

MALOFATRANSKÁ STOVKA RULES

Changes in the rules compared to previous years are highlighted by brick color.
Links to external documents are highlighted in blue.

1. Basic information

- 1.1. Characteristics of the event
- 1.2. Organizer
- 1.3. Race director
- 1.4. Attendance at the event
- 1.5. Conditions of participation
- 1.6. Number of participants

Abbreviations

2. Rules

- 2.1. Event categories
- 2.2. Qualification requirements
- 2.3. Registration conditions
- 2.4. Starting number
- 2.5. Transfer of registration to another person
- 2.6. Cancellation of registration
- 2.7. Obligatory and recommended equipment
- 2.8. Route, movement and early termination
- 2.9. Checkpoints and time limits
- 2.10. Fair play
- 2.11. Insurance
- 2.12. Refreshment
- 2.13. Safety and health assistance
- 2.14. Personal data protection

Frequently asked questions (FAQ)

- A. Generally about the event
- B. Mandatory and recommended equipment

MALOFATRANSKÁ STOVKA RULES

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1. Basic information

1.1. Characteristics of the event

Malofatranská 100 - MF100 (hereinafter referred to as “event”) is a race for individuals in the Malá Fatra mountains in the category of ultra trail (mountain ultramarathon) with routes 33 km, 50 km and 100 km passing through Krivánska Fatra (National Park) and Lúčanská Fatra in forest, mountain and alpine terrain. The event takes place without the assistance of other persons or support teams, but with the support of refreshment posts, provided by the organizer (so-called semi-autonomy) of the event.

1.2. Organizer

SLOVAK ULTRA TRAIL, c.a.

ID: 42364582, Tax ID: 2120064958

Office: Nejedlého 41, 841 02, Bratislava

Mailing address: SLOVAK ULTRA TRAIL, Nejedlého 41, 841 02, Bratislava

E-mail address: info@slovakultratrail.sk

1.3. Race director

Ing. arch. Martina Magová, e-mail address: mfstovka@gmail.com

1.4. Attendance at the event

- 1.4.1. The right for registration at the event has any person who is 18 years of age or older at the latest one day before the date of the event, whether or not registered in a sports or tourist club (applies for adults, the conditions of participation for minors see below point 1.5.4b), regardless of gender, nationality or citizenship.
- 1.4.2. Each participant is obliged to consider carefully whether he / she is physically, mentally and materially capable of taking the extremely difficult route of the event in a mountainous environment (see point 2.8).
- 1.4.3. Before the start of the event, participants will be notified that they are located in a protected natural environment and are obliged to comply with the relevant legislation (in particular [The Nature and Landscape Protection Act](#) and [The Forest Act](#)) and the provisions of the [Malá Fatra Visitor Rules](#).

1.5. Conditions of participation

- 1.5.1. Participation in the event is voluntary and at your own risk.
- 1.5.2. The organizer is not liable for any damages incurred or caused by the participants.
- 1.5.3. The organizer recommends that each participant undergo an individual medical examination before the event.
- 1.5.4. Only an individual who meets the following conditions may participate in the event:
 - a) At the latest one day before the date of the event, he / she will be 18 years old.

MALOFATRANSKÁ STOVKA RULES

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- b) A minor (aged 15-17 at the time of the event) can also register for the event. In this case, the following conditions shall apply and all must be fulfilled:
 - (i) the minor has indicated his / her club membership (sports club) in the registration application
 - ii) the start of the minor participant after receiving the application is approved by the organizer of the event (the organizer reserves the right of veto, ie refusing to participate without giving a reason)
 - (iii) the parent / guardian of the minor participant personally arrives at the place of presentation, who, in the presence of the organizer, shall sign the consent of the minor participant to start
- c) The participant registers in the prescribed manner for the event and pays a dedicated starting fee.
- d) Registration for the event is realized by the Registration system defined for the current year.
- e) The participant shall present himself / herself at the designated time and place of the presentation.
- f) The participant will have the full mandatory equipment required by the organizer (see point 2.7).
- g) Each participant is obliged to show the completed and signed [Informed Consent](#) at the presentation.
- h) The organizer has the right not to allow a person under the influence of alcohol, narcotic or psychotropic substances.

1.6. Number of participants

1.6.1. The number of participants at the event is limited to 300 people for all routes and categories.

Abbreviations

DNF - premature termination of the event of the participant's own will ("did not finish")

DSQ - disqualification of the participant

GPS - global positioning system

HS - Mountain rescuers (volunteers); HZS - Mountain rescue service (state organization)

2. Rules

Please also study [AMENDMENT TO THE RULES VALID FOR YEAR 2025](#) (11th edition)

2.1. Event categories

The decisive factor for inclusion in the age category is the age reached this year, regardless of the day and month of birth.

- a) Category 1: Men - M(M30, M40, M50 - on the website)
- b) Category 2: Women - W (W30, W40, W50 - on the website)

2.2. Qualification requirements

You must meet at least one of the following requirement to apply for any of the event routes except MF33:

- a) Completion of the entire MF50 or MF100 route in 2024 (10th edition) within the time limit.

MALOFATRANSKÁ STOVKA RULES

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- b) Completion of the entire route of another event, which has been awarded at least 3 ITRA points, within the limit set by the event organizer between January 1, 2023 and 1 day before the start of registration for the current edition of the MF100 event.
- c) Completion of the entire route of one of the following events in Slovakia or the Czech Republic within the limit set by the organizer between January 1, 2023 and 1 day before the start of registration for the current edition of the MF100 event, **or other races of comparable length and elevation anywhere in the world:**
- Slovakia: Letecká stovka, Lazová stovka, Nonstop beh hrebeňom Nízkyh Tatier, Javornická stovka, Hriňovská stovka, Východniarska stovka, Tatranská Šelma Ultra, 100 Míl Krajom Malých Karpát (all routes), Malokarpatská Vertikála, Ultra Fatra, Nízkotatranská Stíhačka, Rusínska stovka, Zázrivské Pobehaňa etc
 - Czech Republic: Brtnické Ledopády, Jarním Šluknovskem, Krakonošova stovka, Týništské šlápoty, Jesenícká stovka, Špacír, Hostýnská osma, Beskydská sedmička (B7), Pradědova stovka, 5 Beskydských vrcholů (5BV), Loučení s turistickým rokem, Pražská stovka, Červenokostelecká stovka etc
 - If you have completed another event not listed above, please indicate this in the registration form. In case of any questions regarding the qualification prerequisites, write to mfstovka@gmail.com.
- d) Guaranteed participation with registration obligation:
- winners (1st - 3rd place) of previous editions of Malofatranská stovka (any route)
 - winners (1st - 3rd place) of the events listed under letter c)
 - winners of the Slovak Ultratrail League 2024 (1st - 3rd place)
 - members of the Slovak Ultra Trail Team

2.3. Registration conditions

- 2.3.1. It is possible to register for the event exclusively using the electronic registration portal vysledkovyservis.sk.
- 2.3.2. If the start list is filled, a waiting list will be activated.
- 2.3.3. **Online registration will end on June 11, 2025 at 11:59 p.m., or when the participant limit is reached. After this date, if the participant limit is not reached, it will be possible to register on the spot on the presentation the day before the race.**
- 2.3.4. Meeting the qualification requirements for the current year of the event (point 2.2).
- 2.3.5. Payment of the starting fee will be made by card directly at the registration.
- 2.3.6. The participant becomes registered only after paying the entry fee. Immediately after paying the entry fee, your name will appear in the registered list and you will receive a confirmation email.
- 2.3.7. We recommend that you create an account on the login page. This allows you to make any changes to your application for free.
- 2.3.8. The control of qualification requirements will be carried out subsequently. If the organizer discovers that the participant of the event has provided false information in the registration form regarding his participation in the qualifying event, he will exclude such a participant from the start list without the right to a refund of the entry fee.

MALOFATRANSKÁ STOVKA RULES

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2.3.9. You can address any questions regarding registration by e-mail to prihlaska@vysledkovyservis.sk.

2.4. Starting number

- 2.4.1. Each competitor is obliged to have his starting number attached to his chest or on the waist, so that it is visible and must not be covered. Without a starting number on the chest, it may happen that your time will not be recorded.
- 2.4.2. The starting number is the property of the organizer.
- 2.4.3. Starting numbers are not transferable to another person without the permission of the organizer. A competitor who will start with a starting number assigned in the start list to another competitor will be disqualified.
- 2.4.4. Back of the start number - On the back of the start number you have the option to fill in your health data. This data will be used by the organizer exclusively in case of medical complications of the competitor and subsequent treatment by the health and rescue services. If you are interested, please complete the submitted data with your current health problem, illness, allergy, contact person, or other important information that can help us if you during or after the end of the run, medical assistance will be provided.
- 2.4.5. On the back you will also find a phone number. contact the emergency services during the event.
- 2.4.6. Time measurement and results: The electronic timer is provided by SunBell s.r.o. – VysledkovyServis.sk. The results will be continuously published on the website Vysledkov Servis.sk.

2.5. Transfer of registration to another person

- 2.5.1. Transfer of the registration to another person is possible if the reason for the transfer is the same as that mentioned in 2.6.3 a) or b).
- 2.5.2. The participant informs the organizer of the transfer of registration to another person by email to the address prihlaska@vysledkovyservis.sk no later than till the end of registration (2 weeks before the start of the event).
- 2.5.3. If you create an account on the website vysledkovyservis.sk, you can transfer your entry fee to another person or make other changes to your application for free. If you do not want to create an account, the start number can be transferred to another person for a handling fee of €4.
- 2.5.4. If you want to transfer your start number to another participant, you can do so on the website vysledkovyservis.sk. In the main menu, select the item „Zmena prihlášky“ and enter all data about the new participant. However, the change must be made by the person who was originally logged in. A new participant is already taking over the starting package. After taking over the start package, it is no longer possible to transfer the start number.
- 2.5.5. The person to whom the registration is transferred must meet the qualifications (point 2.2) and all other conditions for participation in the event (points 1.4; 1.5 and 2.3).
- 2.5.6. Transfer of registration is only possible within the same route.
- 2.5.7. The starting fee paid is not refundable, the settlement of the starting fee is a matter for the withdrawing participant and his alternate.

2.6. Cancellation of registration

- 2.6.1. To cancel participation in the event, it is necessary to send an e-mail to the address "prihlaska@vysledkovyservis.sk"
- 2.6.2. The e-mail must include the name, surname, registration number and bank account number for the refund of the registration fee, if the participant is entitled to do so under point 2.6.3. If the participant

MALOFATRANSKÁ STOVKA RULES

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has ordered a t-shirt or other merch, we will mail these products to the address to be emailed to mfstovka@gmail.com. The fee for the entry fee refund guarantee is non-refundable.

2.6.3. Refund of the paid registration fee is possible only if points 1), 2) and 3) a) or b) are fulfilled in case the participant has paid the fee for the start fee refund guarantee, together with the fee for accommodation in Terchovec and the fee for the GPS tracker rental, if it was ordered:

1) The participant has paid an additional fee in order to guarantee the starting fee refund.

2) The cancellation notice will be sent exclusively by email to prihlaska@vysledkovyservis.sk no later than 14 calendar days before the start of the event.

3) The reason for canceling participation in the event is:

(a) Injury or illness disabling participation, as evidenced by a medical certificate, which the participant delivers to the organizer of the event no later than 7 calendar days after the end of the event

or

(b) Family event (with notice of non-attendance at the latest 14 calendar days before the start of the event)

2.7. Obligatory and recommended equipment

2.7.1. Basic obligatory equipment - will be checked at selected refreshment stations

- Backpack with ability to carry obligatory equipment throughout the event
- Mobile phone (smartphone strongly recommended): the participant must be reachable at any time before, during and after the race:
 - mobile phone with stored numbers for organizer security contacts (listed in the itinerary card and in point 2.13.4), don't mask your number and don't forget to charge the battery
 - keep the phone on, airplane mode is prohibited and could give reason to penalties
 - an external battery (powerbank) is highly recommended
- a map with complete route coverage in paper form or a mobile phone with offline maps and an external charger (powerbank),
- Personal beaker 1,5 dl minimum (bottles or flasks with lids are not accepted)
- **Beverages storage containers with a minimum capacity of 2 litres**
- 2 working headlamps in good condition (min 200 lumens recommended). If the headlamps are rechargeable, they must be fully recharged and if in doubt about the durability of the headlamps, take a powerbank for recharging them if necessary. If battery powered, batteries must be included with the headlamps. A hand torch (flashlight) may be used in place of one headlamp. For the MF50 route 1 working headlamp. For MF33 route headlamp optional.
- Survival blanket of 1.40 m x 2 m minimum
- Whistle
- Self adhesive elasticated bandage which can serve as a bandage or strapping (minimum 100 cm x 6 cm)
- Own food supply (800 - 1,000 kcal recommended)
- Cap or bandana or Buff®
- ID – passport / ID card
- Insurance covering Mountain rescuer service (HZS) intervention (see point 2.10)
- Jacket with hood which will withstand bad weather in the mountains and made with a waterproof (min. 10,000 Schmerber) and breathable membrane (RET recommended inferior to 13)
 - the jacket must, imperatively, be fitted with an integrated hood or one which is attached to the jacket by the original system designed for that purpose by the manufacturer

MALOFATRANSKÁ STOVKA RULES

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- the seams must be sealed
- the jacket must not have sections of fabric which are not waterproof, but air vents fitted by the manufacturer (under-arm, in the back), since they do not damage in any obvious way the impermeability, are accepted
- It is the participant's responsibility to judge, with these criteria, if their jacket fits the regulations stated and so bad weather in the mountains, but, during a check, the judgment is made by the person in charge of the check

2.7.2. Hot weather kit (may be required by the organizer, depending on weather conditions)

- Sun glasses
- Saharan cap or any combination which completely covers the head and nape of the neck
- Sun cream, recommendation: minimum sun protection factor 50
- Supply of water of 1,5 - 2 liter minimum

2.7.3. Cold, rainy or windy weather kit (may be required by the organizer, depending on weather conditions)

- Windproof jacket ("windbreaker") with water-repellent coating ([DWR protection](#))
- Warm clothing layer (interlayer between waterproof jacket / windproof jacket and underwear; [Polartec®](#) or similar material recommended)
- Robust and closed trail-running shoes (minimalist or ultralight shoes excluded)

2.7.4. Other recommended equipment (list is not definitive)

- Spare warm clothing necessary in case of cold, rainy or windy weather or in case of injury.
- Poles in rainy weather for your safety on slippery and wet surfaces
- Vaseline, cooling cream or gel
- Cash min. 20 euros (in case of unforeseen events)
- Reusable bowl
- GPS watch with recorded route or recorded GPX record in the digital map of the mobile phone
- Pocket knife or scissors for cutting elasticated bandage
- jingle bells

2.7.5. If you choose to take poles, it is for the duration of the event. It is forbidden to start without poles and recuperate them during the course of the event. No poles are authorized in the drop bags.

2.8. **Route, movement and early termination**

2.8.1. The route leads along marked forest and mountain hiking trails through the Malá Fatra mountains (Krivánska Fatra - National Park and Lúčanská Fatra) with several significant ascents and descents. There are several partially exposed sections along the route, most of which are secured by chains or ladders.

2.8.2. A detailed description of the route (itinerary) and GPX file for navigation will be available on the event website for the current edition and the organizer will communicate them to all participants by e-mail.

2.8.3. The movement of the participants is only allowed on the designated route, i. marked hiking trails according to the itinerary (route description) and in the Malá Fatra National Park will not be outside the official visiting hours, i.e. between 21:00 and 6:00.

2.8.4. Participants must not litter outside the checkpoints manned by the organisers or public waste bins or containers.

MALOFATRANSKÁ STOVKA RULES

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- 2.8.5. Each participant of the event must be aware that he/she will be moving in the environment of several National Nature Reserves, as well as the Malá Fatra National Park and the Veľká Fatra National Park and is obliged to comply with the legislation of the Slovak Republic, namely Act No. 543/2002 on the Protection of Nature and Landscape.
- 2.8.6. It is forbidden to ascend to exposed peaks in the event of a clear approaching storm activity.
- 2.8.7. It is forbidden to enter private land.
- 2.8.8. Wearing of the runner's equipment by another person is strictly prohibited.
- 2.8.9. The Participant is obliged to provide assistance to another Participant in need.
- 2.8.10. In the event of discovering circumstances that would endanger the life or health of the participants on the route of the event, the participant is obliged to immediately notify the event organizer of this fact.
- 2.8.11. Personal help (assistance) to the participant (e.g. by family members, friends) is tolerated only at live checkpoints - refreshment stations.
- 2.8.12. In order to ensure equal conditions for the completion of the race Malofatranska stovka on all routes for all participants, accompanying runners, so-called "pacers", are not allowed. An exception to this rule is made by the so-called "drivers" for participants with visual impairment (with the consent of the organizer).
- 2.8.13. In the case of early termination of participation outside the checkpoint, you are obliged to inform the organizer by phone following the instructions in the itinerary. Participants who fail to do so will be responsible for all costs associated with locating them, including the costs of search operations.
- 2.8.14. If you terminate and you are present in the National Park (Malá Fatra - Krivánska part), you are obliged to leave the NP area before 9 PM.
- 2.8.15. The organizer or a person authorized by him / her (especially a volunteer, a member of the HS / HZS) has the right to stop a participant whose health condition does not presume successful completion of the route (obvious injury, excessive exhaustion). The stopped participant is no longer registered as a participant of the event.
- 2.8.16. The organizer has the right to disqualify a participant (DSQ) who shows signs of alcohol consumption during the duration of the event.
- 2.8.17. The organizer also reserves the right to cancel or interrupt the event or any of the event's disciplines in case of serious danger, in particular war, bad weather, danger of terror or other attack threatening the safety of the participants of the event, or from other unforeseen vis maior events and circumstances. In such a case, the participant is not entitled to a refund of the start fee, or its part since the organizer has already incurred costs for the preparation of the event in the time before the very moment of interruption/cancellation of the event. However, the organizer may, after considering all the circumstances and calculating the costs associated with the preparation of the event, compensate the participant for a part of the entry fee.
- 2.8.18. Depending on the circumstances, the organizer reserves the right to modify and further specify some of the data specified in these rules, or organizational instructions.

2.9. Checkpoints and time limits

- 2.9.1. On the route of the event there are checkpoints - refreshment stations manned by the event organizers or volunteers authorized by them in places that participants are informed about via the Malofatranská stovka website and the itinerary card.
- 2.9.2. At each checkpoint, the participant will receive a record of the time of arrival in an electronic timing device. At all live checkpoints, the time record will be made using the electronic timing device The

MALOFATRANSKÁ STOVKA RULES

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checkpoint will therefore be approached immediately on arrival at the checkpoint, i.e. not on leaving the checkpoint or after refreshments.

- 2.9.3. In addition to the main time limit for completing the entire route, there are sub-limits at designated checkpoints along the every route. In the event of failure to meet the time limit at one of these checkpoints, the competitor's participation in the event ends with the DNF being recorded in the electronic timing system and the start number being handed in by a volunteer at the checkpoint, but the competitor may continue on the route outside the event.
- 2.9.4. A participant who passes all checkpoints within the event rules while adhering to their time limits and arrives at the finish within the designated overall time limit will receive ITRA points at the finish according to the rating of each course.

Route MF33

MF33	Checkpoint name	Parameters		Time barrier	Pozícia na mape
		KM	M↑	Saturday	
START	Terchová, RIC Terchovec	0	0	06:00	LINK
K1	Stará dolina	11	912	07:00 - 09:30	LINK
K3	Chata pod Chlebom	16	1718	08:00 - 11:30	LINK
K4	Chata pod Kľačianskou Magurou	30,4	2242	09:30 - 15:00	LINK
FINISH	Lipovec	35,8	2460	10:30 - 17:00	LINK

Route MF50 and MF100

MF50	MF100	Checkpoint name	Parameters		Time barrier		Position on the map
			KM	M↑	Saturday	Sunday	
START	START	Terchová, RIC Terchovec	0	0	06:00		LINK
K1	K1	Stará dolina	14,1	1129	07:30 - 09:30	-	LINK
Bonus	Bonus	Štefanová	19,4	1129	07:00 - 10:45	-	LINK
K2	K2	Sedlo Medziholie	26,6	2355	09:30 - 13:30	-	LINK
K3	K3	Chata pod Chlebom	37,4	3305	11:00 - 16:30	-	LINK
K4	K4	Chata pod Kľačianskou Magurou	51,9	3739	13:00 - 20:00	-	LINK
FINISH	K5	Lipovec	56,4	4115	13:30 - 21:00	-	LINK
	K6	Martinské hole, Rotunda	69	5312	15:30	01:00	LINK
	K7	Sedlo pod Hnilickou Kýčerou	83	5898	17:30	05:30	LINK
	K8	Vrúcko, end of village	95,3	6201	19:30	11:00	LINK

MALOFATRANSKÁ STOVKA RULES

Changes in the rules compared to previous years are highlighted by brick color.

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	FINISH	Fačkov, school	107	6681	21:30	16:00	LINK
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2.10. Fair play

- 2.10.1. Refusal of assistance to another participant in case of emergency, physical or verbal insult or threat to organizers or volunteers, refusal to check obligatory equipment, missing obligatory equipment (especially jacket, torches, mobile phone, survival blanket, water supply of at least 1 liter) means immediate DSQ.
- 2.10.2. Intentional violations of the route (shortening of the route), use of the means of transport, use of an accompanying runner - pacer, deliberate damage, destruction or theft of the organizer's property and any other means of cheating and dishonesty result in participant's DSQ and ban from all subsequent editions of the event.
- 2.10.3. Failure to comply with the instructions of the organizer, physical or verbal insult or threat to event organizers and volunteers of the event, volunteers from the Mountain rescuers (HS) or members of the Mountain rescue service (HZS) means DSQ and ban from all other editions of the event.
- 2.10.4. Missing your own cup at least 1.5 dl, missing ID, missing water bottle (must be 2l), missing isothermal foil or any part of the **Basic obligatory equipment** are penalized by adding 1 hour to the total time. In the case of lack of a piece of equipment for your safety – no water reservoir of a minimum volume of 1 liter, no jacket, no torch or no survival blanket – **immediate DSQ**.
- 2.10.5. An incorrectly placed start number (start number not visible or placed on the back of the body or on the rucksack) is penalised by adding 15 minutes to the total time. Exceptions to this are circumstances where the organiser will allow a different positioning of the start number than that specified.
- 2.10.6. Participants must not litter outside the organisers manned checkpoints or public waste bins or containers. Knowingly littering outside the organisers' manned checkpoints or public bins or containers is penalised by adding 1 hour to the total time.
- 2.10.7. Penalty or disqualification will be enforced at the location where the violation was found by the participant. It shall be carried out by the volunteer at the location where the violation is discovered after telephone consultation with the race director.
- 2.10.8. Protest against possible issues in the organization or course of the event can be filed in the finish no later than 1 hour after the end of the total time limit of the event. The protest is filed by the participant in person at the race director or volunteer. The protest is subject to the payment of a deposit of 20 euros. If the protest is acknowledged by the race director, the deposit of 20 euros will be returned to the participant, if the protest is not recognized, the deposit will be forfeited to the organizer. In the event of a dispute, the race director always has the final decisive word.

2.11. Insurance

- 2.11.1. The participant is obliged to be insured for the date of the event by an appropriate type of insurance. The insurance must cover the costs of intervention of the Mountain rescue service ([HZS](#)) in Slovakia and must cover the organized public sport and tourist events. The insurance purchased at registration includes everything you need.
- 2.11.2. Exemptions from insurance should not include sporting events or sporting activities.

MALOFATRANSKÁ STOVKA RULES

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- 2.11.3. The participant is obliged to prove his / her insurance document (which shows that it relates to the intervention of the Mountain rescue service in Slovakia) during the presentation of the participants before the start of the event.
- 2.11.4. [Alpenverein](#) insurance covers the intervention of the Mountain rescue service in Slovakia.
- 2.11.5. It is the responsibility of each participant to obtain appropriate insurance and verify its validity for the event.
- 2.11.6. Some insurance options for the intervention of the HZS are listed on the [website](#) of the Mountain rescue service.
- 2.11.7. The insurance information given in this document is of an informative nature and the organizer is not responsible for the type of insurance that the participant takes out.

2.12. Refreshment

- 2.12.1. The organizer provides refreshments to the participants at predetermined places (checkpoints).
- 2.12.2. In addition, the organizer requires each participant to have a sufficient supply of their own food according to their personal preferences.

Supply of own food and refreshment	
There are refreshment posts along the route, why do I need food reserves?	The event is run in semi-autonomy; there are not refreshment posts every single kilometer so you must be autonomous between one refreshment post and the next. You must also be self-sufficient in case of a problem or injury, have enough to give you energy until help arrives.
And what should I take? How much?	Take whatever you like what you normally consume during sports or tourist events. These can be cereal bars, salt crackers, bread or cheese. However, everyone has their own preferences and should know their own needs.
If I need to eat my food reserve, can I stock up on food at the refreshment posts to stay within the regulations?	Yes of course! You can take anything from the refreshment post before continuing. Be careful, however, and do not throw packaging and other trash along the route. Keep all rubbish with you (your own garbage bag is part of the obligatory equipment) and you can throw it in the trash bins at the next refreshment post.
What are the refreshments?	There are following sort of refreshment: <ul style="list-style-type: none">1) Drinks (plain water, ionic and energy drinks, cola, tea, coffee, birell)2) Fruit (melons, oranges, bananas)3) Vegetables (tomatoes, pickles)4) Supplements (salt, grape sugar, candied fruit, nuts, magnesium)5) Solid food (cereal or energy bars, sweet or salty cake, chocolate, salty crackers or chips, cheese, salami, greaves, bread with lard, peanut butter or nutella)6) Hot food (pasta with cheese, vegetable soup with noodles)

2.13. Safety and health assistance

MALOFATRANSKÁ STOVKA RULES

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- 2.13.1. During the event, the organizer cooperates with volunteers from the Mountain rescuers (HS) to secure some checkpoints along the route. HS is made up of volunteers (it is a paid service of the organizer). HS members have the necessary knowledge, professional qualifications and equipment to provide qualified medical and technical assistance to participants in an emergency or accident.
- 2.13.2. According to the [law](#), the event is announced to the Mountain rescue service (HZS) and members of the HZS are ready to provide assistance to the participants in case of emergency. The members of the HS and the HZS are considered to be the organizers and the participants are obliged to follow their instructions. Failure to comply with the HS or HZS instructions shall result in the participant's DSQ from the current and all subsequent editions of the event.
- 2.13.3. First-aid kits with the possibility of treating minor injuries and minor injuries are provided at the refreshment posts (checkpoints).
- 2.13.4. If the event participant suffers an accident and is unable to reach the nearest point on the route accessible by the vehicle or the next checkpoint occupied by the organizer, he / she is obliged to report the event in the following order:
- 1) *The closest checkpoint occupied by the volunteers of the Mountain rescuers (HS); telephone contacts are given in the itinerary (route description) of each participant*
 - 2) *NONSTOP hotline of HZS on phone No. 18300 (toll free number)*
 - 3) *Centre of HZS Malá Fatra – Vrátna: phone No. +421 (0)903 624 028 / +421 (0)41 569 5232*
 - 4) *Emergency call of the Integrated Rescue System: phone No. 112 (toll free number)*

2.14. Personal data protection

- 2.14.1. The participant, as the person concerned, agrees to the processing of his / her personal data specified in the registration form for the purpose of registration for the event, to the operator of the SLOVAK ULTRA TRAIL Civic Association with its registered office at Nejedlého 41, Bratislava, ID 42364582 for 1 year. The consent may be withdrawn at any time by the operator by sending an application to the address of the operator's registered office.

Frequently asked questions (FAQs)

Generally about the event	
I'm an average hiker, I haven't completed any long-distance march (50K or 100K or more non-stop), can I manage the route of the event?	As the route of the event is very challenging due to its profile, the registration also includes verification of qualification requirements for participation in the event.
Is the event route specially marked with its own markings?	No. The organizer assumes that the participants are able to orient themselves in the mountain terrain according to GPS, the existing marked hiking trails, map and route description in the itinerary. Only the sections leading off the marked trails, some significant changes in the direction of the route (streamers, arrows) and night sections are marked.

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Can I have my own support (refreshments, spare clothes, etc.) along the route?	No. Such support is against fair-play rules, therefore not allowed. The organizer provides refreshments at designated locations and drop bag service.
Can I have my own support on the route from a fellow runner (pacer) who is not on the start list of the Malofatranská stovka?	No. In the context of fair-play, such support is not allowed. All runners should have a level playing field. The number of participants in the event is limited, so it is not possible to run with a runner who is not officially registered for the race.
Is baggage transport from start to finish and drop bag service ensured?	Yes. The organizer ensures the transport of baggage from the start to the finish - only stuff that the participants will not have with them during the event and also a "drop bag" service to predetermined places.
Is transport from finish to start provided?	The organizer ensures transport of the participants from the finish back to the starting point in the case, when the participant has no other option. See the Amendment to the Rules for details.
Is dogtrekking allowed?	Yes. The participant may have a dog accompanying under the following conditions: <ol style="list-style-type: none"> 1) the dog must be older than 1 year 2) the participant must present a vaccination certificate for a dog with a valid vaccination at the presentation 3) the dog must be firmly connected to the participant throughout the event through a dogtrekker harness or lead 4) the dog must not significantly assist the participant 5) the participant is fully responsible for the dog and also for observing the provisions of the Mala Fatra Visitor Guide 6) the participant is obliged to provide their own refreshment for the dog and carry 1 liter more water than the usual participant 7) the participant is obliged to ensure that the dog does not bother other competitors, organizers or volunteers Failure to comply with these conditions may result in the participant's DSQ.

Obligatory and recommended equipment

Generally	
Is obligatory equipment really obligatory?	Yes. You must have complete obligatory equipment on yourself or with you in your backpack throughout the event.
Is obligatory equipment checked? If so, when?	Obligatory equipment is checked at some checkpoints during the event. It is your responsibility to have complete obligatory equipment with you throughout the event.
Is the list of obligatory equipment the same for all routes?	Yes. The basic obligatory equipment (point 2.7.1) is the same for all routes of the event, including possible alternative obligatory equipment (see points 2.7.2 and 2.7.3). The race director decides on the obligation to have alternative obligatory equipment and

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	informs the participants of this in advance before the start of the event.
What do I risk if I don't carry my obligatory equipment?	The organizer checks the obligatory equipment through designated volunteers who are qualified to do so. In the case of lack of a piece of equipment for your safety – no water reservoir of a minimum volume of 1 liter, no jacket, no torch or no survival blanket – immediate DSQ . It is not a punishment but a measure of prevention to avoid a situation in which you could be in danger.
Mobile phone	
Why must I keep my phone turned on during the event?	In case the event is stopped, keep your phone turned on so that you receive information concerning the race. The organizer must be able to contact you in any circumstances, which includes before and after the race, in the case of bad conditions or for any unforeseen circumstances. For those who think that they will be disturbed by it ringing during the event, put it on silent and only keep the “alert text message” signal.
I have changed my telephone number, what do I do to give you the new one?	You can report the change of phone number by email to prihlaska@vysledkovy servis.sk or at the presentation.
Can I charge the battery for my phone during the race?	It will not be possible to charge telephones at the refreshment posts so the phone must be charged before the race begins. It is highly recommended to minimize the use of your telephone during the race, deactivate all the unnecessary options such as Bluetooth and 3G or 4G, respectively.
Any other advice?	You can put your telephone in a waterproof bag to avoid it getting wet if the weather is bad. There are telephones which are water, shock and dust proof (norme IP57), with a great autonomy. Register emergency numbers on your phone: <ol style="list-style-type: none"> 1) <i>The closest checkpoint occupied by the volunteers of the Mountain rescuers (HS); telephone contacts are given in the itinerary (route description) of each participant</i> 2) <i>NONSTOP hotline of HZS on phone No. 18300 (toll free number)</i> 3) <i>Centre of HZS Malá Fatra – Vrátna: phone No. +421 (0)903 624 028 / +421 (0)41 569 5232</i> 4) <i>Emergency call of the Integrated Rescue System: phone No. 112 (toll free number)</i>
Personal beaker minimum 1,5 dl (water bottles excluded)	
What is this beaker for?	So as to prevent wastage by using disposable plastic cups during the event, each participant must be equipped with a beaker of a minimum volume of 1,5 dl in order to be served with drinks at the refreshment posts.
Can I use a non conventional beaker, like a juice carton (tetrapak)?	Basically yes, certain participants find this to be an easy solution, very lightweight, and ultra compact in a pocket. It is necessary

MALOFATRANSKÁ STOVKA RULES

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	however to check that the base of the carton is solid enough, to last for the duration of the event and not fall to pieces due to being manipulated and that it resists heat.
Bevarages storage containers with a minimum capacity of 2 litres	
Why must I have a reserve of 2 liter of water?	The event is organized in semi-autonomy; there are neither refreshment posts, nor drinking water streams each kilometer so you must be autonomous between refreshment posts. You must also be autonomous in case of a problem, having sufficient water to rehydrate yourself while waiting for help to arrive.
One working torch with spare batteries.	
Is one torch enough?	No, it is also necessary to have a spare in case the first headlamp gets damaged or stops working. If the headlamps are rechargeable, they must be fully recharged and if in doubt about the durability of the headlamps, take a powerbank for recharging them if necessary. If they are battery powered, batteries must be included with the headlamps. Instead of a second headlamp, it is possible to have a flashlight - a hand torch. The requirement to have 2 headlamps only applies to the MF100. For MF50 participants it is only mandatory to have 1 headlamp. For MF33 the headlamp is optional.
Do I need spare batteries for the torch?	Yes.
May I throw the used batteries away at refreshment posts?	Yes. At each refreshment post you will find als one box for used batteries. If you can't find it, ask the volunteers!
Survival blanket of 1.40m x 2m minimum	
How is a survival blanket useful when there are rescue posts along the route?	The blanket gives protection from the cold, heat, rain, humidity and wind, in the case of a problem or injury along the route, while waiting for help.
How should I use a survival blanket correctly?	The sides of the survival blanket are different, generally one side golden and the other silver. When the golden surface is the outer side, it protects from the cold (because it conserves the person's heat, so that they keep themselves warm). When the golden surface is inside, it protects from the heat (for example from the sun because the silver side reflects the sun's rays). So that it works well, the blanket must totally envelop the subject. In fact, the smallest gap allows the wind to enter inside and the blanket is then of no use. It is normally only possible to use a survival blanket once. Please refer to the instructions given with the blanket.
Whistle	

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Why do I have to get a whistle?	The whistle is useful if you fall into a ravine. You might only be a few meters from the path but nobody would see you. The sound of the whistle carries better than the voice. Participants nearby would be able to hear you and come and help you. The whistle can also be useful in the fog if you get lost or prevent a clash with a bear. Jingle bells are also helpful.
Self-adhesive elasticised band usable as a bandage or for strapping (100 cm x 6 cm min)	
For what use?	If you are injured and left alone, without a mobile network, applying an elastic bandage to a problem spot (ankle, knee, ligament) may be the only way to reach the nearest rescue point using your own resources.
Hooded jacket with a waterproof membrane (minimum 10,000 Schmerber advisable) and breathable (RET advisable inferior to 13) which stands up to bad weather in the mountains	
What do "Schmerber" and "RET" mean ?	The Schmerber is a unit of measure of the impermeability of a textile. The RET index (Resistance Evaporation Transfer) measures the capacity of a fabric to let water vapor generated by the body (perspiration) escape. The RET being an indication of resistance, the weaker it is the more it indicates that the garment is breathing.
The label on my jacket says 5,000 Schmerber. You advise a minimum of 10,000 Schmerber. Will my jacket go through an obligatory equipment check?	Theoretically yes, your jacket can conform to our obligatory equipment. However, in bad weather conditions, it seems to us that this jacket will not be sufficient enough to resist heavy rain or snow throughout the entirety of the race.
Is there a list of jackets which conform to the regulation?	No, because the number of jackets is too great.
Cap, bandana or equivalent	
What should I have?	You must have some form of head covering to protect your head when it is hot and sunny.