

## **ART. 1 – THE ORGANISATION**

The first edition of the Trail Running competition, a medium-distance race off the beaten track, named Grivola Trail will take place the 29<sup>th</sup> September 2018, it will not take place in case of bad weather conditions.

## **ART. 2 – AGREEING TO THE TERMS AND CONDITIONS**

The Grivola Trail will take place in accordance with Regulation present terms and conditions and any amendments and notifications as published on [www.grivolatrail.com](http://www.grivolatrail.com).

By taking part in the Grivola Trail, participants accept without any reserve present terms and conditions of the Regulation in all parts.

Furthermore, contestants are required to fully respect traffic laws, in particular where the trail cuts through ordinary roadways which will remain open to the traffic.

Competitors are bound with the subscription of the Regulation to the present terms and conditions, thereby relieving the organisers of any and all civil or criminal liability in the event of any accident, injury or damage to people or property sustained directly or indirectly during said race.

## **ART. 3 – THE RACE**

This is a running race in a natural setting along paths, tracks and trails through the Municipality of Aymavilles in the Aosta Valley area, on the slopes of Mount Grivola and across architectural and historical buildings like Saint Leger Church, the Roman bridge of Pont of Ael and the castle of Aymavilles. Three competitions will take place in the above mentioned areas:

- Grivola Trail: 35 km track with 3000 m D+
- Grivola Trail: 25 km track with 2000 m D+
- Non-competitive trail: 5 km track with Hiking guides having the possibility to discover paths and monuments of Aymavilles

## **ART. 4 – ADMISSIONS**

The competition is open to anyone, men and women, aged 18 or over at the time of the race. All participants must provide a medical certificate for sport activities (Ministerial directive of 18.02.1982, B), valid on the date of the race and recognised by the country of residence, whether or not they belong to companies or sport associations.

## **ART. 5 – SEMI-AUTONOMY**

The race is semi-autonomous in terms of water and food supply. Refreshment posts have been stocked up with drinkable water and food. Please be aware that plastic cups are not supplied at the refreshment posts, and participants are required to carry their own drinking cup or other useful container. On leaving each refreshment post, athletes must ensure to carry the minimum required amount of water and food, necessary in order to reach the next refreshment post. Personal assistance on the path race is prohibited at any time during the race and it is forbidden to be accompanied by anybody that is not formally registered. Weather updates will be provided by the local regional weather services.

## **ART. 6 – REGISTRATION**

The registration form opening for the new edition will be communicated as soon as possible.

In the event that registrations close in advance because of the reaching of 500 participants, the organisers may decide to start a waiting list for any additional entries in the event of cancellations.

Deadline time for registration is at 12.00 UTC of 28<sup>th</sup> September 2018.

Entries must be made online at [www.wedosport.net](http://www.wedosport.net) following the link on the official website [www.grivolatrail.com](http://www.grivolatrail.com).

In the event that an entrant is unable to supply a valid sport medical certificate, he/she will not receive the race number bib and will not be allowed to take part in the race. Furthermore, no refund will be made available.

Only for the non-competitive track of 5 km it is requested to book the participation by sending an e-mail to [info@grivolatrail.it](mailto:info@grivolatrail.it). The registration fee payment will take place on the day of the event.

## **ART. 7 – REGISTRATION FEES**

The following registration fees are applied:

- Grivola Trail 35 km and 3000 m D+: 45 €
- Grivola Trail 25 km and 2000 m D+: 30 €
- Non-competitive walk 5 km: 8 €

The enrolment fee includes all services described in the Regulation, a race pack, buffet on arrival, the Finisher prize, assistance and supply of refreshments during the race, as well as transport in the event of withdrawal from the race. For every athletes enrolling in one of the two competitive races, 1€ will be donated to a charity organization.

At the first 200 registered of the Grivola Trail 35 km and the first 100 registered of the Grivola Trail 25 km a MELLO'S trail backpack will be added to the race pack. The first 50 participants of the 35 km race and the first 50 participants of the 25 km race will also receive the "Fondation Pass" from Fondation Grand Paradis as a gift, which can be collected either on the day of the race or at Fondation Grand Paradis offices (Cogne Village 81 - 11012 Cogne AO), and which allows access to numerous cultural and naturalistic sites in the territory of the Gran Paradiso National Park and surrounding areas. Please note that the aforementioned pass is valid for one year from the date of collection.

Among the first 50 participants of the 35 km race will be raffled a competitor who will receive a free day of mountaineering activity (activity, place and date to be agreed with the Guide) with the Alpine Guide Abele Blanc. The same will happen among the first 50 competitors on the 25 km race. It should be noted that the activity and the day on which it will be carried out will be the same for both the extracted competitors.

The starting times of the three competitions will be as following:

- Trail 35 km: start at 8.00am
- Trail 25 km: start at 9.00am
- Non-competitive walk: start at 10.00am

#### **ART. 8 – ENTRY FEE REIMBURSEMENT**

Entry fees are wholly non-refundable.

#### **ART. 9 – MANDATORY EQUIPMENT**

By registering, all entrants undertake to personally carry their own mandatory equipment, as listed below, for the entire duration of the race – otherwise disqualification will take place. All mandatory equipment may be subject to control during collection of the race number bib, at departure and at any point during the race.

Mandatory equipment for Grivola Trail 35km and 25 km:

- Rucksack or backpack which can contain all mandatory equipment
- Thermos or other water bottles with capacity of at least 0,5 litre
- Glass or thermos cup (no glasses will be provided at the feed stations)
- Survival thermal blanket
- Elastic bandage with a minimum bandage of 200 cm x 4 cm
- Whistle
- Mobile phone that must be kept on throughout all the race (please save the organization's emergency number, do not hide your phone number and do not forget to keep the battery fully charged)
- Weatherproof, waterproof breathable fabric jacket in Goretex or similar fabric (min. 10.000mm water)
- Waterproof overpants (min. 1500mm water)
- Cap or hat or buff
- Gloves or mitten
- Food supply reserve

You can leave, in the start line area, a pack provided by the organization itself with the bib number on and with your extra gear in.

Recommended Equipment:

- Map of the itinerary as published on the internet link of the race
- Useful warm clothing in the event of cold weather

#### **ART. 10 – RACE NUMBER BIBS**

All race number bibs are provided with an integrated chip and are handed over individually to the participants on presentation of a valid photographic ID, or to a third party producing written proxy along with a copy of the photographic ID of the athletes. Race number bibs must be affixed on top of all clothing, either on the chest or the pelvic area, and must be kept visible at all times during the race. They must not be affixed anywhere else.

Before the start, contestants are required to attend registration by going through the entrance gates of the sealed departure area. At each check point and on arrival, contestants **must** ensure that they have been correctly registered. Punching is required at each checkpoint so the organization is able to assure that no contestant is missing with the comparison between two consecutive check points. In the case of skipped punching or omission of registration at any checkpoint, all costs incurred as a result of search parties dispatched to find such contestant will be charged at the same contestant.

The race number bib is indispensable in order to accede to shuttles, bus, refreshment areas and showers.

#### **ART. 11 – SAFETY AND MEDICAL ASSISTANCE**

Emergency call points are available at each refreshment point, and are connected to the organisers either by radio or by telephone. Ambulances, civil protection members and medical staff will be present along the paths route.

Emergency areas are available to bring assistance to anybody in danger, either through the organisation's own team member or those who are affiliated with the organisation. Official medical staff may suspend any contestant from the race who is deemed to be unfit to proceed with the race. Rescue parties may evacuate in any available convenient manner all contestants deemed to be in danger.

If necessary and only in the interests of the rescued participant party, it will be only on organization committee discretion to elect official rescue operations, including helicopters. Any costs incurred by such exceptional event will be charged at the single participant by the rescued party under the regional rules application.

By requesting assistance of medical or rescue staff, contestants submit themselves to their authority and must comply with their decisions.

The entire tracks are marked with Grivola Trail markers, such as stakes, tapes, flagging tapes, organic spray paint and reflectors.

#### **ART. 12 – CHECKPOINTS AND REFRESHMENT AREAS**

Apart from staff member of Grivola Trail, access to the refreshment areas are only granted to contestants wearing clearly visible race number bibs.

A map of the competition track, published on [www.grivolatrail.com](http://www.grivolatrail.com), will indicate the refreshment areas, checkpoints and emergency areas. There will be some 'mobile' checkpoints along the track, in addition to the emergency and refreshment areas marked in the map. Their location will remain undisclosed by the organisers.

The organization committee reserves at its discretion to inhibit the prosecution of the competition to individual athletes if it considers dangerous conditions for their health and/or safety.

#### **ART. 13 – MAXIMUM TIME LIMITS AND CUT-OFF TIMES**

The maximum time allowed to complete the Grivola Trail 35 km is set at 10 hours, to complete the Grivola Trail 25 km is set at 9 hours.

In the event of adverse weather conditions and/or for security reasons, the organisers retain the right to suspend the race at any time, to delay the start of the race, to change the itinerary or to modify cut-off times.

#### **ART. 14 – WITHDRAWAL**

In the event of a contestant wishing to withdraw during the race, he/she must go as soon as possible in a checkpoint area to confirm such decision and by registering it. In the event of failure by a contestant to communicate such withdrawal decision, with consequent dispatch of research and/or rescue teams, he/she must know that all related costs will be charged at the contestant.

#### **ART. 15 – PENALTIES – DISQUALIFICATION**

A number of inspectors will be present along the trail tracks with the authority to perform mandatory equipment verification and, in general, to ensure that terms and conditions are respected. If the participant is not in possession of a single item of the mandatory equipment, it will be added a 10 minutes extra time on the total time obtained to complete the race. If the participant is not in possession of **more** than a single item of the mandatory equipment, it will be added a 30 minutes extra time on the total time obtained to complete the race.

Any irregularity, verified also via CCTV recordings delivered to the organisers after the race, may also give rise to disqualification. The jury of the race may disqualify a contestant in the event of serious disrespect of the terms and conditions, as follows:

- Race number bib incorrectly worn
- Exchange of the race number bib with another contestant
- Failure to stop at a checkpoint
- Partial or total absence of the mandatory equipment
- Making use of any transport vehicle
- Doping or refusal to undergo anti-doping checks
- Failure to assist a fellow contestant in difficulty
- Accepting personal assistance outside the assigned areas
- Dispersal of personal equipment along the route
- Failure to race unaccompanied along the route
- Dispersal of waste material along the route
- Pollution or neglect by a contestant or a member of his/her staff
- Insults, untoward behaviour or threats against any of the organisers' staff or volunteers
- Refusal, at any time during the race, to allow the organisers' doctor to perform a health check.

#### **ART. 16 – COMPLAINS**

Complains are only accepted in written form within 30 minutes following the publication of the provisional results, with a deposit of €50 .

#### **ART. 17 – JURY**

The Jury is composed by:

- The director of the race
- The officer in charge for coordinating the security

- The doctor in charge for the medical team
- Officers responsible on the checkpoints of the relevant area
- All competent individuals as designated by the Chairman of the Organising Committee.

The jury is empowered to rule on any argument or disqualification that has arisen during the race, within a timeframe compatible with the race. Decisions by the jury are not subject to appeal.

#### **ART. 18 – MODIFICATIONS TO THE TRACK OR AT CUT-OFF TIMES – CANCELLATION OF THE RACE**

The organisers reserve the right to change at any time and without forewarning the trail track or the location of the emergency and refreshment areas. In the event of bad climate conditions such as to jeopardise the safety of the contestants, the departure may be delayed or cancelled, the route may be modified and shortened and the race may be interrupted at any point. Entry fees will not be reimbursed in the event of suspension or cancellation of the race. In case of bad weather conditions the Grivola Trail competitions can be postponed to Sunday, September 30<sup>th</sup> 2018.

#### **ART. 19 – MAP OF THE TRAIL**

An updated topographical map of the race will be available on the official internet site of the race [www.grivolatrail.com](http://www.grivolatrail.com). Contestants are invited to download and print it. It contains practical information, such as check-point closing times and a description of the itinerary. All updates will be posted on the site. No copies of the map are handed out with the race number bibs.

#### **ART. 20 – INSURANCE**

The organisers will take out liability insurance covering the entire duration of the race. Contestants are fully responsible for their participation, they renounce at any and all recourse against the organisers in the event of damage and further consequences arising after the race. On withdrawing from the race, all contestants must sign a waiver of release of responsibility.

#### **ART. 21 – RANKING AND PRIZES**

Only contestants who have reached the finishing line and registered their arrival will be included in the ranking. No money prizes are handed out. Each contestant will receive the 'Finisher' prize. There will be an overall male and female ranking for the full race, as well as a general male and female ranking.

Awards will go to the top three female and top three male contestants of the Grivola Trail 35 km and Grivola Trail 25 km. In addition, the top female and male contestants of the following categories will also receive a prize: SENIOR (aged under 49) and VETERANS (aged over 50). Prizes for these categories are not cumulative with the ranked ones. Furthermore, there are 50 non-cumulative prizes that may be collected in person only at the time of the draw.

The prizes awarded will be as following:

- 1st man and 1st woman race 35 km: ascent to Grivola from the normal route of Cogne or Valsavarenche with the Alpine Guide Abele Blanc
- 2nd/3rd man and 2nd/3rd woman race 35 km: ascent to Capanna Margherita at Punta Gnifetti with an Alpine Guide

- 1st man and 1st woman race 25 km: ascent to Gran Paradiso making the Cogne-Valsavarenche crossing with the Alpine Guide Abele Blanc
- 2nd/3rd man and 2nd/3rd woman race 25 km: ascent to the Gran Paradiso from the normal route with an Alpine Guide
- 1st male senior, 1st senior female, 1st male veteran and 1st female veteran 35 km race: Crossing Punta Helbronner - Aiguille du Midi with an Alpine Guide
- 1st male senior, 1st senior female, 1st male veteran and 1st female veteran 25 km race: ascent to the western and central Breithorn with an Alpine Guide

The date of the ascensions will be agreed by the competitors with the Mountain Guide according to the conditions of the mountain. Prizes can be given to third parties.

#### **ART. 22 – RIGHTS OF USE OF IMAGE**

Each contestant expressly waives any right to own his/her image being taken during the event and renounces to any recourse against the organisers and their partners in the event of use of such image.