

"DOLOMITI EXTREME TRAIL" OFFICIAL REGULATIONS

art. 1 - **ORGANIZATION.** Atletica Zoldo - Pro Loco of Zoldo based in Forno di Zoldo (BL), via Roma 10, have organized the second edition of the high mountain Trail Running long-distance race called "Dolomiti Extreme Trail" to be held on Saturday 7 June 2014. A partly self-sufficient race on an alpine track environment of KM 53 with a positive difference in altitude of +3800m and a negative difference in altitude of -3710m. An eco-compatible race which uses and adapts only existing facilities in the valley with no environmental impact.

art.2 - **PARTICIPATION REQUIREMENTS.** Entering the "Dolomiti Extreme Trail" means accepting this Regulation in its entirety and without exceptions on behalf of the competitors.

On enrolment, each contestant agrees to comply with these regulations and releases the organizers from any civil or criminal responsibility or liability for any incident or accident, for direct or indirect damage to persons or things that may occur during the event. "Dolomiti Extreme Trail" will be held in accordance with this Regulation, any changes and notices will be published on the website.

art. 3-**GENERAL INFORMATION.** A 53 km on foot race in a natural environment and in high mountains of with about 3800m of elevation gain and about 3710m of a elevation loss, winding through high mountain paths and trails, through snowfields, exposed ledges and rocky sections sometimes equipped with ropes, starting and finishing in Forno di Zoldo in the locality of Pieve; maximum time: 12 hours

art. 4 - **PARTICIPATION.** The competition is open to everyone, men and women, aged 18 and over on the date of the race. In order to take part, the athletes should have had previous experience in the mountains, must not suffer from vertigo, should have a high standard of athletic preparation and wear suitable clothes for temperatures that can range from -5 to + 30 degrees.

art. 5 - **SELF-SUFFICIENCY. TAKING PART IN THE "I DO NOT THROUGH MY RUBBISH" CAMPAIGN.** The race is self-sufficient of food and water. However, refreshment pointed are positioned along the route for the reinstatement of drinking water. Plastic cups will not be available for drinking at the refreshment points. Competitors must be in possession of a cup or other container suitable for personal use. Each runner must ensure that they carry the minimum amount of water expected as compulsory equipment on departure from each refreshment point. Personal assistance is prohibited. It is forbidden to be accompanied on the route by another person who is not duly enrolled.

art. 6- **FIXED NUMBER REGISTRATION** Entry will open on Saturday 4 January 2014 and will close on reaching the predetermined number of participants or within the 25th of May 2014.

Entries must be made online with payment by bank transfer or by credit card by filling in the form on the website <http://www.dolomitiextremetrail.com>

Athletes of age must provide a medical certificate for sport activities, valid on the date of the race and recognized by the country of residence, whether they belong to companies or sports federations. A copy of a valid medical certificate and a signed **DISCLAIMER OF LIABILITY** previously downloaded from the website must be submitted when the race number bibs are handed out. In the event that the registered competitor does not provide the aforementioned documents at race number handed out, the bib can not be handed out, and the competitor will not be able to take part in the race, without the right to any registration fee refund. New registrations will not be accepted at the time of departure.

The number of competitors is limited to 600 participants; should there be a higher request than the number of places available, a waiting list shall be created and any possible increase or decrease of the maximum number of participants will be at the sole discretion of the organization.

art. 7 - **REGISTRATION FEE.** The registration fee is the following: € 70,00 before the 31/03/2014, then € 85.00 from the 01/04/2014 until the 25/05/2014. The enrolment fee includes all services described in these regulations: Race number bib, Microchip, showers on arrival, pre-race dinner (Friday evening), buffet and pasta lunch "with the athletes" (Saturday evening), all the support and assistance, race refreshments and possible return transport in case of withdrawal, race event permissions and healthcare support (medical and physiotherapy) and the "FINISHER" prize (a pair of "trail endurance" shoes by HaglofsGramGravel).



The "FINISHER" prize will be given to the participants who complete the race or reach at least Passo Staulanza time barrier, to the Km 37 (electric point of checking).

art. 8 – **REGISTRATION FEE REIMBURSEMENT AND CANCELLATION CLAUSE.** In no case shall the registration fee be refunded. Cancellation clause: participants can subscribe to a cancellation clause, paying additional 10 € at the registration. This clause allows the reimbursement of the registration fee if the participant cannot attend the race for the following reasons:

- accidents, acute diseases or death of the participant;
- acute diseases which needs recovery, death of next relatives (until the third degree) happened thirty days before the race;

In case of accidents or acute diseases of the runner, it is necessary to provide a medical certificate with doctor's signature and professional stamp. Any other reason of cancellation must be justified by a signed certificate with the stamp of the relevant authorities.

The reimbursement requests must be delivered with the related certificate no later than 10 days after the race (17 of June 2014).

art. 9 - **EQUIPMENT REQUIRED** On registration, each athlete endorses the commitment to carry all the mandatory equipment listed below throughout the race, if not he/she will be disqualified. The equipment required will be checked when his race number is handed out, at the start and at random locations along the route. During the race number delivery, the staff will ask to the athletes their shoe sizes (for a correct assignment of the "Finisher" prize). Mandatory equipment: - backpack or fanny pack - water bottles or other containers with minimum 1.0 litre of water - energy bars or solid food - survival blanket/heatsheet - whistle - adhesive elastic band suitable for a bandage - waterproof jacket designed to withstand bad conditions at high altitude - pants or race leggings (at least knee length), worn on or in the backpack - long sleeve top, worn on or in the backpack - cap or bandana - personal cup or other suitable container for drinking at the refreshment points (the water bottle is valid if the cap is large enough) . – Mobile phone (enter the organization rescue number, do not mask the number and do not forget to start with a fully charged battery).

Recommended equipment: road book - gloves - warm clothes indispensable in case of predicted cold weather.

Competitors wishing to use walking poles must keep them with him for the duration of the race.

art. 10 – **RACE NUMBER AND RACE PACK COLLECTION.** Race number bib and mandatory equipment checking procedure shall take place at the former elementary school in Pieve di Forno di Zoldo (finish area).

Racing athletes shall park at the former Ice Rink area, adjacent to the start of the race in Forno di Zoldo (see DXT race logistics). Each race number bib shall be handed out individually to each runner on presentation of valid photo identification, a copy of a medical certificate and a signed **DISCLAIMER OF LIABILITY**. The race number must be worn on the chest or the stomach and be visible in its entirety for the full duration of the race. It should therefore be positioned over any clothing and in no case attached elsewhere. Before the start each racer must pass through the entrance gates to the enclosed starting area to be registered. Between a checkpoint and the finish the runner must ensure that they were properly registered. The punching is indispensable as the abutment between two successive checkpoints ensures that there are no missing competitors. In the case of failure to register the passage and the subsequent search for a racer, any costs arising will be charged to the participant himself. The race number acts as a pass required to access the shuttles, buses, refreshing areas, showers, to pick up athlete's bags and the pasta party.

art. 11 - **ATHLETE'S BAG DEPOSIT** Bags containing change of clothes can be deposited when picking up the race number bib in Pieve before the start of the race at the former Ice Rink (parking area for the race) or in starting point area. Each competitor will hand over the change of clothes marked with ones race number, which will be transported by the organization in the arrival area. It is advised not to leave fragile or valuable items in the bag. Bags with objects attached externally to it will not be transported. The organization does not accept any responsibility for items lost or damaged during transport.

art. 12 - **SAFETY AND MEDICAL ASSISTANCE.** A rescue callout station will be located at the most significant points as identified by the organization and in any case at the refreshment stations. Ambulances, civil protection members and medical staff will be present on route. A team of physiotherapists will be present at the finish area. The rescue callout stations are intended to provide assistance to all persons in danger using the organization's means or through affiliated organizations. The official medical staff is authorized to suspend the contestants judged unfit to continue the race. Rescuers are allowed to evacuate with all the means at their convenience runners judged in danger. If necessary, and in the interests of the person rescued, solely at the discretion of the organization, the official alpine rescue service shall be called, who will take over the direction of operations and put in place all appropriate means, including the helicopter service. Any costs arising from use of these exceptional service will be borne by the rescued person in accordance with regulations. A racer, who appeals to a doctor or a rescuer, submits himself to his/her authority and undertakes to comply with his/her decisions.

art. 13 - **CHECKPOINTS AND REFRESHMENT POINTS.** Recording of competitors, both with chips or by manual check is carried out at the rescue or refreshment stations. Only the runners carrying a well visible race number can access refreshment stations. The route map will be published on the website highlighting the refreshment and rescue stations. Random checkpoints will be located in other sites outside the refreshment and rescue stations. Their location shall not be communicated by the organization.

art. 14 - **MAXIMUM TIME LIMITS AND CUT OFF TIMES.** The maximum time allowed to reach the finish line is 12 hours. The cut-off time for departure (time barriers) from the main checkpoints will be defined and described on the route map. These barriers are calculated to allow participants to reach the finish line in the maximum time imposed; however, making any necessary stops (rest, meals,). In order to continue the event, competitors must leave the checkpoint before the cut-off time set. Otherwise they will be disqualified, and their race number will be withdrawn. The competitor wishing to continue without a race number, out of the race, will assume all responsibility for the consequences that might accrue. In case of bad weather conditions and/or for security reasons, the organization reserves the right to change the route or the cut-off times, terminate the race in progress, delaying the start.

art. 15 - **WITHDRAWAL AND RETURNS.** In case of withdrawal from the race along the route, the competitor is obliged, when possible, to go to the nearest checkpoint and communicate and record their withdrawal, the organization will take charge to take him/her back to the finish area. In case of failure to notify a withdrawal and the subsequent search for a racer, any costs arising will be charged to the participant himself.

art. 16 - **PENALTIES - DISQUALIFICATION.** Controllers on route are authorised to check the mandatory equipment, and in general, the monitor the respect of the entire regulation. All competitors found not in possession of even a single element of the mandatory equipment will be immediately disqualified, without any possibility to appeal for this penalty. Infringements also noticed by the organization through video images after the race, may result in disqualification. The directors of the race may disqualify a competitor in the event of a major violation of the Regulation, in particular: - race number bib worn in a non-conforming manner- exchange of race numbers bibs, - failure to pass a checkpoint, - absence in part or of all the mandatory equipment, - using transport during the race, - departure from a checkpoint after the cut-off time - doping or refusal to submit to a doping control - failing to aid another competitor in the event of difficulty, - the use of personal assistance outside the points allowed, - abandonment of their equipment along the route - failure to comply with the ban to be accompanied on the route, - abandoning rubbish along the race route, - pollution or degradation by a competitor or a member of his staff, - insults, rudeness or threats towards organisation members or volunteers - refusal to be examined by a doctor of the organization at any time of the race.

Respect yourself: no cheating neither before, nor during the race; Respect other athletes; provide support to another athletes in trouble. Respect volunteers: volunteers participate also for the pleasure of being present.

art. 17 - **AMENDMENTS TO THE ROUTE OR CUT-OFF TIMES - RACE CANCELLATION.** The organization reserves the right to modify at any time the route or positioning of the rescue and refreshment points, without notice. In the event of adverse weather conditions (fog, blizzards, storms), and such as to endanger the safety of the competitors, the start of the race may be postponed or cancelled. The route may be changed and reduced, or the race may be stopped at any point on the track. Race competitors shall not be entitled to any entry fee refund in the case of suspension or cancellation of the race.

18 – **THE ROUTE AND ROUTE MAP.** The "Dolomiti Extreme Trail" has been classified as a black dotted route: "EE" itinerary for experienced hikers. A route that requires the ability to move on special terrain, inaccessible or treacherous tracks and trails (slopes with rocky outcrops or rubble), with exposed areas and/or protected by fixed ropes. Competitors must strictly adhere to the marked race course by not taking shortcuts or cutting parts of the route. Apart from resulting in disqualification on arrival, departing from the official route shall be at the sole risk and danger of the competitor. The topographic map of the route, in its latest edition,

published on the website, will show practical information such as checkpoint closing times and the route description and competitors are advised to carry a copy during the race.

art. 19 - **INSURANCE** The organizers subscribe liability insurance for the duration of the race. Participation is under the full responsibility of the competitors, who renounce all recourse against the organizers in case of damage and further consequences arising after the race. At the time of the race number bib handout the racer must sign a waiver of release of responsibility.

art. 20 – **RANKING AND PRIZES.** Only competitors who reach the finish line in Pieve di Forno di Zoldo and get recorded on arrival will be included in the ranking. There will be no cash prizes, but prizes for all the "finishers". There will be an overall men and women ranking for the full race and a general men and women ranking. The top overall five male and female competitors will be awarded, and the first of the following categories (excluding ones already awarded in the overall rankings) SEN1 between 18 to 29 years old, SEN2 between 30 to 39 years old, V1 between 40 to 49 years old, V2 between 50 to 59 years old, V3 between 60 to 69 years old, V4 from 70 years of age or above.

art. 21 - **RIGHTS OF IMAGE USE.** Each participant waives the rights to own their image during the event, as well as waives all recourse against the organization and its partners for the use of his/her image.

DECLARATION OF RESPONSIBILITY The voluntary enrolment and subsequent participation in the race indicate the full acceptance of these rules and any changes made. By enrolling, the participant releases the organizers from any liability, both civil and criminal, for personal injury and / or damage caused by himself or indirectly.

