

# / RACE MANUAL

[www.volvorun.sk](http://www.volvorun.sk)

VOLVO



SLOVAKIA 2024



Terms in this race manual are subject to change.  
Last update on September 30th, 2023.

## TABLE OF CONTENTS:

1. TEAM REGISTRATION	5
• REGISTRATION PROCEDURE	
• REGISTRATION FEES	
• PAYMENT	
2. ORGANIZING A TEAM	6
• CATEGORIES	
• SUPPORT VEHICLE	
• SUPPORT VEHICLES MANDATORY EQUIPMENT	
3. TEAM CHECK IN	8
• THE RUN APP	
• VOLVO RUN SLOVAKIA FULL	
4. START	9
• VOLVO RUN SLOVAKIA FULL	
• START LINE CHECK IN – THE RUN APP	
• BIB NUMBER	
• RELAY BATON	
• START SIGNAL	
• PARKING THE VEHICLES	
5. THE RACE	13
• GENERAL RULES	
• USING THE RUN APP DURING THE RACE	
• SAFETY	
• TRACK SIGNAGE AND ORIENTATION	
• TRACK SIGNS	
• CHECK POINT AREA	
• SUPPORT VEHICLES USE RULES AND RESTRICTIONS	
• DANGER AND EMERGENCY SITUATIONS	
• NIGHT LEGS	
6. MID-CHECK POINT	23
• PARKING	
• PROGRAM	
• STRTING FROM MID-CHECK POINT	
• MID-CHECK POINT START LINE CHCEK IN – THE RUN APP	
7. FINISH	25
• VOLVO RUN SLOVAKIA FULL	
• PARKING	
• PROGRAM	
• CROSSING THE FINISH LINE	
• FINAL TIME AND RESULTS	
• TIME LIMITS	
• OFFICIAL RESULTS ANNOUNCEMENT	
• RULES VIOLATION	



## VOLVO RUN SLOVAKIA 2024

### Organizer:

therun.sk, oz.	HCG, s.r.o.
Páričkova 24	Páričkova 24
82108 Bratislava	82108 Bratislava
Slovak republic	Slovak republic

### Crew:

PR and media:	cell phone: +421 907 807 363 email: info@therun.sk
Race director:	Dušan Tarčák
IT support:	Daniel Janiga, Peter Augustín
Course manager:	Jozef Chorvát
Safety manager:	Roman Štamberský Ladislav Gračík
Technical production:	Martin Medvecký
Medical:	MUDr. Róbert Vaľkov



## 1. TEAM REGISTRATION

- REGISTRATION PROCEDURE:
  - Register your team at [www.volvorun.sk](http://www.volvorun.sk)
- REGISTRATION FEES
  - According to official pricelist for 2024.
- PAYMENT
  - Pay the registration fee via bank transfer
  - Registration is valid after the registration fee is paid for the whole team
    - *Registration fee must be paid for minimum number of runners for selected FREESTYLE category.*
  - Registration fee is non-refundable
  - Applications are opened from October 1st, 2023 at 18:00 CET until April 30th, 2024 at 23:59 CET.

## 2. ORGANIZING A TEAM

Organize your team for one of the following categories:

- **VOLVO RUN SLOVAKIA - FULL**

**KOŠICE – BRATISLAVA**

**/leg 1 to 48 – 529 km, start on Friday June 7<sup>th</sup>, 2024 from 8:00 CET/**

- **FREESTYLE CATEGORY** - /7 to 16 runners in team, gender ratio and number of legs per runner is optional/

- **VOLVO RUN FREESTYLE 7-16MIX - FULL:** 7 to 16 runners teams – mixed (gender ratio optional)

Registration fee paid due:	until 30.11.2023 85,- EUR/person	until 30.4.2024 95,- EUR/person
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- **DM LADIES RUN FREESTYLE 7-16W - FULL:** 7 až 16 runners team – women

Registration fee paid due:	until 30.11.2023 85,- EUR/person	until 30.4.2024 95,- EUR/person
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- **MARATHON CATEGORY** - /every runner runs every 12<sup>th</sup> leg, total of 4 legs x approx. 10,5 km per leg/

- **VOLVO RUN MARATHON 12MIX - FULL:** 12 runners teams – mixed (gender ratio optional)

Registration fee paid due:	until 30.11.2023 85,- EUR/person	until 30.4.2024 95,- EUR/person
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- SUPPORT VEHICLES
  - only 2 race vehicles per team with official event sticker will be allowed to enter check point designated area
  - minivans, minibuses and caravans are recommended
  
- SUPPORT VEHICLE MANDATORY EQUIPMENT:
  - 2 x head lamp
  - 2 x wrist flash light
  - 2 x reflective vest
  - 1 x fully charged mobile smartphone with internet connection
  - official sticker (sticker with team bib number and vehicle number)

## 3. TEAM CHECK IN

- THE RUN APP
  - instalation
    - download the app to your smartphone in APP STORE or GOOGLE PLAY before teams check in
    - make sure, you have most up to date version installed
  - using the app
    - to check in / confirm your teams/runner presence on start
    - to check in / confirm your teams runner have reached the finish of leg
    - to communicate with race crew
    - to follow the live position of the active runner
    - to check current and final team/runners standings
    - and more
- VOLVO RUN SLOVAKIA - FULL
  - location:
    - Archeological museum Dolná brána, Hlavná ulica, Košice – Staré Mesto /GPS: 48°43'8.27"S, 21°15'32.18"V/
    - <https://goo.gl/maps/8fdoEMoxH6gNB2Pf9>
  - time:
    - 6.6.2024 (Thursday) from 18:00 CET until 22:00 CET
  - check in process:
    - team packages can be picked up by any team member
    - it is mandatory to sign the RUNNERS STATEMENT FORM by all team runners in order to finalise the check in
  - teams package content:
    - bib numbers
    - relay baton – GPS tracker on runners wrist
    - two official vehicle stickers (sticker with team bib number and vehicle number)
    - official event tee with VOLVO RUN SLOVAKIA logo
    - bottled water package
    - energy drink RED BULL
    - other promotional items

## 4. START

- **VOLVO RUN SLOVAKIA - FULL**
  - location:
    - Hlavna ulica 68 (by Immaculata statue – Morovy stlp), Kosice – Stare Mesto (Old town) /GPS: 48°43'22.48"S, 21°15'24.48"V/
  - time:
    - Friday, 7.6.2024 from 8:00 CET
      - continuous start – start times to be announced 48 hours prior the start the latest
  
- **START LINE CHECK IN – THE RUN APP**
  - Team captain is required to check in/confirm teams/runners presence on start line at least ½ hour before start
  
- **BIB NUMBERS**
  - It is mandatory for every runner to wear the official bib number
  - Every runner is obliged to wear the bib number bracelet on his/her arm matching his/her bib number
  - Every runner is obliged to wear its start number visible on the front of the body (on chest or waist)
  
- **RELAY BATON**
  - Relay baton = GPS tracker on runners wrist
  - Every runner has to wear GPS tracker fixed on wrist or other visible bodypart
  
- **START SIGNAL:**
  - The race will be launched by gun shot sound signal or other sound signal

## ▪ PARKING THE VEHICLES

### Kosice:

- There are no designated parking areas reserved for support vehicles
- You can find several parking lots in Kosice center, near Hlavna ulica
- It is recommended to use following parking lots:
  - in Aupark shopping center
  - in front of Doubletree by Hilton
  - in Doubletree by Hilton parking garage
  - on Masiarska street
  - on Hradbova street
  - on Mlynska street
- it is not possible to park support vehicles in start line area (pedestrian zone)



## Teplicka nad Vahom:

- There will be designated parking areas reserved for support vehicles
- You can find several parking lots in Teplicka nad Vahom, near sports complex
- It is recommended to use following parking spots:
  - along Školská street
  - other streets
- <https://goo.gl/maps/Qfv1CCBhML95sdtk6>
- it is not possible to park support vehicles in start line area (sports complex area)



## Bratislava:

- There will be designated parking areas reserved for support vehicles parking on parking lot in INCHEBA EXPO (refer to map)
- It is approx. 800 m walking distance to get to finish line area from parking lot
- Parking lot location is: GPS: 48.135721 S, 17.104218 V
- <https://goo.gl/maps/isjz2kQ4XZtZjzPk8>



## 5. THE RACE

- GENERAL RULES
  - VOLVO RUN SLOVAKIA is teams relay race
  - Runners age limit is 18 yrs +
  - Runners of age 15 to 17 yrs old can apply only if accompanied by legal parent who must be member of the same team
  - Every team runner runs:
    - alone
    - explicitly assigned legs according to official start list
  
- USING THE RUN APP DURING THE RACE
  - It is mandatory to use THE RUN APP for every teams captain during the whole race
  - It is also strongly recommended to use THE RUN APP for every team member

### CHECK IN PROCESS IN CHECK POINT

- When reaching the check point, the GPS tracker will send the time data automatically

### COMMUNICATION

- THE RUN APP is the prime communication channel for race crew and team captains.
- Through THE RUN APP team members will be informed about all important organisation updates, changes, restrictions, etc.

### GPS LIVE TRACKING

- GPS tracking function enables all app users to follow live position of active runners on track

You can find more information about the functionality in users manual in THE RUN APP. For downloading THE RUN APP go to APP STORE or GOOGLE PLAY.

- SAFETY
  - It is mandatory to carry functioning smartphone for every active runner
  - Race is occurring during full road traffic
  - It is mandatory to follow Slovak road traffic rules for every active runner
  - Every race runner is running at own risk and responsibility
  - In case of injury of team member, team captain is obliged to report it to medical crew through THE RUN APP
  - In case of urgent emergency first call 112 and afterwards report it to medical crew through THE RUN APP or phone
  - Runners mandatory equipment is: (during night or reduced visibility)
    - functioning smartphone
    - reflective vest
    - turned on headlamp
    - turned on flashing light
    - at least one other reflective item (wristband, waiststripe, headband, etc.)
  
- TRACK SIGNAGE AND ORIENTATION
  - Track is marked only in difficult track sections
  - It is mandatory to study the track and directions for every runner
  - Accurate track orientation is one of the most important race rules and challenges, therefore every team is responsible for accurate track orientation
  - In case the runner gets lost and gets off the track he/she is obliged to get back to same point on track and continue the race
  - The venue organizer is not responsible for unpredicted race delays (red light on railway crossings, police control, fallen tree on track, etc).



- TRACK SIGNS METHOD

- DIRECTION ARROW:

- where: roads, sidewalks, pavements (asphalt, concrete, etc)
- color: orange
- intensity:
  - every approx. 500 m
  - on every turn
    - 2 x before the turn – approx. 50m and 20m
    - 1 x behind the turn – approx. 20m



## - LOGO THE RUN SLOVAKIA

- where: roads, sidewalks, pavements (asphalt, concrete, etc)
- color: orange
- intensity:
  - 2 x logo per leg (instead of directional arrow every approx. 2 km)
  - in legs finish line (check point area)



- RIBBON:
  - where: field and forrest tracks (trees, bushes, etc)
  - color: white, red, orange, reflective silver
  - intensity: every approx. 200 to 500m
  - note: at night, the chemical light sticks are hanged on ribbons





- DIRECTION SIGN:

- where: next to roads, sidewalks, pavements, field and forest tracks
- color: white / orange
- intensity: on important turns (eg. on Y shaped crossroads)
  - before the turn – approx. 10m
  - or directly on the turn – as possible



- CHECK POINT AREA

Check point equipment:



## Check point crew:

- **2 volunteers** (regional partner – town/village):
  - volunteer responsibilities:
    - guarding the check point area
    - check point parking area organisation (support vehicles are allowed to park in 50 m radius around check point area the closest)
    - contact person for race crew
    - providing information about town/village to runners and fans
    - serving refreshments to runners (water, hot tea, gulash, etc. – not mandatory)
    - making positive atmosphere 😊
  - **SUPPORT VEHICLE USE RULES AND RESTRICTIONS**
    - Parking rules:
      - Each support vehicle must be marked with official race sticker on visible spot (official sticker on car hood)
      - support vehicles are allowed to park in 50 m radius around check point area the closest
      - all designated parking areas will be marked where possible
    - Transfers to check points:
      - All support vehicle are obliged to follow Slovak road rules when transferring to check point.
      - Some check points are not accessible by car
        - No entry sign rule violation will lead to team disqualification
      - Support vehicle is not allowed to drive along the active runner (except during night or low visibility)



- EMERGENCY SITUATIONS / DANGER
  - It is mandatory to carry functioning smartphone for every active runner
  - In case of urgent emergency first call 112 and afterwards report it to medical crew through THE RUN APP or phone
  - Injured runner can be replaced only by runner from the same team who is not assigned to run following leg (valid for VOLVO RUN MARATHON category)
  - Injured runner is not allowed to continue the race
  
- NIGHT LEGS
  - Runners mandatory equipment is: (during night or reduced visibility)
    - functioning smartphone
    - reflective vest
    - turned on headlamp
    - turned on flashing light
    - at least one other reflective item (wristband, waiststripe, headband, etc.)
  - one team member can run or bike along the active runner only during night or low visibility
  - other team runner, bicycle or support vehicle can drive behind the active runner only during night or low visibility to illuminate the road for runner



## 6. MID-CHECK POINT

- location:
  - Teplicka nad Vahom, sport complex
  - <https://goo.gl/maps/fSq9SQQWuvxQvssN6>
- leg:
  - finish of leg nr. 28
- time:
  - Saturday, 8.6.2024 from 08:00 CET to 20:00 CET
- PARKING:
  - in all designated parking areas
- PROGRAM:
  - the mid-check point area will be divided into following designated zones for:
    - regeneration
    - refreshments (foodtrucks)
    - hygiene (toilets, showers)
    - tents, loungers, blankets
    - quiet zone (gym)
- STARTING FROM MID-CHECK POINT
  - location:
    - Teplicka nad Vahom, sports complex
    - <https://goo.gl/maps/fSq9SQQWuvxQvssN6>
  - leg:
    - start line of leg nr. 29
  - time:
    - Saturday, 8.6.2024 from 15:00 CET until 20:00 CET
    - team start times will be announced at 14:00 CET the latest in THE RUN APP
    - teams will be started in adequate time intervals according to actual standings
      - the last/slowest teams will be first to be started

- MID-CHECK POINT START LINE CHECK IN – THE RUN APP
  - team captain is required to check in / confirm teams/runners presence on start line at least ½ hour before start
  - active runner receives the GPS tracker from crew member in start line mix zone
  - runner installs the GPS tracker on shoulder or hand. Make sure the GPS tracker is not covered with your clothes or other objects
  - crew member makes final inspection of GPS tracker functionality and its proper location on runners shoulder or hand

## 7. FINISH

### ▪ VOLVO RUN SLOVAKIA - FULL

- location:
  - BRATISLAVA, Hviezdoslavovo namestie,
  - /GPS:48°8'30.8274739"N, 17°6'32.0183659"E/
  - <https://goo.gl/maps/evaygBMkoJSdqt2t7>
- time:
  - Sunday, 9.6.2024 from 11:00 CET to 18:00 CET

### ▪ PARKING

- There will be designated parking areas reserved for support vehicles parking on parking lot in INCHEBA EXPO (refer to map on page 12)
- It is approx. 800 m walking distance to get to finish line area from parking lot
- Parking lot location is: GPS: 48.135721 S, 17.104218 V
- <https://goo.gl/maps/H7zR4ggzqVKJe2ky9>

### ▪ PROGRAM:

- Teams crossing the finish line
- final results ceremony
- refreshments – foodtruck – pasta party, beer
- toilets and showers – in PARK INN by Radisson Hotel Danube Bratislava on Hviezdoslavove namestie near the finish line area

### ▪ CROSSING THE FINISH LINE

- Active runner is running to finish with all team member together
- All team members are waiting for their teams active runner in designated waiting area (approx. 200 m before finish gate)
- All team members are required to cross the finish line except the injured runners

## ▪ FINAL TIME AND RESULTS

- Official result time is net cumulative time measured:
  - from start of leg nr. 1 to finish of leg nr. 28  
(from Kosice to Teplicka nad Vahom)and
  - from start of leg nr. 29 to finish of leg nr. 48  
(from Teplicka nad Vahom to Bratislava)
- current leg standings are approximate and will be published in THE RUN APP

## ▪ TIME LIMITS

- Time limit (net time) for:
  - VOLVO RUN SLOVAKIA - FULL is: 53h:00m
  - VOLVO RUN SLOVAKIA - EAST is: 30h:30m
  - VOLVO RUN SLOVAKIA - WEST is: 22h:30m
- after the time limit has elapsed the race crew will close the track gradually
- all teams, which will miss the time limit will be disqualified and can continue in running out of official race
- all teams, which will run much faster then they stated in registration form, can be stopped temporarily by race crew

## ▪ OFFICIAL RESULTS ANNOUNCEMENT

- location:
  - finish (in Bratislava)
- time:
  - at 15:00 CET
- first, second and third place of each category will be announced



## ▪ RULES VIOLATION

- in case of rules violation each team captain can file a complaint anytime during the race until Sunday 9.6.2024 at 14:30 CET
  - the complaint can be filed only by sending the message at [info@therun.sk](mailto:info@therun.sk) to event organiser
  - the event organiser will post official answer to complaint through THE RUN APP until 15:30 CET or later, depending on kind of complaint
- 
- The event organiser has right to penalize all teams which violated the race rules stated in this manual
  - The event organiser will determine penalisation according to rules violation seriousness in following levels:
    - 1st level: 30 minutes penalization
    - 2nd level: 60 minutes penalization
    - 3rd level: team disqualification
  - the event organiser will inform penalized team about his decision through THE RUN APP