

**The Regulations**  
**of the 10<sup>th</sup> Charity Running with UMED**  
**organized by the Medical University of Łódź**

**Date:** 16<sup>th</sup> of May 2026 (Saturday), from 10:00 until 12:00 a.m.

**Start:** At 10:00 o'clock a.m.

**Contact:** [umed@azs.lodz.pl](mailto:umed@azs.lodz.pl)

**I. THE ORGANIZER**

1. The organizer of the event entitled 10<sup>th</sup> *Charity Running with UMED*, hereinafter referred to as "Running with UMED" or "the run" is the Medical University of Łódź, hereinafter referred to as "the University".
2. The co-organizers are: Academic Sports Association (AZS) Environmental Organization (Organizacja Środowiskowa) in Łódź, hereinafter referred to as "AZS Environment", and the Foundation for the Medical University of Łódź. The terms and scope of cooperation between the organizer and the co-organizers are governed by the Cooperation Agreement.
3. Information on Sponsors of the run will be made available on the *Running with UMED* website: <http://www.umedbiega.umed.pl/>.
4. An Organizing Committee is appointed for the duration of the run, consisting of representatives of the organizer and co-organizers.

**II. THE AIMS**

1. Promoting running as the simplest form of exercise.
2. Collecting funds for charity; the organizer of the run will donate the money collected during the run to charity.
3. Promoting physical activity and healthy lifestyle in the University's community.
4. Integration of the University's community.

### III. THE DATE AND PLACE

1. The run will take place on 16<sup>th</sup> of May 2026, in Łódź, in Park 3. Maja/ Baden Powell Start/ finish by the MOSiR hall, 5/7 Małachowskiego Street.
2. The date, including the start time, and/ or place of the run may be changed. The run may be cancelled in case of circumstances that could not have been foreseen at the date of publication of these Regulations or due to force majeure (e.g. unfavorable weather conditions, decisions of law enforcement or rescue services).
3. If the event is cancelled due to the sole fault of the organizer, the organizer shall refund the "donation" referred to in chapter IV, point 7.
4. The place, starting time and the detailed route of the run will be available on the *Running with UMED* website: <http://www.umedbiega.umed.pl/>.
5. The length of the route is **5 km and 100 m**.
6. The time limit to complete the route is **1 hour**.
7. Time will be measured electronically by means of a starting number issued by the organizer to each participant containing a chip enabling speed measurement.

### IV. THE TERMS OF PARTICIPATION

1. The condition for admitting a participant to take part in the run is being at least 18 years old on the day of the event and signing a declaration of no contraindications to participate in the run. The declaration should be printed and submitted personally by the participant when the participant receives the starter package, referred to in the further parts of the Regulations. The template of the declaration is attached as *Appendix 1* to the Regulations.
2. Applications for participation in the run will be accepted on the basis of an application form available at: <http://www.umedbiega.umed.pl/>.
3. Applications will be accepted until the limit of places is reached. For those who sign up after the 1<sup>st</sup> of April 2026 the organizer does not guarantee full participation packages.
4. The number of places in the run is limited. Participation in the run is determined by the order of applications and the date of payment of the entry fee, for which the participant has two working days. After this deadline, in case of no payment, the application will be canceled and the next person from the reserve list will be qualified for the vacant place. The maximum number of participants is 700.

5. Registration of participants made on the day of the run at the Event Office will only be possible in case of available places. A participant registering on the day of the run will also be issued a start package, subject to point 3.
6. A successful application is considered to be the completion of all of the following steps:
  - 1) getting acquainted with the provisions of these regulations, in particular the terms of participation, and filling out the application form.
  - 2) submitting a signed declaration of no contraindication to participate in the run.
7. The voluntary "donation" fee will be entirely given to the charity referred to in part II, point 2.
8. As a part of the participation package referred to in point 1, every participant will receive: a starting number, a T-shirt, a bag and a commemorative medal, as referred to in part VII, point 1.
9. The participation package might be collected on 11-13 of May 2026, between 2:00 p.m. and 7:00 p.m., in the Sports Center of Medical University of Łódź, 6 Sierpnia St. 69, room number 11, ground floor. The Event Office is responsible for coordination of the run, the registration and verification of participants, as well as the distribution of materials, referred to in points 8 and 9.
10. The organizer has the right to refuse the participant to take part in the run in case of doubts concerning their health. The decision of the organizer is final.
11. The organizer shall ensure that the personal belongings of the participants may be kept in a depository at a specially designated place during the run. The organizer will not accept for deposit valid documents or valuables. Items left in the depository must be packed and marked with the correct starting number of the participant. Collection of belongings left in the depository will be possible upon presentation of the participant's start number and identity card/student ID/employee ID.
12. Before the start of the run all participants are obliged to wear the T-shirt and the start number received in the participation package and remain in it during the run and after its completion. It is forbidden for a participant to be present on the route of the run without the mentioned T-shirt and starting number.
13. For safety reasons it is not possible to hand over the start number to another person or exchange of starting numbers between participants.
14. It is forbidden to bring intoxicants, illegal substances, performance-enhancing drugs, alcoholic beverages of any kind and objects that may pose a danger to other participants or third parties to the place of the run. Persons found to have consumed or possessed any intoxicants, illegal

substances, alcoholic beverages or dangerous objects will not be admitted to participate in the race.

15. All participants are required to arrive at the place of the run on their own and at their own expense.
16. During the run, participants have to follow the instructions of those responsible for safety, law and order services, medical services and persons acting on behalf of the organizer.
17. The organizer of the run does not issue VAT invoices.

## **V. TIME ZONES OF THE RUN**

1. Participants will be classified into time zones based on their official net finish time.
2. The following time zones are established:
  - 1) Zone 1 – finish time up to 20 minutes;
  - 2) Zone 2 – finish time over 20 minutes to 25 minutes;
  - 3) Zone 3 – finish time over 25 minutes to 30 minutes;
  - 4) Zone 4 – over 30 minutes.
3. Participants are automatically assigned to a given time zone based on their recorded time.

## **VI. THE GROUPS OF PARTICIPANTS**

1. The participants will be classified into four groups:
  - 1) **Student** – participants with a valid student status at the university on the day of the race
  - 2) **Graduate** – participants who have completed their studies at the university, regardless of the year of graduation
  - 3) **Employee** – participants who are employed by the university on the day of the race or work for it under another legal basis
  - 4) **Open** – includes all other participants who do not meet the criteria for student, graduate, or employee.
2. Belonging to the appropriate category is based on the data provided by the participant during the registration process and may be subject to verification by the organizer.

## **VII. CLASSIFICATION AND AWARDS**

1. All participants who complete the run will receive commemorative medals.
2. The winners of places I-III will receive prizes, in the following categories:

- 1) Medical University of Łódź male student;
- 2) Medical University of Łódź female student;
- 3) Medical University of Łódź female graduate;
- 4) Medical University of Łódź male graduate;
- 5) Medical University of Łódź male employee;
- 6) Medical University of Łódź female employee;
- 7) Open women;
- 8) Open men.

## **VIII. PERSONAL DATA PROTECTION**

1. Personal data will be processed in accordance with the principles set out in Regulation (EU) 2016/679 of the European Parliament and of the Council of 27 April 2016 on the protection of natural persons with regard to the processing of personal data and on the free movement of such data, and repealing Directive 95/46/EC (hereinafter referred to as the GDPR or Regulation), and the Act of 10 May 2018 on the Protection of Personal Data (Journal of Laws, item 1000), hereinafter referred to as the Act.
2. The administrator of the participants' personal data is the Medical University of Łódź the Medical University of Lodz, Al. Kościuszki 4, 90-419 Lodz, NIP: 725 18 43 739, REGON: 473 073 308 (hereinafter referred to as UMED). The administrator can be contacted via the contact details provided or by email: [umed@umed.lodz.pl](mailto:umed@umed.lodz.pl).
3. In connection with the implementation of the event, the administrator processes the following data of participants: name, surname, date of birth, telephone number, e-mail address, T-shirt size, optionally the shipping address of the starter package.
4. In order to properly protect personal data, the Data Administrator has appointed a Data Protection Inspector that can be contacted at the e-mail address: [iod@umed.lodz.pl](mailto:iod@umed.lodz.pl)
5. The personal data of *Running with UMED* participants will be processed for the purpose of organizing and conducting the run, conducting promotional activities and will not be made available to third parties.
6. The basis for the processing of the participants' data for the purpose of performance of the agreement under these Rules and Regulations is Article 6(1)(b) RODO, i.e. the processing is necessary for the performance of the agreement to which the data subject is a party. For the purposes of using the image and within the scope of data which the participant has

voluntarily provided to the Administrator, the basis for processing is Article 6(1)(a) of RODO - the person to whom the data refer has consented to processing. For the purposes of defending, establishing or pursuing claims, the basis for processing your data is Article 6(1)(f) RODO - processing is necessary for the purposes arising from the legitimate interests of the Administrator.

7. The participant has the right to:
  - 1) access to the content of their data and their rectification, erasure or restriction of processing, objection to data processing, as well as the right to data portability with regard to personal data processed under contract or voluntarily provided to the Administrator;
  - 2) withdraw consent to the processing of your personal data at any time, without affecting the lawfulness of processing carried out on the basis of consent before its withdrawal - if, in connection with the participation in the event, processing of the data takes place on a voluntary basis consented to by the participant;
  - 3) lodge a complaint to the supervisory authority - the President of the Office for Personal Data Protection, if he considers that the processing of his personal data violates the provisions on personal data protection, including RODO.
8. Participants' personal data collected for the purpose of the agreement shall be processed for the time indicated by the legal regulations for the assertion of potential claims. Personal data processed on the basis of consent will be processed until the participant effectively withdraws consent.
9. Providing personal data is voluntary but necessary to take part in *Running with UMED*. Failure to provide the data makes it impossible to participate in the run.
10. All information regarding participants, obtained by the organizer and included in the application form, will be saved electronically and used in accordance with the provisions of the Regulation and the Act.
11. If participants' images are posted for promotional purposes on social media platforms, particularly Facebook and Instagram, these data will be processed in accordance with the terms and conditions and privacy policy of the operator of these platforms (Meta Platforms). The administrator has no influence on the principles, scope, or location of data processing by Facebook, which may also process data outside the European Economic Area, in accordance with its own rules on cross-border data transfer. The organizer reserves the right to use photographic materials related to the event on its website, provided that such materials do not

violate public image rights. Separate consents are required for participants' images used for race promotion purposes.

12. The participant consents to the public announcement of the race results.

#### **IX. RESPONSIBILITY**

1. The organizer has a current civil liability policy.
2. Each participant takes part in the race at their own risk and bears the related risk. All participants acknowledge that participation in the run involves physical effort and entails an inherent risk and danger of accidents and personal injury and physical injuries (including death), as well as property damage and losses.
3. The participant is fully responsible for all damages caused by him through their own fault, to other Runners or third parties.
4. The organizer and co-organizers, in connection with the organization and running of the race, shall not be liable for personal, material or property damage to the participants or third parties caused by the participants or third parties through their fault, either during the preparation for the run, during the run or after the run.
5. The organizer does not provide the participant with life, health or civil liability insurance against illness, accident, injury, death or damage that may occur in connection with the participant's presence or participation in the run. The participant waives the right to pursue any claims for compensation against the organizer or co-organizers in the event of damage caused by the participant through intentional fault in connection with participation in the run.

#### **X. THE FINAL PROVISIONS**

1. The organizer of the run does not provide participants with sports equipment.
2. By filling in the application form, the participants declare at the same time that all personal data provided by them in the application form are complete and true.
3. The participants undertake to get familiar with these Regulations and to abide by their provisions, in particular the conditions of participation contained herein. Sending an application form is tantamount to accepting the provisions of these Regulations.
4. Failure to comply with the provisions of these Regulations may result in the participant's disqualification from the run.
5. Taking part in the race is tantamount to the participant's consent to the publication of his/her

image for purposes related to participation in the race, and therefore, for advertising purposes promoting the activities of the organizer, including the use by publishing materials collected during the race on the Internet and in radio and television broadcasts and other such commercial needs.

6. The organizer reserves the right to use all photos, film materials, interviews, and audio recordings of the race participants free of charge worldwide. These may be used by the organizer by placing them on media such as CDs, DVDs, in catalogs and media, on websites, in newspapers, and at exhibitions, as well as for purposes related to promoting the event hosted by the organizer.
7. The participant expresses his/her free consent to the above recording of the event with his/her participation (including the use of his/her image) for archiving purposes or future promotional or marketing activities of the organizer, and subsequent dissemination for archiving purposes or promotional or marketing activities.
8. The image will be disseminated for the above purpose using a specific method and in any quantity, including printing, polygraphy, and digital techniques in the form of prints, posters, banners, etc., as well as through public exhibition, display, reproduction, broadcast, and rebroadcast, and making it publicly available in such a way that anyone can access it at a place and time of their choosing, including via the Internet and in any manner, in particular by using it in the course of activities related to the organizer's performance, including promotional or marketing activities. The above consent is not limited in terms of time, place, or number of copies, nor is it subject to any fees payable to the participant.
9. The organizer reserves the right to change the provisions of these regulations, but no later than the day before the race day; the organizer is obliged to immediately inform participants and all persons involved in the preparation and organization of the event of any change to the provisions of the regulations.
10. The organizer's decisions are final and not subject to appeal.
11. These Regulations come into force on the date of their announcement.

**STATEMENT**

I, the undersigned.....

declare that there are no health/ medical contraindications to take part in the run  
and I take full responsibility for my health condition during the: *10<sup>th</sup> Charity Running  
with UMED*, and furthermore:

**NOTE:** In order to participate in the above event, please mark the required fields with an "X").

- I declare that I am at least 18 years old on the day of the race.
- I have read the terms and conditions of the Competition Regulations and I fully accept them.\*

\*required fields

Łódź, on .....

/the date/

.....

/legible signature of the participant/