

Regulations of the “InterContinental Tower Run”

1. PRIMARY OBJECTIVES

- Raise money for charity
- Have good, amateur fun
- Get as fast you can from -5 level to +44 (959 stairs).

2. OTHER OBJECTIVES

- Promote stairs running.
- Promote InterContinental Warsaw Hotel, in particular RiverView Wellness Centre known for the highest situated swimming pool in Warsaw.

3. ORGANISER

The run is organised by Sienna Hotel Sp. Z o.o., based in Warsaw (00-125), Emilii Plater 49, listed in the Register of Entrepreneurs of the National Court Register kept by the District Court for the Capital City of Warsaw in Warsaw, 12th Commercial Division of the National Court Register under KRS No. 0000441699.

4. DATE AND PLACE

The run will take place on 22nd September 2019 in the building of the InterContinental Warsaw Hotel at Emilii Plater 49 in Warsaw. The first start is planned for 9:00 a.m., from -5 level to the finish line in RiverView Wellness Centre on the hotel's 44th floor. The participants will have to cover 49 floors of stairs in the hotel's building.

5. TERMS AND CONDITIONS OF PARTICIPATION

The number of participants is limited to 200 on a first-come, first-served basis. Participants who register after closing the list will be put on a waiting list. In the event of resignation by any of the previously registered participants, they will be included in the start list. In order to take part in the run, you must:

- register at the run's website at <http://towerrun.pl> by September 12th, 11:59 p.m. at the latest;
- receive a confirmation of your registration, sent by the Organiser to your e-mail address;
- the payment of a start fee in the amount of **PLN 100.0**, after the registration
- be at least 18 (no later than on the start date (22nd September 2019));
- have your identity verified by the Organiser based on your identity card or another document with a photograph.

5. START FEE

The entire start fee will be transferred to the following charity organizations:

- Emil Osieński, Dzieciom Zdążyć z Pomocą Foundation (<https://dzieciom.pl/podopieczni/27810>)
- IHG Foundation (20% of the collected amount; <http://www.ihgfoundation.org/en-gb>)

6. CHECK-IN

Each participant will receive a start kit.

Verification of participants and issuing numbers and start kits will be conducted in the run's office located in the hotel.

Each participant must check-in in the Run's office 30 minutes before the start at the latest.

All participants must have their start numbers placed on their chests and clearly visible. Not having a start number causes organisational difficulties. Do not tear it off when going through the floors.

7. RANKING

Men and women will be ranked separately, regardless of age.

8. COURSE OF THE RUN

The run is scheduled to start at 9:00 a.m.

The participants start one by one with 15-second intervals, in the order of the assigned numbers.

Overtaking is allowed in the staircase. The overtaken person is obliged to let the overtaking person pass, preferably on the interior side.

9. FINAL PROVISIONS

- Prize vouchers are not exchangeable for cash.
- The Organiser provides a changing room.
- The Organiser is not liable for items lost during the event.
- The Organiser provides participants with a third party liability insurance policy.
- The Organiser is entitled to settle issues not provided for herein.
- Contact with the Organiser: marcin.traczyk@ihq.com, or by telephone: 22 328 8640 or 664 122 186.