



RACE RULES TARVISIO WINTER TRAIL 2024

Art. 1 – Acceptance of the rules

The 7th. edition of the Tarvisio Winter Trail will take place on Friday 8 and Saturday 09.03.24 in the municipality of Tarvisio (UD) - Italy.

The Winter Trail / SkySnow is a specialty of running discipline that takes place in a natural environment, generally on mountain paths or on snow-covered or icy groomed tracks with limited paved or asphalt sections which at most and in any case must not exceed 70 % of total path length.

The scheduled races are as follows:

1. **Vertical del Monte Lussari:** uphill-only VERTICAL race along the Di Prampero slope and arrival at the summit cross of Monte Lussari (route: 3.6 km with 974 m D+).
2. **Monte Mangart Winter Trail:** CLASSIC race with start and finish at Lago Superiore di Fusine (route: 15 km with 515 m D+).

Both races are OPEN, therefore with registration open to all, and are valid for the awarding of the title of ISF SkySnow World Champion 2024.

For both races the OVERALL ranking (M/F), the specialty WORLD CHAMPIONSHIP ranking (M/F) will be drawn up, as well as a ranking for the following CATEGORIES (M/F):

- MASTER A: born between 1975 and 1984;
- MASTER B: born between 1965 and 1974;
- MASTER C: born before 1965.

At the end of the Monte Mangart Winter Trail the combined ranking of the two races will also be drawn up. The SkySnow World Championship regulations can be consulted on the International Skyrunning Federation website (<https://www.skyrunning.com/>).

3.) Winter Trail Alpe del Lago: non-competitive race open to all (route: 10.0 km with 180 m D+).

4.) Young Winter Trail: noncompetitive race for the young categories: (M/F):

- CUCCIOLI: born 2015-2016 (Km 1,5);
- ESORDIENTI: born 2013-2014 (Km 1,5);
- RAGAZZI: born 2011-2012 (Km 3,0);
- CADETTI: born 2009-2010 (Km 3,0).



Each participant at the Tarvisio Winter Trail must accept, in all its parts and without exceptions this regulation. Registering each participant agrees to accept the following Official Rules of the event and frees the organizers from any civil or penal liability for any accident, damage to persons or things to him and self-caused, that may occur before, during and after the event.

Please note that the event takes place in the winter season and therefore it is recommended to take all necessary safety measures.

Art.2 – Organizing Committee

The event is organized by the Sport Association "U.S. Mario Tosi Tarvisio" with the support of the Municipality of Tarvisio and of the Region Friuli Venezia Giulia.

Art.3 – Registration

Entries will open on 01.12.23 and close on 06.03.24. For logistical reasons related to the location, the maximum number of participants in the Monte Mangart Winter Trail and the Alpe del Lago Winter Trail cannot exceed 500 total competitors, including athletes accredited for the SkySnow World Championship.

Registration can be done exclusively online by accessing the link published on the website

<https://www.tarvisiotrailrunning.com>. For any problem/information the athletes can contact the organization at the email address: info@tarvisiowintertrail.com

The registration fees have been fixed as:

Monte Lussari Vertical (Online registration only):

- by 31.12.23 – 23.00 Euros;
- by 31.01.24 – 28.00 Euros;
- subsequently – 33.00 Euros.

The registration fee includes: race bib, assistance and refreshments at the finish line, participation in the pasta party, race package with CRAZY IDEA technical leader, finisher medal and the cable car ticket to return to the valley after the race.

Monte Mangart Winter Trail (Online registration only):

- by 31.12.23 – 38.00 Euros;
- by 31.01.24 – 43.00 Euros;
- subsequently – 50.00 Euros.

The registration fee includes: race bib, assistance and refreshments at the finish line, participation in the pasta party, race package with CRAZY IDEA technical feature, finisher medal.

Winter Trail Alpe del Lago: 23.00 EUR for registrations completed online by 06.03.24 and 28.00 EUR for registrations made up to one hour before the start of the race.

The registration fee includes: race bib, assistance and refreshments along the route, participation in the pasta party, race package (technical T-shirt), finisher medal.



Young Winter Trail: 12.00 EUR for registrations completed online by 06.03.24 and 15.00 EUR for registrations made up to one hour before the start of the race, finisher medal.

The registration fee includes: race bib, assistance and refreshments along the route, after race pasta party, race pack (technical T-Shirt).

All registration forms must be accompanied by the documentation required in art. 4, with penalty of exclusion to the participation to the event. The registration fee includes all the services defined in this regulation. Each participant will see the confirmation of the registration on <https://www.tarvisiotrailrunning.com> / registration link. Registration will be considered completed only when the organizing company receives all the required documents as indicated in art. 4 of the regulation.

Art. 4 - Admission of the participants

Athletes who are at least 16 years of age at the date of the competition will be able to participate in the Monte Lussari Vertical and the Monte Mangart Winter Trail.

In particular:

a) Athletes registered with companies affiliated with the CSI, FIDAL and MOUNTAIN & TRAIL RUNCARD or RUNCARD and in possession of the Competitive Medical Certificate for endurance sports (athletics, running, trail running, cycling, cross-country skiing, ski mountaineering, etc.) in compliance with the 2024 Federal membership. The medical certificate must be shown when collecting the bib.

b) Athletes who are not members but still in possession of the Competitive Medical Certificate with the wording for endurance sports (athletics, running, trail running, cycling, cross-country skiing, ski mountaineering, etc.) valid on the date of the race. The medical certificate must be shown when collecting the bib. See the form at the end of this set of rules.

c) Anyone who does not have a card issued by a sports promotion body will be able to register with the U.S. Mario Tosi Tarvisio at an extra cost of 5.00 Euros and will have to show a medical certificate for competitive activity. The card guarantees insurance coverage. The form to be filled in and the card will be delivered to the Info Point present on the days of the event. The medical certificate must be shown at the latest when collecting the bib. See the form at the end of this set of rules.

The registered athlete who for his own reasons will not be able to participate in the race, for technical reasons, will not have the possibility to postpone the registration to the 2025 edition but will be able to transfer it to another athlete for the 2024 edition, by the registration closing date .



Art. 5 – Rankings and prizes

The following prizes and recognitions will be awarded.

1. Prizes Vertical del Monte Lussari:

- ABSOLUTE ranking (M/F): first 10 classified as per the prize table;
- Passage to the Intermediate Station (M/F): as per the prize table;
- MASTER A ranking (M/F): from 1st to 3rd place medal, technical gadgets and/or food and wine prizes;
- MASTER B ranking (M/F): from 1st to 3rd place medal, technical gadgets and/or food and wine prizes;
- MASTER C ranking (M/F): from 1st to 3rd place medal, technical gadgets and/or food and wine prizes.

2. Prizes Monte Mangart winter trail:

- ABSOLUTE ranking (M/F): first 10 classified as per the prize table;
- GPM Rifugio Luigi Zacchi (M/F): as per the prize table;
- MASTER A ranking (M/F): from 1st to 3rd place medal, technical gadgets and/or food and wine prizes;
- MASTER B ranking (M/F): from 1st to 3rd place medal, technical gadgets and/or food and wine prizes;
- MASTER C ranking (M/F): from 1st to 3rd place medal, technical gadgets and/or food and wine prizes.

For both races, the athlete belonging to one of the MASTER categories who is awarded one of the prizes of the ABSOLUTE ranking, loses the right to the prize of his category and will therefore only receive the category medal.

3. Winter Trail Alpe del Lago : all participants will be given the event gadget as recognition of their participation.

4. Prizes Young Winter Trail: from 1st to 3rd in each category (M/F) technical gadget. All participants will be given a souvenir medal and the event gadget.

Art. 6 – Bib and race gadget delivery

- 1.) **Vertical Monte Lussari:** the delivery of the bibs will take place on Thursday 07.03.24 from 6.00 pm to 8.00 pm and on Friday 08.03 starting from 4.30 pm in the race office set up in the starting area.
- 2.) **Monte Mangart Winter Tail, Alpe del Lago Winter Trail and Young Winter Trail:** the bibs will be delivered on Thursday 07.03.24 from 6.00pm to 8.00pm and Saturday 09.03 from 11.30am to 1.00pm in the race office set up in the starting area.

The delivery of the bibs will not last beyond the time indicated in these regulations, it is therefore recommended to show up at the start in appropriate time.



The compulsory material for the participation will be monitored by sampling at the delivery of the bibs/numbers. The mandatory equipment checks will also be carried out before the start of the race, along the path and on arrival with disqualification in the absence of the expected material.

Only the athletes that have collected the bib and have been checked in at the starting line of the race will have the right to receive the race gadget that will be distributed before the pricing ceremony under the presentation of the punched bib.

Art. 7 - Racetracks

Please refer to the website for all the details on the route: <https://www.tarvisiotrailrunning.com>.

The precise departure time will be communicated one week in advance via the website, the FB page and by email to the athletes who have communicated their address during registration. It is recommended to show up at least one hour before departure for the material check and stamping.

Art. 8 - Punching and checks at the start

The bib numbers must be pinned in front, so that it is clearly visible and 30 minutes before the start of the race there will be the punching.

Art. 9 – Checkpoints

The checkpoints will be distributed along the entire trail and will have the task of recording the passage of the competitors and to check the compulsory materials (sample check). The punching carried out at the checkpoints will allow the knowledge at the arrival of the passage of athletes. The athletes must check the recording of their passage

Art. 10 – Give up

In case of surrender, the competitor must compulsorily and as soon as possible inform the organization. The bib number will then be picked up at one of the checkpoints or refreshment points. Submitting its retire is very important to avoid that emergency rescues will be alerted in case of non-arrival of the athletes. It is compulsory that the athletes, who have decided to leave the race, do it at the checkpoints or refreshment points.

Art. 11 - Location

The description of the route in the latest version will be available on the website. The participants are invited to examine it carefully. Every change will be published on the website of the race.

Art. 12 - Security and medical assistance

Safety and medical assistance will be guaranteed by the organization's staff spread on the route. The emergency vehicles will move along the track in the areas accessible to the vehicles in use. The managers on duty are authorized to stop the participants judged unfit to continue the event, in this case the bib will be withdrawn. Each athlete must, with penalty of disqualification, assist other athletes in need and to report to the organization's staff situations that require emergency rescues or help. Wheeler, emergency vehicles, vehicles of the organization and checkpoints are equipped with radios in permanent contact with the logistic base of the event. The competitor that calls a rescuer submits himself to his authority and undertakes to respect his decisions. The choice of the care and their nature will be left to the decision of the medical personnel. One or more organization volunteers will ensure the closure of the race and follow the last competitor. In any case, the race will be closed at the expiration of the maximal time set to pass the gate.



Art. 13 – Insurance

The organization will subscribe an insurance for civil liability for the entire duration of the event. The participation to the event is in any case under the entire responsibility of the competitors, who through their registration renounce at any recourse against the organizers for damages or other consequences that may happen to them during the event.

Art. 14 - Refreshments, food drinks

There will be 3 refreshments set up along the track of the Monte Mangart Winter Trail (incl. finish line). The refreshment points will be provided with drinks (hot and cold) and food depending on what is specified in the description of the track.

Art. 15 - Bags of the competitors

Service planned for the Monte Lussari Vertical.

Service not provided for the other scheduled races.

Art. 16 - Compulsory equipment

The following mandatory material is required for both the Monte Lussari Vertical and the Monte Mangart Winter Trail:

- Trail running shoes or running shoes with micro crampons;
- Long-sleeved shirt;
- Hat or bandana.

Depending on environmental conditions and on the path, the organization reserves the right to require the use of micro crampons from the start or at least in specific areas of the track. Information on this will be given in the release a week before departure through the website, the FB page and Email to athletes who have communicated their address upon registration.

Art. 17 - Maximum race time

The maximum race time for the Vertical del Monte Lussari is set at 2h:00'.

The maximum race time for the Monte Mangart Winter Trail is set at 3h30';

Time gates will be established and will be specified in the description of the track.

The organization's staff will be strict in blocking the athletes who will arrive at the time gates out of time, this to ensure the safety of the participants and volunteers on the track. There will also be a wheeler that will go the entire track following the last competitor, in order to be helpful to surrenders and avoid that any injured remain without assistance.

Please note that each athlete must make sure that his/her passage is registered at every checkpoint.



Art. 18 - Penalties and disqualifications

The organization's staff on the track is empowered to check the obligatory material and in general the respect of the entire Regulation. All the competitors, that at the time of the inspection on the track are found without the required materials will be immediately disqualified, without any possibility to avoid this sanction.

The organization may decide the disqualification of a competitor in the case of lack of respect of the Regulation and in particular:

- Bib or chip exchange;
- Missing a checkpoint;
- Route Cutting/shortening;
- Lack of part or all the required materials;
- Use of a vehicle;
- Departure from a checkpoint after the expiration of the time limit;
- Lack of assistance to another athlete in need;
- Leaving behind their own material on the path;
- Pollution or degradation of the place dropping trash on the track;
- Insults, rudeness or intimidations against organizers or volunteers;
- Avoid being examined by an organization rescuer at any time of the event;
- Physical and / or psychological estate considered unfit to continue

Art. 19 - Complaints

Any complaints must be submitted to the organization of the race within 30 minutes from the publication and posting of the Race-results. In accord with the spirit of the race, the organization trusts in the fair play of all the athletes.

Art. 20 – Location/Track changes or cancellation of the event

The organization reserves the right to modify at any moment the track of the race and the location of checkpoints and refreshment, without notice. In the event of bad weather conditions (cold, rain, snow, strong risk of storms or anything that the organization judges as dangerous for athletes), the start may be delayed or canceled, or the path can be changed and / or reduced. In case of bad weather conditions involving security reasons, the organization reserves the right to suspend the ongoing event or to modify the time barriers.

In case of cancellation due to force majeure, not attributable to the organization, including those due to national and international regulations issued to contain the spread of COVID-19, the organization reserves the right to reimburse a percentage equal to 50% of the registration fees. This percentage is justified by the multiple expenses that the Organization has already carried out and which it cannot recover.

In case of interruption or cancellation of the race for weather reasons, or for any other reason independent of the Organization, no refund will be due to the participants.

In case of impossibility to participate in the race, you will be entitled to a refund of 60% of the registration fee only in case of presentation of the medical certificate.

All refunds will be made within 60 days of the conclusion of the event.



Art. 21 – Privacy, photo, television, video imaging rights

The participant with the inscription authorizes the organization to the processing of personal data pursuant to the Decreto Legislativo 196/2003 “Codice in materia di protezione dei dati personali”(Italian Code regarding the protection of personal data). Each athlete participating may apply for cancellation of his/her data by sending a written request to the Sport Association Mario Tosi - Tarvisio.

Each participant expressly waives the right on his/her image during the race, as well as any claim against the organization and its partners enabled to use the image.

Art. 22 - Declaration of Responsibility

The participation to the Tarvisio WINTER TRAIL means the acceptance in all its parts and without reserves, of this Regulation by the registered participant. Submitting the registration form, the participant declares to have read, understood and accepted in its entirety the present regulation of the event, waives the organization from any civil or criminal liability for damage to property and personal injuries caused in the context of the developing of the race and confirmed to be in possession of valid medical certificate to the event date of the event for sport competitive sports (athletics, particularly running)as in the 4th article of the present regulation. D.L. 196/03. Privacy policy: Personal data will be processed for the sole purpose of providing the service in question and will not be disclosed or used for other purposes.

Art. 23 - Modifications to the Regulation

The organization reserves the right to amend the regulation, to improve it, publishing the changes in real time on the official website <https://www.tarvisiotrailrunning.com>.



Medical certificate

I, the undersigned doctor _____

certify that the medical examination of:

Surname: _____ First name: _____

Born on the: ___ / ___ / _____,

does not reveal any contraindication to the practice of competitive running over long distances and in altitude.

Date: ___ / ___ / _____

Professional stamp and professional number: _____

Signature of doctor: _____

The certificate is in accordance with Italian law. However, in order to make sure that we treat all the certificates sent from different countries correctly, it is compulsory to use this form, no other will be accepted. This medical certificate must be filled in, dated and signed by the doctor, who stamps it and specifies his professional number.

TO BE FILLED OUT BY THE RACE ORGANIZATION:

Registration date: _____

Surname: _____

First name: _____

Date of birth: ___ / ___ / _____