



Rules and Regulations of the 13th IONWAY NYSA RUN.

1. ORGANIZER:

1.1. The organizer of the **Nysa Run** (hereinafter referred to as: "event," "run") is the **Wdziałaniu Foundation** with its registered office in Nysa, entered in the Register of Associations, other social and professional organizations, foundations, and healthcare institutions kept by the District Court in Opole, VIII Commercial Division of the National Court Register, under KRS number: 0000445172, with tax identification number NIP 7532431483 (hereinafter referred to as: "Foundation" or "**Organizer**"). Address: 48-303 Nysa, ul. K.E.N. 1A.

1.2. The event is also organized in cooperation with uniformed services and private sponsors.

2. THE EVENT IS ORGANIZED IN COOPERATION WITH PUBLIC ENTITIES:

- Nysa Town Hall,
- Nysa County Office,
- Volunteer Fire Departments from the Nysa Municipality,
- Nysa Development Agency sp. z o.o.
- EkoNysa sp. z o.o.,
- District Police Headquarters in Nysa,
- Municipal Police in Nysa.

3. OBJECTIVES AND ASSUMPTIONS OF THE RUN:

- To promote running as the simplest form of physical recreation,
- To promote a healthy lifestyle among the local community,
- Promotion of tourist attractions: Nysa Municipality, Nysa County, and Opole Province,
- Integration of the running community,
- Promotion of the sponsors and partners of the Nysa Run and promotion of the economic potential of the region.

4. DATE AND PLACE:

4.1. THE EVENT WILL TAKE PLACE ON **MAY 30, 2026 (SATURDAY)** IN

NYSA.

4.2. Start at **7:00 p.m.** - start and finish on Sudecka Street at the Sports and Entertainment Hall, called "**HALA NYSA.**"

4.3. Route: distance 10 km - 1 loop, 100% asphalt surface, PZLA certified.

4.4. The race will take place with traffic closed, participants will run on the road.

4.5. Due to the city's traffic layout, the time limit for the 10-kilometer route will be 01:35 h - 95 minutes (one loop, streets: Sudecka, Rodziewiczówny, Długosza, district road towards Biała Nyska, district road towards Siestrzechowice, Al. Magnoliowa, 3 Maja, Mickiewicza, Rodziewiczówny, Sudecka).

5. SAFETY RULES:

5.1. The organizer does not allow people who are late to the starting line to start outside the entire group of participants.

5.2. The organizer strictly prohibits running behind an ambulance or a vehicle closing the race (police or fire department vehicle) using warning lights and/or sirens.

5.3. In the event of a violation of the provisions of points 5.1. and 5.2. of these Regulations, the Competitor shall start at their own risk and shall be subject to the applicable traffic regulations and the Civil Code.

5.4. Failure to comply with the instructions of the services involved in securing the route of the 13th IONWAY Nysa Run will result in the Participant's disqualification from the race.

5.5. Competitors who do not finish the race by **8:35** p.m. are required to stop running and move to the sidewalk/side of the road. Anyone who remains on the route after this time does so at their own risk, in accordance with applicable traffic regulations and the Civil Code.

5.6. During the race, Participants are required to follow the instructions of persons responsible for safety, security services, and persons acting on behalf of the Organizer. Race Participants are required to give way to emergency vehicles on the race route.

6. RULES OF PARTICIPATION AND REGISTRATION:

6.1. The organizer has set a limit on the number of participants: **10 km - 1,100 people.**

6.2. Participants in the competition must be persons who, by May 30, 2026, are at least 15 years of age, pay the entry fee, and sign a statement at the Competition Office that they are participating at their own risk (legal basis: Regulation of the Ministry of National Education of May 30, 2026). 15 years of age, pay the entry fee, and sign a statement at the Competition Office that they are participating at their own risk (legal basis: Regulation of the Ministry of National Education of 12.09.2001, Journal of Laws No. 101, item 1095).

6.3. Underage competitors **must have the consent of their parents/legal guardians**

to participate in the race (a relevant statement must be signed by a parent/legal guardian at the Race Office).

6.4. Collection of the race number by the Competitor is tantamount to acceptance of the race rules.

6.5. Each Competitor is required to read these race rules and regulations and is obliged to comply with them.

6.6. Timing will be conducted electronically using chips and commemorative disposable numbers.

6.7. Applications are accepted by completing the electronic application form available at: <http://biegnyski.pl/> **until May 22, 2026** (Friday).

6.7.1. If the limit is not reached during online registration, the Organizer will accept registrations at the Race Office on **May 30, 2026** (Saturday). **The number of available places will be announced via social media channels: www.facebook.com/biegnyski no later than 5 days before the date of the Event.**

6.8. From **May 23 to May 29, 2026**, the Organizer will not accept online registrations or payments.

6.9. The Competition Office, verification of Competitors, acceptance of applications, collection of entry fees, and issuance of start numbers will take place on May 30, 2026, from 1:00 p.m. to 6:45 p.m. at the Competition Office in the lobby of the Sports and Entertainment Hall in Nysa "**HALA NYSA**", at ul. Sudecka 23.

6.10. Starter packs not collected at the competition office will not be sent or issued at a later date.

6.11. A complete registration is considered to be the completion of the registration form and paying the entry fee.

6.12. Registered Competitors will be placed on the start list only after payment has been made during online registration.

6.13. Each Participant in the race is required to check before the race whether they are included on the start list.

6.14. Competitors who do not finish the race by **8:35** p.m. are required to stop running and move to the sidewalk/side of the road. Anyone who remains on the route after this time does so at their own risk, in accordance with applicable traffic regulations and the Civil Code.

6.15. During the race, participants are required to follow the instructions of those responsible for safety, security services, and persons acting on behalf of the Organizer.

6.16. In the event of an emergency vehicle appearing on the route, participants in the race are required to allow it to pass and, if necessary, to stop running.

6.17. During the race, all competitors must have the start numbers received in the package attached to the front of their race shirt. Under penalty of disqualification, it is unacceptable to

cover the start number in part or in whole, modify it, or place it anywhere other than on the race shirt.

6.18. Assistance in cars, on bicycles, scooters, and other vehicles, except for the Organizer's vehicles, is prohibited on the race route.

6.19. The Organizer allows competitors in direct-drive wheelchairs to participate. After completing the registration form in which they express their willingness to compete in a wheelchair, these competitors should send a scan of a document confirming their disability to biegnyski@gmail.com – this is a condition for granting a 50% discount on the entry fee (package without a T-shirt). The organizer does not allow competitors in wheelchairs with indirect drive (e.g., hand bikes) or rim-push wheelchairs to participate. Competitors in wheelchairs must complete the entire race route independently, without the help of others.

7. ENTRY FEE:

7.1. The INDIVIDUAL entry fee for the 13th IONWAY Nysa Run 2026 is:

- a) **PLN 75 – from December 26 to December 31, 2025** (the date of posting to the Organizer's account applies),
- b) **PLN 80 – from January 1, 2026, to March 31, 2026** (the date of posting to the Organizer's account shall be decisive),
- c) **PLN 90 – from April 1, 2026 to May 22, 2026** (the date of posting to the Organizer's account applies),
- d) **PLN 100 – on the day of the competition (May 30, 2026)** – entry fee at the Competition Office, if there are free places in the 10 km run.

7.2. IMPORTANT!!! Competitors who pay the entry fee by April 24, 2026 (the date of posting to the Organizer's account counts) will receive an official XIII IONWAY NYSKI RUN gadget in their starter pack – a baseball cap (Technical baseball cap, 3 panels. Lightweight and breathable fabric. Adjustable Velcro fastening at the back).

7.3. Additionally, when registering via the electronic form, Participants will be able to purchase a high-quality full-print technical T-shirt until April 24, 2026. The visualisation will be presented by February 28, 2025. The additional fee for the T-shirt is PLN 55.

7.4. Applications are accepted via the application form available on the website: www.biegnyski.pl.

7.5. The application is considered complete if the following conditions are met: the application form is completed and the entry fee payment is credited.

7.6. In the case of group registrations (e.g., companies, sports clubs, running groups), individual registration of each competitor in the group is required, specifying the identical name of the company, club, or running group. In order to pay the entry fee for the team, the Team Captain is required to contact the Organizer and send a list of paid Competitors by e-mail to: biegnyski@gmail.com .

7.7. Invoices are issued only by the 15th day of the month following the month in which the funds were paid into the Organizer's account, provided that a request for an invoice is sent by email to biegnyski@gmail.com , together with complete information necessary for its issuance and the payment deadline.

7.8. If the entry fee is insufficient (e.g., as a result of exceeding the payment deadline specified in these regulations), the competitor is obliged to pay the difference up to the amount that they should have paid in accordance with the payment deadline specified in the regulations.

7.9. The following persons are entitled to participate in the 13th IONWAY NYSKIM RUN free of charge:

a) Winners of the general women's and men's categories (I-K and I-M) in previous editions of the Nysa Run,

b) Competitors who will be 65 years of age or older on the day of the race,

c) Competitors invited by the race organizer.

7.10. The persons listed in points **7.9, a), b), c)** are requested, after registering on the race website, to contact the Organizer by e-mail at: biegnyski@gmail.com in order to be assigned a start number.

7.11. In unforeseen circumstances, the entry fee may be transferred to another competitor, no later than May 8, 2026.

7.12. The handling fee for transferring the entry fee is PLN 5.

7.13. A competitor who wishes to transfer the entry fee to another person should contact the Organizer's Office, indicating another person already registered for the race, by email at: biegnyski@gmail.com .

7.14. If the transferred entry fee is lower than the current fee applicable on the date of the change, the Competitor to whom the fee is transferred should pay the difference.

8. FINAL CLASSIFICATION OF THE RUN:

8.1. 10 KM DISTANCE:

- There will be a general classification for women and men, as well as age categories for women and men:

Men

Women

"M16" 16-19 years old (2010-2007) "K16" 16-19 years old (2010-2007)

"M20" 20-29 years old (2006-1997) "K20" 20-29 years old (2006-1997)

"M30" 30-39 years old (1996-1987) "K30" 30-39 years old (1996-1987)

"M40" 40-49 years old (1986-1977) "K40" 40-49 years old (1986-1977)

"M50" 50-59 years old (1976-1967) "K50" 50-59 years old (1976-1967)

"M60" 60-69 years old (1966-1957) "K60" 60-69 years old (1966-1957)

"M70" 70 years and older (1956 and older) "K70" 70 years and older (1956 and older)

- The year of birth determines the age classification.

8.2. ADDITIONAL CLASSIFICATIONS:

8.2.1. The best female and male competitors **from the Nysa Municipality**, places I-III (permanent residence in the Nysa Municipality is decisive).

8.2.2. The best female and male competitors **from the Nysa County**, places I-III (permanent residence in the Nysa County is decisive).

8.2.3. The best female and male competitors from **the Opole Province**, places I-III (permanent residence in the Opole Province is decisive).

8.2.4. The oldest female and male competitors, places I-K and I-M.

8.3. PRIZES:

10 km distance:

8.3.1. General classification (OPEN), Women and Men:

· 1st place – PLN 1,000 + **PLN 1,000 bonus for course record: M: 29:38 (2024), W: 33:38 (2024)**

· 2nd place – PLN 900

· 3rd place – PLN 800

· 4th place – PLN 500

· 5th place – PLN 400

· 6th place – PLN 300

8.3.2. After the award ceremony, the competitor is required to sign the prize list in the podium area and fill out the appropriate statement.

8.3.3. Competitors awarded in the general classification will not be awarded in age categories.

8.3.4. In the individual age categories K and M, the winners of places 1-3 will receive a cup or statuette.

8.3.5. In the category of Best Female and Male Competitor of the Nysa Municipality, the winners of places 1-3 receive a cup or statuette.

8.3.6. In the category of Best Female and Male Competitor of the Nysa County, the winners in places 1-3 will receive a cup or statuette.

8.3.7. In the category of Best Female and Male Competitor of the Opole Province, the winners in places 1-3 will receive a cup or statuette.

8.3.8. Oldest female and male competitor 1K and 1M

8.3.9. Financial prizes

- a) **Cash prizes in the race are awarded only to participants who are citizens of one of the countries of the European Union, the European Economic Area (EEA) or Switzerland.**
- b) Participants are required to present a document confirming their citizenship in order to verify their eligibility for a cash prize.
- c) The organizer reserves the right to exclude participants who do not meet the citizenship criterion from receiving a cash prize, regardless of their position in the general classification or age category.
- d) Material prizes and other forms of recognition remain available to all participants in accordance with the rules set out in the regulations.

8.3.10. Anti-doping control

- a) The Organizer reserves the right to conduct anti-doping control during or after the event, in accordance with the regulations in force in the field of anti-doping in sport.
- b) Anti-doping control may include participants selected by the Organizer based on race results, a draw, or other reasonable grounds.
- c) Any participant who refuses to undergo anti-doping control will be disqualified from the competition.
- d) In the event of a violation of anti-doping regulations, the participant shall be liable in accordance with the rules set out in the relevant laws and anti-doping regulations.
- e) The Organizer ensures the confidentiality of testing procedures and the protection of participants' personal data in accordance with applicable laws.

9. POSSIBLE SAFETY MEASURES RELATED TO THE EPIDEMIOLOGICAL SITUATION.

9.1. In the event of an epidemiological situation caused by a state of epidemic, the Organizer undertakes to prepare and conduct **the 13th IONWAY Nysa Run** in accordance with the restrictions and limitations in force on the day of the event.

9.2. The Organizer has the right to introduce additional requirements for participation in the competition and to change its course, the size of the starting groups, and other important elements **of the 13th IONWAY Nysa Run**, taking into account the

epidemiological situation in the country and adapting the provisions of these regulations to the applicable legal regulations in this regard.

9.3. The Organizer reserves the right to make changes to the regulations during the event if the situation and the safety of the Competitors and organizers so require.

9.4. The Organizer reserves the right to introduce various forms of organization of the start and course of the competition and methods of classification, including individual running, if circumstances related to the epidemiological situation require the introduction of extraordinary solutions.

9.5. If the Organizer introduces the restrictions referred to in section 2, Participants will be informed of their introduction no later than one day before the start of **the 13th IONWAY Nysa Run**. The Organizer will make every effort to ensure that announcements regarding the restrictions are sent to Participants well in advance.

9.6. Each Participant is obliged to strictly comply with sanitary requirements and restrictions resulting from the provisions of mandatory Polish law and the provisions of the regulations and announcements of the Organizer, under pain of disqualification.

9.7. If, due to Polish law in force on the day of the competition, it is impossible to organize the event, the Organizer shall be entitled to change the date or cancel it.

9.8. In connection with the change/cancellation of the 13th IONWAY NYSKI RUN, the Participant shall be entitled to request:

- a refund of the entry fee, excluding point **9.2**,
- transfer of the entry fee to the new date.

10. FINAL PROVISIONS:

10.1. Once paid, the fee is non-refundable.

10.2. Pursuant to Article 38(12) of the Consumer Rights Act, participants have the right to withdraw from a contract for the provision of services related to entertainment, sporting, or cultural events if the contract specifies the date or period of service provision.

10.3. The race will take place regardless of weather conditions.

10.4. Classification - for all categories of competitors according to the gross time achieved at the finish line.

10.5. The entry fee includes: a race number with safety pins, a commemorative cast medal (after crossing the finish line), a voucher for a vegetarian or meat-based recovery meal, water during the race and after the race, and participation in the safety pins, a commemorative cast medal (after crossing the FINISH LINE), a voucher

for a vegetarian or meat recovery meal, water during and after the race, and participation in a prize draw after the race.

- IMPORTANT!!! Competitors who pay the entry fee by April 24, 2026 (the date of posting to the Organizer's account counts) will receive an official XIII IONWAY NYSKI RUN gadget in their starter pack - a baseball cap (Technical baseball cap, 3 panels. Lightweight and breathable fabric. Adjustable Velcro fastening at the back).

10.6. Participants who complete the race route in an unauthorized manner and shortening the route will be disqualified.

10.7. All Participants are required to comply with safety rules and personal conduct, otherwise they may be excluded from participation in the race by decision of the Organizer.

10.8. Changing rooms and a deposit facility will be available to participants in the Race Office building in HALA NYSA.

10.9. The Organizer is not responsible for items left in the changing rooms.

10.10. Competitors shall deposit their belongings in their own bags (tote bag, backpack) with a legible number matching the participant's start number. Items will be accepted upon presentation of the start number until 9:00 p.m. on May 30, 2026. Loss of the start number releases the Organizer from liability for items left in the cloakroom or deposit by another person.

10.11. The Organizer does not provide a deposit for valuables.

10.12. The 13th IONWAY Nysa Run is an event insured under general terms and conditions. Individual insurance against injury or other unfortunate events that may befall a competitor during the race requires a separate policy purchased individually by the participant. The Organizer does not insure participants. All participants take part in the event at their own risk.

10.13. The organizer provides medical care on the race route and in the START/FINISH area.

10.14. The final interpretation of the regulations belongs to the Organizer.

10.15. Written protests shall be accepted by the Race Office within 15 minutes of the finish line closing, subject to a deposit of PLN 500. Protests shall be decided by Race Organizer – the Organizer's decisions are final. If the protest is unfounded, the deposit shall not be refunded.

10.16. In matters not covered by the regulations, the final decision shall be made by the Organizer.

11. PERSONAL DATA PROTECTION – GDPR

11.1. The administrator of your personal data is *Fundacja W działaniu*, with its office located at ul. K.E.N. 1A, Nysa.

11.2. The entity processing personal data is Dobre Czasy Spółka Cywilna, with its registered office at ul. Morcinka 43, 45-531 Opole.

11.3. The Administrator can be contacted in writing, by traditional mail at the address

Fundacja "W działaniu" 48-303 Nysa, ul. K.E.N. 1A or by email: biegnyski@gmail.com.

11.4. Personal data will be processed for the purpose of participation in the 13th IONWAY Nysa Run (organization of the event, selection of winners, awarding, issuing, and collection of starter packs, and settlement of accounts).

11.5. In connection with the processing of data for the purposes indicated above, personal data may be made available to other recipients or categories of recipients of personal data. The recipients of personal data may be entities authorized to receive personal data on the basis of relevant legal provisions or entities that process your personal data on behalf of the Administrator on the basis of a personal data processing agreement.

11.6. The transfer of personal data to third countries (outside the EU) may take place in accordance with the GDPR.

11.7. Personal data will be processed for the period necessary to achieve the above-mentioned purposes of processing, including the archiving obligation resulting from legal provisions.

11.8. Anyone whose data is processed has the following rights: the right of access by the data subject (pursuant to Article 15 of the GDPR), the right to rectify data (pursuant to Article 16 of the GDPR), the right to erase data ("right to be forgotten") (pursuant to Article 17 of the GDPR), the right to restrict processing (pursuant to Article 18 of the GDPR), the right to data portability (pursuant to Article 20 of the GDPR), the right to object (pursuant to Article 21 of the GDPR).

11.9. Where data processing is based on consent (Article 6(1)(a) of the GDPR), the data subject has the right to withdraw their previously given consent at any time, but the withdrawal of consent does not affect the lawfulness of processing based on consent before its withdrawal.

11.10. The data subject has the right to lodge a complaint with the President of the Personal Data Protection Office if they consider that the processing of personal data violates the provisions of the GDPR.

11.11. The provision of personal data by the participant is voluntary, but failure to provide such data or consent to its processing will prevent participation in the 12th Nysa Run.

11.12. The organizer does not provide for the possibility of registering as an anonymous participant.

11.13. Personal data is processed electronically and manually, in accordance with the methods and procedures related to the purposes of processing referred to in points 3 and 8 above.

12. CONSENT TO THE PROCESSING OF IMAGES

By registering, the participant consents to the processing of their image by the Foundation in Action, based in Nysa at ul. K.E.N. 1a, (hereinafter: "Foundation"), entered in the Register of Associations, other social and professional organizations, foundations, and healthcare institutions kept by the District Court in Opole, 8th Commercial Division of the National Court Register, under KRS number 161501504, of their personal data in the form of their first and last name, e-mail address, contact details, and image recorded in the form of a photograph or video recording for the purpose of their public display in television, radio, and internet broadcasts, as well as the promotion of events organized by the W Działaniu Foundation.

If you have any questions that are not answered in these Regulations, please contact the Organizer:

Competition Office, e-mail: biegnyski@gmail.com

Jacek Makowski, e-mail: biegnyski@gmail.com