



International Nordic Walking Festival and Race, Debrecen 2022

Race Regulation

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Debrecen, Nagyerdei Stadium

Race Regulation

1) Date

Start of the race	21. 05. 2022. 7:00 a.m.
End of the race	21. 05. 2022. 3:00 p.m.

2)

2) Location

Address of Race Centre	Nagyerdei Stadium D3-D4 North gate, 4032 Debrecen, Nagyerdei park 12.
GPS coordinates	GPS: 47.554196,21.633694

3)

Name	Nordic Walking Debrecen Sportegyesület	
Website	https://www.nordicwalkingdebrecen.hu	
Chairman of the Organization Committee and race director	Judit Kőrösi, president of Nordic Walking Debrecen Sportegyesület, chairman Anikó Nagy, race director	
Contact information	Telephone:	+36 30 923 6494
	E-mail:	nwdse2020@gmail.com

3) Organizer

4) Race office and information point



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Location of Race office and Information point	Nagyerdei Stadium D3 -D4 north gate
Opening hours	21. 05. 2022. 7:00 a.m.-3:00 p.m.

5)

5) Race tracks

Quality, surface and security of NW track	<p>Along the popular hiking trails of the Nagyerdő in Debrecen, a varied, hard-trodden, well-kept forest racetrack has been designated. There are variable parts of the racetracks such as one with few pebbles, another one with deep sand or some gravel sections.</p> <p>The track will not be closed to pedestrians, runners, forest cyclists.</p> <p>Where the racetrack is crossed by road the passage will be secured by police or civil guards / volunteers.</p> <p>The routes are striped all the way and have road signs. At each distance, a different colored ribbon indicates the way. (5 km: red, 10 km: white, 20 km: blue)</p> <p>The 5, 10 and 20 km tracks have common sections, and around the junctions volunteers help you find your way. The 20 km track has repetitive sections.</p> <p>The GPS coordinates of the routes are available from the announcement of the race, so it is not possible to deduct the extra time due to possible route searching upon arrival at the destination.</p> <p>Racers can complete a race distance, which they can select in advance during registration for the race.</p>
Race track 5 km	https://en.mapy.cz/s/pepebodugu
Race track 10 km	https://en.mapy.cz/s/gubukuface
Race track 20 km	https://en.mapy.cz/s/lohuvocezo
Refreshment station	<p>Two refreshment stations are available on all of race track, where the Nordic Walkers can take water and glucose tablets (the 20 km track touches these refresh points twice).</p> <p>Water, fruit and glucose tablets are also available on arrival.</p>
Junctions	At the junctions volunteers will help you find your way.

6)



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6) Time limits

5 km	1,5 hours
10 km	3 hours
20 km	5 hours

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7) Time measurement

Digital time measurement with chip	<p>At the on-site registration, each racer will receive two digital chips, together with the race number, with which the time will be measured digitally. The racer will fix the race number individually with safety pins on his clothing. It is the racer's responsibility to wear the race number, including the digital chips, horizontally on the chest during the race, in a clearly visible way! Racers must wear the race number during the race until they reach the finish line. Care must be taken not to wrinkle or damage the race number and to damage the chip on it.</p> <p>Participants from different distances start in separate races, at the start of the races the timing starts uniformly and on arrival they pass through the finish gate and end individually.</p> <p>To avoid data loss, two video recordings will be made of the finishers, based on the order of arrival at the finish can be clearly reconstructed. These videos are handled in accordance with the Privacy Policy Regulation (the Privacy Policy Regulation is available on the website).</p> <p>The racer must hand in the chips and the race number within 1 hour of reaching the finish line, this is a condition for announcing the result.</p> <p>If a racer loses one or both timing chips, he must immediately notify the Race Office. If both chips are omitted, the evaluation of the time result is happening according the video records.</p>
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8) Racers

Gender	Woman Man
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Age categories for women	12-30 years (Statement of parental consent for racers under 18 years of age) 31-50 years 51-60 years 61-65 years 66 years-
Age categories for men	12-30 years (Statement of parental consent for racers under 18 years of age) 31-60 years 61 years-

9)

9) Prizes

	Racers' results will be evaluated separately by age category and gender for each race distance. A certificate and a medal will be issued to the top 3 racers in each category.		
	Women	5km	12-30 1., 2., 3. 31-50 1., 2., 3. 51-60 1., 2., 3. 61-65 1., 2., 3. 66- 1., 2., 3.
		10 km	12-30 1., 2., 3. 31-50 1., 2., 3. 51-60 1., 2., 3. 61-65 1., 2., 3. 66- 1., 2., 3.
		20 km	12-30 1., 2., 3. 31-50 1., 2., 3. 51-60 1., 2., 3. 61-65 1., 2., 3. 66- 1., 2., 3.
	Men	5km	12-30 1., 2., 3. 31-60 1., 2., 3. 61- 1., 2., 3.
		10 km	12-30 1., 2., 3. 31-60 1., 2., 3. 61- 1., 2., 3.
		20 km	12-30 1., 2., 3. 31-60 1., 2., 3. 61- 1., 2., 3.

10)

10) Registration



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	<p>You can register to the event via the online form on https://www.nordic-walkingdebrecen.hu or in person at the venue. The deadline for online registration is 14. May 2022 at midnight.</p> <p>All required data must be entered on the form, the registration is not valid with incomplete data. On the registration form, all participant must be aware of their criminal responsibility and provide real data that can be checked at registration on the day of the event. After the registration, the registration fee must be paid within 8 days by transfer to the bank account of the Nordic Walking Debrecen Sports Association at OTP. Account number: 11738039-21451188</p> <p>Unpaid registrations will be canceled after 8 days, the applicant must re-apply with the registration fee for the current period. Within 5 days of receiving the registration fee, we will send you a confirmation e-mail and an invoice, and the registration will become final.</p> <p>On-site registration: at the race office on the day of the race from 7:00 am to 8:45 am with cash payment.</p>				
Registration fees for participants of races and festival, including lunch	Early bird	Normal	Last minute	On-site registration for 2 days	On-site registration for 1 day
	31.01.2022. – 28.02.2022.	01.03.2022. – 30.04.2022.	01.05.2022. – 14.05.2022.	21.05.2022	21.05.2022
Registration fees for participants of festival, including lunch	25 euro	30 euro	35 euro	40 euro	23 euro
	15 euro	17 euro	20 euro	25 euro	12 euro

11)

11) Cancellation, transfer, modification of the registration



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	<p>Registration can only be canceled by email (nwdse2020@gmail.com) until 21 April 2022. By canceling the registration, the registration fee (reduced by an administration fee of 2 euro) will be refunded by the organizer to the participant's bank account agreed in the e-mail.</p> <p>If the registration canceled after 21 April 2022, the registration fee cannot be refunded. 70% of the paid fee can be included in the registration fee for the following year's race.</p> <p>Registration can only be handed over to another person by e-mail (nwdse2020@gmail.com) until 20 May 2022. There is no cost to hand over the registration. We do not accept transfers by phone, in verbal form, through social network sites, etc.</p> <p>It is possible to modify the registration, ie. to change the chosen distance, until 20 May 2022.</p>
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12) Timetable

7:00 am.- 8:45 am.	<p>At the Race Office</p> <ul style="list-style-type: none"> • registration of pre-nominees and take the race number • On-site registration
8:00 am.-8:30 am.	Grand opening of the event
8:30 am. - 8:45 am.	Technical information about the race
8:45 am. - 9:00 am.	Common warm-up
9:00 am.	Starting the 20 km race
9:05 am.	Starting the 10 km race
9:10 am.	Starting the 5 km race
9:45 am.-14:00 pm	Reception of the racers at the finish line, take photos and return the race number to the Race Office
12:00 am.-3:00 p.m.	Lunch
3:00 p.m -	Announcement of the race results, prizes

13) Rules of the Nordic Walking race



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<p>Conditions of starting in the race</p>	<ol style="list-style-type: none"> 1. The participant must have a Nordic Walking pole. The Nordic Walking pole is a stick that is attached to your hand with a strap system between your thumb and forefinger (not a hiking stick!). 2. Practical knowledge of the Nordic Walking (NW) technique: during Nordic Walking we move forward with the technique of alternating movement of the hands and feet (mainly using the diagonal technique, but the other two step techniques can also be used: 1-2 or 1-3)
<p>Most important basic rule</p>	<ol style="list-style-type: none"> 1. The entire length of the race track must be traversed using special NW poles. When using the poles, the participant pushes himself forward while one of his legs is always on the ground. There can be no “flying” phase during the race (i.e., both feet cannot be in the air at the same time, e.g., running); except e.g. skipping larger mud, skipping a tree leaning on the path of the race.
<p>The regular Nordic Walking technique is expected from the participants</p>	<ol style="list-style-type: none"> 1. Natural, opposite movement of hands and feet 2. The NW pole is pointing backwards in the direction of the push 3. Power is transmitted through the strap system 4. The elbow is bent during the pushing so that the palm can be guided at the height of the hip 5. The palm completes the movement behind the hip 6. The hand using all fingers grabs the NW pole at the front and releases it completely at the back 7. When swung forward, the arm is straight, almost fully extended 8. The NW pole must be used actively, we must push ourselves forward 9. Lean forward during Nordic Walking 10. When you need to reach your pocket (eg. handkerchief, telephone), detach the NW pole attached to the hand to prevent the risk of an accident. It is not necessary to stop, the racer can move forward with a pole.
<p>It is not a regular Nordic Walking technique, but it does not result in disqualification</p>	<ol style="list-style-type: none"> 1. Vertical, “pecked” posture 2. Straight arm when pushing forward (passive elbow) 3. Hand and foot work on the same side (“camel”) 4. If the NW pole doesn’t push, we just “pull” on it



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Overtaking	<ol style="list-style-type: none"> 1. A racer who wishes to overtake a slower racer must indicate his intention when approaching the overtaken racer: "I am coming from the right" or "I am coming from the left". 2. The slower racer must pull down to the left or right upon request (no need to stop). 3. It is forbidden to prevent overtaking, as there is a risk of accidents. 4. The faster racer must take care of himself and other racer during overtaking so that their sticks do not collide.
The racer will be disqualified if he	<ol style="list-style-type: none"> 1. performs a "flying" phase (running, jumping, eagle; except, fe. skipping larger mud, skipping a tree on a designated course) 2. is not on the designated race track: shortens the route, omits a checkpoint, or otherwise shorten the route 3. does not wear his own race number, changes his race number, does not show his race number, damages the race number or the timing chip 4. uses external assistance (f.e. vehicle) 5. does not comply with the principles of "fair play" during the race, prevents another racer from racing, prevents overtaking. 6. fails to provide assistance to an injured, distressed racer 7. speaks rudely or indecently with the organizer, a racer, a fan or commits an act against others 8. does not follow the instructions of the organizers 9. commits an act detrimental to nature (eg. littering, abuse of plants, animals)

14)

14) Additional information about the race

Informing forest users about the event (informing racers and others)	In the forest information boards about the event will be placed in a clearly visible way.
Finding the venue	A map can be found on the website about the best way to get to the venue of the event
Parking	Available parking spaces: map on the website
Toilets and lockers	A toilets and changing room with lockers are available on site.
Safe deposit	No safe deposit box! We cannot be held responsible for anything left / forgotten in the Race Center.
Refreshment station in the Race Center	Mineral water, fruits and glucose tablets are available for participants.



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Lunch	The entry fee and the participation fee include the price of lunch. During registration, the participants must choose a lunch from the options offered. Lunch can be enjoyed at the Race Center and the participant can sit down at beer benches.
Medical assistance	At the Race Center, in front of the registration tent, next to the start / finish gate, there is a first aid service where a doctor and nurse will receive participants who may be injured or ill during the event.

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16) Change compared to the notice of the race

Right of change	The organizers of the event reserve the right, if necessary, to organize the event differently from the announcement of the race in the ways detailed below.
Cancellation of the event	<p>The race may be canceled in the event of any unforeseen circumstances which inhibits to conduct the event safely. (eg. adverse weather, natural or epidemiological conditions). F.e.: In case of a storm, the event can not be held.</p> <p>As soon as the circumstances become known to the organizers, the participants will be notified and a new date will be set for the event.</p> <p>In this case, the registration fees will not be refunded by the organizer, but will be valid for the race scheduled to the new date.</p>
Interruption of the event	Due to unforeseen circumstances, the race can be interrupted. In this case, the event will resume as soon as possible or if it is not possible it will be held at another time.



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Modification of the event	<p>In case of a circumstance inhibiting the organization of the race (weather, technical problems, other reasons), the details of the event determined in the race regulations can be modified. For example:</p> <ul style="list-style-type: none">• the race track can be modified (if the previously announced race track becomes impossible due to possible extraordinary obstacles, a partial or complete modification of the race route may be necessary for the health and safety of the participants)• the location of the start can be changed• the time of the start can be changed (e.g. there is heavy rain but it will stop in the foreseeable future). As the event has two days, so the final possible limit for the time change is: start at 22.05. 2022. 10:00 am. If this date cannot be met, the race will be canceled as detailed above. <p>The organizers will inform the participants about the changes as soon as possible.</p>
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16) Nature protection

Compliance with environmental regulations is mandatory during the event	<ol style="list-style-type: none">1. The participants are the 2017 LVI. Act XXXVII of 2009 as amended by Act they must comply with the Forest, Forest Protection and Forestry Act and its implementing regulation.2. Endangering, destroying, damaging plant and animal species, endangering their habitats are prohibited3. It is forbidden to change the condition (nature) and nature of the area4. It is forbidden to light a fire. The participant causing the fire is obliged to compensate Nyírerdő Zrt.5. During the event, all activities that may damage the fauna and flora of the area, existing buildings and property have to be avoided.6. Disturbance of wild animals during the race is prohibited.7. It is forbidden to collect or damage protected and highly protected plants and animals!8. Littering is forbidden!9. If a participant notices a fire, storm or other life-threatening situation during the event, he must immediately notify the organizers of the race on +36 30 923 6494.
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17) Other instructions

Fitness and health state	By registering, the participant agrees that his health condition and his fitness are well and suitable for racing.
Clothing	The individual responsibility of each racer is starting the race in weather-proof clothing.
Pandemic regulations	<ol style="list-style-type: none">1. The event will be held in accordance with the current pandemic regulations.2. Participation in the race is subject to current pandemic measures.3. Organizers provide on-site hand sanitization.
Contribution to make photos and videos of you	The participant agrees that photos and videos of him may be taken during the event. The organizers are the owners of these photos and videos, they can make them available to third parties.
Acceptance of the regulations	Before registering for the event, all participants must read the current race regulation and the privacy policy. It is mandatory for you to adhere to what is stated in them.

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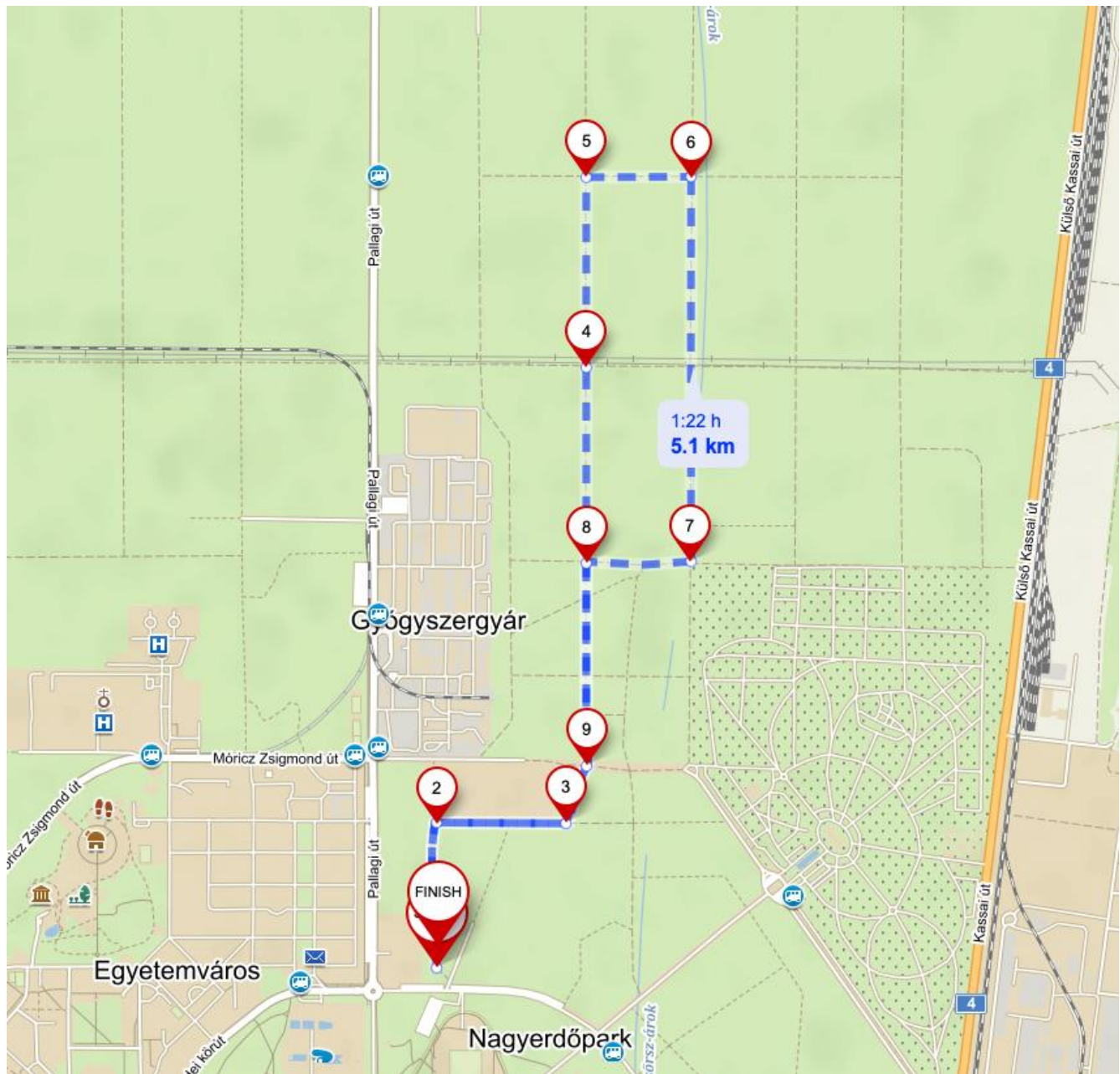
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19) Annex

Picture of the race tracks

5 km

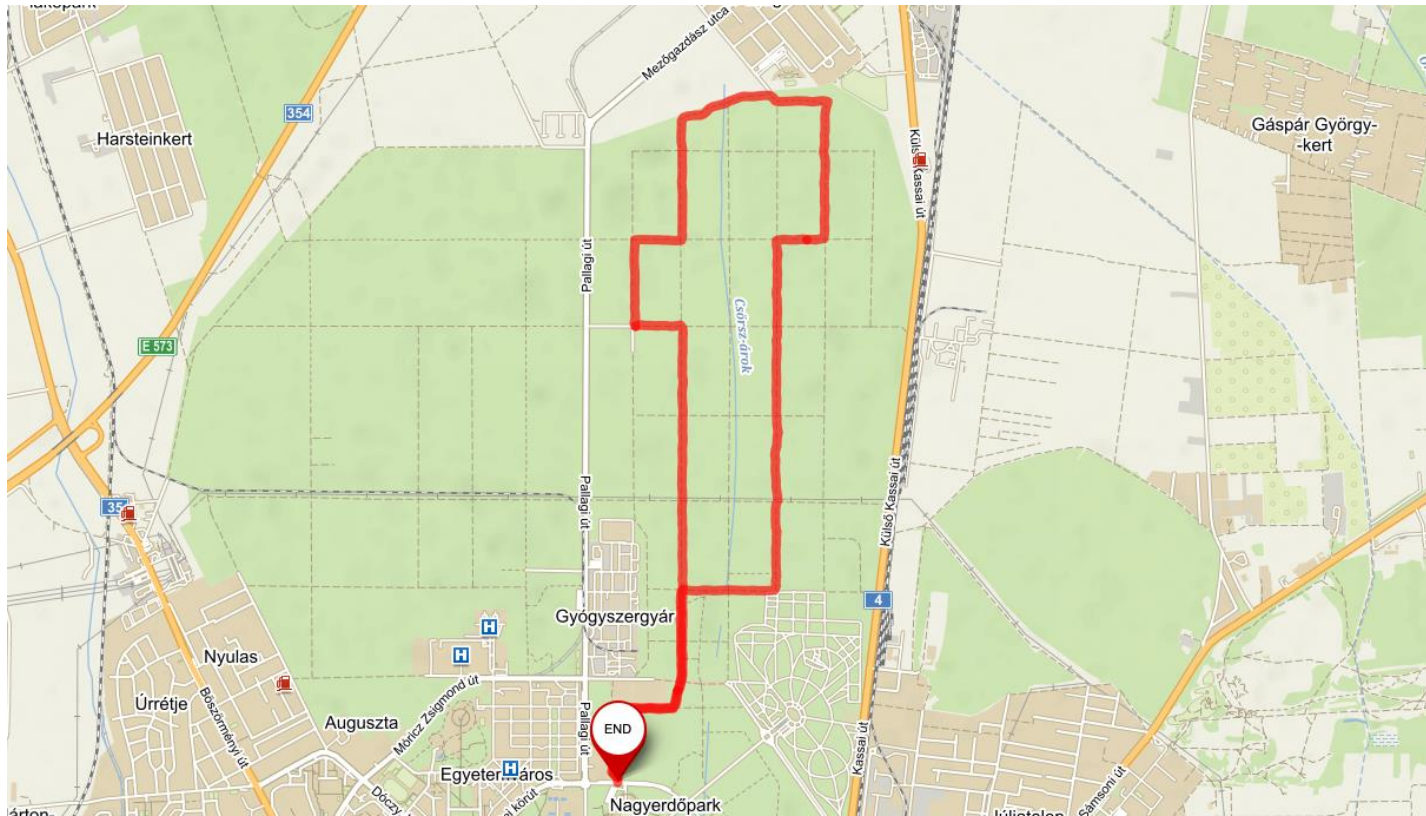




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10 km





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20 km

