

# HARD DOG RACE

HARD DOG RACE BASE

14.05.2022 CSLIW POGORIA III



## RACER'S GUIDE

Advantix®

ROYAL CANIN®



Vetfood®

GÓRALKI



DG DABROWA  
GÓRNICZA  
dla aktywnych

## Dear Participant,

This guide serves to make your participation in the race with your four-legged friend by your side as smooth as possible. You'll find the relevant information about things you need to do before the race or when you arrive, about the process of registration and other important stuff.

### Important things to do before the race

Make sure to check all the bullet points below! It would be annoying if you couldn't participate or had to start your day limbering up with 30 squats/page because you forgot something important!

- Check your registration and print the confirmation email you receive after applying. If you cannot print these documents, you may use a smartphone or tablet to present them.
- If you're unsure about the rules of the race, [read them](#) again!
- Visit our home page and download the [Responsibility Agreement](#) and [Privacy Protection Agreement!](#)
- The starting numbers are available at [our website](#).
- If you applied for a discount, don't forget to bring all the relevant documents to validate your eligibility for it.
- Fill out the agreements, enter your starting number in the field in the upper right corner, then sign it.
- Check and prepare the passport or vaccination book belonging to your dog, as well as the deworming papers (unless those are in the vaccination book).
- Don't forget your dog's gear (leash, harness, muzzle if necessary). Prepare a fresh set of clothes and a pair of shoes as well. We guarantee you'll be covered in mud and water before you finish the race.
- On the spot there will be possible to buy something to eat & drink.
- After you've prepared everything, put them in one place so you don't forget anything at home. All duos must have the agreements, the confirmation and the vaccination book. The human member of the duo must also carry a photographed ID. Agreements can be filled out at the race's location, should you have forgotten (fee: 30 squats/page). Without these, you cannot receive your starting package and cannot participate!

### Arrival at the race

<https://www.google.com/maps/place/Centrum+Sport%C3%B3w+Letnich+i+Wodnych-+Pogoria+III/@50.3439912,19.1953509,17z/data=!4m5!3m4!1s0x4716d98db2eb5b19:0x535444a756d3f96a!8m2!3d50.343977!4d19.1975582>

## Parking

We recommend that you arrive at the location 60 minutes before your race starts, so you will have time for everything. Racers have priority when it comes to parking, only they are allowed to drive in to the motocross track area. This does not mean that you're guaranteed to be able to drive in to the inner car park, however. We'll constantly monitor all traffic and let cars in accordingly. We ask for your patience and understanding. Please follow the instructions given by the security team to facilitate the parking.

If you wish to get in as fast as possible, we recommend that you have your application confirmation at hand (not necessarily in printed form, presenting it on a smartphone is accepted). Show it to the guard so they'll let you in if there are any free spots.



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## The most basic rules – whether you participate, cheer for the others or rest

1. In the event's area, dogs must always be kept on a leash, it's forbidden to set them free!

2. If your dog is aggressive or antisocial toward humans or other animals, please muzzle it!  
You're responsible for your dog's behaviour!
3. You're responsible for your own and your dog's physical safety!
4. Everyone has to collect their own dog's droppings and dispose of it in the bins, even in the designated dog potty area. Failure to follow this rule may lead to disqualification from the race!
5. Littering is forbidden! The bins are there so you can conveniently dispose of anything you no longer need. If you're caught littering, you may get disqualified from the race.
6. Only participants may enter the cordoned area, i.e. the track. Please cheer, take photos or make videos from outside the track!
7. Photos and video recordings will be made of the event. You may be featured in these and they may be made public. By entering, you consent to being featured in these recordings that may be freely used by the organisers without limitation or compensation of any sort.
8. We'll try our best to take as many photos as possible, but we cannot guarantee you will be featured in HDR's photos.
9. Smoking is only allowed in the designated smoking areas! Not to encourage you or anything. Quite the opposite, really.

## Registration

There's a possibility to apply at the location on the day of the event, but this depends on the available time slots. Local application fee is 295 PLN for Base race. You can pay this at the local registration in the Racing Centre **only by card!**

Please plan your arrival in a way you can register 1 hour before you start the race. Be mindful of the fact you might have to wait. If there's a long queue, our assistant will prioritise those whose starting time is imminent. Local registration is mandatory, you cannot participate in the race without having done it.

## Registration process

1. Choose the queue pertaining to your starting number, prepare the necessary papers. **Don't forget to keep distance of 1,5m from other racers in the queue.**

First step is a veterinary check-up, a vet will examine your dog's vaccinations, chip, social

behaviour and health. Please open your dog's passport on the page with current vaccinations.

2. This year vet control will be joined with the Registration. So right after vet check we will ask You for all necessary documents. First, your confirmation is checked, then you hand in your Responsibility and Privacy Protection Agreements (original, signed) and your identity is confirmed (valid photographed identity documentation is necessary). If you used a discount, its validity is confirmed at this step as well!

The HDR minor racer's legal representative has given their written permission for their participation in the Race (Parental Responsibility Agreement). The quality of legal guardianship has to be verified by both the minor intending to participate and the guardian with the Race organiser's representative at the Race.

3. If everything's fine, you receive your starting package: starting number, time measuring chip with armband. You'll need to put these on before the race starts **on your wrist**.

4. Once you have your package, you're done.

5. If any of your papers are missing, you need to leave the queue and head over to the problem sorting area. This is where you can get your agreements (fee: 30 squats/page). Get back to the registration queue only when you have your filled-out, signed, witnessed forms!

### **After registration, before the race**

If you have time left until the start, be sure to limber up with your dog. Don't forget that you need to be in the starting area 15 minutes before your race starts! These 15 minutes also serve for you to warm up properly!

If the weather is hot, you should visit the dog showers to cool down your dog's body properly – as well as yours, if you need it. In hot weather, we only allow you to participate if your dog is wet! We'll call your attention to this via PA announcements.

You may deposit your luggage in the locker room, it will be looked after safely. This serves as a changing area as well, if you wish, you may change clothing here. For the racers, this facility is free of charge. Please don't use the bathrooms to change, this is why we set up the changing room!

## Starting

Time slots: the first race starts at 9 AM. Afterwards, up to 44 racers may start every 15 minutes. The last racers start at 1:30 PM.

You'll need to start in the slot you chose at application, you can find your time slot on the starting package's envelope or on your starting number. You need to visibly wear your starting number and your time measuring chip. Without these, you may not enter the starting area! The time slot is checked on your starting number when you enter. There are no par times for the race. Please be mindful of the dogs, they will be excited, maintain a distance of 1.5m. Be very careful to avoid accidents even in the starting zone.

## The track

### Obstacles

The length of the track is approx. 6km and it has 16 obstacles. (Or does it?) There'll be an assistant at each obstacle who will tell you what you need to do if needed, monitors how you execute it, and warns you in case you're not doing it in the appropriate way. Assistants cannot help you physically (i.e. they cannot help you pick up stuff you'll need to carry, they cannot hold on to your dog etc.). Should you get into trouble, however, you can count on them!

It's possible for you to help your four-legged partner with the obstacles: you may pick up your dog 1 m before the obstacle, but you need to put it down within 3 meters of it after you've tackled it. Apart from obstacles, the dog must complete the track on its own legs.

It's forbidden to lift the dog by its hair, skin or any of its limbs! You may lift the dog in your arms, or by – or in – its harness. If the referee at the obstacle decides that you cannot get the dog to complete the obstacle in a humane way, or if the duo is taking long enough with the attempt that they're keeping up the safe progress of the racers behind them, they may mandate the racer to perform squats instead. **From autumn 2019, each obstacle has an individually set value in squats depending on its level of difficulty and the time needed to overcome it.**

The dog must complete the distances between every obstacle on its own feet.

You can only receive help from other racers in the spirit of fair play, not from spectators. Of course, you can help others, too, if you see that they require assistance. If you witness injury or

accident, even if it occurs between two obstacles, provide help to the best of your abilities and notify the next HDR assistant!

If you attempt to cheat at an obstacle or during the execution of the penalty squats, we'll immediately disqualify you from the race! If you leave the track – that is, if you attempt to make a shortcut – we'll immediately disqualify you from the race!

If the execution of an obstacle didn't go as it was supposed to, you may try again or perform 30 squats.

The HDR race route is not a treadmill, look under your feet and watch out for the depressions in the terrain and vegetation. Make sure your shoes are tied well, because we will try to steal them from you on the mud obstacle 😊

### **Refreshment station**

There will be one refreshment station for both humans and dogs, where you can have fresh drinking water. The finishing package will also contain spring water..

If you wish, you may carry water with you. Using glass bottles is not allowed on the track. It's strictly forbidden to litter in the entire area of the event (there will be bins at the refreshment station). Those caught littering or leaving dog poop behind will get disqualified from the race immediately.

### **Time measurement**

You receive a chip at registration that measures your time, this is how your result gets calculated. This chip has to be fastened on your wrist. The band will be cut off from you at the finish line. If you lose your chip, you cannot get your finishing package. The deposit fee for the chip is PLN 30. If you lose the chip, you must pay for it at the registration zone. Once you show the receipt of this transaction, you may come back to the finishing zone to pick up your package.

### **At the finish line**

Once you're past the finishing gate:

- The package will include gifts from our partners, our fantastic running shirt and two medals - for you and your dog.

- the assistants will cut your chip off and take it back they will check your jersey size on the bib number

All unofficial results will be immediately displayed on the time measuring company's website, accessible here: [www.evochip.hu](http://www.evochip.hu)

## Prizes

We cannot send you prizes by mail, so those not present at the announcement of the results may receive their prize at the organiser's office or at a location you agree on. **The exception are the main prizes funded by Advantix and Musher in the form of vouchers, which should be used in the Advantix and Musher store in the festival area on the day of the competition.**

Prizes will be given at around 3 PM, depending on the arrival of the last contestants.

The prizes for winners and the special prizes were sponsored by: [Advantix](#), [Royal Canin](#), [Vetfood](#), [Pet Pad](#), and [Musher](#).

## Festival area

Visitors may spectate and enter the area of the event FREE OF CHARGE. They may take photos but they need to adhere to the rules and they may not enter the closed-off area of the track. This is where the starting and finishing gates are as well, these will be marked with signs from the parking area.



## **What else can you find in the festival area?**

### **Shower and dog wash**

In the Vetfood wash area you and your dog can get rid of a layer of mud and dirt. Each racer will find DermActiv Shampoo in their pack at the finish line. This shampoo has very good washing properties, promotes the removal of pathogenic microorganisms from the skin surface and supports appropriate reconstruction of the lipid layer. The active substances contained in the product nourish the skin and improve the restoration of a good quality hair coat.

You can change in the changing rooms, which you will find in the Racing Center on the basketball court. You can also cool your dog down here if you need to. Next to the changing rooms there is a depository where our staff can entrust your belongings for the duration of the run.

### **Restrooms**

Toilets are located throughout the resort.

1. by the main building of CSLiW Pogoria
2. there are portable toilets near the car park and Festival Area

### **Food & drink**

Along the promenade running around Lake Pogoria III there are many bars and restaurants. We particularly recommend Karczma Orle Gniazdo u Białego, where you will find a large selection of snacks, soups, main courses, desserts and drinks.

### **Merchandise and product demonstration**

In case you need additional equipment for running with your dog of the best quality, you will find it in the [MUSHER](#) tent.

At the [Royal Canin](#) stand you can learn about the company's products and get expert advice on the correct nutrition for your dog.

At the [Advantix](#) stand you will be able to get advice on dog health and learn about their products, as well as purchase other dog products.

You are also welcome at the [Vetfood](#) stand where they will give you professional advice on nutrition and pet care.

**HDR Shop** has a broader product range now: besides T-shirts and baseball caps, you may get kangaroo pocket jumpers, shorts, wind jackets and softshell coats. We thought of coffee (and mug) aficionados as well.



Sleeveless T-shirt Ladies

Sleeveless T-shirt Unisex



Sleeveless T-shirt Ladies



Unisex T-shirt

T-shirt for kids

T-shirt for Ladies

Unisex T-shirt



V neck long sleeve t-shirt for Ladies

Hoodies

Hoodies



Wind jacket

Shorts

Glass mug

Mug



Keychain



Car sunshade SET



**Selflessn**



Medal collector for wooden medals



Tattoo



Medal collector for metal medals

In the festival area, you will also find HDR partners - Podaj Łapę Bulom, Drugie Życie Bulla, OTOZ Animals Inspektorat Gliwice. They will advise you on how to be an even more responsible dog owner or what steps to take to adopt a dog.

Also visit the stand of the Jurajskie Dzieci Foundation.

### **Additional information**

If you wish to participate with an action cam or put it on your dog, please be sure to put your contact information on it (name, phone number). In case you lose it on the track, we can arrange to get it back to you afterwards this way.

If you find something that belongs to someone else, we ask you to hand it in at the Racing Centre, at the local application tent. We're sure you'd be happy if something of yours believed to be lost were found this way. :)

HDR, as the organiser of the race, maintains the right to remove certain obstacles, modify certain parts of the track or cancel the event in cases of extreme weather to ensure the safety of racers and assistants. You'll find the Security Plan at Registration, at the starting gate and the R&R tent in the Festival area.

HDR is a firm believer of the spirit of Fair Play. You may ask another racer for help during your run. This can be a member of your or of another team, or an individual racer. You may only request help from other racers, as asking spectators for help is strictly forbidden. The only exception to this rule is when a dog breaks free and spectators assist in preventing it from leaving the track. If you refuse to help another racer in trouble or endanger the safety of others (e.g. you don't pay attention to your dog, you don't maintain distance, you get pushy or you deliberately prevent faster runners from overtaking you), you may be disqualified. If you skip an obstacle and don't perform the 30 penalty squats, then the race is also over for you. The medal and the finishing package will only be given to those who complete the track appropriately.

All participants have access to emergency medical assistance regardless of whether they run on two or four legs. Please, if you suffer an injury, immediately inform an HDR assistant so we may provide you with help ASAP.

If you have any questions, contact us at [infopl@harddograce.pl](mailto:infopl@harddograce.pl) until 12th May. Afterwards, we can only provide help at the race.

**See you at the starting line! Best of luck!**

ADVANTIX Spot-on (40 mg + 200 mg)/0,4 ml, roztwór do nakrapiania • ADVANTIX Spot-on (100 mg +500 mg)/1 ml, roztwór do nakrapiania ADVANTIX Spot-on (250 mg + 1250 mg)/2,5 ml, roztwór do nakrapiania • ADVANTIX Spot-on (400 mg + 2000 mg)/4 ml, roztwór do nakrapiania Podmiot odpowiedzialny Bayer Animal Health GmbH,

D-51368 Leverkusen, Niemcy Skład jakościowy i ilościowy substancji czynnych 1 pipeta 0,4 ml zawiera: Imidaklopid 40 mg, Permetryna 200 mg; 1 pipeta 1,0 ml zawiera: Imidaklopid 100 mg, Permetryna 500 mg; 1 pipeta 2,5 ml zawiera: Imidaklopid 250 mg, Permetryna 1250 mg; 1 pipeta 4,0 ml zawiera: Imidaklopid 400 mg, Permetryna 2000 mg. Wskazania lecznicze Zapobieganie i zwalczanie infestacji kleszczy (*Ixodes ricinus*, *Rhipicephalus sanguineus*, *Dermacentor* spp.) oraz pcheł (*Ctenocephalides* spp.) u psów, a także odstraszanie komarów i muchówek (*Phlebotomus* sp.). Przeciwwskazania Nie stosować u szczeniąt poniżej 7 tygodnia życia. Nie stosować u kotów. Przed użyciem zapoznaj się z treścią ulotki dołączonej do opakowania. Advantix jest znakiem towarowym Elanco i spółek powiązanych. © 2021 Elanco, PM-PL-22-0112