

# **GUIDE FOR RUNNERS 2023**



**THREE LAKES  
MARATHON  
FESTIVAL**



# GETTING TO THE FESTIVAL

Due to roadworks on DW 948 (the main road running through the valley along the lakes) access to the competition area is recommended by skipping the section from the Municipal Office in Czernichów to the junction with DW946 (exit to Sucha Beskidzka in Oczków). This section of the road is currently under a ban – works are being carried out, traffic is partly carried out in a shuttle. The ban does not cover access to properties. Please also note that driving through Porąbka to Międzybrodzie Bialskie is only possible through Czaniec and the centre of Porąbka and the dam (on the eastern side of the Soła River).

It is possible to reach Międzybrodzie Bialskie from the direction of Bielsko-Biała Straconka, through the Przegibek Pass, without any obstacles or difficulties.



**FESTIWAL  
MARATON  
TRZECH  
JEZIOR**

**BEFORE START 1/23**



- track CZUPEL VERTICAL
- track MARATON TRZECH JEZIOR 46
- track ROLLERCOASTER 25
- track SZLAKIEM WOŁOSKICH PASTERZY 17
- open access road
- closed access road



FESTIWAL  
MARATON  
TRZECH  
JEZIOR

BEFORE START 2/23



# RACE OFFICE

## **Location:**

OWR Silesia, Międzybrodzie Bialskie, Brodek 4

## **Friday 15.09.2023**

2:30–9:30 pm (46 km, 25 km, Vertical, Grand Prix)

## **Friday 15.09.2023 OWR Silesia, Conference Room, 1st floor**

7:00 pm Elite presentation and Vertical decoration

## **Saturday 16.09.2023**

6:00–9:30 am (46 km – only to 7:30 am, 25 km)

## **Sunday 17.09.2023**

7:00–9:00 am (17 km)



**FESTIWAL  
MARATON  
TRZECH  
JEZIOR**

**BEFORE START 3/23**



# RACE OFFICE

**ATTENTION!** PLEASE PRINT OUT AND FILL IN IN ADVANCE THE DECLARATIONS NECESSARY TO BE SUBMITTED AT THE RACE OFFICE (ATTACHED BY E-MAIL).

**IMPORTANT:** On the back of your start number write the number of the person you should contact in case of an accident!

Deposit bags will only be issued upon request.

Start packs will be handed out, please bring your own reusable bag.

Please consider choosing your bus transport option  
Marathon participants picking up their packet on Saturday:  
6:30 am. Marathon participants picking up packet on Friday:  
7:00 am, Rollercoaster participants: 8:45.



FESTIWAL  
MARATON  
TRZECH  
JEZIOR

BEFORE START 4/23



# CAR PARKS AND BUSES



The start of the run is located in Międzybrodzie Bialskie and the finish in Porąbka (5 km away).

We have prepared two options for the runners...



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JEZIOR

BEFORE START 5/23



# CAR PARKS AND BUSES

## OPTION 1

**Parking in Międzybrodzie Bialskie** (Sportowa Street – the back of the stadium, the area of the church or the post office in Strażacka Street) and returning from the finish line by a free bus (upon presentation of the start number).

**We do NOT** park on Brodek Street or in front of the Cultural Centre.

**BUS:** from Stadium in Porąbka to Międzybrodzie Bialskie:

1:00, 2:30, 4:00, 5:30, 7:00, 8:30 pm.

## OPTION 2

**Park in Porąbka** (at the Municipal Office, OSP, Soła Galery, Health Centre or along Żywiecka Street) and get to the start by free bus.

**We do NOT** park in front of Lewiatan, at the market square or on Stadionowa Street.

**BUS:** from Stadion in Porąbka to Międzybrodzie Bialskie:

6:30, 7:00 (Marathon), 8:45 (Rollercoaster).



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TRZECZ  
JEZIOR

BEFORE START 6/23



# CAR PARKS MIĘDZYBRODZIE BIALSKIE



All marked car parks will be open from Friday to Sunday

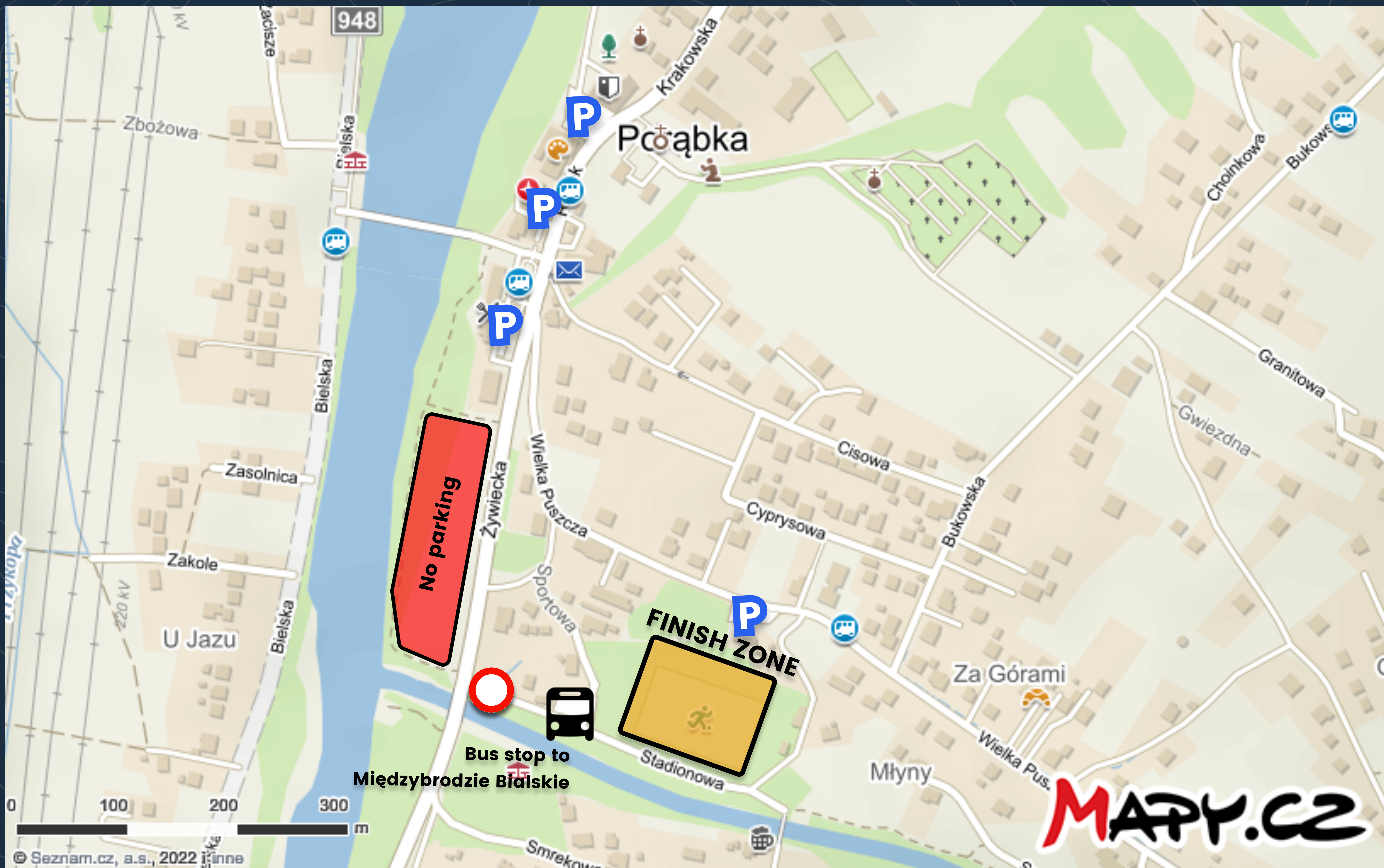


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MARATON  
TRZECZ  
JEZIOR

BEFORE START 7/23



# CAR PARKS PORĄBKĄ



FESTIWAL  
MARATON  
TRZECH  
JEZIOR

BEFORE START 8/23

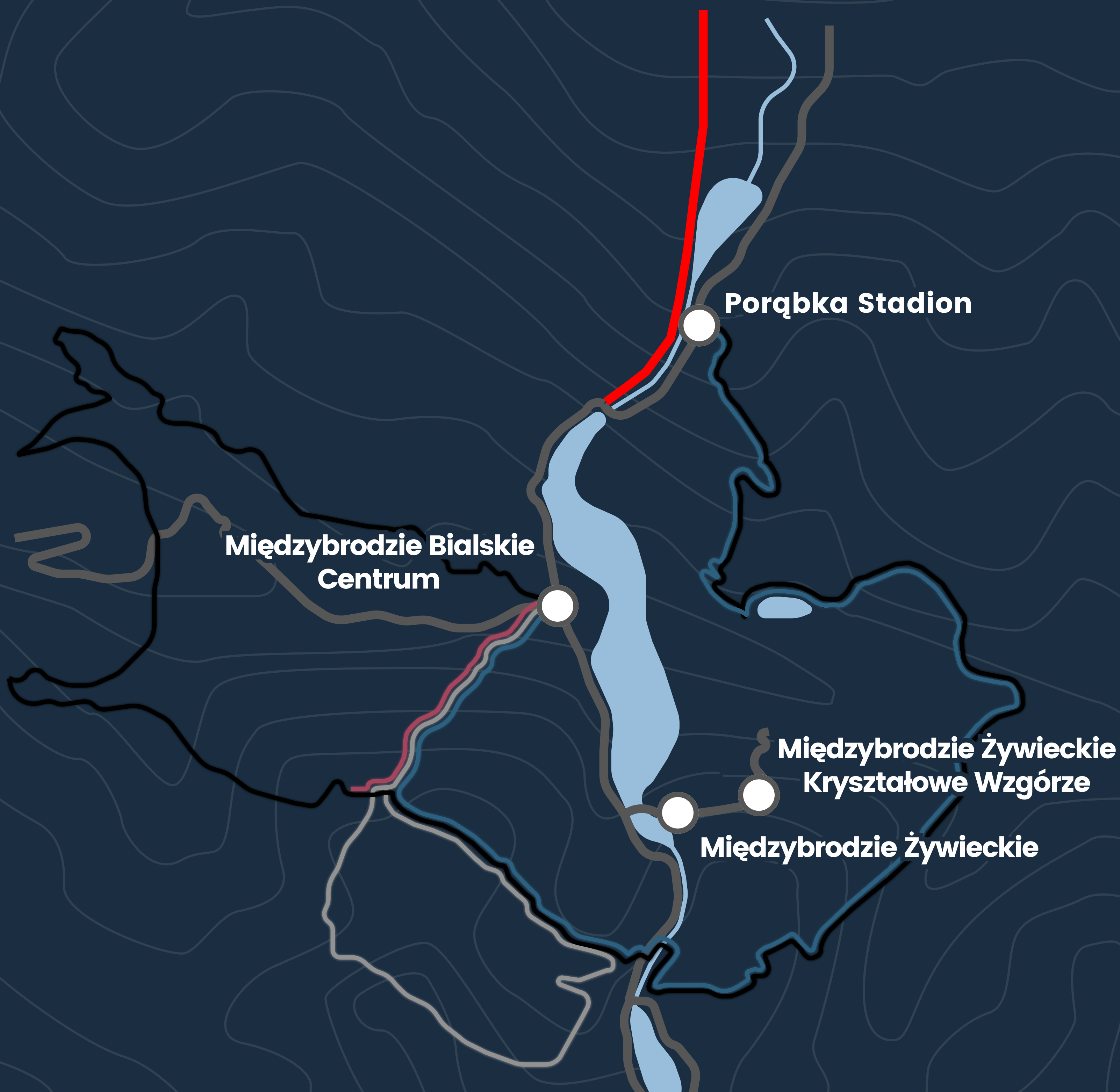


# RETURN BUSES

Route: Porąbka Stadion–  
Międzybrodzie Bialskie  
Centrum–Międzybrodzie  
Żywieckie Kryształowe  
Wzgórze.

Departures from the  
Porąbka Stadion stop:  
1:00, 2:30, 4:00, 5:30,  
7:00, 8:30 pm.

Free use of the return  
line on presentation  
of a starting number.



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TRZECH  
JEZIOR

BEFORE START 9/23



# TECHNICAL BRIEFING

**ON-LINE**

**Thursday 14.09.2023**

8:00 pm on FB profile of  
the Maraton Trzech Jezior

**BEFORE THE START**

Short briefing also 15 min. before the start of  
each distance.



**FESTIWAL  
MARATON  
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JEZIOR**

**BEFORE START 10/23**



# ENTRY TO START AREA

15.09.2023, 4:15 pm (3,5 km)

16.09.2023, 7:45 am (46 km)

16.09.2023, 9:45 am (25 km)

17.09.2023, 9:15 am (17 km)

**AT THE ENTRY TO THE ZONE: THE ORGANISER  
RESERVES THE RIGHT TO CHECK THE  
MANDATORY EQUIPMENT.**



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JEZIOR

COMPETITION DAY 11/23



# STARTS

## Location:

*Międzybrodzie Bialskie Brodek in front of the Cultural Centre*

Starting times of races:

## Czupel Vertical

Friday 15.09.2023, from 4:30 pm (individual starts every 10 seconds according to the start list available on the run website)

## Maraton Trzech Jezior

Saturday 16.09.2023, 8:00 am

## Rollercoaster

Saturday 16.09.2023, 10:00 am

## Szlakiem Wołoskich Pasterzy

Sunday 17.09.2023, 9:30 am



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COMPETITION DAY 12/23



# MANDATORY EQUIPMENT

Every distance has a specific list of must-have equipment. This is the equipment that can help you in case of trouble. So please approach the subject of equipment responsibly!

**Equipment inspection is possible:** at the Race Office, at the entrance to the start area and at the finish. A compulsory equipment check will be carried out on the first 5 male and female runners of each distance. Competitors in subsequent places randomly.

## **Time penalties:**

Missing 1 item: 20 min.

Missing 2 items: 40 min.

**Missing 3 elements: disqualification**



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COMPETITION DAY 13/23



# MANDATORY EQUIPMENT

## *CZUPEL VERTICAL 3,5*

- NRC foil with a minimum size of 140 x 100 cm
- Starting number with chip (embedded in the number)
- Identity document
- Long sleeved clothing (for the descent from the summit)

**IMPORTANT: On the back of your start number write the number to the person we should contact in case of an accident!**



FESTIWAL  
MARATON  
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JEZIOR

COMPETITION DAY 14/23



# MANDATORY EQUIPMENT

## MARATON TRZECH JEZIOR 46

- A charged phone with the number of the Race Office (883 702 274) and Medical Assistance (667 906 863) on it
- RATUNEK app (smartphone)
- Bidon/softflask/bottle with a minimum capacity of 0.5 l
- Reusable mug (another one, there will be no single-use mugs at the points)
- NRC foil with a minimum size of 140 x 100 cm
- Starting number with a chip (embedded in the number)
- Identity document
- Elastic bandage
- **Hooded rain jacket**
- **Cap or bandana**

**We RECOMMEND** (especially for limit runners) that you bring a headlamp in addition.

The jacket and cap/bandana may be removed from the list if the weather is favourable. Information on the final equipment list will be given no later than 24 h before the start of the run.

**IMPORTANT: On the back of your start number write the number of the person you should contact in case of an accident!**



FESTIWAL  
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JEZIOR

COMPETITION DAY 15/23



# MANDATORY EQUIPMENT

## *ROLLERCOASTER 25*

- A charged phone with the number of the Race Office (883 702 274) and Medical Assistance (667 906 863) on it
- RATUNEK app (smartphone)
- Bidon/softflask/bottle with a minimum capacity of 0.5 l
- NRC foil with a minimum size of 140 x 100 cm
- Starting number with a chip (embedded in the number)
- Identity document
- Elastic bandage
- **Hooded rain jacket**
- **Cap or bandana**

The jacket and cap/bandana may be removed from the list if the weather is favourable. Information on the final equipment list will be given no later than 24 h before the start of the run.

**IMPORTANT: On the back of your start number write the number of the person you should contact in case of an accident!**



FESTIWAL  
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COMPETITION DAY 16/23



# MANDATORY EQUIPMENT

## *SZLAKIEM WOŁOSKICH PASTERZY*

- A charged phone with the number of the Race Office (883 702 274) and Medical Assistance (667 906 863) on it
- RATUNEK app (smartphone)
- Bidon/softflask/bottle with a minimum capacity of 0.5 l
- NRC foil with a minimum size of 140 x 100 cm
- Starting number with a chip (embedded in the number)
- Identity document
- Elastic bandage
- **Hooded rain jacket**
- **Cap or bandana**

The jacket and cap/bandana may be removed from the list if the weather is favourable. Information on the final equipment list will be given no later than 24 h before the start of the run.

**IMPORTANT: On the back of your start number write the number of the person you should contact in case of an accident!**



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COMPETITION DAY 17/23



# ROUTE MARKING

The basic marking is the course of the hiking trails (colours on the elevation profile on the start numbers).

Additional marking:

- White and blue tape
- Signs
- Vertical banners (pink background, black arrows, competition logo)
- Horizontal arrows (pink spray)

**ATTENTION:** Behind Jaworzyna and in the area of Góra Żar, where our routes partly overlap with the route of the run to Góra Żar ON TREES, you can still find orange arrows. Ours will be PINK!

If you notice any changes in the signposting, please contact the Race Office quickly.

**PLEASE NOTE:** If the logo on the sign is reversed – this means that someone has reversed the arrow!



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COMPETITION DAY 18/23



# CHECKPOINTS, LIMITS

Checkpoints will be located along the route. Remember to have your start number in **front of you in a VISIBLE PLACE**. Measuring mats with intervals will be located at the junction of the red and yellow routes, before the approach to Magurka (46 km) and at the Czernichów School point (46 km and 25 km). At the furthest points along the route there will be judges recording your start numbers (i.e. your presence at the point), if they ask for your number – answer!

## Time limits:

***Czupel Vertical:*** 90 min.

### ***Maraton Trzech Jezior:***

Przegibek Pass (15 km) – 3:45 h from start, Czernichów School (28 km) – 7:30 h from start, PKL Góra Żar (39 km) – 9:30 h from start, Finish – 11 h from start

### ***Rollercoaster:***

Czernichów School (7 km) – 5 h from start, Finish – 7 h from start

### ***Szlakiem Wołoskich Pasterzy:***

Czernichów School (12 km) – 2:45 h from start, Finish – 4 h from start



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# COMPETITION DAY 19/23



# REGENERATION POINTS

At the regeneration points you will find:

- Water
- Coca-Cola (Czernichów, PKL Góra Żar)
- Isotonic drink (Czernichów, PKL Góra Żar)
- Fruit
- Salty snacks
- Sweet snacks
- Warm meal (tomato soup, Czernichów – 46 km, 25 km)
- Warm regeneration meal (soup, pizza – Finish 46 km, 25 km; pasta – Finish 17 km)

The regeneration point of the Przegibek Pass (15 km) will be more modest – with water, Coca-Cola, fruit.

**NOTE: Private support is only allowed within the official regeneration points!**



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COMPETITION DAY 20/23



# CLASSIFICATIONS AND DECORATION

**Classification is described in the Rules.**

**Decoration:**

**15.09.2023, 7:00 pm Czupeł Vertical**

*Międzybrodzie Bialskie ul. Brodek 4, OWR Silesia 1st floor Conference Room*

**16.09.2023, 7:00 pm Maraton Trzech Jezior, Rollercoaster**

*Porąbka, LKS ZAPORA, Stadionowa*

**17.09.2023, 2:00 pm Szlakiem Wołoskich Pasterzy, Grand Prix**

*Międzybrodzie Bialskie, Brodek in front of the Cultural Centre*



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**COMPETITION DAY 21/23**



# ROAD TRAFFIC AND SAFETY ON THE TRAILS

With the exception of the first asphalt section on the 46 km route (to the descent to the forest trail), all sections are on public roads with open traffic. Follow the traffic regulations – where there is a pavement – on the pavement, and where there is no pavement – on the left-hand side of the road.

**Be careful on hiking trails!** As people travelling at higher speeds, it is our responsibility to stop or avoid a collision.



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COMPETITION DAY 22/23



# FANS

Bring your loved ones and friends with you! We invite you to the Fan Zones:

- START near Race Office (shoe tests Dynafit, Shookz, PKL Mountain Zar, Buena Cafe, Fulllife gels and supplements, Sidas)
- Przegibek Pass (46 km)
- Czernichów School (46 km, 25 km, 17 km)
- PKL Góra Żar (46 km, 25 km)
- META (Expo, Little Marathoner Zone: Animation and games for children with BajaBongo Party, Afterparty: barbecue, prize draw, fun with DJ)



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**COMPETITION DAY 23/23**





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**END**