



Organizuar nga
Kosova Trail Running Association
për të shënuar 20 vjetorin e fillimit të luftës
dhe 10 vjetorin e Pavarësisë së Kosovës

Organized by
Kosova Trail Running Association
to mark the 20th anniversary of Kosovo's war
and 10th anniversary of independence



Shtegu i Shpresës Trail of Hope



#trailofhope100
3-4.03.2018

“Shtegu i shpresës – Trail of Hope”
100km D+ 2000m (Prekaz – Glllogjan – Koshare)

REGULATION

FOR PARTICIPATION ON RUNNING THE “TRAIL OF HOPE”

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Table of Contents

1. ORGANIZATION	3
2. GENERAL INFORMATION	3
3. INFORMATION FOR PARTICIPANTS	4
4. LIABILITY DECLARATION.....	5
5. INDEPENDENCY DURING THE RUNNING	5
6. SAFETY AND MEDICAL ASSISTANCE.....	6
7. IMPLEMENTATION	7
8. OBLIGATORY AND RECOMENDED EQUIPMENTS	7
9. DROP BAGS.....	8
10. CONTROL AND REFRESHMENT STATIONS.....	8
11. TIME LIMITS.....	9
12. MARKINGS AND NAVIGATION.....	10
13. EVENT PHOTOS.....	10
14. ENVIROMENTAL RESPONSIBILITY.....	10
15. DISQUALIFICATION	11
16. THE RIGHTS OF THE ORGANIZER	11



1. ORGANIZATION

The "Trail of Hope" event in short and ultra-marathon distance is organized by the sport club "Kosova Trail Running Association (KTRA)".

Since its foundation, KTRA is a member of the ITRA International Trail Running Association. This event is supported by Republic of Kosovo institutions, safety and security bodies, business community, sport admirers and different organizations that are operating in country.

Sponsorship of the event, besides official acts, will be supported by various local companies as well as volunteer individuals.

2. GENERAL INFORMATION

To mark the 20th anniversary of the war for the liberation of Kosovo and the 10th anniversary of the declaration of independence, Kosovo Trail Running Association (KTRA) organizes on March 3rd and 4th the ultra-marathon race 100 kilometers along the main war resistance parts in Kosovo.

Under the slogan "Trail of Hope: Everyone is Remembered", KTRA aims to commemorate the great sacrifice of Kosovo's citizens for the freedom of its future generations and the building of an independent and sustainable state.

The running path, which includes a climb of 2050 meters, begins in Prekaz at the Memorial Complex "Adem Jashari" to continue in Likoshan, Glllogjan and finally in Koshare at the border crossing with the Republic of Albania. This run marks the first activity of this kind organized in Kosovo and aims to put Kosovo on the tourist map.

This event has no competing character this time, the organizer foresees group running and assisted through experienced members on this path and these disciplines.

Registration of participants will be done online and in-person (in special cases) without payment obligations.

This four-distance running event will take place throughout the villages:

Prekaz (**Start 100k and 14k**) - Dashec - Baks - Qirez - Likoshan (**Finish for 14K**) - Shtutica - Bajincë - Qabiq - Ujëmirë - Gllarevë - Dërsnik - Hotel "Nora" (**Start 50k**) - Zajm - Grabanicë - Bokshiq - Glllogjan - Jabllanicë - Zhabel - Rakoc-Ratishë - Glllogjan (**Start 21k**) - Irzniq - Prilep - Babolloq - Junik – Botushë – Koshare (**FINISH**).

Along this mountain and combined terrain, you will be able to see and run through many natural attractions, obelisks, martyrs' and victims monoliths, object of religious worship, where some of the worship facilities are under the protection of cultural heritage.



The event starts on March 03.03.2018, 13:00 o'clock, in Prekaz at Adem Jashari Memorial Complex, while it ends at Koshare 10:00 – 12:00, on 04.03.2018.

This event will take place in four (4) track lengths:

- **Prekaz -Likoshan:** 14 kilometers, 300 meters of altitude gain during the run, start of the race on 03.01.2018 at 13:00, local time; the participants of this distance are expected to complete the race within a maximum of 3 hours.
- **Klina - Hotel "Nora" - Koshare:** 50 kilometers, with 1120 meters of altitude gain during the run, starting on 03.04.2018 between 23:00 to 24:00, local time; participants at this distance are expected to finish the race within a maximum of 11 hours.
- **Glllogjan - Koshare:** 21 kilometers with 730 meters of altitude gain during the run, starting on 04.04.2018 at 05:00, local time: participants at this distance are expected to finish the race within a maximum of 6 hours.
- **Prekaz - Koshare:** 100 kilometers, with 2057 meters total climb (Lmd), start of running on dt.03.01.2018 at local time 13:00, at this distance 100 K participants are expected to finish the race within 22 hours.

In order to keep up-to-date information about the event all participants depending on the discipline are to be informed through the Kosovo Trail Association (KTRA) FB-FP site and event web site, web: www.ktra-ks.com or facebook and instagram: @teamktra: official email: kosova.trailrunners@gmail.com.

From all participants is required to respect the time of departure and arrive at starting point at least 1 hour in advance, in order to appear for the race and obtain the race numbers:

- **Participants for the 100km and 14km race must appear at the information point in Prekaz (memorial complex: Adem Jashari) starting from 11:00 on March 3, 2018.**
- **Participants for the 50km race must must appear at the information point at Hotel Nora, Klina starting from 22:00 on March 3, 2018.**
- **Participants for the 21km race must appear at the information point at the memorial complex in Glllogjan, starting from 04:00 on March 4, 2018.**

3. INFORMATION FOR PARTICIPANTS

The race is open for men and women over 18 years of age.

- Participants under the age of 18 may participate in the 14Km race, by showing written permission from a parent.
- Participation in the race is a personal responsibility and the organizer assumes no



responsibility in case of injury, accident or death;

- Each participant holds personal responsibility for their actions in and around the path, especially in case of violation of the laws of the Republic of Kosovo.
- Participants should be fully aware of the length and specification of the race and be fully prepared for it;
- Participants should have gained adequate physical and psychological preparation and survival skills in mountain conditions, related to microclimate changes (rain, fog, wind, snow, night, low temperature);
- Be able to cope with physical and mental problems, digestive problems, pain in the locomotor system;
- Be fully aware that it is not the organizer's duty to assist in addressing the issues and concerns mentioned above, however the organizer foresees to offer the first aid in special cases;
- By enrolling in one of these running categories, each participant in electronic online registration confirms that he or she is aware of the risks of outdoor competition and takes the risk for themselves, where each participant should also be noted and take into account his / her problems health.
- KTRA as the organizer will ensure that in cooperation with relevant municipalities or respective regions provide all support in the aspect of security as well as static services or ambulatory in case of serious complications resulting from the loss of the pathway, traffic safety, injury or illness.
- KTRA will provide food and refreshment at 9 stationary points throughout the length of 100Km even though we as organizers suggest you have your own meals or personal supplements during the time.

4. LIABILITY DECLARATION

Voluntary registration and then participation in the "Trail of Hope" event confirms that the participant is familiar with these rules and agrees to fully accept the principles and regulations set forth herein.

5. INDEPENDENCY DURING THE RUNNING

The term "independent" means the ability of a participant to depend on himself in any part of the race. In addition to food and drink, this applies to clothing and equipment during the event, enabling the participants to become capable and cope with the environment (storms, injuries).



At checkpoints or breaks the participant can get quick food and water from the race organizers, but between these points the participant should be able to rely on his equipment, food and drink, readiness and resilience.

Participants should have the experience of adapting to natural conditions, unexpected changes in weather conditions, rain, storms, animal encounters. The organizer will mark the route appropriately (details in the section: Marking and Navigation), however, participants should have a minimal sense of orientation in nature.

6. SAFETY AND MEDICAL ASSISTANCE

Medical assistance teams (Municipalities / KSF / KFOR etc.) will be provided along the road in case of emergency. In case of injury or any other need, participants will have to call the SOS phone provided by the organizer. If they are in the area that is not covered by the telephone signal, they will have to forward the message to the next checkpoint - so that actions are taken as soon as possible.

At each control/ refreshment point the organizer will place basic emergency equipment (bandages, flasks, iodine-betadine, base medicaments); these will be available to runners from volunteers.

We suggest that each participant has an individual medical package in his / her own bag: (paracetamol, compression or bandages, iodine, thermoregulatory isolation cover).

The organizer will do its best to reduce the risks, however, kindly ask our competitors to follow our advice and recommendations.

- We advise every competitor to have a health insurance.
- We regularly advise all competitors to monitor their health status and also recommend a stress test one month before the event to determine the fitness level/ fitness for this type of sport.

In order to preserve the safety and health of the participants, the medical check-up teams have the power to stop and prohibit to a participant the event if they are considered to be no longer able to continue the cause of health complications or endangering their health.

If such a participant fails to comply with such instructions then the responsibility remains the same as participating in this event.

However, participants will be required to follow the instructions from the coordinator/ assistants or event volunteers and medical teams along the way. These support individuals will have signs attached to their wings.



Any breach of these guidelines will lead to the disqualification of a competitor but as noted above if he or she decides to proceed at any cost, the organizer shall not be held responsible for the potential side effects.

Any competitor who has a disease or medical condition is advised to consult a specialist for permission to attend this kind of event.

7. IMPLEMENTATION

The registration begins on 20 January 2018 and lasts until 20 February 2018.

If the race is canceled or terminated due to atmospheric factors or any factor outside of the organizer's control (vice majeure), the participant is obliged to walk and wait for help, orientation or transportation as directed by the emergency contact that is marked on the phone and on the sheet with event number. It should be borne in mind that priority will be given to emergencies (sore or missing) every time.

Cancellation due to injury: In the case of non-chronic ostro-articular or muscular damage acquired after registration and not completely curable before starting of the event we recommend canceling the participation.

8. OBLIGATORY AND RECOMENDED EQUIPMENTS

1. **The race number:** attached to the front of the body - clearly visible - OBLIGATORY
2. **Mobile phone:** switch on all the time OBLIGATORY
3. **First aid package:** OBLIGATORY for 100k and 50k participants
4. **Head Lamp:** with Extra Battery – OBLIGATORY for 100k and 50k participants
5. **Rain Jacket** - Suitable for mountain conditions
6. **Water:** Minimum 1 L in a convenient running bag - RECOMMENDED
7. **Survival Cover** – OBLIGATORY for 100k and 50k participants
8. **Whistler** - RECOMMENDED
9. **Lightweight Sport Jacket** - RECOMMENDED
10. **Long Sleeve Shirt** - RECOMMENDED
11. **SPARE Shirt** - RECOMMENDED
12. **Hat / Mask / Scarf** - RECOMMENDED
13. **Gloves** - RECOMMENDED
14. **Energetic food or similar solid foods** - RECOMMENDED



Participants should keep OBLIGATORY stuff with them throughout the race. The organizer has the right to verify the compulsory equipment of the participants at any checkpoint (even without notice) and in case of absence will be evidenced as a reference.

Equipment declared as RECOMMENDED by the organizer are not required to possess during the event, but are recommended to be owned by the runners.

Use of hiking sticks is allowed if the participant decides to use, he/ she should have them throughout the race.

9. DROP BAGS

Runners in 100Km, 50Km and 21Km who wish to have additional bags, the same will be equipped with a black bag and BiB number (from the organizer) which together with the most needed items of the participants can be left at the organizer's premises before the start. Bags will be available at the station or distances 50km at Hotel Nora, Kline; 80km in Glllogjan; 100km at the end in Koshare and if possible in other stations as well subject to organizers technical capabilities.

At the end of the event, participants can take their bags / plastic bags from the organizers after showing their BIB number.

If they do not appear to take the bag within 12 hours after the race, it will likely be subject to destruction due to hygienic reasons.

10. CONTROL AND REFRESHMENT STATIONS

There are a total of 9 stations or checkpoints and first aids for runners in approx. every 10Km on 100Km path.

At these points participants will be scanned / registered, and will receive appropriate health care, food (fruit, cakes, salt, etc.), water and other refreshing drinks.

Control at each of the checkpoints of race is mandatory.

Anyone who does not appear in any of the checkpoints will be disqualified from official events. Only numbered participants are allowed to be served at these stationary points.



STATIONS Refreshment and Control Points	SERVICES	TOTAL DISTANCE (KM)	DISTANCE To the NEXT STATION (KM)	ALTITUDE GAIN (METERS)	ALTITUDE GAIN to the NEXT STATION (METERS)	ETA IN STATIONS
Prekaz START 100km & 14km 42.753595, 20.805479		0	10	0	226	13:00 (03-03-18)
Baks 42.717330, 20.871371		10	4.9	226	73	14:40
Likoshan Finish 14km 42.698729, 20.892219		14.9	8.2	299	118	16:00
Terstenik 42.665239, 20.838599		23.1	5.1	417	189	17:10
Abri e Epërme 42.637797, 20.791553		28.4	12.2	606	158	18:40
Gllarevë 42.589495, 20.679421		40.5	12.5	764	83	22:20
Hotel Nora – KlinA Start 50km 42.592730, 20.567996		53.1	8.1	847	164	23:40
Glllogjan in Klina 42.565555, 20.491241		61.3	16.7	1011	268	02:00 (04-03-18)
Glllogjan Start 21km 42.509483, 20.363052		78	11.4	1279	152	05:30
Junik 42.476048, 20.277122		89.5	6.1	1431	276	07:30
Hotel Koshare – Batushë 42.457972, 20.243847		95.7	4.2	1707	350	09:00
Koshare FINISH 100km, 50km & 21km 42.454849, 20.212276		100	0	2057	0	11:00

11. TIME LIMITS

- **14 K Run**, the official time limit for completing the race is 3 hours after the start (arrival at finish, local time 14:00, date 03.03.2018).
- **21 K Run**, the time limit for completing the race is 6 hours after the start (starting at 0500 and reaching the finish at 11:00 local time, 04.03.2018)
- **50 K Run**, Deadline for completion of the race is 11 hours after the start (starting at 23:40 and reaching the finish at 11:00 local time, date 04.03.2018)
- **100 K Run**, the scheduled time limit is 22 hours after the start of the race (beginning at 13:00 and reaching the finish at 10:00 – 12:00 local time, dated 04.03.2018).



Only at the checkpoints Hotel "Nora" and Glllogjan the transport will be provided for those racers who are unable to continue the race or have failed to meet the deadline set by the organizer.

12. MARKINGS AND NAVIGATION

White and red ribbons are the official signs for orientation or marking during the run and they will be placed in the proper distance so that the participants do not have any major orientation problems.

These signs are likely to be reinforced with additional fluorescent ribbons that guarantee nighttime viewing (near 12 hours will run in the dark).

It is allowed and recommended to use GPS navigation and Google maps in order for the participants to have additional security in orientation. However, GPS orientation is approximate orientation due to changes in the ground condition small adjustments can be made to the path because the event is officially considered a sign - red and white signaling.

If any of the participants are separated from the group, it continues and loses the mark, it is advisable for the same to return to the last point where there was a sign and from it to look carefully at the sign in the other direction.

It should be borne in mind that during this run the survival skills should be used and the proper psychological preparation, in addition to the physical must be in function because not everything will be perfect in one mountain trail where the atmospheric conditions and terrain can present certain difficulties over a period of time.

13. EVENT PHOTOS

By adhering to these rules, each participant acknowledges that the name, photo on all media and social networks can be used either by the organizers or sponsors of this event for promotional purposes, as well as waiving their copyright claim on official photos of the event.

Therefore all official photographs of the event are the property of the organizer and they should not be used and taken without prior approval. The organizer has the right to use these pictures for their needs.

14. ENVIRONMENTAL RESPONSIBILITY

Running the "Trail of Hope" will be an event that also requires responsive environmental behavior.



As an organizer, we appeal to all of you, the volunteers and the public, to be extremely careful and not to pollute the environment by dumping or leaving garbage or clothes in inappropriate places.

Participants who need to throw garbage should bring the garbage and leave them to the next checkpoint or leave them in their personal bags until they find an adequate point to throw.

Let's try to make our behavior an example to others and to contribute to the nature and the environment being clean and unspoiled - for us and for future generations.

15. DISQUALIFICATION

The organizer has the right to consider disqualifying a participant in the following situations:

- The participant is NOT registered at one of the checkpoints.
- Intentionally aims at road cuts along the path.
- Does not help a participant who needs help.
- Use a transport vehicle along the path, without being force due to health conditions.
- Opposes controls from organizers during the event.
- Lack of compulsory equipment or refuse to show it in a possible inspection by volunteers.
- It violates an order of a competent person – organizer or medical assistance personnel.
- Changes the path marking by deviating other or the group from the marked path.

16. THE RIGHTS OF THE ORGANIZER

The organizer reserves the right to modify and change the race path, checkpoints and start times at any time due to objective reasons.

If any undesired weather (potential storm or bad weather conditions), the organizer reserves the right to make changes to any part of the route or cancel the event.

The start of the event can also be changed for several hours or postponed due to undesirable weather conditions.

KTRA, Prishtina, 20 January 2018