

ULTRAPARK WEEKEND 2020

General Rules & Procedures

I. OBJECTIVES:

- a. to promote running as a healthy way of life
- b. to promote long-distance running
- c. to promote the city of PABIANICE and PABIANICE COUNTY

II. THE ORGANISER:

"O CO BIEGA" Sport Club

NIP 7312059283

ul. Smugowa 18, lok. 37

95-200 Pabianice

biuro.ultrapark@gmail.com

www.ultrapark.pl

Race Director - Piotr Kardas 509-136-620

III. CO-ORGANISERS:

- Municipal Office in Pabianice
- County Executive Office in Pabianice
- Piotr Pazdej - Race Coordinator

IV. DATE AND PLACE:

Park Wolności, ul. Łaska 114

95-200 Pabianice

24-26.04.2020

V. UltraPark Weekend 2 - Races:

UltraPark 48h - Polish Cup in 48-hour run 24.04.2020 at 18:30 start of run - 26.04.2020 at 18:30 end of run

UltraPark 24h 25.04.2020 7:00 run start - 25.04.2020 7:00 end of the run, within the framework of which **13th PZLA Polish Championships in 24-hour run** will be held.

Supermarathon 100km 26.04.2020 at 8:00 start of the race (limit 13h), within the framework of which the **12th Polish Championships in the 100km race** will be held, and the Police Championship in 100km running.

Ultramarathon 50km 26.04.2020 at 9:00 starting time (limit 7h)

VI. ROUTE

a. The Ultramarathon Route runs on an asphalt (100%), flat (4m above sea level) loop of 1535.16m in length - 50km and 100km. The 24h and 48h run will be carried out on the new extended by about 200m loop, each route has PZLA certificate,

b. The participants of UltraPark 24h and UltraPark 48h run as many kilometres as possible. After the time has elapsed, they stop after a beep sound and the lap they have started is topped up,

c. Participants of the Supermarathon 100km race - cover 65 laps at 1535.16m plus a run from the start line to the finish line of 214.60m,

d. Ultramarathon participants 50km - cover 32 laps of 1535.16m plus a run from the start line to the finish line of 874.88m,

e. It is possible to overcome the loop only in the direction specified by the Organizer,

f. Changing direction, shortening the route or running outside the marked paths will result in disqualification,

g. Each competitor is obliged to be careful,

h. It is forbidden to abandon rubbish such as conditioner packaging, bottles, cups and other along the entire route of the race (under threat of a time penalty or disqualification). All rubbish must be left at checkpoints in designated containers or zones,

i. A detailed map of the routes is available on the Competition website, www.ultrapark.pl,

j. To be classified a competitor must complete at least one full loop plus a run from the start to the finish line,

k. The winner of the competition is the competitor with the highest mileage: UltraPark 48h, UltraPark 24h or distance in the shortest possible time: Supermarathon 100km and Ultramarathon 50km,

VI. LIMIT OF PARTICIPANTS

- a) 200 seats UltraPark 24h, plus 20 at the disposal of the organizer
- b) 100 seats UltraPark 48h, plus 20 at the disposal of the organizer
- c) 130 seats Supermarathon 100 km, plus 20 seats at the disposal of the organiser
- d) 100 seats Ultramarathon 50km, plus 20 seats at the disposal of the organiser

The Organizer reserves the right to increase the limit for each race by depleting the limit for other races.

VII. COMPETITION PROGRAM

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| 24.04.2020 friday |
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| 15:00-22:00 race office (all races) |
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| 18:00 briefing of competitors (48h run) |
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| 18:30 UltraPark 48h starts |
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| 25.04.2020 saturday |
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| 5:00-6:30 competition office |
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| 6:30 briefing of competitors (24h run) |
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| 7:00 UltraPark 24h starts |
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| 17:00-22:00 competition office (50km and 100km) |
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| 26.04.2020 sunday |
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| 6:00-8:30 competition office (100km and 50km) |
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| 7:00 end of the UltraPark 24h race |
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| 7:30 Supermarathon 100 km participants briefing |

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| 8:00 Supermaraton 100km starts |
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| 8:30 competitors briefing 50km |
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| 9:00 Ultramaraton 50km starts |
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| 10:00 decoration of the 24h marathon winners |
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| 16:00 end of the 50km run |
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| 16:00 decoration of the 50km run winners |
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| 18:30 end of the UltraPark 48h |
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| 20:00 decoration of the UltraPark 48h and 100km run winners |
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| 21:00 end of the 100km run |

VIII. THE CONDITIONS OF PARTICIPATION:

- a. Persons who are 18 years of age or older by 24 April 2020 have the right to participate in the Competition.
- b. Each competitor must be verified before the start in the Competition Office located in the Freedom Park in Pabianice,
- c. During the verification the competitor must be in possession of an identity document (identity card, passport or driving licence).
- d. During the verification the competitor must present a valid medical certificate of no contraindications to participate in the Competition or sign the declaration of participation in the race at his own risk. By signing the declaration, he thereby gives his consent to the first aid, medical assistance or other medical procedures and transportation the victim in a safe place by medical and paramedical personnel acting on behalf of the organiser. The competitor acknowledges that participation in the race involves physical effort and entails a natural risk of accident or a personal injury, as well as damage and loss of property.
- e. Each competitor declares that in the future they will not claim any compensation from the Organizer in the event of health impairment or material losses related to participation in the Competition.
- f. After the verification, each competitor will receive a non-returnable personal starting number with a built-in measuring chip, which must be visible for the entire duration of the race. Competitors participating in the MP will receive double start numbers.

g. The condition for receiving the personal number is sending the application and paying the participation fee by 14.04.2020 at the latest (the date of booking the transfer, not the date of making it is counted).

h. Competitors must comply with the regulations of the competition, applicable regulations, regulations of the Organizer and law enforcement agencies.

i. Participants are obliged to provide assistance to other participants on the route in case of injury or other life-threatening or health-endangering events.

j. Medical Rescue Service Member - in a justified case may prevent a competitor from continuing the competition and his decision is final (injury, hypothermia, weakness, etc.)

k. The Organizer reserves the right to not allow for the start or unconditional disqualification during the Competition of a competitor who is under the influence of alcohol, drugs and other intoxicants, or who is in a state indicating the consumption of the above mentioned resources. The Organizer is not responsible for damage caused to the health of a competitor under the influence of the above mentioned measures.

IX. NOTIFICATIONS

a. Entries to the race will be launched on 01.12.2019 at 20:00.

b. Applications will be accepted by filling in the Application Form available at www.ultrapark.pl

c. The person who filled in and sent the application form and paid the participation fee is considered a registered person. When the maximum number of competitors is reached, the start list will be closed. There will be additional places for invited competitors, guests, representatives of partners,

d. If the participation fee is paid after the limit of participants has been exhausted, the Organizer, at the request of the person concerned, will refund the amount in question lowered by the operating costs associated with the transfer,

e. Internet registration last until 14.04.2020 or reaching maximum number of participants,

f. Contestants entered electronically with a paid entry fee will be served in the race office at a separate location during the race office working hours.

X. THE PARTICIPATION FEE:

UltraPark 24h

up to 31.01.2020 - 150 PLN

up to 28.02.2020 - 180 PLN

up to 14.04.2020 – 200 PLN*

24-25.04.2019 (Competition Office) - 250 PLN**

UltraPark 48h

up to 31.01.2020 – 280 PLN

up to 28.02.2020 - 300 PLN

up to 14.04.2020 - 350 PLN

24-25.04.2020 (Competition Office) - 400 PLN**

Supermarathon 100km.

up to 31.01.2020 - 120 PLN

up to 28.02.2020 - 150 PLN

up to 14.04.2020 – 180 PLN*

23-25.04.2020 (Occupational Office) – 200 PLN**

Ultramarathon 50km

up to 31.12.2019 - 100 PLN

up to 28.02.2020 - 120 PLN

to 14.04.2020 – 150 PLN*

06-08.04.2020 (Occupational Office) – 180 PLN**

* with no guarantee of receiving a full starter package

** without a guarantee of receiving a full participation package; payment in the Competition Office in cash only

a. The entry fee must be paid via the Tpay website, Competitors from outside Poland can pay the fee directly to account:

Pabianice Club "O co biega"

Swift WBKPPLPP Bank account number: EN3210901304 000000000135670021

- b. Once you have applied, the system will redirect you to Tpay's website, through which you will need to pay the entry fee.
- c. Payments can also be made after logging in to www.protimer.pl - My Account tab - Payments
- d. Entry fees are charged online as the finalisation of the application for participation.
- e. The Organizer is not responsible for the deadlines for bank and postal transfers.
- f. Only those competitors who have paid the participation fee will be displayed on the starting list.
- g. In case of incomplete payment of the participation fee (e.g. in case of exceeding the time specified above) the competitor is obliged to pay the difference up to the amount he or she should have paid in accordance with the date of his or her payment.
- h. The date of payment shall be the date on which the money is credited to the organizer's account.
- i. The entry fee will not be refunded in any case in case of resignation from participation in the race, failure to finish the race or withdrawal of consent to the processing of personal data.
- j. Making the entry fee is equivalent to accepting the regulations of the event.

XI. BENEFITS (starter package)

The fee paid to the Organizer provides the competitors:

- a. Original and registered starting number (for persons enrolled and paid by 14.04.2020). Starting number for those registered after 14.04.2020.
- b. Electronic time measurement by means of chips embedded in the number
- c. Hot and cold drinks and meals during the course and a regeneration meal
- d. Commemorative medal
- e. Medical protection on the route and in the Event Base
- f. Deposit
- g. Toilets at the Event Base

h. Text message with result

i. Photographic support

The organizer allows for the extension of the services depending on the partners acquired.

XII. MANDATORY AND OPTIONAL EQUIPMENT:

During the Competition, each competitor must, during his or her stay on the track, carry the following mandatory equipment:

- a. Starting number placed always in a visible place together with a built-in measuring chip
- b. Clothing appropriate to the prevailing weather conditions

XIII. TIME MEASUREMENT:

- a. Time measurement will be done by means of non-returnable chips attached to the starting number.
- b. During the race, all competitors must have starting numbers attached in a horizontal position at the front of their outer clothing. Covering up the starting number in part or in whole or its modification is forbidden and involves the possibility of disqualification of the competitor.
- c. The lack of a start number with an attached chip will be equivalent to disqualification of the competitor.
- d. For the general classification counts the gross time.
- e. Each competitor will receive a text message with the result after the race is finished.
- f. There will be a time measurement point on the route of the Event, located at the starting point of Ultra Park 24h and 48h, which is at the same time the finish line of 50km and 100km
- g. Each run has a different starting point (details in the route map).

XIV. CLASSIFICATION:

The following classifications will be conducted in the UltraPark Weekend 2 Festival races:

1. Open
2. general women
3. general men
4. the UltraPark 100km race will involve the classification of police officers participating in the 2nd Police Championship in the 100km race.

Age of men:

- M-20 - 18-29 years (2002-1991)
- M-30 - 30-39 years old (1990-1981)
- M-40 - 40-49 years old (1980-1971)
- M-50 - 50-59 years old (1970-1961)
- M-60 - 60 years old and over (1960 and over)

6. Age of women

- K-20 - 18-29 years (2002-1991)
- K-30 - 30-39 years old (1990-1981)
- K-40 - 40-49 years old (1980-1971)
- K-50 - 50-59 years old (1970-1961)
- K-60 - 60 years and over (1960 and over)

The age category is determined by the year of birth.

XV. AWARD-WINNING CLASSIFICATIONS:

In UltraPark Weekend runners will receive awards:

In the general classification of men (running) for places I - III:
Diploma + cup + prize

In the general classification of women (run) for places I - III:
Diploma + cup + prize

Each competitor who finishes the race will receive a commemorative medal.

XVI. AGE CATEGORIES

The first three places in all age categories will be awarded with a commemorative statuette and a commemorative diploma - it will be available for download in electronic form, in printable quality, no later than seven days after the end of the race.

XVII. FINAL PROVISIONS:

1. The cost of participation is covered by the competitor.
2. The costs of the organisation will be covered by the organisers.
3. The contestants are fully responsible for compliance with the safety rules during the Event.
4. The competitor is not allowed to use any help specified in the regulations of the competition in athletics, e.g. this applies to assistance to competitors by persons not participating in the race, running with the competitor or riding a bicycle. Competitors may only use the assistance of a support in a separate zone..
5. The participants of UltraPark Weekend are obliged to strictly follow the instructions of the jury and the services securing the route of the Run on behalf of the Organizer under the threat of disqualification.
6. There is an absolute ban on throwing away rubbish outside the drop point designated by the Organizer and destroying under threat of disqualification.
7. The Organizer is covered by third party liability insurance. The Organizer does not provide participants with any life, health or civil liability insurance for illness, accident, injury, death or any loss or damage that may occur in connection with the presence and/or participation in UltraPark Weekend, while participants are advised, if they deem it necessary, to purchase appropriate insurance for the duration of participation in a sports event NNW.
8. The participant takes part in the Event at his own risk. By registering for the race, the participant acknowledges that participation in the race involves physical effort and entails a natural risk and hazard of accidents, the possibility of personal injury and physical injury (including death), as well as damage and loss of property.
9. The Organizer provides medical care only for the participants of the event on the route of the race from the start to the closing of the race route determined by the time limit, as well as in the competition center to the end of the event. The Organizer does not cover medical costs or transport costs not included in the scope of medical protection of the event.
10. The organizers are not responsible for items left unattended or for the loss of valuables left in the depository.
11. The Organiser ensure the deposit
12. Any participant who resigns from participating in a race before or during the race must immediately report this fact to the technical support staff on the race route or at the race office.

13. Protests must be submitted to the competition office within one hour from the end of the competition after paying a deposit of 200 PLN.
14. The races will take place regardless of weather conditions.
15. All competitors taking part in UltraPark Weekend are bound by these regulations.
16. Failure to comply with these regulations may result in disqualification from the competition (in case of disqualification a competitor is not entitled to a refund of the entry fee)
17. The Organizer is not responsible for accidents occurring on the route of the race resulting from the fault of the participants.
18. The Organizer reserves the right to change the start time or pausing the competition in the event of conditions endangering the life or health of competitors, volunteers or members of the Organizer's team without the possibility to refund the participation fee.
19. Participants agree to the processing of their personal data for the internal needs of the organizer of the event and to the use of their image in information and advertising materials.
20. Personal data of the participants in the race will be used in accordance with the conditions specified in the regulation of the European Parliament and of the Council (EU) 2016/679 from 27 April 2016 on the protection of individuals with regard to the processing of personal data and on the free movement of such data and repealing Directive 95/46/EC (General Data Protection Regulation) (OJ L. UE L 119 from 04.05.2016, p. 1). The personal data controller is the Organiser.
21. Processing of the data referred to above in connection with participation in the race also includes the publication of the name and surname of the participant together with the year of birth and the name of the place of residence - in any way in which the project will be published or disseminated.
22. The Participant shall have all rights in accordance with the PDCA, as detailed in the Information Clause.
23. Providing personal data and consenting to their processing is voluntary, but their refusal or lack of consent to their processing makes it impossible to participate in the race.
24. Administrator will process personal data for the purpose of organizing a sports event called UltraPark Weekend - independently or in cooperation with other entities, only to the extent necessary for the proper organization of the event.
25. The participant grants the Organiser a free license to use the recorded image in all fields of exploitation, including in particular:

- a. Preservation and multiplication of any known technique and dissemination in any form.
 - b. Providing partners and official partners with a copy or copy of the image on which it is recorded for use in the promotion of the partner or official partner in the context of his participation in the race.
 - c. Introduction to computer memory and multimedia network.
 - d. Multiplication of the recorded image.
 - e. To publicly display, reproduce, broadcast and reemit, and make it available to the public in such a way that everyone can access it at a place and at a time chosen by them.
 - f. Posting and publishing in the press, on websites, posters and billboards.
26. The Organizer reserves the right to cancel the event without giving reasons.
27. The Organizer reserves the right to introduce changes and final interpretation of the regulations, which will be available in the Competition Office.

RULES AND REGULATIONS 13TH POLISH CHAMPIONSHIPS IN 24-HOUR ULTRAPARK RACE HELD ON WEEKEND 2

1. Management: Polish Athletics Association
2. Date and Place: 25-26 April 2020, Pabianice.
3. Organiser: Pabianice Sports Club "O co biega".
4. Co-organiser: The City of Pabianice and Pabianice District
5. Terms of participation: Only citizens of Poland who by 24 April 2019 will have reached the age of 21 and hold a competitor's licence valid for the 2020 season issued by the Polish Athletics Association have the right to take part in the 13th Polish Athletics Championships PZLA in 24-hour run.
6. Program: The competition in the 13th Polish Athletics Association Championships of Poland in 24-hour run will be held by gender.
7. Classification: The condition for classifying competitors in the 13th PZLA Polish Championships in 24-hour race is to cover the following minimum distance: Women 120 km, Men 140 km.

8. Awards: As part of the individual competition of the Polish Championships for taking places 1-3 competitors receive medals. Additional prizes secured by the organizer in accordance with the regulations of UltraPark Weekend 2.

9. Entries: The STARTER PZLA system applies until the 13th PZLA of the Polish Championships in 24-hour race. The entry system will be open until 23:59 on 14 April 2020. Competitors also sign up via the organizer's website www.ultrapark.pl. Registration for UltraPark 24h will be launched on 01.12.2019.

10. Competition rules: According to UltraPark Weekend regulations 2.

11. Verification: On the 13th PZLA Polish Championships in 24-hour race will be conducted verification on which competitors must have an ID card or passport to check the date of birth. The condition for allowing a competitor to take part in the race will be the presentation of a medical certificate of no contraindications to participate in the race during the verification or the signing of the declaration of ability to take part in the race. The competitors take part in the 13th PZLA Polish Championship in 24-hour race at their own risk and responsibility, which is confirmed by the signature on the statement made during the verification. Admission to the start of a competitor reported after the deadline is possible only after obtaining permission from the PZLA. Such application should be sent by e-mail to mistrzostwapolski@pzla.pl with a confirmation of payment for the application after the deadline, in the amount of PLN 500. Sending the application along with the confirmation of payment does not oblige PZLA to agree to start after the deadline. If a competitor is not allowed to start, the entry fee will not be refunded.

12. Financing rules: The costs of organizing the competition are covered by the organizer, the costs of participation are covered by the applicant clubs. The entry fee for participation in the 24-hour race is 150 PLN to 31.01.2020, 200 PLN to 28.02.2020, 250 PLN to 14.04.2020. The entry fee does not apply to ALL previous Polish Championships in the 24-hour race and medalists from 2018 and 2019. Entering a competitor after the deadline will result in a penalty fee of 500 PLN.

13. Comments: Woj. ZLA are asked to inform their clubs about the content of these regulations. By entering the competition, the competitor declares that he has read the content of these Regulations and undertakes to comply with them. Non-compliance with these Regulations may result in the exclusion of a competitor from the competition. In accordance with Article 38 of the Act on Sport of 25 June 2010. (Journal of Laws of 2018, item 1669, as amended), the obligation to insure competitors against accidents belongs to the club of which the competitor is a member. Competitors taking part in the 13th PZLA Polish Championship in 24-hour race are obliged to wear clothing permitted by the club during the competition (the start in the clothing of the Polish national team is excluded). The final decision in matters not regulated in these regulations "13th Polish Athletics Association of Championships of Poland in 24-hour run" belongs to the Polish Athletics Association.

14. All other matters are governed by the UltraPark Weekend 2 regulations.

REGULATIONS OF THE 12TH POLISH CHAMPIONSHIPS IN THE 100KM RUN

1. Management: Polish Athletics Association
2. Date and Place: 25 April 2020, Pabianice.
3. Organiser: Pabianice Sports Club "What's going on".
4. Co-organiser: The City of Pabianice and Pabianice District
5. Terms of participation: Only citizens of Poland, who by 24 April 2019 will have reached the age of 18 and hold a valid for the 2020 season competitor's licence issued by the Polish Athletics Association, have the right to participate in the 12th Polish Athletics Championships PZLA in the 100km run.
6. Program: The competition in the 12th Polish Athletics Association Championships of Poland in the 100km run will be held by gender.
7. Classification: The condition for classifying competitors in the 12th PZLA Polish Championships in 100km run is to cover a distance of 100km within the limit of 13 hours.
8. Prize: As part of the individual competition of the Polish Championships for taking the places of 1-3 competitors receive medals. Additional prizes secured by the organizer in accordance with the regulations of UltraPark Weekend 2.
9. Entries: The STARTER PZLA system applies to the 12th PZLA Polish Championships in the 100km race. The entry system will be open until 23:59 on 14 April 2020. Competitors also sign up on the organizer's website www.ultrapark.pl . Registration for UltraPark 24h will be launched on 01.12.2019.
10. Competition rules: According to UltraPark Weekend regulations 2.
11. Verification: On the 12th PZLA Polish Championships in 100km race will be conducted verification on which the competitors must have an ID card or passport to check the date of birth. The condition for allowing the competitor to take part in the race will be the presentation of a medical certificate of no contraindications to participate in the race during the verification or the signing of the declaration of ability to take part in the race. The competitors take part in the 12th PZLA Polish Championships in 100km run at their own risk and responsibility, which is confirmed by the signature on the statement made during the verification. Admission to the start of a competitor reported after the deadline is possible only after obtaining permission from PZLA. Such application should be sent by e-mail to mistrzwapolski@pzla.pl with a confirmation of payment for the application after the deadline, in the amount of PLN 500. Sending the application along with the confirmation of payment does not oblige PZLA to agree to start after the deadline. If a competitor is not allowed to start, the entry fee will not be refunded.
12. Financing rules: The costs of organizing the competition are covered by the organizer, the costs of participation are covered by the applicant clubs. The entry fee for participation in the 100km race is 120 PLN to 31.01.2020, 150 PLN to 28.02.2020, 180

PLN to 14.04.2020. The entry fee excludes ALL previous Polish Championships in the 100km race and medalists from 2018 and 2019. Registration of a competitor after the deadline involves a penalty fee of 500 PLN.

13. Comments: Woj. ZLA are asked to inform their clubs about the content of these regulations. By entering the competition, the competitor declares that he has read the contents of these Regulations and undertakes to comply with them. Non-compliance with these Regulations may result in the exclusion of a competitor from the competition. In accordance with Article 38 of the Act on Sport of 25 June 2010. (Journal of Laws of 2018, item 1669, as amended), the obligation to insure competitors against accidents belongs to the club of which the competitor is a member. Competitors taking part in the 12th PZLA Polish Championships in 100km run are obliged to wear clothing permitted by the club during the competition (the participation in the clothing of the Polish national team is excluded). The final decision in matters not regulated in these regulations "12th Polish Athletics Association of Championships of Poland in 100km run" belongs to the Polish Athletics Association.

14. All other matters are governed by the UltraPark Weekend 2 regulations.