



RUNNER'S INFORMATION



01-02/10/2022





Going on a journey,
to the unknown lands,
forget everything you ever read or heard.
One must come and be astonished.



WE ARE PLEASED TO WELCOME YOU TO BISON ULTRA-TRAIL®

RUNNER'S OFFICE

AMPHITHEATRE / SUPRAŚL



FRIDAY/ 30.09/ 5PM – 10PM

race pack collection only for distances of:



SOBOTA / 01.10/ 6AM – 10:30AM and 5PM – 8PM

NIEDZIELA / 02.10/ 07AM – 1PM

At the Race Office, runners will receive their race packs containing a race number and an electronic timing chip.

In order to collect their race packs, runners must present their QR code or a signed runner's form and a photo ID.

SCHEDULE



1ST OCTOBER / SATURDAY



**3AM START / Supraśl, amphitheatre/
META / Supraśl, amphitheatre/ LIMIT UP TO 7PM**



**6:30AM START / Supraśl, amphitheatre/
META / Supraśl, amphitheatre/ LIMIT UP TO 5:30PM**



**7AM START / Supraśl, amphitheatre/
META / Supraśl, amphitheatre/ LIMIT UP TO 3PM**



**9AM – 11AM START / Królowy Most, clearing by the bridge/
Start area will be open from 9:00 AM to 11 AM. Within this time period, runners arrive at the start area and start the race individually.**

Shuttle buses from Supraśl will depart at 8:30 AM and 9:50 AM.

META / Supraśl, amfiteatr/ LIMIT up to 6 hours from start

! Please, pay attention to the start time

18:00 AWARDS CEREMONY:

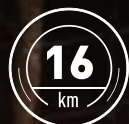
100km places I-VI general classification (women and men)

70km places I-VI general classification (women and men)

50km places I-VI general classification (women and men)

35km places I-VI general classification (women and men)

2ND OCTOBER / SUNDAY



**9:00 - 9:20 START / Supraśl, amphitheatre/
Runners will start in small groups every few minutes
META / Supraśl, amfiteatr/ LIMIT up to 2,5 hours from start**

11:45AM places I-VI general classification (women and men)



**BISON TRAIL
KIDS**

**PLEASE, PAY ATTENTION THE START
IS 1KM AWAY FROM THE RACE OFFICE**

2ND OCTOBER / SUNDAY

Clearing at Krasny Las Street, Supraśl

1PM - 100m races

1:30PM - 500m races

2PM - 1km race



RACE OFFICE RULES

- Take your runner's form (printed and signed) and your photo ID with you to the Race Office. QR code will be send to you via SMS, the runner's form is available on your slotmarket.pl account.
- Take all your mandatory equipment as required for your distance

WHAT IS IT FOR?

*For your safety!
And your safety only.*

*Remember that your race equipment is of
utmost importance. Together, let's make sure
that you have everything you might need all
along the route.*

Reach the finish line safely!

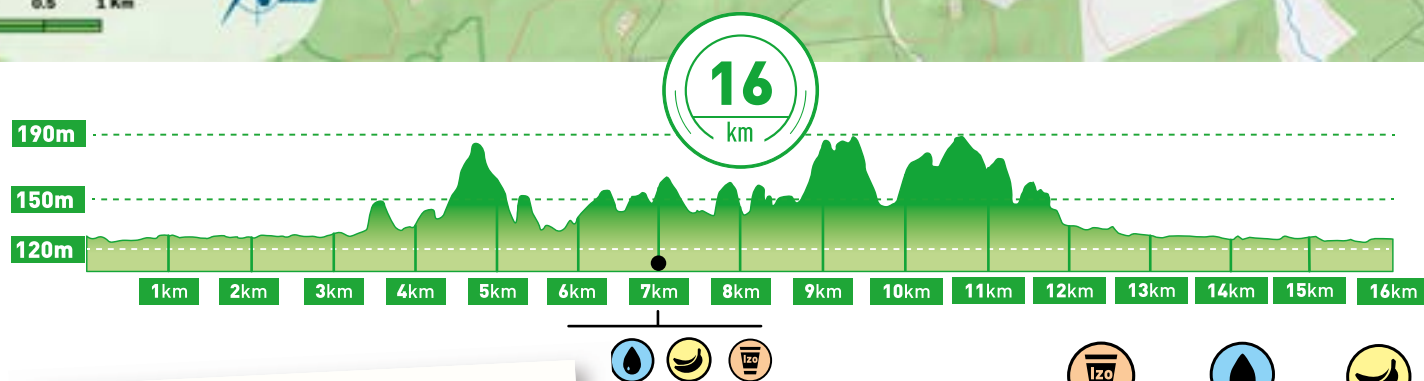
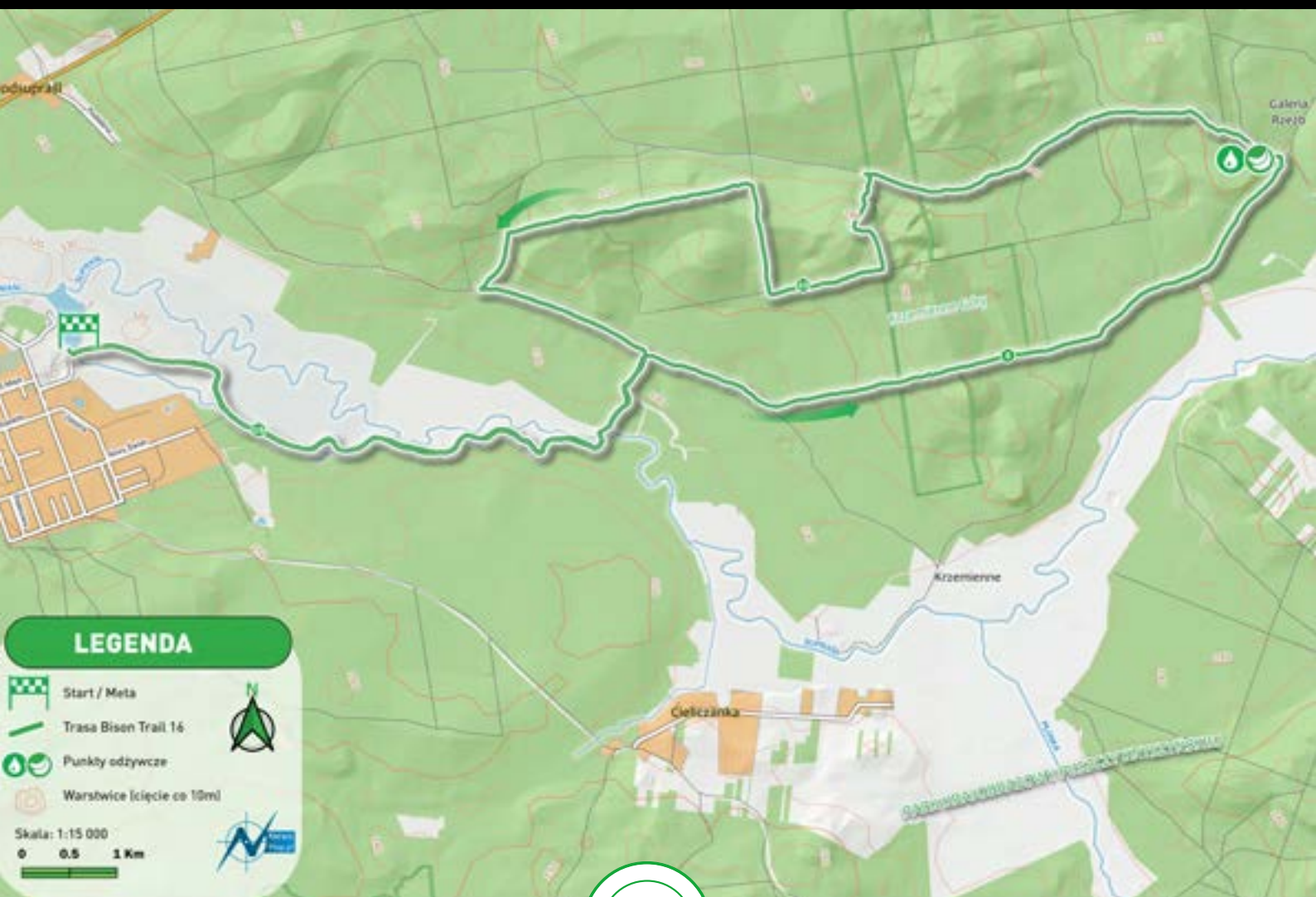


- Following a positive verification (documents and mandatory equipment), you will be given a race number along with a timing chip, which you will have to return at the finish line.
- In case you have your friend pick up your race pack for you, you can either hand them your mandatory equipment or just the signed runner's form. In case your friend does not have your mandatory equipment, they will be issued a package WITHOUT a race number. You will receive the race number with the timing chip once you have presented your mandatory equipment before the start at the designated point in the start area.



16KM ROUTE

AND AID STATION CONTENTS



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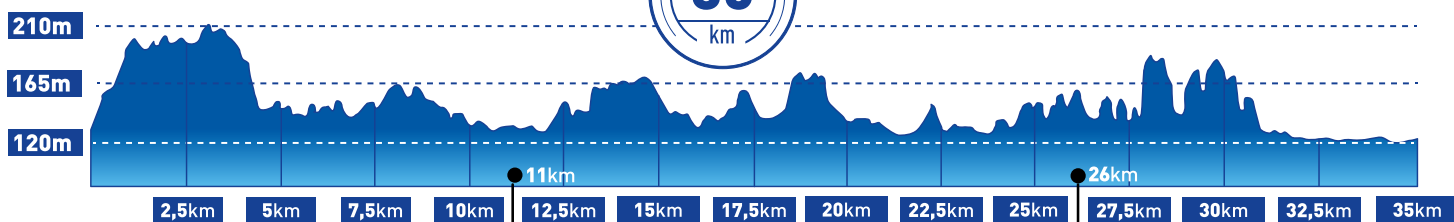
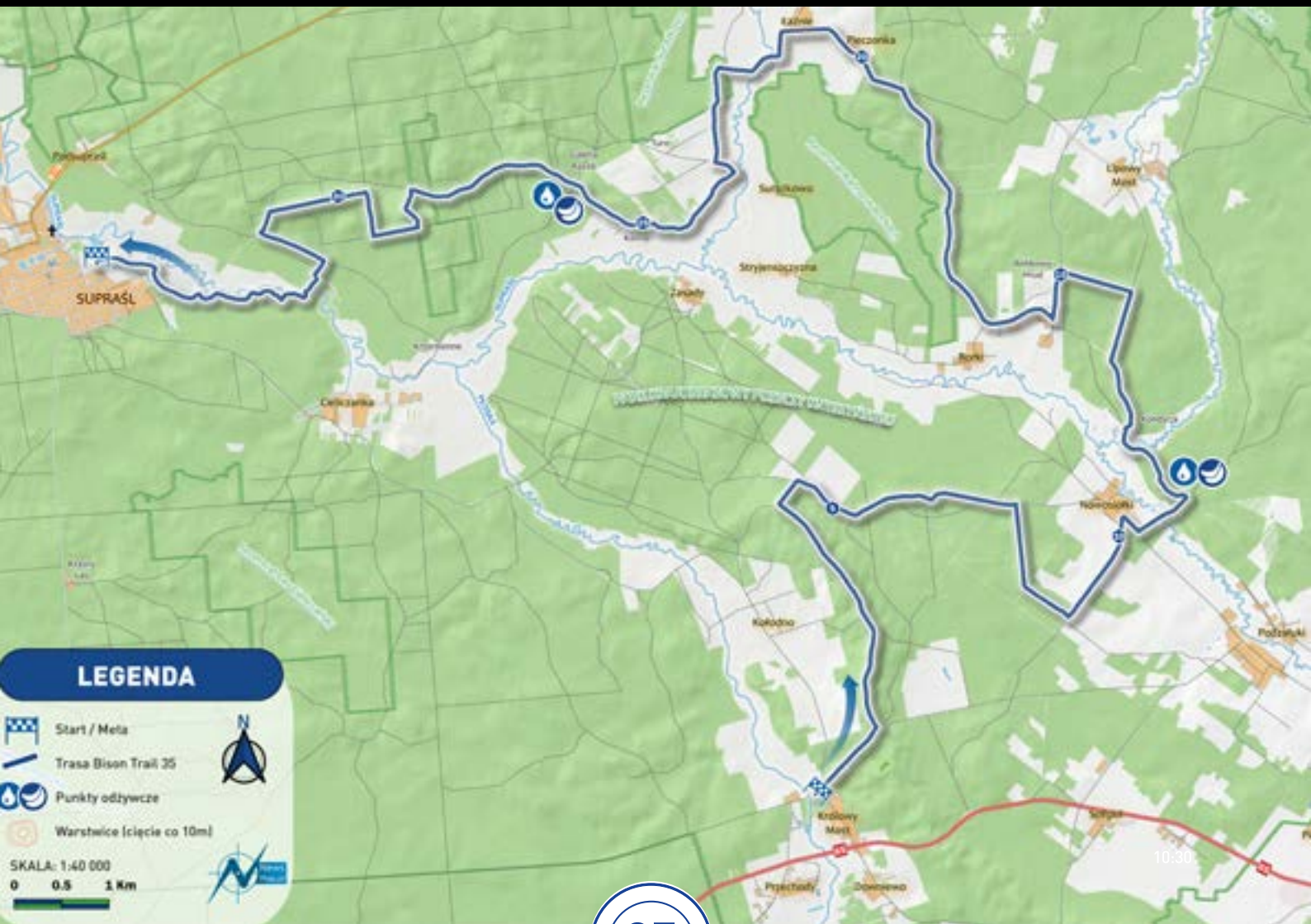
MANDATORY EQUIPMENT

- Active mobile phone for the whole duration of the race
- Water cup or flask
- Race number with chip
- Photo ID

They will be no disposable cups at aid stations!

35KM ROUTE

AND AID STATION CONTENTS



MANDATORY EQUIPMENT

- Active mobile phone for the whole duration of the race
- Water cup or flask
- Foil blanket
- Rain jacket
- Water container of at least 1l capacity (or several with a total capacity of 1l)
- Elastic bandage + sterile dressing
- Race number with chip
- ID or passport

They will be no disposable cups at aid stations!



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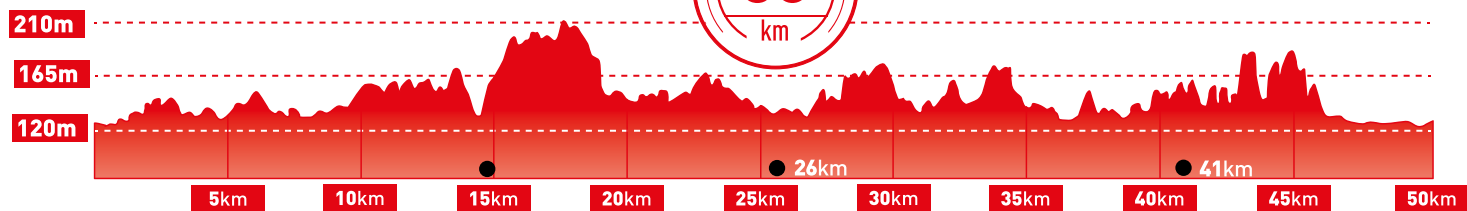
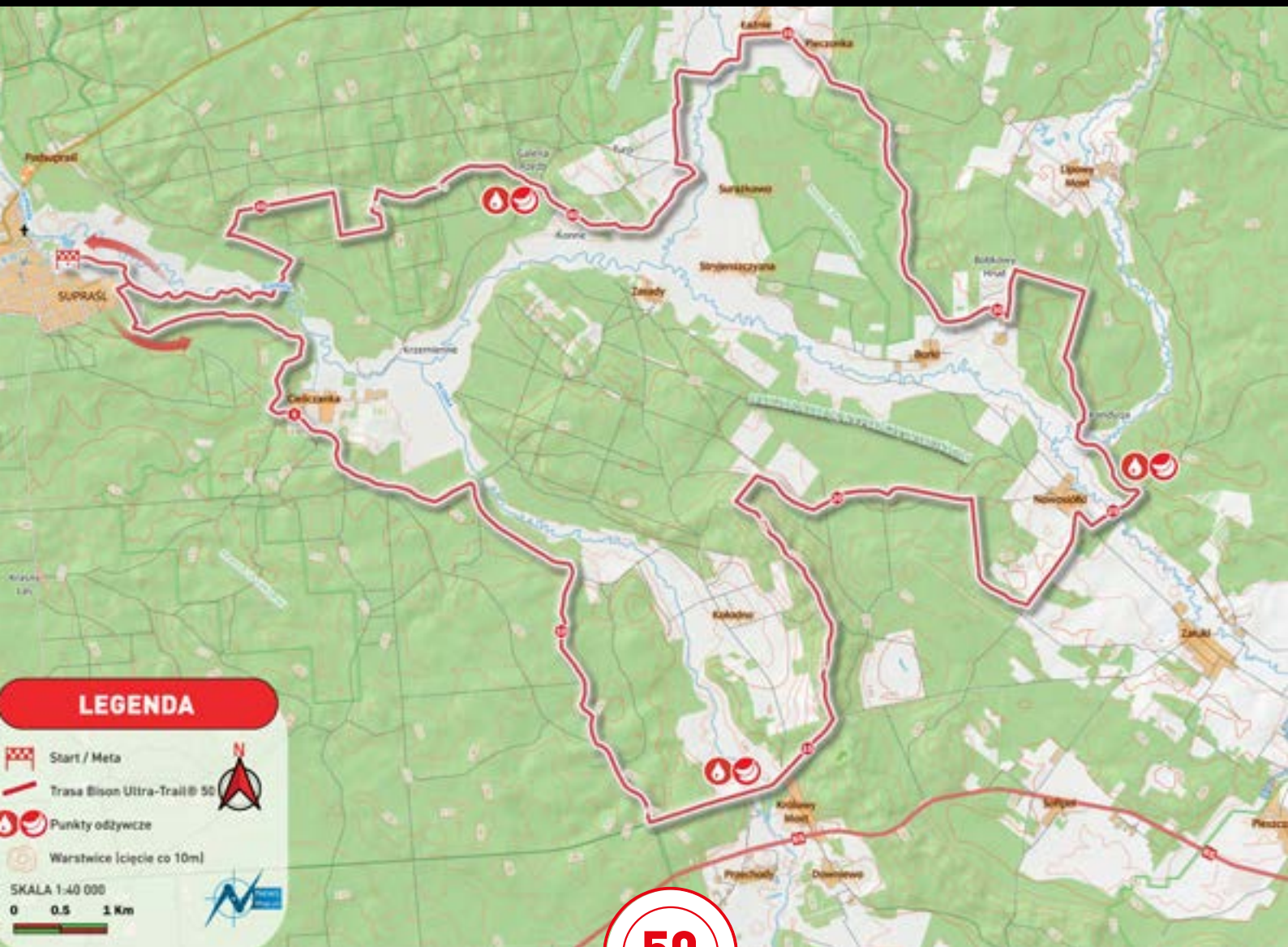
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50KM ROUTE

AND AID STATION CONTENTS



MANDATORY EQUIPMENT

• Active mobile phone for the whole duration of the race

- Water cup or flask
- Foil blanket
- Cap or multifunctional scarf
- Whistle
- Rain jacket
- Running backpack or belt bag
- Water container of at least 1l capacity
- Elastic bandage + sterile dressing
- Race number with chip
- Route maps – available at race office
- ID or passport

They will be no disposable cups at aid stations!



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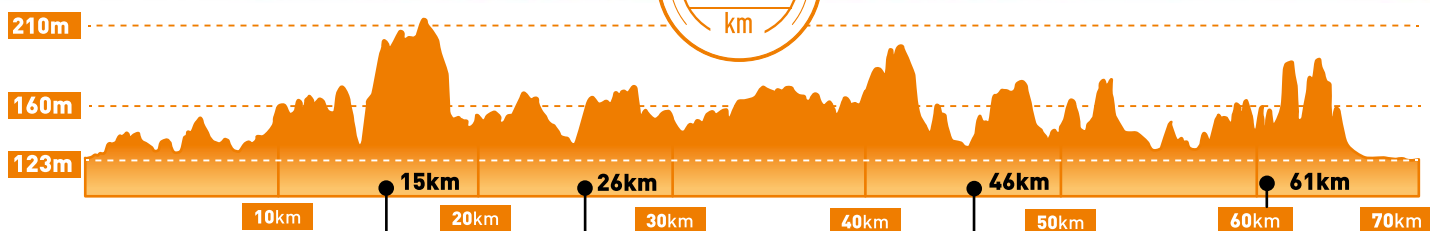
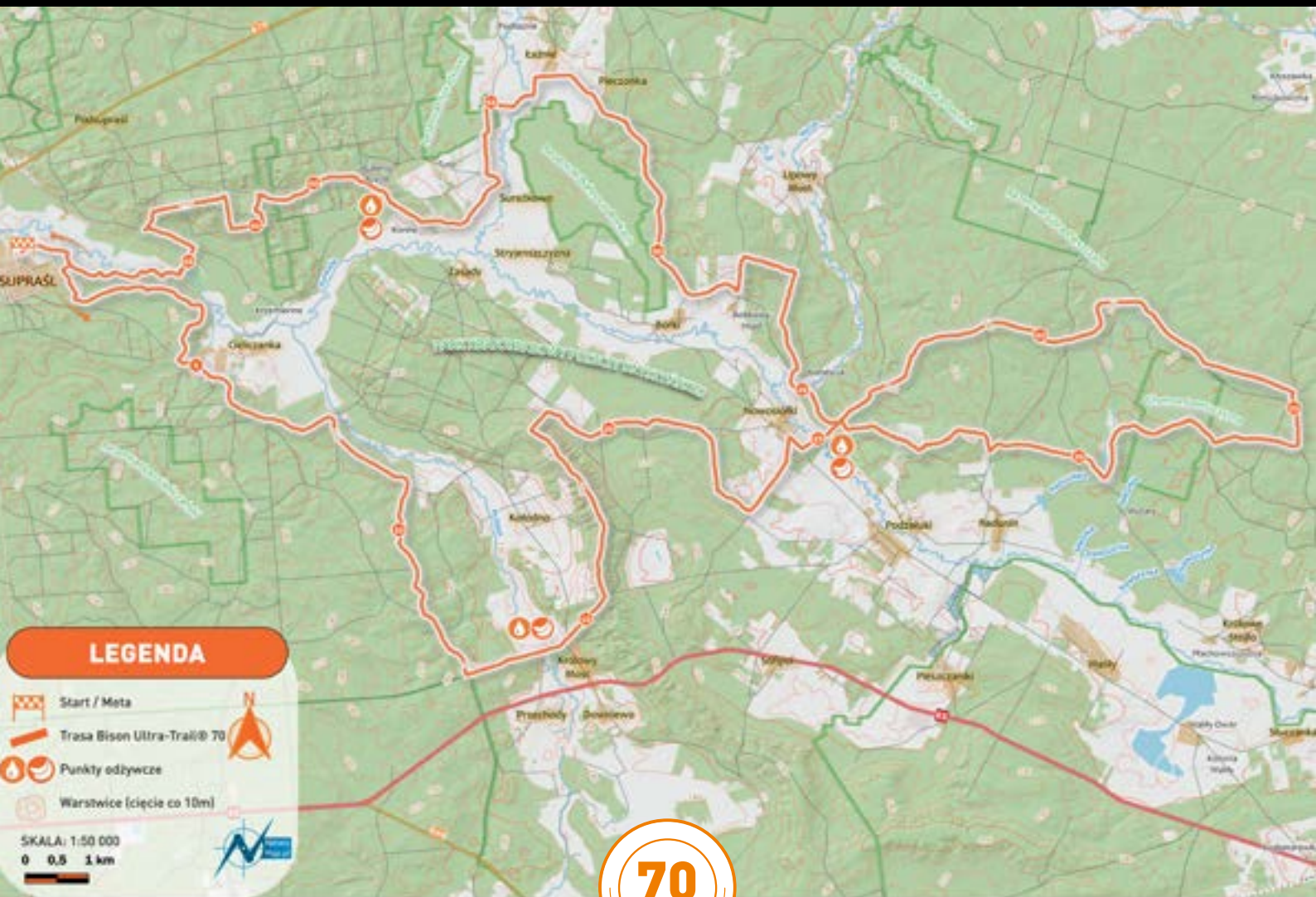
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70KM ROUTE

AND AID STATION CONTENTS



MANDATORY EQUIPMENT

Active mobile phone for the whole duration of the race

- Water cup or flask
- Foil blanket
- Cap or multifunctional scarf
- Whistle
- Rain jacket
- Running backpack or belt bag
- Water container of at least 1l capacity
- Elastic bandage + sterile dressing
- Race number with chip
- Route maps – available at race office
- ID or passport

They will be no disposable cups at aid stations!



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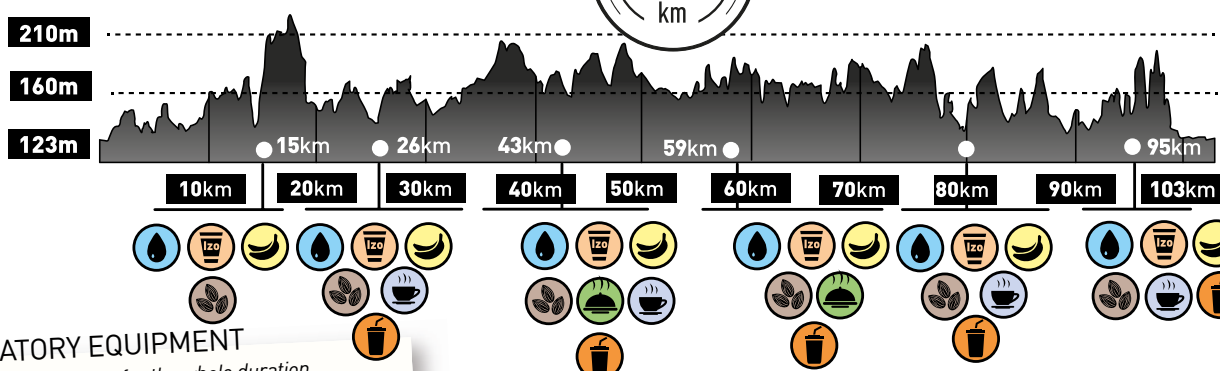
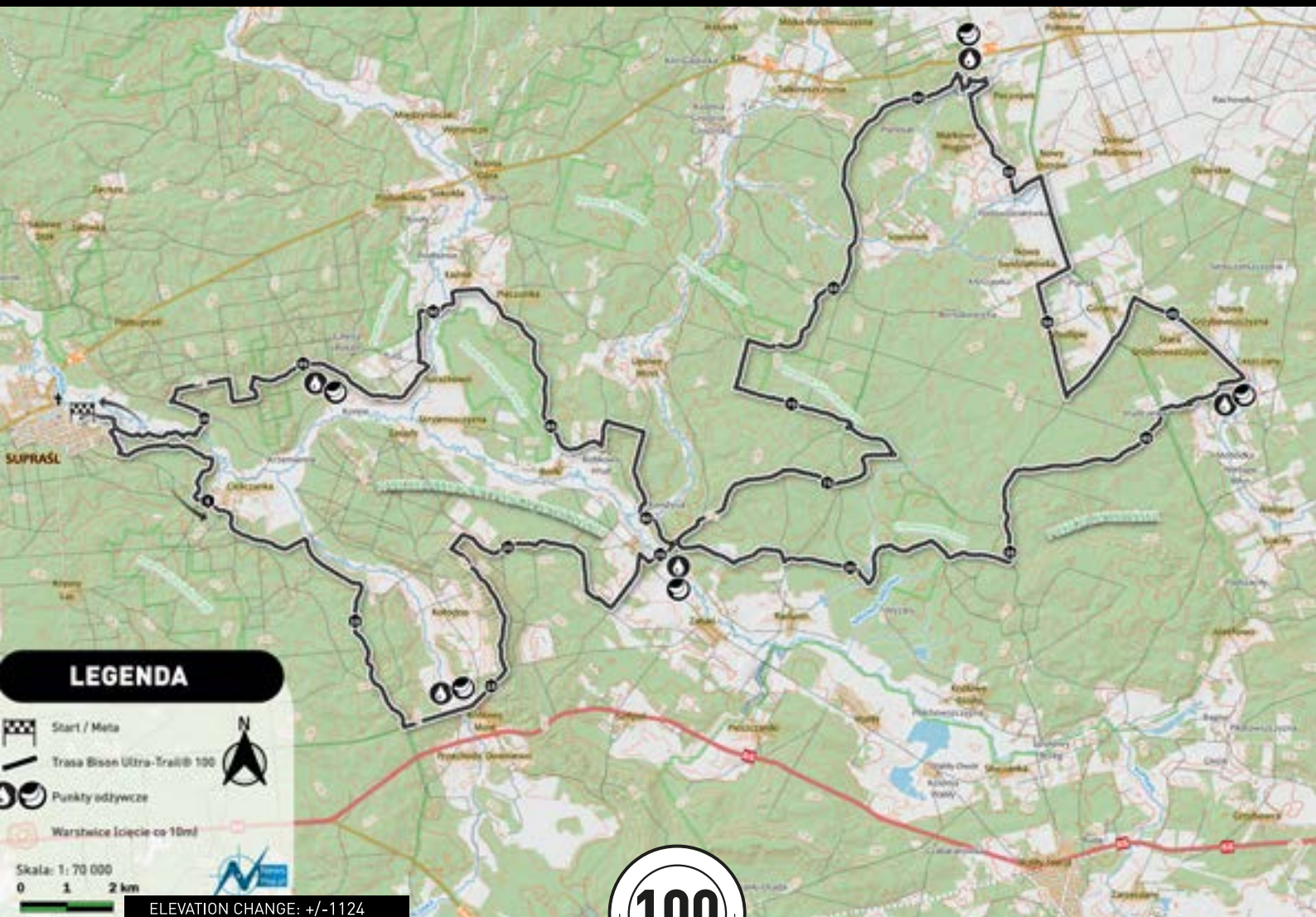
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100KM ROUTE

AND AID STATION CONTENTS



MANDATORY EQUIPMENT

- Active mobile phone for the whole duration of the race
- Water cup or flask
- Foil blanket
- Cap or multifunctional scarf
- Whistle
- Rain jacket
- Running backpack or belt bag
- Water container of at least 1l capacity
- Elastic bandage + sterile dressing
- Race number with chip
- Route maps – available at race office
- ID or passport

They will be no disposable cups at aid stations!





LIVE STREAMING

Runners for 100 and 70km will be equipped with the devices enabling to follow their location on the route! Participants will be given GPS location tracker, so that their location will be visible on the Bison Ultra-Trail online site. Rooters will see who is leading, family and friends will follow the achievements!

Link do śledzenia Bison Ultra-Trail® 100

<https://poltrax.live/bison-100>



Link do śledzenia Bison Ultra-Trail® 70

<https://poltrax.live/bison-70>



INSTRUKCJA

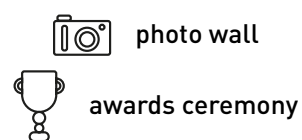
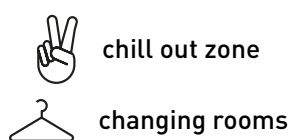
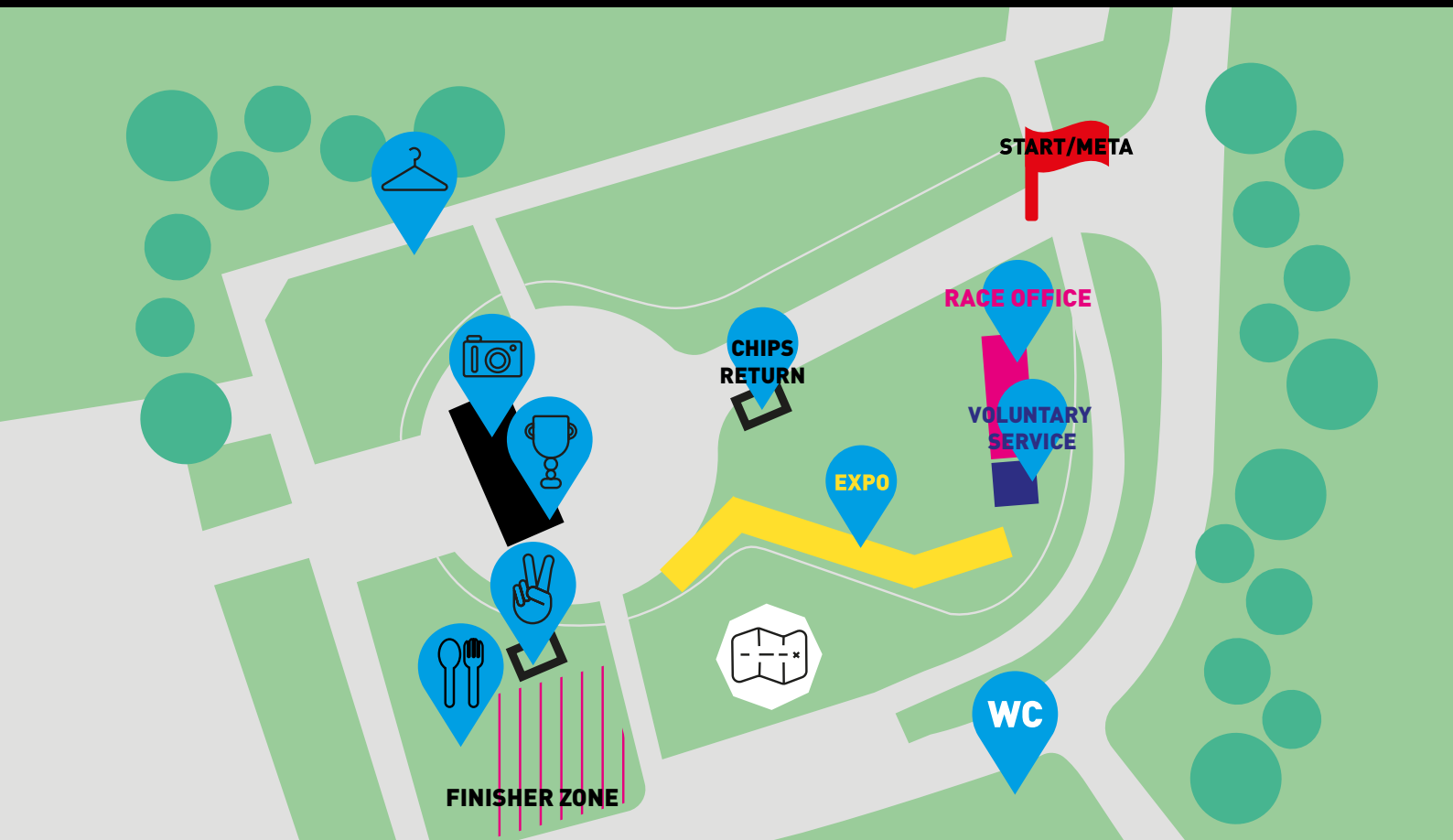
Tracker włączamy przyciskiem
wskazany strzałką na urządzeniu
- **KONIECZNIE NA 30 MINUT** przed startem
(trzymamy go dość mocno
aż zaświeci się czerwona lampka z przodu)

Następnie umieszczamy go w woreczku strunowym
w plecaku/pasie możliwie na wierzchu
oraz daleko od folii NRC

Na mecie tracker należy zwrócić
organizatorowi

MAP

- YOU AND YOUR FRIENDS WILL FIND EVERYTHING:)



BAG DROP

- Bag drop point will be located next to the Race Office (Supraśl amphitheatre). You can drop your belongings for the duration of the race. In order to claim your belongings, you will have to show your race number.
- Belongings should be placed in a tied plastic bag. Handbags or backpacks will not be accepted, unless placed in a plastic bag.
- Plastic bag capacity should not exceed 60 litres.
- Remember to mark your bag with your race number.

BAG DROP WORKING HOURS:

- Friday 30th September: 5 PM – 10 PM – open only for 100 km runners – bag and repackage drop
- Saturday 1st October: 6 AM – 7:30 PM
- Sunday 2nd October: 7 AM – 1 PM

PLEASE NOTE! Repackages for Bison Ultra-Trail® 100 will ONLY be accepted on Friday from 5 PM to 10 PM. We won't be able to accept repackages before race start.

REPACKAGES available for Bison Ultra-Trail 100

- In the race pack, you will receive a bag to pack your equipment for the next stage of the race. You can leave the bag in the BAG DROP area only on Friday (30th September 2022) during working hours.
- Repackage weight limit – up to 3 kg per person, bag capacity is 60 litres.
- Repackage point will be located at the Poczopek aid station (after approx. 59 km) and will be available until cut-off time for this station.



SHUTTLE BUSES

Shuttle buses to Królowy Most will depart from Supraśl at 8:30 AM and 9:50 AM. Shuttle buses are for runners with race numbers only who booked their seats earlier. If you haven't booked your seat and have no bus ticket, we cannot guarantee any free seats.



! Pay attention to the departure time of the buses



CUT-OFF TIMES AT AID STATIONS

Apart from total time limit, there are also cut-off times at each aid stations. They are included in your distance specific information [HERE](#)

Don't worry though. You don't need to know them by heart. All the details will be printed on your race number :)



ROUTE MARKINGS

The route will be marked with blue and white tapes and blue directional plates. There will also be yellow warning signs.

We encourage you to upload your track to your device (watch/phone). Despite the routes' thorough marking, we strongly encourage you to download the route track in electronic form.



WITHDRAWING FROM THE RACE

1. If you wish to retire from the race, do so at a designated aid station and inform the race staff accordingly.
2. We provide transport to Supraśl only to runners who withdraw at aid stations.
3. After the withdrawal, it is not possible to continue or re-enter the race.
4. Remember that it can take us a long time to reach you when you're somewhere on the route. If you are not feeling well, it is better to make the decision to withdraw at an aid station.





LOCAL MEAL

AFTER THE RACE

After the race you will receive water, Žubr beer, fresh fruits and a hot local meal (non-vegetarian or vegetarian) in the Finisher Zone.

FINISHER MEDAL

The medal will be waiting for you on the finishing line.

Not any other medal!

Since 2021 we put the most beautiful and the most important objects of Supraśl on the reverse of the medal... maybe we will go even further, who knows... following out Bison Ultra-Trail routes :)

This year decorating the reverse of the medal is the Bucholtz Palace – historic palace, build on the turn of XIX and XX century. This impressive residency of the German manufacturing family currently serves as Artur Grottger High School of Fine Arts. This is a must-see whilst visiting Supraśl!

PLEASE NOTICE! We left some free space for the engraving on the medal! Souvenir like that is really something, isn't it? The engraving place will be right after finishing line!

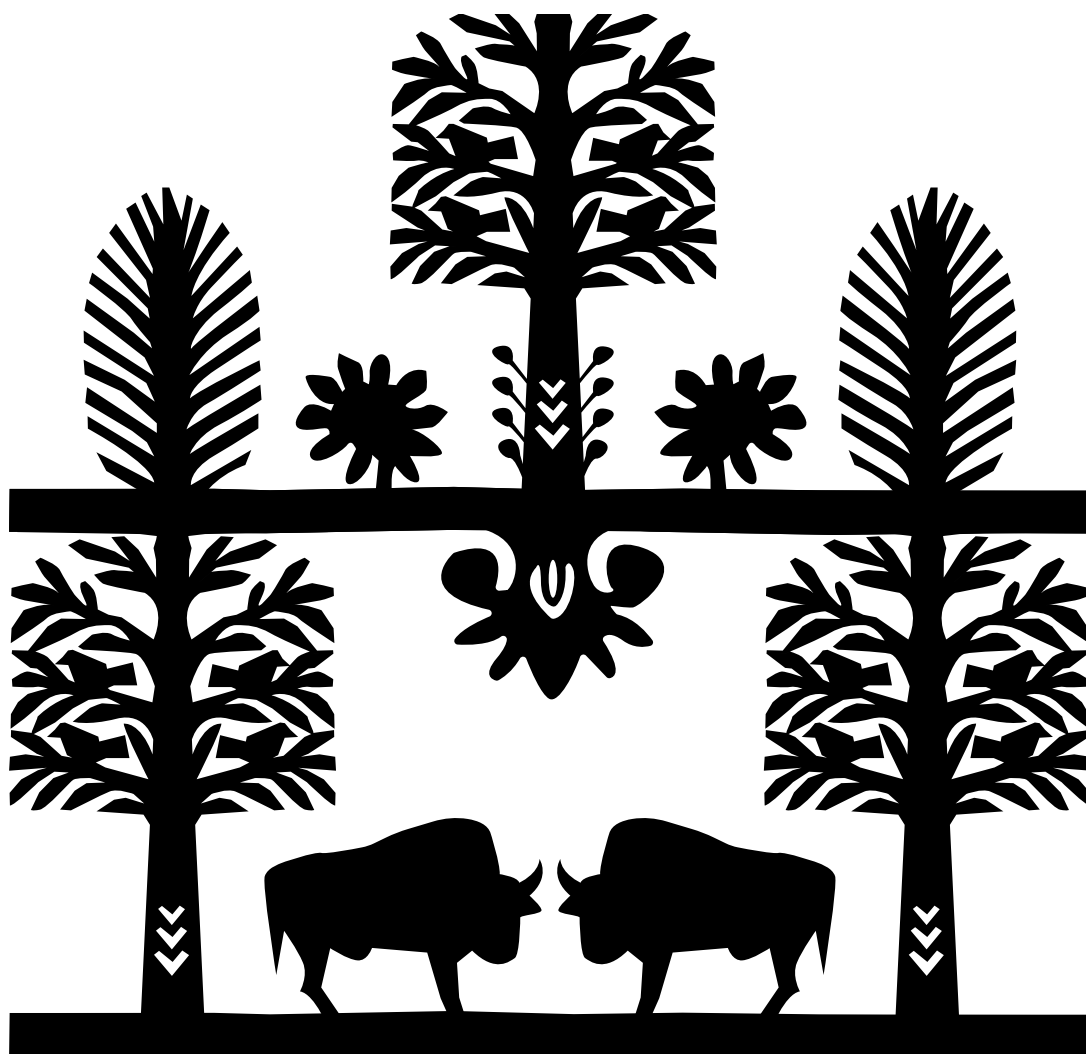




BIOSN COLLECTION

Together with AdRunaLine, who is the technology partner of Bison Ultra-Trail® we made a unique collection!

Now, you can leave the event with souvenirs, apart from the medal and experience – which is priceless:) You can find AdRunaLine booth near Race Office. See you!



CHEERING YOU:

Strategic Partners



Podlaskie



Sponsors



RENAULT



tania
ksiazka.pl



Partners



Collaboration



Nadleśnictwo Żednia



Nadleśnictwo Waliły



Nadleśnictwo Krynki



Nadleśnictwo Supraśl

Organizer

