



Rules and regulations

The 2022 Lung Run is a 10 kilometre trail running race designed to raise awareness in communities in the Western Balkans about the need to move away from polluting practices and industries. It carries a strong social and environmental message and it also has a charitable component. As such, it is driven by equity, equality, solidarity, humility, mutual respect and respect for the environment, principles embedded in the rules and regulations of the race.

With this in mind, we expect all participants to behave responsibly and in the spirit of sports ethics and fair play. This means to respect the race regulations and the Council of Europe's Code of Sports Ethics¹, but also to actively participate in maintaining the principles of fair play throughout the event:

“Fair play is defined as much more than playing within the rules. It incorporates the concepts of friendship, respect for others and sportsmanship. Sports ethics is defined as a way of thinking, not just a way of behaving. It incorporates issues concerned with the elimination of cheating, the use of unfair strategies whilst respecting the rules, doping, misuse of nutritional supplements, violence (both physical and verbal), sexual harassment and abuse of children, young people and women, trafficking in young sportspeople, discrimination, exploitation, unequal opportunities, excessive commercialisation and corruption.”

By participating in The Lung Run, runners agree to the rules and regulations outlined here.

Equity and equality

The races are open to all runners over the age of 18. Participants under the age of 18 may take part with written permission from a parent.

The regulations are conceived so they apply equally to all concerned. All athletes are provided with the same conditions and they have the same rights and duties.

¹ Council of Europe's Code of Sports Ethics - <https://rm.coe.int/16805cecaa>

It is the responsibility of the organisers to guarantee this principle of equity, to carry out all necessary checks and to offer all the participants the best race conditions possible.

Registrations

All runners should register fully aware of the length and specification of the race and the preparedness, abilities and skills to tackle a race of the format for which they register. By registering for the race, each competitor confirms that they are aware of the dangers of competition in nature and takes personal responsibility for any injury, accident or death.

In the spirit of solidarity, participation in this race is also a commitment to help the local community with their social and environmental issues. **We intend to use the registration fees** as a donation to the community to support the cause of the races and they are non-refundable.

Race day rules

The time limit for finishing the 10km race is 3,5 hours after the start (11:00 local time). Anyone who fails to arrive within this time limit will be disqualified.

Runners must have their race number visible and attached to the front of the body. For safety reasons, they also have to carry a mobile phone that is turned on at all times. All runners must carry with them a reusable bottle or cup for water. The checkpoint will not offer water in single-use plastics.

Yellow striped tapes are the official markings for the races and they will be placed at an appropriate distance so that competitors will not have major problems with orientation. Using GPS navigation is allowed and recommended. However, the GPS track gives approximate orientation and this does not exclude following the official markings which may be changed for various reasons on race day. If any of the contestants do not see a marking for a longer period, it is advisable to return to the last point where there is one.

If a competitor is not registered at the control point, is intentionally taking short-cuts during the race or is using any means of transport he/she will be disqualified.

In case a runner wants **to drop out from the race** because of any reason, he/she must contact a race official at the nearest aid station and inform him/her to be registered as such in the system and be provided with means to return to the start/finish line.

The organiser reserves the right to change the race route, control points and the time of start at any time because of objective reasons.

Solidarity

Every participant should be able to depend on himself/herself in almost every part of the race, to rely on its equipment, food and drinks, preparedness and resilience between the checkpoints and to be able to adapt to nature and weather conditions.

However, solidarity is a core value of this event and in trail running, and it is expected and **required of each participant to help other participants** and to prioritise aiding runners in need over their performance in the races. Failure to do so will be penalised with an addition of 2 hours to the finish time.

Respect for oneself

Running, especially trail running, entails certain risks and challenges. The search for performance and/or pleasure on no account justifies the distortion of one's good health. Each runner will be vigilant so as not to take any doping product and not to resort to the abusive use of self-medication.

This also means that runners must take care not to exceed their limits to the point of affecting their physical or moral integrity and should not refrain from asking for assistance in time. For this purpose, we will provide medical assistance teams along the route and we will provide an SOS phone number on the bibs. We will do our best to reduce the risks and to provide a safe environment for the race, but runners must remain vigilant of their wellbeing too.

To reduce some risks, but also to provide the best care in case of an emergency, we strongly recommend that every participant has suitable health insurance which would cover the expenses in case of personal harm during sports activities in nature and to check their health status before the race.

Respect for others

The race takes place in surroundings that have their own, very specific culture and traditions and we expect all participants to act respectfully toward the local population, its culture and its customs, not to bother them or to disturb their daily lives.

We expect runners, organisers and volunteers of many different backgrounds to attend the race and all of them must give their best to understand and accept their differences and act respectfully among themselves.

Participants must also acknowledge that all race staff have their obligations and mandate to perform given tasks according to their competences. Their job is to implement an enjoyable and safe event, but they also may stop the race and exclude competitors they assessed as unfit to continue the race. They must respect them and their decisions at all times and **disrespectful behaviour towards the race staff or acting in violation of their instructions** will mean disqualification.

Each runner must also respect all people encountered during the trail run, who are also enjoying the open country at the same time (other trail-runners, hikers, cyclists, etc.).

Respect for the environment

The trail race will take place on the outskirts of the town of Ugjjevik and its nearby forest. For much of the length of the course, it takes the runners through some of the locations that are actively kept clean and the locals use on a daily basis for recreation.

The region is already under huge environmental pressure, so we must all do our best to make this event completely environmentally responsible. Everyone involved in the races, runners, organisers, partners and accompanying persons commit to protecting the natural equilibrium. Together, the members of the trail-running community can act as ambassadors for the promotion and conservation of natural environments, and all of them should behave in such a way. Each runner must adopt the most relevant behaviour to minimise his or her impact on the terrain through which he or she passes.

Competitors who need to litter shall bring the trash and leave it at the next checkpoint at the specified bags for waste. **If anyone is reported of littering**, he/she will be penalised with an addition of 2 hours to the finish time.

The nature in the region is valuable, but also fragile. We will disqualify **anyone who is reported of intentionally damaging the natural and cultural heritage of the region**.

Let us try our conduct to be an example for others and to contribute to a clean and unpolluted nature – for us and future generations.

Winners and awards

All participants in the race will be awarded a finisher medal and a diploma.

Participants who finish in the first place of the races in both male and female categories, will be proclaimed as winners of the race. They will be rewarded with a portable air pollution sensor that is used to measure personal exposure.

The event does not award cash prizes to the best participants.

Photographs and videos

By registering for the races, each competitor relinquishes their claim to photographic copyright over the official photographs or videos of the event. All official photos and videos of the event are the property of the organiser and they must not be used, exploited and taken without prior approval. The organiser has the right to use these photos and videos for their needs.

Cancellation

These are exceptional times in which we are organising a race. We will endeavour to ensure that the race is put on to the best of our ability and that all runners participate in this worthwhile experience.

We do however reserve the right to cancel the race following consultations with relevant local and state authorities in line with recommended practices.

If the race is cancelled, we will donate registrations to the local municipality for the procurement of air quality monitoring devices.

The cancellation of the race does not mean that you cannot support the cause by running in your area of residence and if it comes to this, we will provide timely instructions on how to show support.