



PARSEŃA RIVER TROPHY 2024



"WHERE EAGLES DARE – CONQUER THE WATERS, CONQUER YOURSELF! "

NOTICE OF THE RACE (NoR)

Published: 29th March 2024

Last amendment: none

List of changes – see NoR P.19

1. LOCATION, ORGANISER, DATE, PURPOSE

- 1.1. Locations on the Parseta river:
 - a. START of the 43km marathon: [Karlino, kayak marina at Parseta](#)
 - b. START of the 23km half-marathon: [Bardy, bridge, northern bank of Parseta](#)
 - c. FINISH common for both distances - [Kołobrzeg, Harbour Bridge at Marina Solna](#)
- 1.2. Organiser: Water Sports Academy mksailing.pl in cooperation with the CANOA CUP
- 1.3. Date: 5th August 2024, Monday.
- 1.4. "Parseta River Trophy" is a pilot project aimed at popularizing river rafting, integrating the kayaking and SUP societies and promoting Parseta river. The organisers will strive to transform it into a mass event.
- 1.5. The 43km marathon is dedicated for advanced competitors who can maintain a pace of at least 6 km/h for 6 hours of paddling. The 23km half-marathon is dedicated for participants with experience in rafting.

2. RACE RULES

- 2.1. The competitor shall compete in compliance with recognized principles of sportsmanship and fair play.
- 2.2. The board and the kayak must be powered by a paddle only.
- 2.3. The competitor will not use external assistance.
- 2.4. The competitor must not impede another competitor during the race. The overtaking competitor must not interfere with the overtaken competitor.
- 2.5. SUP drafting will be permitted for the same gender.

3. AGE CATEGORIES

- 3.1. OPEN (SUP & Kayak) – no age restrictions.
- 3.2. Junior U18 (SUP & Kayak) – born after 5th August 2006.
- 3.3. Master M40 (SUP) – born before 6th August 1984.



- 3.4. Grand master GM60 (Kayak) - born before 6th August 1964.
- 3.5. Minimum of 4 competitors or 4 tandems of the same gender taking part in a race will be required to create an age category.

4 . APPLICATIONS, REGISTRATION, CONDITIONS OF PARTICIPATION, ENTRY FEE

- 4.1. Applications are accepted by completing [Registration Form](#) and paying the entry fee.
- 4.2. Competitors must provide the following documentation before completing the registration formalities by 5th August 2024 at 0900:
 - Proof of identity / citizenship,
 - Consent of a parent/legal guardian - for those under 18 years of age. Addendum J.
- 4.3. Conditions of Participation. Registration for the competition is tantamount to acceptance of this NoR. By registering for the event, the competitor declares that:
 - 4.3.1. will not participate in the event under the influence of alcohol or drugs that impair psychomotor skills,
 - 4.3.2. there are no health contraindications to practicing water sports, especially kayaking and SUP, performing physical exercise, and participating in sports competition,
 - 4.3.3. at the time of the start, his/her health condition is good and participation in the marathon does not constitute a threat to his health and life, and that he does not have any chronic or other diseases that would disqualify him from taking part (cardiovascular diseases, respiratory diseases, injuries and post-traumatic conditions, diseases osteoarticular and other not mentioned, constituting a contraindication to physical exercise and participation in sport competition),
 - 4.3.4. was informed about the threats on the river,
 - 4.3.5. will comply with safety regulations,
 - 4.3.6. has valid third-party liability and accident insurance,
 - 4.3.7. she/he can swim very well and takes part in the race at his own risk.
- 4.4. On behalf of a minor, the provisions of the NoR are accepted by an adult who is a parent or legal guardian and, additionally, by a guardian (coach) under whose care the minors remain during the event.
- 4.5. The organisers reserve the right to accept, reject and cancel competitors' applications to take part in the competition. The organiser may remove the competitor from the race if the competitor is assessed as physically unfit to continue racing without the risk of injury.
- 4.6. The organiser reserves the right to shorten the route or cancel races for reasons beyond its control. In such a case, the entry fee is non-refundable.
- 4.7. Entry fee. For competitors of PBSR™ 2024, the entry fee is €15, for other participants (paid per person) until 21st July = €25 and from 22nd July = €35. The entry fee in Euro IBAN PL 59 2490 0005 0000 4001 0013 1303 SWIFT code: ALBPPLPW. The bank transfer title should state: "PRT2024 / name, surname".
- 4.8. Kayakers who requested a transport will be shipped with the kayaks from Kołobrzeg



to Bardy and Karlino after the closing ceremony around 1800 (additional fee 12€).
Contact the rental company: <https://kajaki.kolobrzeg.pl/kontakt>

Transportation free of charge of SUP paddlers to the start locations in Bardy and Karlino will take off from Kołobrzeg at 0900. When registering you must declare the need for transportation.

- 4.9. It will be prohibited to take any animals on board.

5. SCHEDULE

<i>Date</i>	<i>Activity</i>	<i>Hours</i>	<i>Place</i>
5.08.2024 Monday	Start SUP marathon 43km	1030	Karlino, kayak marina
	Start kayak marathon 43km	1100	Karlino, kayak marina
	Start SUP/kayak halfmarathon 23km	1100	Bardy, bridge
	Official closing ceremony	1700	Kołobrzeg, Marina Solna

6. EQUIPMENT

- 6.1. **Only inflatable boards** and single-blade paddles will be allowed to compete in SUP.
- 6.2. All types of kayaks and canoes will be allowed to compete in the kayak competition, provided they are used as intended (e.g. there must be two people in a two-person boat).
- 6.3. Those renting a kayak with a paddle and a vest should contact the rental company directly <https://kajaki.kolobrzeg.pl/kontakt> The number of single or double seated kayaks is limited. The cost of renting a kayak with transport from Kołobrzeg to the starting line is €17 per person. Transport will leave the rental office at [Stara Kuźnia](#) at 0900.
- 6.4. The use of phones, cameras, timers, compasses, trackers and devices recording and broadcasting satellite positions will be allowed.
- 6.5. Mandatory safety equipment:
- 6.5.1. kayakers: buoyancy vests and mobile phones,
- 6.5.2. SUP paddlers: mobile phones,
- 6.5.3. SUP juniors: safety vests or buoys and mobile phones,
- 6.6. Recommended safety equipment for all participants: vests buoyancy, helmets. We do not recommend using leashes as they may be dangerous when overcoming obstacles on the river.

7. SAFETY RULES

- 7.1. The competitor is obliged to start with a mobile phone turned on and to have saved the phone number of the organiser and the rescuer from the safety boat. These phone contacts will be given in the last update before the race.
- 7.2. Races may be stopped, postponed in the event of circumstances that pose a threat to competitors.
- 7.3. The competitor who, for any reason, decides not to continue the race must notify the safety boat and, if possible, wait for the boat and return her/his starting bib.
- 7.4. There will be no checkpoints. The peloton will be followed by a safety boat with



rescuers. The boat will navigate at the minimum pace allowing it to finish the race in the regular time.

- 7.5. Passing the competitor paddling too slowly, the boat will take her/his starting bib, record the time of "taking off the race" and instruct her/him on how to get to Kołobrzeg. The competitor will be able to continue rafting being excluded from the racing.
- 7.6. It will be possible to ship spare dry clothes (in a limited quantity) from the start to the finish, but it is recommended to have a change of clothes in the kayak.
- 7.7. There will be no food points on the route. The organiser will prepare a barbecue in Marina Solna on arrival.

8. START AND FINISH, STARTING PROCEDURE

- 8.1. Type of start will depend of the number of competitors and conditions at the shore:
 - 8.1.1. start SUP Le Mans from the beach – the paddle and board placed on the shoreline. The competitor's feet do not cross the starting line, which will be at least 20 m from the shoreline. After the starting signal, the competitor runs to the board and takes her to the water.
 - 8.1.2. start Kayak and SUP from the water. No part of the kayak or the board exceeds the starting line (a line stretched at a height of 3m across the river).
- 8.2. Finish line on water: the SUP competitor finishes the race in a stable standing position when the nose of his/her board crosses the finish line. The kayaker finishes the race when the bow of his/her boat crosses the finish line. The finish line between the buoys.
- 8.3. Starting procedure:

<i>Signal</i>	<i>Meaning</i>	<i>Type of sound</i>
Preparations	60 seconds to go	Three short ■ ■ ■
Warnings	20 seconds to go	Two short ■ ■
Start	at any time within 20 consecutive seconds.	One long ■■■■■
False start	Return to the starting line	Five short ■ ■ ■ ■ ■

9 START AND FINISH LINE TIMES

<i>A type of race</i>	<i>Starting line closes after</i>	<i>Finish line closing time</i>
SUP marathon	5 minutes	6h30m after the starting signal
SUP half-marathon	5 minutes	6h00m after the starting signal
Kayak marathon	5 minutes	6h00m after the starting signal
Kayak half-marathon	5 minutes	6h00m after the starting signal

10 PENALTY SYSTEM AND PROTESTS

- 10.1. The penalty for breaching the rules will be disqualification from the race or a time



penalty.

- 10.2. The competitor will be DISQUALIFIED IN THE RACE for:
 - 10.2.1. using external assistance or third parties not participating in the race,
 - 10.2.2. failure to use mandatory safety equipment,
 - 10.2.3. competing with gear not compliant with P.6,
 - 10.2.4. competing in a wrong starting bib or without a bib,
 - 10.2.5. violation of the fair play principle.
- 10.3. The competitor will receive a TIME PENALTY added to her/his finish result for breaching the rules: 2.1.2, 2.1.3, 2.1.4, 2.1.5, false start, causing a collision.
- 10.4. Time penalty (minutes added) will be given according to the table below:

<i>Type of breach</i>	<i>Penalty in minutes</i>
Illegal overtaking/obstruction	1
Causing minor collision	1
False start	5
Illegal drafting	1

- 10.5. Other rule breaches not listed may also result in a time penalty at the discretion of the judges. Such a time penalty will be three time longer than the advantage gained by breaching the rule.
- 10.6. The competitor may protest against another competitor after finishing. She/he shall provide her/his number and the number of the protested competitor to the judge asap. Then, within 15 minutes, she/he must hand over the protest form. Protests will be heard with both sides of the protest prior to the closing ceremony.

11 RANKING

The final ranking of each race will be determined by the place at the finish line of a given race after taking into account time penalties. The competitor who not finish will receive a DNF result. The disqualified competitor will get DSQ result.

12 PRIZES

- 12.1. Commemorative medals are provided for all competitors. Winners will get diplomas indicating their rank in the marathon or half-marathon and age category.
- 12.2. Diplomas will be awarded for constituted classes and age categories only.

13 IDENTIFICATION AND ADVERTISING

- 13.1. During races, the competitor will wear a starting bib worn over any other clothing, wetsuit and vest in a way that allows the bib number to be read.
- 13.2. The competitor and his equipment may show advertising of their sponsors and clubs.
- 13.3. The competitor and his equipment will not show advertisements from paddling events other than Parsęta River Trophy, Planet Baltic SUP Race and Canoa Cup.



14 COMMUNICATION

- 14.1. The Official Notice Board here: [online ONB](#)
- 14.2. General information is available on:
[Parseta River Trophy Facebook SITE](#)
[Parseta River Trophy Facebook EVENT](#)
[Canoa Cup SITE](#)
- 14.3. Communication between competitors, the regatta committee and the organisers will be carried out by Telegram communicator. Download it from [GooglePlay](#) or [AppStore](#). Then join us: [Telegram „Parseta River Trophy 2024“](#)

15 MEDIA RIGHTS

By registering for the event, the competitor and her/his accompanying persons agrees to a free use of their image by the organiser and sponsors in photo, film and other promotional and media materials recorded during the event and related to the event in all fields of use in accordance with the GDPR.

16 DOPING

The organiser is clearly against doping practices in sport for ethical and medical reasons and fully supports the Olympic Movement and the Polish Anti-Doping Agency in the fight against the use of prohibited substances and doping methods. The organiser adheres to the Polish Anti-Doping Agency code as a means of ensuring a clean, healthy and fair atmosphere during sports competitions.

17 LIMITATION OF LIABILITY

All participants take part in the event at their own risk and responsibility. The organiser, partners and sponsors, the judging panel or any party related to the organization of the event are not responsible for any loss, damage, loss of health or inconvenience to persons or things, both on land and on water, resulting from participation in the event. None of the activities performed or not performed by the organizer exempts the event participants from liability for any damage caused by the participant or her/his equipment.

It is the individual decision and responsibility of each competitor to decide whether to start or stop it at any time, taking into account the safety of themselves, other event participants and third parties.

Each competitor or her/his representative agrees to these conditions by completing the application form.



18 CONTACT DETAILS

Water Sports Academy www.mksailing.pl

📍 ul. Warzelnicza 1, 78 - 100 Kołobrzeg

Marcin Koc mk@mksailing.pl ☎ +48 504 199 272

Ewa Wower-Koc ek@mksailing.pl ☎ +48 503 978 857

CANOA CUP Kayaking Association www.canoa.com.pl

Piotr Rosada piotr.rosada70@gmail.com ☎ +48 662 322 413

Kayak rental company and transport at Kuźnia: <https://kajaki.kolobrzeg.pl/kontakt>

Antoni Gabryjałowicz antonigab@wp.pl ☎ +48 608 331 463. Location of “[Kuźnia](#)”

Copying, processing and distributing these regulations in whole or in part without the consent of the organiser is prohibited.

19 LIST OF CHANGES

29.03.2024 – first publication



PRACTICAL INFORMATION (this is not part of NoR)

The idea of Parsęta River Trophy was born two years ago after another intense edition of the Planet Baltic SUP Race™. The competition lasted two days, but we actually worked non-stop for a week. We missed SUPing very much, so the next day after the event we dropped everything, went to Byszyno and let Parsęta's current to take us down the river. It was one of the best days on the boards we remember.

We returned to the topic inspired by the exploits of our neighbor from Białogard, Piotr Rosada, who is the most successful long-distance competitor in Poland, a medalist of ultra kayak marathons (including Vöhand Marathon) and the organizer of Polish marathon kayak series since 2011. We met with Piotr, did some paddling together and now we are presenting our common vision.

Parsęta River Trophy is a pilot project to create a cyclical event for a wide range of kayakers, rowers and SUP paddlers who would like to test themselves on long river rafting. We see the growing popularity of mass river marathons around the world, but in Poland we have never had such a race. We envied Czech friends of Krumlov River Marathon, where 1,506 paddlers took part last year. Estonia has its iconic Vöhandu Marathon (1,073 paddlers in 2023). Our southern neighbors started in 2003 with 86 paddlers. Let's try to do something like them together in Poland. We have all the instruments to organize such a large event: you, the charming river and the cooperation of experienced organisers.

Parsęta is the popular river among kayakers in Poland. We want to take advantage of the fact that top SUP paddlers from Poland, the Czech Republic and other countries come to Kołobrzeg for the iconic competition - Planet Baltic SUP Race™. The three-day competition ends on Sunday, 4th August so it's good opportunity to stay for another day of racing.

Karlino-Kołobrzeg section of Parsęta is an undemanding lowland river, but the degree of difficulty increases at low water levels and with the number of possibly fallen trees. In summer, the river level is low. Fallen trees may lie across or diagonally across the river, but they usually do not block the river completely. The Karlino-Bardy section is slightly meandering and easy for rafting. There is a chance of meeting white-tailed eagles that have nests in this area. The section between Bardy-Kołobrzeg is even easier.

During holidays, Parsęta is a popular place for rafting. Kayakers make on meter wide corridors to "unclog" the free flow. However, it may happen that a beaver will make a dam foundation the morning before the race. We saw beavers tearing down trees in front of our eyes. Gusty winds may also cause trees to fall. There is no guarantee that the river will be completely free from blockages.

For the above reasons, in the first edition of the Parsęta River Trophy we allow inflatable SUP boards only. After this year's competition, we will decide together whether we use hard boards next year. We recommend using touring or race boards with normal fins. There is no need to start on slow white-water boards or the ones with short fins.

This year we want to reward all participants with commemorative medals and the winners with diplomas. We start modestly, but we believe that it will only get better every year. The biggest reward will be completing the Parsęta River Trophy.



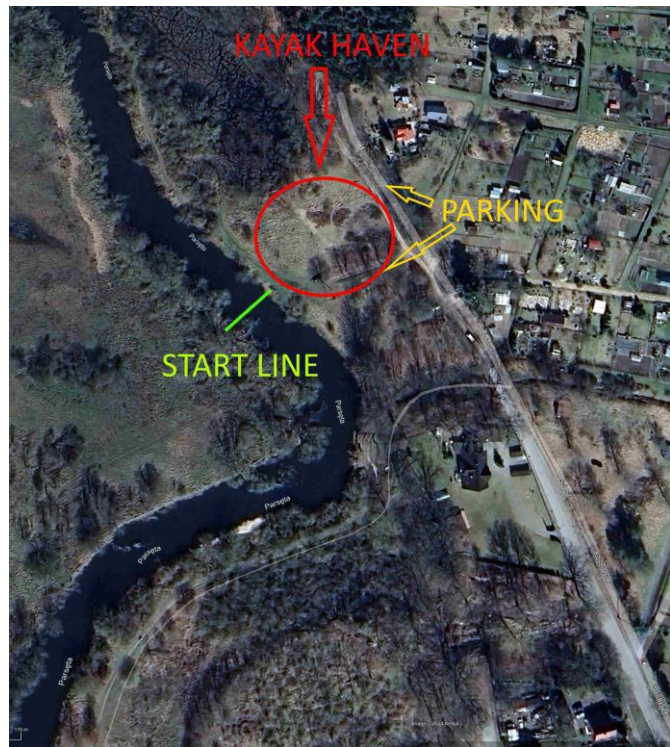
Karlino-Kołobrzeg 43km marathon "Where Eagles Dare"

The marathon is dedicated to advanced competitors. The ability to paddle at an average speed of 6 km/h for 6 hours (on slack water) is required to meet the finish time limit.

One portaging for SUP paddlers is located in Pyszka, 13.5 km from the start. Cross the portaging along the stone quay on the right side of the river. Bypass walk is 40 meter long. The Pyszka portaging is not an obstruction for kayakers.

The average current of the Parsęta river in the summer is 1.5 km/h. In Kołobrzeg, under the bridge at Młyńska street, the current reaches 5-7 km/h. This section is recommended to paddle in a kneeling or sitting position through the right span of the bridge. A lifeguard will be securing this dangerous place.

Starting line - Karlino kayak marina behind a house no.50 at Kosciuszko street.



Characteristic points on the route, counted in kilometers from the starting line:

1. Karlino bicycle bridge - 2.0 km
2. Wrzosowo road bridge – 9.5 km
3. Pyszka portaging – 13.5km – SUP portage 40m along the right bank.
4. Bardy road bridge – 19.0km
5. Ząbrowo road bridge – 27.0 km
6. Kopydłówko footbridge – 31.0km
7. S6 motorway bridge – 35.0km
8. Kołobrzeg circular road bridge – 40km
9. Kołobrzeg Młyńska road bridge – 41km
10. Kołobrzeg Łopuskiego road bridge – 41.5km
11. Kołobrzeg Solna road and railway bridge – 42.5km
12. FINISH – Kołobrzeg Harbour Bridge near Marina Solna – 43km



Bardy-Kołobrzeg 23km half-marathon "Where Eaglets Dare"

The half-marathon is intended for participants who have experience in competitions and over such long distances.

Attention: on the meandering sections of the river between Pyszka and Ząbrowo, pay attention to underwater or protruding bollards spurs located just behind the river bends. The difficulties caused by their occurrence depend on the water level. Lower level = more attention to be paid.

In Kołobrzeg, under the bridge at Młyńska street, the current reaches 5-7 km/h. This section is recommended to paddle in a kneeling or sitting position through the right span of the bridge. A lifeguard will be securing this dangerous place.

Starting line – Bardy road bridge (northern bank)



Characteristic points on the route, counted in kilometers from the starting line:

1. Bardy road bridge - 0.1 km
2. Ząbrowo road bridge - 7.0 km
3. Kopydłówek footbridge - 11.0 km
4. S6 motorway road bridge- 15.0 km
5. Kołobrzeg circular road bridge – 20km
6. Kołobrzeg Młyńska road bridge – 21km
7. Kołobrzeg Łopuskiego road bridge – 21.5km
8. Kołobrzeg Solna road and railway bridge – 22.5km
9. FINISH – Kołobrzeg Harbour Bridge near Marina Solna – 23km

PARSĘTA RIVER TROPHY

Marina Solna 📍 Warzelnicza 1 street, Kołobrzeg [GPS N54°10'47"; E015°33'37"](#)

You will find here: the event's office (registration of competitors), two yacht basins, restaurant, barbecue shed, toilets, showers. This is the place of common finish line for both races. Here we will also have barbecue after the racing.



There will be no food stations on both routes. You must bring your **own food and drink** to ensure you finish in good physical condition. We recommend taking a minimum of 2 liters of drinks with you to avoid dehydration. On a hot day it should be at least 3 liters. You will need to protect yourself against sunny, hot or cold, rainy and windy weather. You will be exposed for true elements for a couple of hours.

Google Maps location – we will test sharing the location on Google Maps for all competitors.

Useful links:

[Planet Baltic SUP Race](#) [Canoa Cup](#) [Kołobrzeg City app](#) [Marina Solna](#) [Kajaki Kołobrzeg](#)

See you on Parsęta River on Monday, 5th August 2024!

Marcin and Ewa Koc, Marek, Ela and Aga Rowiński, Piotr and Jola Rosada.



ADDENDUM J PARENTAL / GUARDIAN CONSENT

1.
(name and surname of parent/legal guardian)

.....
(residence address)

.....
(telephone number, e-mail)

2.
(name and surname of parent/legal guardian)

.....
(residence address)

.....
(telephone number, e-mail)

STATEMENT FOR THE ORGANISER OF THE REGATTA – PARSETA RIVER TROPHY 2024

We declare that we, the undersigned, being the legal guardians of the underaged child, agree to participate in the paddle event Parsęta River Trophy on 5th August 2024 in Kłobrzeg by our son / daughter / mentee:

.....
(child's name, date of birth)

At the same time, we declare that he/she has the ability to swim.

1.
(declaring signature)

2.
(declaring signature)

* I declare that I am the sole legal guardian of
(name and surname of son/daughter/ward)

.....
signature of the declarant

*Additionally, to be completed by a single parent raising a child.

place, date: