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GARGANO RUNNING WEEK 2018 TRAIL RUNNING RACES RULES

The A.S.D. Gargano Run (amateur non-profit sporting association) on April 21 and 22 - 2018 will organize the following races:

- **"Gargano Raid" Ultra-Trail 80 Km, 3,000 meters total ascent.**
- **"Mattinata Trail" 34 Km, 1,700 meters total ascent.**
- **"Saraceno Trail" 15 km, 600 meters total ascent.**

art.1 - Race

Foot race in a natural environment that extends over the paths of National Park of Gargano with departure and arrival in the municipality of Mattinata (Foggia).

- **Gargano Raid Ultra Trail:** around 80 K with a total ascent of 3,000 meters. Departure at 6:00 a.m. Saturday April, 21 2018.
- **Mattinata Trail:** Course of around 34km with a total ascent of 1,850 meters. Departure at 9:00 a.m. Saturday April, 21 2018.
- **Saraceno Trail:** Course of around 15 km with a total ascent of 600 meters. Departure at 9:30 a.m. Sunday April, 22 2017.

TIME LIMIT for each race:

- **15 k: 3 h and 30' .**
- **34 k: 8 h**
- **80 k: 16 h and 30'**



art.2 - Participation

These races are open to all, men and women, who are at least 18 years old when the race takes place. Either you belong to a sport club or not, for any foreign athlete, we need a medical certificate released by your doctor ([you can download it from the section "regulation" of the website the file is call MEDICAL CERTIFICATE FORM](#)) and you have to send it to info@garganorunningweek.com. Please for any question or issue contact us at info@garganorunningweek.com

Registrations from athletes who have been disqualified for doping in any discipline will not be accepted.

art.3 - Refreshments and assistance

Competitors will be responsible for their own food intake. Refreshment points (liquids and/or solids) will be available along the course.

34 k Mattinata trail's refreshments points: 5 spots along the whole trail. 4 are solids and 1 only liquid.

- 1) Km 9,8 LIQUID only;
- 2) Km 15 SOLID+ LIQUID;
- 3) Km 19,2 SOLID+ LIQUID;
- 4) Km 23,5 SOLID+ LIQUID;
- 5) Km 27,6 SOLID+ LIQUID.
- 6) FINISH LINE - Final Refreshment Point

80 k Gargano Raid trail's refreshments points: 10 spots along the whole trail There will be a refreshment point located on the finish line too.

- 1) Km 9,8 is LIQUID only;
- 2) Km 15 SOLID+ LIQUID;
- 3) Km 19,2 SOLID+ LIQUID;
- 4) Km 23,5 SOLID+ LIQUID;
- 5) Km 29,0 SOLID+ LIQUID;
- 6) Km 43,3 SOLID+ LIQUID;
- 7) Km 51,0 LIQUID only;
- 8) Km 60,0 SOLID+ LIQUID;

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- 9) Km 64,5 LIQUID only;
- 10) Km 68,0 SOLID+ LIQUID;
- 11) FINISH LINE – Final Refreshment Point

Participants are not permitted to be accompanied by another person who is not registered for the race. Personal assistance is permitted inside or near the refreshment points only.

art.4 - Registration conditions

This race includes passages in uninhabited areas and extends over natural paths that in adverse weather conditions (night, wind, cold, rain, snow, etc.) may require the use of suitable clothing. The path will not involve mountaineering. Serious training along with proven personal autonomy are indispensable to the successful outcome of this individual challenge. **We strongly suggest to participate to GARGANO RAID 80 K only if you have previously run at least a 40 k trail.** A valid medical certificate for competitive sporting activity - that is recognised in the country of residence - is necessary to validate registration.

art.5 - Means of registration

Registrations can be made only by Credit Cards payment on www.garganorunningweek.com
Registered competitors will not be allowed to take part if a medical certificate is not provided. Certificates or registrations will not be accepted at the race start. **Please Read ART.2 of the regulation.**

Registrations will close on the 20th of April 2018.

The registration cost includes all the services described in these regulations, the race pack, buffet at arrival, assistance, race refreshments and transport if required to the finishing line in Mattinata. Substitutions of competitors or exchange of bibs is not permitted after registration.

art.6 - Acceptance of regulations and course ethics

Participation in the "Ultra trail Gargano Raid", "Mattinata Trail" and "Saraceno Trail" implies the complete acceptance of these regulations and course ethics.



art.7 - Obligatory Material (controls effected during the course for both races).

By registering, every competitor agrees to bring all the obligatory material described below for the entire length of the race. If this is not the case, they may be disqualified or subject to time penalties. Controls may occur during the race and immediately after the competitor has reached the finish line.

Obligatory material for the “Ultra Trail Gargano Raid” and Penalties if something listed below is not carried by the athlete:

- Backpack or something equivalent (penalty is disqualification);
- At least 1 liter of water (30 minutes penalty);
- Food (30 minutes penalty);
- Head lamp (45 minutes penalty);
- Isothermal Blanket (penalty is disqualification);
- Whistle (10 minutes Penalty);
- **Mobile phone (with a fully charged battery) and the numbers of the organizers of the race saved on it which are ANGELO (+39 3420107339) – MICHELE (+39 3315373007) – ANTONIO (+39 3482943288);**
- Adhesive elastic strip that can be used as a bandage or for strapping (minimum 80 cm x 5 cm – penalty is disqualification);
- Waterproof jacket suitable for bad weather conditions (penalty is disqualification).

Obligatory material for the “Mattinata Trail”:

- Backpack or something equivalent (penalty is disqualification);
- At least 1 liter of water (penalty 30 minutes);
- Food (penalty 30 minutes);
- Isothermal Blanket (penalty is disqualification);
- Whistle (penalty 10 minutes);
- Adhesive elastic strip that can be used as a bandage or strapping (minimum 80 cm x 5 cm - penalty disqualification);
- Waterproof jacket suitable for bad weather conditions (penalty is disqualification);
- Mobile phone (with a fully charged battery) and the numbers of the organizers of the race saved on it which are ANGELO (+39 3420107339) – MICHELE (+39 3315373007) – ANTONIO (+39 3482943288)



There is no required material for the “Saraceno Trail” but we *strongly recommended*:

- Mobile phone (with a fully charged battery) and the numbers of the organizers of the race saved on it which are ANGELO (+39 3420107339) – MICHELE (+39 3315373007) – ANTONIO (+39 3482943288)
- Warm clothing in case of unexpected cold weather.
- Trail Running shoes.

PLEASE NOTE: Competitors who wish to use Trekking Poles *must keep* these with them for the entire duration of the race.

art.8 - Bib and CHIP

Each bib is individually assigned to each competitor upon the presentation of an ID document with photo. The bib must be worn to cover the chest and stomach and must be visible throughout the entire race. It must be worn over clothing and in no case is to be attached to a backpack. The **CHIP** is integrated to the bib and located on the rear. Competitors are not permitted to fold, cut or tamper with it in any way. Before the start, every competitor must pass through the entrance gates at the closed starting area to register.

The pre-race check-in is indispensable and will ensure that no one is missing. After finishing the race you **MUST** go to the Race Judge in order to validate your arrival. If you don't register at the checkpoint next to the finish line and this leads us to think that you are missing, you will be charged for all expenses occurred.

art.9 - Security and medical assistance

An emergency call point will be located at the top of every hill, rise or refreshment area. These points are connected via radio or telephone with the race management. Ambulances, civil protection and doctors will be present in the area.

The emergency points are designed to offer assistance to all in danger using the organisations own means or through agreed support. The official doctors are entitled to suspend competitors who are considered unfit to continue the race. The rescue workers are equipped to evacuate competitors considered to be in danger with their own means.

In case of necessity, in the interests of the rescued party, and only and exclusively at the discretion of the organisers, contact will be made with official mountain rescue who will use all relevant means for the operation, including helicopter.



The cost of these exceptional means shall be borne by the rescued competitor in line with the law in force. A competitor who asks for the assistance of a doctor or rescue worker subjects himself to his authority and agrees to respect his decision.

art.10 - Control post and refreshment posts

Competitors will be tracked at all control posts. Only competitors wearing clearly visible bibs will be permitted to enter the refreshment points.

art.11 - Authorised maximum time and hourly barriers

TIME LIMIT FOR Each Race:

15km Saraceno trail – 3 h e 30'

34km Mattinata trail - 8 h

80k Ultra Trail Gargano Raid - 16 h and 30'

Time barriers (valid only for Gargano Raid 80 km)

Time barriers will be shown in the elevation profile (**Road Book**) which you can download from www.garganorunningweek.com

To be authorized to continue their race, competitors must pass through the checking point before the time limits as shown in the chart below. Otherwise they will be disqualified, and the bib will be withdrawn. The competitor who wants to continue without the bib, will be 100% out of the race and will take all the responsibility for the consequences that might occur .
In case of bad weather conditions and/or for safety reasons, the organization reserves the right to change the location, modify the time barriers, stop the race course, delay the departure.

<u>GARGANO RAID</u>		
WHERE	KM	TIME BARRIER
U'Stritt-1° 	29	12.00 P.M.
Vergon del Lupo-2° 	43	15.00 P.M.
Sbarra di Baia delle Zagare- 3° 	60	18:30 P.M.



N.B. "The sweeper" (i.d. they close the race group by staying behind the last competitors) is a full member of the race organisation and as such has the authority to stop any athlete at any time, even at points outside the "time barrier".

art.12 - Abandonment and re-entry.

Any competitor who abandons the race is required to make his way to the closest control post as soon as possible and communicate his decision to the organisation who will arrange for his transport to the Mattinata base. If the competitor fails to communicate his abandonment and a search results, he will be charged for all expenses incurred.

art.13 - Penalties — disqualifications.

Controllers are entitled to inspect obligatory material and in general, to ensure respect for the regulations (respect for the site and race ethics, unauthorised support and accompaniment, bib not visible, etc.). Any competitor found to be lacking even one element of the obligatory material

during a control will be disqualified or subject to a time penalty and no appeal against this will be allowed. Irregularities determined via video footage surveyed at the end of the race may lead to disqualification. The race jury may rule on the disqualification or the application of a time penalty, in cases of serious breaches to the regulations and in particular in the following instances:

- Bib worn not as per regulations or tampered with (folded, cut, etc.).
- Bib exchange.
- Evasion of a control post.
- Non-inclusion of part or all of obligatory material. Sanctions will be applied pursuant to Art. 9.
- Use of a means of transport.
- Departure from a control post after the time limit.
- Doping or refusal to undertake an anti-doping test.
- Refusal to assist another competitor in difficulty.
- Use of 'persona' assistance in addition to that allowed.
- Abandonment of material of rubbish along the course.
- Accompaniment by others along the course.
- Pollution or destruction of the site by a competitor or member of his staff.
- Insults, impolite behaviour or threats against a member of the organisation or volunteers.



- Refusal to subject to an examination by an official doctor at any time of the race.
- Taking shortcuts.

art.14 - Claims

Written claims will be accepted up to 30 minutes after the race rank is released and with a €50,00 deposit to pay in advance.

art.15 - Jury

The jury is composed of:

- The race director
- The security coordinator
- The director of the medical team
- The managers of the control posts of the relevant area.
- All personnel designated by the president of the Organisational Committee, Michele Piemontese.

The jury is authorized to decide on all disputes or disqualifications occurred during the race. The decisions will be without appeal by the competitor and they are mandatory. The "sweepers" (they close the race by staying behind the last competitor) are fully entitled as a part of the organization.

art.16 - Modifications of the course or the time barriers - Cancellation of the race

The organisation has subscribed to a civil insurance policy for the entire duration of the race. Participation is at the complete responsibility of the competitors, who renounce any claim against the organisers in the case of damage and additional consequences following the race. The competitor must agree to a disclaimer at the time of registering for the race on-line.

art.17 - Insurance

The organisation has subscribed to a civil insurance policy for the entire duration of the race. Participation is at the complete responsibility of the competitors, who renounce any claim against the organisers in the case of damage and additional consequences following the race. The competitor must agree to a disclaimer at the time of registering for the race on-line. **Every competitor must have an insurance against accidents/injuries which must include all**

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the costs for rescue operation.

art.18 - Classification and prizes.

Only those competitors who arrive at the Mattinata finish line and register their arrival within the maximum time allowed will be included in the race ranking. No cash prizes will be awarded. Every competitor will be awarded a finishing prize. A general classification of female and male competitors will be issued. The first 10 male and female competitors in the general ranking for each of the three races listed in this regulation will be awarded prizes. individual categories will not be classified or awarded.

art. 19 - Image rights

Every competitor expressly renounces the right to images captured during the race or any claim against the organisers and its partners for the use of his/her image.

art.20- We joined the campaign: "I will not throw away my rubbish"

The purpose of the campaign is to raise awareness among runners to respect nature and the environment.

In accordance with this movement of the Gargano running week-regulation includes the following standards and devices:

- Remember before departure that no gap should be left on the path
 - preparing several garbage containers near the refreshment
 - avoid the use of plastic cups, encouraging the use of his glass
 - disqualify those who throw waste on the ground on the path

art. 21 – Refund of membership fees

There is no provision in any case the refund of the registration fee.

Cancellation clause: the competitors can sign a cancellation clause, paying 10 Euros more on enrollment.

This clause allows the reimbursement of tuition fee if the competitor needs to unsubscribe for the following reasons:

- 1) injury, serious illness or death of the runner himself.
- 2) serious illness necessitating hospitalization, death of a spouse or close relatives happened

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thirty days prior to the event.

In case of injury or serious illness to the runner, you must provide a medical certificate with signature and stamp of the medical professional. Any other cause of cancellation must be justified by a signed certificate and the stamp of competent authority.

Redemption requests must be received, with the specific document, no later than 10 days after the event.

FINAL DISCLAIMER

The Organisation reserves the right to change this regulation at any time in order to guarantee a more efficient organisation of the race.