

REGULATIONS Ultra Trail Lago d'Orta 2014



medical certificate (exclusive for foreign participant)

ARTICLE 1. GENERAL INFORMATION

The ASD Trail-Running organizes Saturday, October 18, 2014 the 5th edition of Running-Trail and Ultratrail of Lake Orta in partnership with Municipalities of Omegna, Valstrona, Pella, Cesara, Nonio, Quarna Sotto, Quarna Sopra, Varallo, Arola, Madonna del Sasso.

ARTICLE 2. RACES

The event offers 4 races in the natural environment in the area that overlooks Lake Orta. Each race takes place in a single stage, free speed, limited in time and in a regime of semi-autonomy:

- **Ultra Trail Lake Orta:** about 87 km with 6.000 meters of elevation gain, in semi-autonomy, starting from Omegna at 6.00 am in maximum 22 hours. This race allows you to gain 3 points for participation in the Ultra Trail Mont Blanc 2015
- **Ultra Trail Lake Orta:** about 57 km with 3.200 meters of elevation, in semi-autonomy, starting from Omegna at 9:00 am in maximum 18 hours. This race allows you to gain 1 point for participation in the Ultra Trail Mont Blanc 2015
- **Trail Lake Orta :** about 30 km with 1.900 meters of elevation gain , in semi-autonomy, starting from Omegna at 9.30 am, in maximum 6 hours.
- **15km race Lake Orta :** to be determined

ART 3. CONDITIONS OF PARTICIPATION

To participate in the event is not required previous participation at other events, but you must:

- be absolutely aware of the length and specificity of the race and be perfectly prepared.
- have acquired, before the race, a real capacity to be self-sufficiently in the mountains and to be able to manage the problems associated with this type of test, in particular:
 - manage on your own, without help, climatic conditions that could become hard because of the altitude (night, wind, cold, fog, rain or snow)
 - manage, even if isolated, the physical or psychological problems due to great fatigue, digestive problems, muscle or joint pain, minor injuries ...
- be fully aware that the Organization's role is not to help a runner to overcome these problem

- for mountain running, safety depends on the ability of the rider to adapt to the problems encountered or expected.

For participation in the 80km race is strongly recommended to have taken part at least in one race longer than 50km.

Participation in one of the above manifestations implies the unconditional acceptance of this Regulation.

ARTICLE 4. SEMI-AUTONOMY

The semi-autonomy is defined as having the ability to be autonomous between two refreshments points, referring to security, food and equipment, thus allowing to adapt to the problems encountered or foreseen such as bad weather, physical complaints, injuries etc..

This principle implicates the following rules:

1. Each runner must have for the duration of the race all the obligatory equipment. This must be presented to the race bib distribution and at every moment, the race officials or staff of the Organization may verify that the competitors have with them all the equipment required. The competitor is obliged to submit to these checks, if refuses, will be disqualified.
2. The refreshment points are supplied with drinks and food to consume on the spot. The Organization provides only plain water to fill the water bottles or camel bag. At the start of each refreshment, runners must have the amount of water and food needed to arrive at next point.
3. It is forbidden to be accompanied along the course by a person who is not duly registered in the race.

ARTICLE 5. HOW TO APPLY

It is possible to sign up to all the athletes over 18 in possession of **medical certificate for the competitive activity** with a maturity not prior to 19/10/2014. Registration takes place via Internet filling out the form in its entirety. Payment must be made through the online service with a credit card. Payment of enrollment includes all services described in this Regulation. Enrolment is also entitled to the timing (chip Wedosport), gadgets, race packet, service on the route, refreshments on the course and on arrival, showers, pasta party after the race.

Enrolment is personal, are not allowed exchanges of race numbers and / or replacements of names nor the change of race.

There is not the possibility of cancellation of registration and in case of non-participation will not be made any refund of amounts paid.

Enrolment fees are as follows:

REGISTRATION Ultra Trail Lake Orta 87 km

- Euro 65.00 - June 30, 2014
- Euro 70.00 - from July 1 to September 14, 2014
- Euro 80.00 - from September 15 to September 28, 2014

REGISTRATION Ultra Trail Lake Orta 55 km

- Euro 45.00 - June 30, 2014
- Euro 50.00 - from July 1 to September 14, 2014
- Euro 60.00 - from September 15 to September 28, 2014

REGISTRATION Trail Lake Orta 30 km

- Euro 25.00 - June 30, 2014
- Euro 30.00 - from July 1 to September 14, 2014

- Euro 35.00 - from September 15 to September 28, 2014

REGISTRATION Lake Orta Race 15 km

- Euro 15.00 – September 28, 2014

ARTICLE 6. START NUMBER AND RACE PACK

Each bib will be delivered individually to each participant upon submission of:

- A copy of the medical certificate
- signed release of obligatory equipment
- back-pack with all obligatory equipment. The obligatory material shall be checked when the athlete collect the race number bibs. Random checks shall be made along the race route.

The race number must be worn on the chest or the stomach and always be fully visible and throughout all the race. It must therefore be placed on top of all clothing and in no case fixed on the bag or on one leg (this also to facilitate controls on the path without being stopped). The sponsors must neither be modified nor hidden.

You can pick up your race bib number and race pack at Forum Omegna (VB) in **Via Parco Paquale Maulini** at the following times:

- **Friday, 17 October 2014** from 18.00 to 20.00
- **Saturday 18 October 2014**
 - 87 km from 04:30 until 05:30
 - 55km from 07:00 until 08:30 hours
 - 30 and 15 km from 07.00 till 08.30

ARTICLE 7. EQUIPMENT

Participation in these contests involves the use of compulsory material and it is obligatory for the athletes to have the following equipment with them, for the full duration of the race. The material showed is the minimum necessary to face the test security, but that must be integrated according to individual needs.

Required Equipment 87km and 55km

- Backpack
- Mobile phone with the emergency numbers of the Organization, always turn your phone on, do not hide the number and start with a fully charged battery.
- Personal drinking cup or tumbler of 15 cl minimum of capacity (excluding bottles and camel bag)
- Bottles or Camel Bag with reserves of at least 1 liter of water
- Headlamp working with spares batteries
- Survival blanket
- Whistle

- Adhesive elastic bandage suitable for making a bandage or strapping (minimum 100 cm x 6 cm)
- Food reserve
- Waterproof jacket with hood for extreme conditions and extreme cold in the mountains.
- Cap, hat or bandana
- Warm clothing for face extreme conditions and intense cold in the mountains.

87km and 55km Recommended Equipment

- Walking poles.
- Knife or scissors
- Warm clothing essential in case of bad weather conditions or when stopping an injury.
- Gloves
- Waterproof over-trousers
- Small economic reserve (20 €)

Equipment Required 30km

- Backpack or pouch that can hold all the material required
- Mobile phone with the emergency numbers of the Organization, always turn your phone on, do not hide the number and start with a fully charged battery.
- Personal drinking cup or tumbler of 15 cl minimum of capacity (excluding bottles and camel bag)
- Bottles or Camel Bag with reserves of at least 0.5 liters of water
- food reserve
- cap, hat or bandana
- Warm clothing for extreme conditions and extreme cold in the mountains.
- Survival blanket
- Whistle
- Waterproof jacket with hood.

ARTICLE 8. DEPARTURE

Competitors must be at the start in front of Forum –Omegna at the following time: 5.40 am

- 87 km briefing - 6.00 am start

8.45 am - 55 km briefing - 9.00 am start

9.15 am - 30km briefing - 9.30 am start,

ARTICLE 9. PATH

The route is mostly on trails and dirty roads.

Competitors must follow the race course without short cuts; race course is marked with signs, tape, reflective material, flags or paint and will be shown during the briefing. The move away from the official route, as well as result in disqualification, will be at the sole risk and danger of the competitor.

ARTICLE 10. ENVIRONMENT

Competitors must behave in a respectful environment, in particular by avoiding dispersing waste, picking flowers or harassing wildlife. Anyone who will be surprised to abandon waste along the route will be disqualified from the competition and shall incur the penalties provided for by the municipal regulations.

ARTICLE 11. WEATHER

The race will take place in all weather conditions. In the case of particular weather conditions (dense fog, snow or thunder storms), the organization reserves the right to make last-minute changes, even during the race, to the race route in order to eliminate potential hazards or conditions that could cause great hardship for the participants. The staff shall inform the participants of any changes. The organization also reserves the right to suspend or cancel the race if the weather conditions are such that they put the athlete, staff or medical teams at risk.

ARTICLE 12. SAFETY, MEDICAL CARE AND CONTROL

On the course there will be staff of the organization with aid-points connected via radio or telephone with the direction of the race; at the base of Omegna and on the course there will be ambulances, civil protection and team of doctors throughout the duration of the races.

Each runner hurt or in trouble, can call the rescue:

- going in person to a first aid or a refreshment during the race
- calling the emergency numbers imprinted on the bib number
- asking another runner to alert the rescue

Each runner must provide assistance to all people in difficulty and alert the first aid.

Do not forget that the environmental conditions and the type of event can make you wait for rescue longer than expected. Your safety will then depend on the material that you put in your backpack.

A runner who appeals to a doctor or a rescuer submits himself to his authority and undertakes to comply with its decisions.

All competitors must stay on marked trails. The competitor, who voluntarily moves away from marked trails, is no longer under the responsibility of the Organization.

ARTICLE 13. CONTROL POINTS AND SUPPLY

Along the route there will be unexpected control points, where members of the organization will monitor the passage of the athletes and can have arbitrarily check the compulsory equipment. The athlete who will refuse the control will be immediately disqualified.

The passage of the athletes will also be checked at the refreshments points.

Races are semi self-sufficiency. However, will be set up 4 refreshment points on the 87 km, 3 on the 55km and 2 refreshments on the 30 km with liquids and solids along the way, refreshment points will be reported on a special map in the area bib.

Two types of refreshments are proposed:

- with only drinks: mineral water, sparkling water, energy drinks, Coca Cola
- full ones: drinks (as above), cookies, chocolate, bananas, apples, raisins, dried prunes, biscuits, cheese ,

salame and bread.

Any changes will be communicated to participants and reported by staff.

At the end of the race there will be a rich buffet.

ARTICLE 14. TIME LIMIT

The maximum time to finish the race is:

– Ultra Trail Lake Orta (87km): 22 Hours

– Trail Lake Orta (55km): 18 Hours

– Mini Trail Lake Orta (30km): 6 Hours

–Gates: will be established the following time barriers:

GATES 87 KM:

– to be determined

GATES 55KM:

- to be determined

GATES 30 KM:

– to be determined

These barriers are calculated to allow participants to reach the finish line within the maximum time imposed, making possible stops for refreshments. To be authorized to continue the race, competitors must leave the checkpoint before the time limit set (whatever the time of arrival at the checkpoint).

Competitors who do not pass the gates but who are eager to continue down the trail, must first return the race bid, then they can continue, but under their own responsibility and in complete autonomy.

In case of bad meteorological conditions and / or for safety reasons, the Organization reserves the right to stop the race or to change the time barriers.

There will be end race sweepers that will run the track following the last competitor, in order to be of help to any withdrawn and avoid any injured remain without assistance.

ARTICLE 15. MODIFICATIONS TO THE COURSE OR OF TIME BARRIERS - CANCELLATION OF THE RACE

The Organization reserves the right to modify at any time and without notice the path or positioning of the rescue and refreshments. In case of adverse weather conditions (heavy rains, high risk of thunderstorms, low visibility) departure can be postponed.

ARTICLE 16. WITHDRAWALS

Except in case of force majeure, the competitor must leave the race only at a checkpoint. It must then notify the authorized person, which invalidates the race bid.

The runner must keep his race bid (cancelled).

The return is decided by the head of the checkpoint to the following rules:

–To be able to return to Omegna, runners who dropped out of the race at a checkpoint (to be determined) can use the service of the organization.

–Runners who abandon at another rescue or refreshment point, but whose state of health does not necessitate being evacuated must get back as quickly as possible and by their own means to the closest checkpoint (time gate point).

–In a refreshment point accessible by vehicle of the organization:

◊ at the time of close of refreshment, the organization can, if there are means available, take in Omegna runners who have left and are still present on the site

◊ in case of adverse weather conditions that justify the partial suspension or cancellation, the organization, ensure the return of the runners in the shortest possible time.

In case of withdrawal before a control point, the competitor must go to the previous checkpoint and communicate it to the manager.

If, while walking back, the runner find the end of race sweepers service, has to communicate the withdrawal to them. At this point, the rider is not under the responsibility of the Organization.

Failure to communicate a withdrawal and the consequent start of research, the athlete will be charged for the costs arising from the research.

ARTICLE 17. PRIZES

Will be awarded the first 8 men and 5 women who complete the trails of 87, first 5 men and 3 women 55 km, 3 men and 3 women in the 30 km. Prizes for the 3 largest groups.

ART 18. COMPLAINTS

Any complaints may be submitted to the Organization of the race by 5:00 of Sunday, October 19, 2014 with a deposit of 50 € (non-returnable if the protest is not accepted). In keeping with the spirit trail, it is hoped, however, a complete correctness by athletes.

ARTICLE 19.WARNING

To be visible at night, the signs have been fitted with reflective material that reflects the light of the head lamp. Protecting the Environment will be used removable markers consist of ribbons, arrows and ecological paint that disappears within a few days. It is compulsory to use only the marked trails, no shortcuts to avoid erosion of the sites. **WARNING: if you can not see any more markers, retrace your steps!**

ARTICLE 20. PASTA PARTY

There will be a Pasta Party at the end of the competition that will be guaranteed until the last competitor. The cost is included in the registration, while it will be possible for other people to access upon payment of € 10.00. It is also provided the opportunity to dine on Friday, 17/10/2014 at a price of € 10.00 for the runners prior reservation at the time registration.

ARTICLE 21. SERVICES

The services available to athletes will be:

- Overnight stay for free (with own sleeping bag and mat) at the Gym Forum Omegna.
- Refreshments
- Showers at the Forum Omegna
- Luggage bags (unattended)
- Camper area at via Caduti di Bologna (Bagnella) km 1.5 about from the start area (Forum Omegna).

ARTICLE 22. DECLARATION OF RESPONSABILITY

The voluntary enrollment and subsequent participation in the race indicate the full acceptance of these rules and any changes made. By registering, the participant releases the organizers from all liability, whether civil or criminal, for damages to persons and / or property caused by him or his derivatives.

ARTICLE 23. IMAGE RIGHTS

By entering, participants authorize the organization to freely use, without territorial limits of time, still and moving images that portray them when participating in the Trail of Lake Orta.