



Rules and regulations Vodno-Matka Trails 2024

18.12.2023

Skopje

DECLARATION OF PHYSICAL FITNESS AND DISCLAIMER

VODNO-MATKA TRAILS 2024

By registering, the participant acknowledges that the competition requirements, legal order and rules of procedure are binding. These regulations serve the uniform and equal engagement in the sport and are non-appealable in a court of law. Their recognition and upholding are a prerequisite for participating in the event. Each entrant is responsible for the technical safety of his/her gear and must ensure that it is in conformity with the rules. The organiser assumes no liability for accidents, personal injury or material damage, theft or other damages!

ATHLETE'S DECLARATION

1. I have read, understood and fully accepted the Rules and Regulations governing the sports event in which I take part (VODNO-MATKA TRAILS 2024), that will take place on April 7th, 2024. The Rules and Regulations are published at the official website of the event (www.vodnomatka.mk).
2. I am sure of being sufficiently prepared (physically and psychologically) to take part in the race. I follow the appropriate medical controls to guarantee that I enjoy good health, not suffering from any disease, allergy, physical defect, lesion or cardio-respiratory disorder advising against taking part in the event.
3. I am fully aware of the difficulties of the event, its course, profile and distance; which I have previously consulted at the event website (www.vodnomatka.mk).
4. I am aware that this type of event entails an additional risk for the participants. I therefore state that I am taking part in the event of my own free will and at my own initiative, and I fully assume the risks and consequences derived from my participation.
5. I have sufficient knowledge and technical skill to guarantee my own safety in the environment and conditions of autonomy in which the event takes place. I also have the sports and safety gear required by the Organizer for the day of the event; and I guarantee that it is in perfect condition, that I know how to use it properly, and that I will wear it/carry it on my person during the entire event.
6. I commit to obey the rules and safety protocols established by the Organizer of the race in which I take part; and to behave responsibly, avoiding conducts that increase risks to my physical or psychological integrity. I will follow the instructions and comply with the decisions taken by the responsible persons from the Organization (judges, doctors and organizers) with respect to all aspects of safety.
7. I authorise the Medical Services of the event to perform on my person any medical procedure or diagnostic test that they deem appropriate in any moment of the event, whether or not I have requested it myself. Whenever requested by them, I undertake to abandon the event and/or allow my hospitalization, if they deem it necessary for the sake of my health.
8. I authorise the event Organizer to take and use any photography, film or recording of my person taken during the event, providing they are exclusively related to my participation in the event; and that I will not receive any compensation in return.

9. I will not consume any prohibited substances considered as doping substances by the athletics and mountaineering federations before or during the event. I am aware that the Organization may oblige the first three classified participants of each category per race to undergo anti-doping control.
10. I am aware that my race-bib is personal and non-transferable, therefore I will not cede it or sell it to any other person in any case, even in the case that I cannot assist in the event.
11. I am taking part in the event of my own free will and on my own responsibility. Therefore, I exonerate any responsibility the Organizer, its collaborators, sponsors and any other participants, exempting them from any liability for any physical or material harm that may occur to me, and therefore, I waive my right to file a report or claim against said parties.
12. I undertake to follow the general guidelines of respect for nature and for other persons. Said guidelines are described below:
 - To exercise caution and follow the established rules when moving along trails and roads which are open to traffic.
 - To not cause any deterioration to the biotic, geological or cultural resources, or in general to the landscape.
 - To perform any physiological needs in appropriate places, or in any case, out of water and far from passage or meeting points.
 - To not trash or abandon objects or solid or liquid waste out of the places specifically provided for disposing of such objects or waste.
 - To not leave the marked trail.

Art. 1. ORGANISER

Trail running association TREX organizes the 7th edition of “Vodno-Matka Trails”, a partially self-sufficiency, trail running race in a natural environment, on Sunday April 7th, 2024.

Art. 2. GENERAL INFORMATION

“Vodno-Matka Trails” consists of three running races along trails in the vicinity of Skopje, on Mount Vodno and Matka Canyon. All three races start at the locale known as “Sredno Vodno”, in Municipality of Centar, Skopje.

All races finish at the starting area at “Sredno Vodno”.

The races will take part in a single stage and in semi autonomy, with athletes subjected to time limits. The planned routes are clearly described, and they are visible on

www.vodnomatka.mk.

The route is marked with flags, fluorescent spray, coloured tape, and permanent sign posts, as well as markings for distance completed and distance to finish. The route may be downloaded from the Organization’s website to be used on smartphones and GPS devices.

Date: 07.04.2024	Distance	Elevation gain / loss	Time limit	Start time
Vodno-Matka Long Trail	42 km	+3000 / -3000 meters	11 hours	07:00
Vodno-Matka Medium Trail	30 km	+1600 / -1600 meters	7 hours	10:00
Vodno-Matka Short Trail	10 km	+630 / -630 meters	3 hours	11:00

WARNING: Do not rely exclusively on your watch data. Depending on the weather and other factors, differences up to 5% must be considered. On a 25 km course, this can sum up to a difference of over 1 km.

Art. 3. PARTICIPATION REQUIREMENTS

Participants are required:

- To understand the length and particularities of the demands of the race and to be well trained to participate.
- To have acquired, before the event, a real capacity of complete independence in the mountains and to be able to manage the problems associated with this type of challenge, in particular:
- Adapt to the climate conditions that can change with altitude and become difficult, such as wind, cold, fog, rain or snow.

- Understand the physical or mental fatigue this challenge may cause: problems with digestion, muscles, joints, blisters, and minor wounds.
- Understand that safety is dependent on the capacity of the participant to adapt to the problems which will be faced, foreseen and unforeseen.

Art. 4. REGISTRATION

a) Registration requirements

Entry is open to athletes aged 18 years and over (on 20.12.2023) for Vodno-Matka Long Trail and Medium Trail.

Entry is open to athletes aged 13 years and over (on 20.12.2023) for Vodno-Matka Short Trail.

b) Registration procedures

Official registration starts on December 20th 2023 and closes on April 4th 2024.

In the registration form available exclusively on www.vodnomatka.mk the following fields must be filled:

- Name
- Surname
- Birth date
- Gender
- Nationality
- Mobile phone number of the athlete
- Mobile phone number of a close person of the athlete for emergency contact
- E-mail address

Registration must be completed by paying the starting fee.

c) Registration fees

The registration fees are as following:

Period	from 20.12.2023 to 15.01.2024	from 16.01.2024 to 20.03.2024	from 21.03.2024 to 04.04.2024
Vodno-Matka Long Trail	Eur 30	Eur 40	Eur 45
Vodno-Matka Medium Trail	Eur 20	Eur 30	Eur 35
Vodno-Matka Short Trail	Eur 10	Eur 13	Eur 18

Registration includes the following:

- a personal race bib number with electronic timing chip
- insurance

- rescue, medical assistance and food and beverages along race routes
- race branded gift
- a finishers medal
- a post-race meal
- race photographs
- unforgettable fun time

Discounts:

- Running clubs discount (minimum number of participants is 7) -10% of regular period prices
- FREE - 2023 edition general classification podium holders of each race distance.
- FREE - Runners with ITRA Performance Index greater than 730 (male) and 575 (female) or National athletic champions or Olympians.
- FREE - Social media influencers in running, fitness or outdoor communities with a significant number of followers.

For discounts and free registrations please contact us by email vodnomatka@gmail.com

d) Payment procedures

Registration fees must be paid by Credit/Debit Card or Banking systems.

Accepted Payment Methods:

1. ONLINE PAYMENT WITH CREDIT / DEBIT CARD

VODNO-MATKA TRAILS WEB SERVICE – www.vodnomatka.mk

Online payment is made through the secure “3D Pay” system of HalkBank AD Skopje.

Note: An additional commission of 4% is charged for bank fees and maintenance costs.

2. BANK TRANSFER (valid only within N.Macedonia)

Entity name: TREKS

Address: Ibe Palikukja 17, 1000 Skopje

Account number id: 270069272700140

Bank: HALK BANKA AD SKOPJE

Remittance description: Athlete’s Name Surname Race Name and Race Distance

Note: An additional bank commission may be charged.

e) Fixed number of participants

The maximum number of participants is 600 registered athletes total in all races.

f) Cancellation

If an athlete is unable to participate and wishes to cancel their registration, they must notify the organizers by e-mail at the following address: vodnomatka@gmail.com

Procedures for reimbursement are as follows:

- cancellation by 20.02.2024: reimbursement of 80% of fee.
- cancellation by 20.03.2024: reimbursement of 50% of fee.
- no refunds shall be issued for cancellation requests after 20.03.2024.

Should the race be cancelled or interrupted for atmospheric reasons, or for any other reason beyond our control, no refund of the registration fee will be made.

g) Changing races

If an athlete who is registered and had paid the fee decides to change races, they must send a request by email to vodnomatka@gmail.com by 20.03.2024, at latest, specifying the race they are registered for and the one they would like to enter.

Going for a shorter distance does not trigger any financial compensation.

On the other hand, going for a longer distance implies the payment of the difference between the fee paid and the current fee for the new race (early bird prices are calculated).

h) Passing bib number to another athlete

If an athlete who is registered and had paid the fee decides not to participate in the race, they must send a request by email to vodnomatka@gmail.com by 20.03.2024, at latest, specifying the following details:

- First and last name, date of birth, race bib number of the athlete that cancels participation
- First and last name, date of birth of athlete that is the replacement

The request must come from the athlete who is already registered and with assigned race bib number. The replacement athlete must register as well but not pay; the organizer will assign the same bib number in the system.

i) The following is not permitted:

- postponing registration to the following year;
- participation in other races instead of the race for which the athlete has registered;
- bib number exchange or use by anyone other than a registered athlete.

Any athlete found with another athlete's race bib during or after the race will be disqualified and blacklisted by the Vodno-Matka Trails.

Art. 5. MEDICAL CERTIFICATE

Medical certificates are not required in order to participate in the races. However, the organizer encourages all athletes to obtain **a medical certificate that declares one's well-being and strenuous exercise capabilities for their own sake.**

Art. 6. COLLECTION OF THE RACE BIB NUMBER AND RACE PACK

Race number and race pack distribution shall take place in location and time announced later at www.vodnomatka.mk.

To collect race numbers athletes must present a valid identity document (ID or passport).

For those athletes that are not able to collect their starter pack in the noted period, send to the organizer an email at vodnomatka@gmail.com, from the email they have used in the registration process, including with the name and surname of the person who is going to collect the bib number in their name.

Art. 7. MANDATORY EQUIPMENT

There is no mandatory equipment except the starting number provided by the organizer. However the organizer strongly recommends the following equipment to be carried by athletes for the entire duration of the races:

- race bib number visible during the entire duration of the race (provided by the organizer)
- emergency blanket or windproof jacket
- cell phone with full battery and roaming switched on but on silent mode
- cup, flask, or small container for liquids. In order to reduce the use of plastic, there will be no disposable cups available at aid stations thus athletes must bring their own cups/flasks.

Due to unforeseen weather conditions, the organizers have the right to change or add new equipment in the mandatory equipment list.

RECOMMENDED EQUIPMENT

Race participants are advised to bring the following non-mandatory equipment with them:

- bidon, hydration bladder or water bottle with a capacity of at least a half-liter of liquid
- whistle
- hat or bandana
- energy bars or solid food
- at least 300 denars (5 Euro) to buy drinks or food at the finish
- headlamp with spare batteries
- appropriate footwear
- elastic bandages for dressings

Trekking poles are permitted.

Art. 8. MAXIMUM TIME LIMITS AND CUT OFF TIMES; WITHDRAWING FROM THE RACE

- a) **VODNO-MATKA LONG TRAIL: The maximum time permitted to reach the finish line is 11 hours.**
- b) **VODNO-MATKA MEDIUM TRAIL: The maximum time permitted to reach the finish line is 7 hours.**
- c) **VODNO-MATKA SHORT TRAIL: The maximum time permitted to reach the finish line is 3 hours.**

A “pick up” service will follow the last runner, in order to assist athletes that withdraw from the race and to ensure assistance for anyone with injuries.

Cut off points are situated after aid stations. Athletes who do not reach these points within the established time limits will not be allowed to continue the race. It is forbidden to go beyond the cut-off point and then go back to use the aid station. Race officials reserve the right to disqualify athletes who disrespect the rules.

Participants who reach the check points after the maximum time, those who are injured and those who are judged by the medical staff to be unfit to continue the race, and any other athletes who decide to drop out, shall be taken to the finish line or Skopje city center by organization vehicle. For logistical reasons, athletes who have dropped out may have to wait before being accompanied to the finish area. Any participant who drops out of the race at any point other than the established check points should make their own way back to Skopje and immediately inform the race organizers by text message to the number indicated on the bib number.

Art. 9. AID STATIONS

This is a semi self-sufficient race and athletes are advised to bring at least a supply of half-liter of water.

Semi-self-sufficiency is defined as the ability to be autonomous between aid stations in terms of food and equipment and also to be safely able to adapt to any problems (bad weather, physical distress, injury...).

This means that the following rules are necessary:

- athletes must always carry all obligatory equipment during the entire race.
- food and drink acquired in aid stations must be consumed there. The Organizers only provide water or electrolyte drinks for flasks/water bottles and camelbags. When leaving an aid station, athletes must have a sufficient quantity of water and food to reach the following aid station.

SPECIFIC TABLES WITH AID STATIONS DISTRIBUTION WILL BE PUBLISHED LATER.

Family or team members can only provide assistance to athletes in some aid stations in the areas designated for this purpose as outlined by the coordinator of the aid station. Only one person per athlete may provide assistance.

Only runners carrying a visible race number have access to the aid stations.

Food and liquids from the aid stations must be consumed at aid stations; it is strictly forbidden for athletes to drink from the bottles provided by the Aid stations: personal cups or flasks must be used. **Garbage must be thrown into the trash cans present in every aid station.**

When leaving each aid station, athletes must have sufficient liquid and food to reach the next station.

Check points shall be set up along the route, where members of the staff shall monitor the athletes as they pass and also may apply random checks to verify that the athletes are in possession of the mandatory race equipment (if required). **Should anyone refuse to undergo the check on the mandatory race equipment, they shall be disqualified immediately.**

There is another liquid aid station at the finish line. Furthermore, each participant can have a post-race meal at the finish on arrival: in order to benefit of post-race meal, it is necessary to show your race bib.

Art. 10. ASSISTANCE DURING THE RACE

Assistance from family or team members is permitted at all aid stations, in a specific area, and with the agreement of the head of the station:

Only one assistant per athlete will be admitted only when the athlete has arrived.

Being accompanied by any person not registered in the race on a stretch of the race or along the whole race is forbidden.

Art. 11. DROP BAGS

Each athlete may leave his/her own bag/backpack with a change of clothes to use at the finish. The bag can be deposited latest 15 minutes before race start.

Athletes are advised not to place objects of value in the bags; the organizers accept no liability for any theft, loss or damage of bags or their contents.

Bags with clothes left at the start may be collected at the finish upon presentation of race bib. The Organizers will not send uncollected bags to participants' houses. Bags that are not collected after this deadline will be immediately destroyed for reasons of hygiene.

Art. 12. RACE ROUTE

Vodno-Matka Trails race routes require the ability to run on particular kinds of terrain, trails and impervious or treacherous paths (slopes with rocky outcroppings or debris) that are sometimes without barriers.

a) **Vodno-Matka Long Trail** takes the following route:

Sredno Vodno – Markovo Krufče – Cucul – Vrv Vodno – Penzionerska koliba – Sv.Panteljmon - Gorno Nerezi - Kodra Hamed (Blagoec) - Damacule – Kale – Nir – Medenik – Matka – Sv.Andreja – Sv.Nedela – Sv.Spas – Las – Matka – Sv.Nikola Šiševski – Gorno Kule - Sv.Petka -

Kodra e Daris -Pepov Dab - Rtišan - Kromidarevec - Gorno Brdce (Gorno Sonje) - Dudikov Rid - Vrv Vodno - Detsko Odmoralište - Sredno Vodno.

It is 42 km long and has an altitude variation of 3,000D+/3,000D- meters.

b) **Vodno-Matka Medium Trail** takes the following route:

Sredno Vodno – Markovo Krufče – Cucul – Vrv Vodno – Penzionerska koliba – Sv.Panteljmon - Gorno Nerezi - Kodra Hamed (Blagoec) - Damacule – Kale – Čukal – Sv.Petka - Kodra e Daris -Pepov Dab - Rtišan - Kromidarevec - Gorno Brdce (Gorno Sonje) - Dudikov Rid - Vrv Vodno - Detsko Odmoralište - Sredno Vodno.

It is 30 km long and has an altitude variation of 1,600D+/1,600D- meters.

c) **Vodno EasyRun 10K 2023** takes the following route:

Sredno Vodno – Markovo Krufche – Cucul - Vrv Vodno – Penzionerska koliba – Detsko Odmoraliste - Sredno Vodno.

It is 10.3 km long and has an altitude variation of 630D+/630D- meters.

Should adverse weather conditions occur or one or more paths become inaccessible, alternative routes will be outlined at the briefing before the start of the race.

Race kilometres are not marked. Athletes should strictly adhere to the marked race route and avoid taking shortcuts or cutting out sections of the route. Any departures from the official route may lead to disqualification and shall be at the sole risk of athletes.

Art. 13. INSURANCE

Athletes are highly recommended to take out a valid individual insurance policy that covers find and rescue costs as well as incurring medical costs.

Athletes are responsible for handing over their personal file to their insurance company if necessary, within the given timeframe.

An insurance policy provided by the Organizer will cover related risks for all participants that may occur during outdoor activities.

Art. 14. SAFETY AND CHECKPOINTS

Members of the Organization and the Mountain Rescue Teams, in constant contact with Race HQ, will be positioned along the race route. Paramedics shall be positioned at different points along the race route, but also at the start and finish.

Medical assistance teams and Mountain Rescue teams will be provided along the routes in case of emergency. In case of injury or other necessity, athletes will have to call the SOS phone provided by the organizer on the Bib-number. If they are in an area which is not covered by phone signal, they will have to convey the message to the first next checkpoint – so that actions can be taken as soon as possible.

However, by considering the inaccessible terrain and unforeseen mountain weather, the first responders to such events are the runners themselves. Therefore, each runner is obliged to stop his/her race and to be actively involved in the assistance and rescue of other injured runners.

By submitting the registration form, each athlete confirms that it is aware of the dangers of competition in nature and takes the risk by themselves. The organizer will do its best to reduce the risks. However, we kindly ask the athletes to follow our advice and recommendations.

In order to preserve the safety and health of athletes, regulators and medical teams checkpoints have the right to stop the race and exclude those athletes who have been assessed that are no longer able to continue the race. In any event, athletes are required to follow instructions from controllers and medical teams. Any violation of these guidelines will lead to the disqualification of an athlete, and if he/she decides to continue at all costs, the organizer assumes no responsibility for possible side effects.

We advise all athletes regularly to monitor their health status and also, recommend a stress test a month or two before the competition to determine the level of fitness/stamina for this type of sport which requires a high level of endurance.

Each athlete that has any disease or medical condition is advised to consult a specialist for permission to participate in the races, and their doctor must notify the organizer of the race.

Art. 15. ENVIRONMENT

The race shall take place in a natural park area with a natural ecosystem. Participants are therefore required to fully respect the environment, in particular by not leaving rubbish, picking flowers or disturbing the wildlife. **Anyone found leaving rubbish along the route shall be disqualified from the race.** In the various aid stations there are rubbish bins into which athletes may throw their rubbish. The organizers advise athletes to carry a small bag for collecting any tissues which can then be disposed of at aid stations.

Athletes must follow the outlined paths and avoid leaving them so as not to cause damage to the surrounding environment.

In order to reduce the use of plastic, there will be no disposable cups available at aid stations and the start/finish area thus athletes must bring their own cups/flasks.

Art. 16. WEATHER

In case of adverse weather conditions (dense fog, snow or thunderstorms), the organizers reserve the right to make last-minute changes, even during the race, to the race route in order to eliminate potential hazards or conditions that could cause hardship for participants. The staff shall inform the participants of any changes. The organisers also reserve the right to suspend or cancel the race if the weather conditions are such that they put athletes, staff or medical teams at risk.

Art. 17. DISQUALIFICATION, PENALTIES AND APPEALS

	IF THE PARTICIPANT:	PENALTY
1.	Did not pass through or is not registered at one or more control points (CP) or aid stations (AS)	Disqualification or time penalty or by race director's decision
2.	Departs from the marked route or uses other unmarked trails/roads by which effectively he/she takes shortcuts	Disqualification
3.	Departs from the marked route or uses other unmarked trails/roads by which effectively he/she does not take shortcuts	Disqualification or time penalty or by race director's decision
4.	Participates without or takes a BIB number from another registered athlete (who has given up starting the race)	Disqualification and 2-year ban for both athletes
5.	Refuses to help other participants in case of injury or emergency	Lifetime disqualification
6.	Receives assistance by any other person at any point along the race route, outside of designated areas at aid stations	Disqualification
7.	Uses transport during the race (bicycle, motorbike, ATV, land or water vehicle)	Lifetime disqualification
8.	Refuses his/her mandatory equipment to be checked at race bib number pick up or during race	Disqualification
9.	Does not carry mandatory equipment during race (if required)	30-min time penalty for each missing item

10.	Destroys route markings, insults, threatens the wellbeing of other participants, race officials, volunteers, does not obey orders from race officials and medical personnel	Lifetime disqualification
11.	Purposefully litters garbage and damages the natural environment, plants and wildlife	Lifetime disqualification

Time penalty or disqualification may be applied immediately by the race director or other race officials during the race, at the finish line or after the competition has ended, given that valid proof or witness statements are obtained.

The following proof is considered valid for appeal: original gpx file, photo/video with timestamp, written statements by two credible witnesses at least, either participants and/or race officials.

Appeal deadline begins right after finishing and is open until 10:00am on 08.04.2024. The appeals are filed only in written form (either by hand or via email).

The race director has the absolute authority in the decisions regarding penalties and appeals for maintaining competition fair-play. The race director has the right to put up a committee of experienced race officials and trail runners, in such cases, where further investigation needs to be taken for the purposes of drawing fair decision.

Official final race results will be published within 48 hours of last finisher on the event's website.

The organizer has the right to penalize or disqualify any participant even after publishing official race results (for example, due to a positive doping test or obtained proof of serious breach of rules and unfair behavior).

Art. 18. PRIZES

The awards are at the discretion of the sponsors and the organization and according to the rules of the ITRA (https://itra.run/page/260/High_calibre_athletes.html). Non-monetary prizes shall be awarded to the first 3 men and 3 women of each race (general classification). Each athlete who completes the race within the maximum time limit will be given a Finisher medal. Prizes will be awarded on race day at the finish line.

All registered athletes for both races of “Vodno-Matka Trails 2023” will be categorized according to the age and gender criteria:

- 13-16 (only at Short Trail)
- 16-18 (only at Short Trail)
- 19-20
- 20-34

- 35-39
- 40-44
- 45-49
- 50-54
- 55-59
- 60-64
- 65-69
- 70-74
- 75-79
- 80-84
- 85+

Final ranking will be in general classification, category Male (M) and Female (F).

Podium announcements in each of the race distances:

- first three in general ranking (m/f)
- youngest (m/f)
- 40-49 (m/f)
- 50-59 (m/f)
- 60-69 (m/f)
- 70+ (m/f)
- oldest participant (m/f)

Art. 19. IMAGE RIGHTS

On registration, athletes authorize the organizers to freely use any images depicting athletes during their participation in Vodno-Matka Trails, whether still or in movement, with no territorial or time limits.

Art. 20. WAIVER OF RESPONSIBILITY

By registering, the participant acknowledges that the competition requirements, legal order and rules of procedure are binding. These regulations serve the uniform and equal engagement in the sport and are non-appealable in a court of law. Their recognition and upholding are a prerequisite for participating in the event. Each entrant is responsible for the technical safety of his/her gear and must ensure that it is in conformity with the rules. The organizer assumes no liability for accidents, personal injury or material damage, theft or other damages!

Have fun!

Dejan Krle, Race director

Vodno-Matka Trails 2024

Association TREX Skopje