK1409000000000177904347, BIC: GIBASKBX, VS: start number (10.May 2019 latest). Material and financial prizes will be specified after agreement with partners.

Start fee includes:

start numbers, race rules, T-shirts, chips rental, food (fruit, soups, sweets, after finishing – pasta and goulash, drinks, coffee, tea), souvenirs from partners, participant's medals, medical care, security, hour and final results, massage, prizes for winners

Categories for 24 and 12 hour Run:

General - Category is valid with at least 3 participants.

Men - Category is valid with at least 3 participants

Women - Category is valid with at least 3 participants

Youngest participant

Oldest participant

Other:

Mandatory kit: headlight! Own sport nutrition

The participant is obliged to state his/hers full name and ID number (for entry to the building) in the registry form + send **his/hers photo in JPG, or PNG!**

The organizer reserves the right to end the event sooner in case of tragic accident or serious breaking of race rules.

It is possible to lodge protests against final results up to 30 minutes after the end of race (without fee).

Registration:

See form at www.skyrun.sk, email to: jozef@xtremerun.com

call/SMS: +421 949 124 131. Martin Domček, Jozef Rajchl, XTREMERUN

Goal of Project SKY RUN:

The event had a world premiere in 2010. We would like to continue with this atypical tradition, which attracts enthusiasts from Slovakia and from abroad. The race aims to popularize endurance runs called „ultraruns“, which are not very well known to the public.

Number of Participants:

The limit is 30 participants (24), 15 runners for 24 Hour Run and 15 runners for 12 Hour Run. Organization team, health care, technical support, timekeepers, media representatives.

Track Information and Race Rules:

The track is visibly marked space. It is the outer perimeter of roof terrace on the Slovak Radio building. Total length of the inner perimeter is **220 meters** and of the outer **232 meters**. The average length of the round is **226 meters**. The building is rectangular (90-degree curves). The narrowest point of the track has **2,2 meters**. The height of the terrace is **39 meters above ground!!!**

The outer perimeter of the course will be reserved for 12 hour runners.

Racers start from starting line marked START with width 5 cm.

The racer must have start numbers attached on his/hers front and back side.

The race starts counterclockwise and the direction of run is switched every four hours.

Surface: paving with undulations. We ask racers to be careful during the whole race. Slower racer does not have to (but can) let the faster one in front of him.

Outrunning only from the outer side!

In the narrow parts (2 sections) is outrunning forbidden!!! Big risk of accidents!

The racer is obliged to report to organizers if he is going to leave the track for more than 5 minutes. Resting is possible only at a reserved area.

The event will take place regardless of weather conditions (with the exception of strong storms).

After the time limit is up every racer will finish the started round. The results will be officially announced up to one hour after finish in front of the Slovak Radio Building.

Media / (photo-video):

Press release will introduce the goal of event and participants before the event.

Information about race will be on web pages www.skyrun.sk and

www.xtremerun.com before the race and there will be 24 hour on-line transmission on these pages.

You confirm by your signature that you agree with publishing of photo-video materials for the need of next year SKY RUN's publicity.

Safety and Others:

Event and organizers will respect safety directions and conditions provided by operator of the building (Slovak Radio).

Every SKY RUN participant will sign a declaration, that he was acquainted with safety and the condition of the track by organizer.

Official safety directions of the event will be read again before start.

Track space will be bordered with solid safety restraints.

Safety distance from the edge will be marked (at least 1,5 meter).

Undulations will be clearly marked. Only racers, organizers, first aid, police and firemen will have access on the terrace.

The track will be lighted by line of LED diodes during night hours (to prevent accidents and injuries).

Every participant has to bring own food, but the organizer will also provide cold cuisine, fruit, chocolates etc.

Organizer will provide drinking regime (iont drinks, cola, still water ...)

Before and during the event **is forbidden:**

Manipulation with open fire and explosives.

Usage of narcotic drugs and psychotropic substances.

Each participant enters the race declaration of his/hers good health condition and at his/hers own risk.

Presentation:

17.5.2019 – 1,5 hours before start in the entrance hall of Slovak Radio Building! ! !

24 hour race - from 8,30 a.m. to 9,15 a.m.

12 hour race – from 8,30 p.m. to 9,15 p.m.

It is necessary to bring your ID.

It is possible to leave your stuff on top of the building.

Toilets and shower will be available.
