

“COMANO URSUS EXTREME TRAIL 2018”

OFFICIAL REGULATIONS

art. 1 - ORGANIZATION

The Comano Ursus Extreme Trail (CUET) organised by the association *A.S.D Comano Mountain Runners* will take place on **4 August 2018**

This event consists of two independent trail running races:

- CUET 58km 4580mD+ 4170m D-. Starting at 6.00am from Ponte Arche, finishing line in Rango
- CUET 34km 2480mD+. Starting at 8.30am from Rango, finishing line in Rango.

art. 2 – CONDITIONS OF PARTECIPATIONS

The registration and participation at any "CUET" event implies full acceptance of all its parts and without reservations. By registering each athlete agrees to abide by these rules and releases the organizers from any civil or criminal liability for any incident or accident, any damage to persons or things that may occur during the event.

The "Cuet" will take place in accordance with these Regulations and with any further modifications and notices that will be published on the www.comanomountainrunners.it website. Although not specified, the international IFS regulations will be applied.

art. 3 – GENERAL INFO

The races are developed along mountain paths, high trails, technical tracks, ridges and sections with fixed ropes.

Both races are certified by ITRA and are considered UTMB Qualifying Races.

- CUET 58 km: 4 ITRA points
- CUET 34 Km: 2 ITRA points

Link ITRA: <http://itra.run/race/2018/3221-comano-ursus-extreme-trail/12451-comano-ursus-extreme-trail-2018---58km>

art. 4 – PARTECIPATION

Registration's open to all people, men and women, aged 18 or over with a valid medical sports certificate. Athletes currently suspended for using doping substances are not accepted. Running these races required mountain experience, good training, capacity of personal autonomy to manage the problems this type of competitions entails, and appropriate clothing for mountain environment (see Art. 8 - material required).

art. 5 – REGISTRATION AND GADGET

Registrations open on **8 March 2018** and close on **29 July 2018** or upon reaching the maximum number of participants. Registration must be made through the *Wedosport* website. If the athlete fails to provide the required documents at the bib distribution, the bib number will not be delivered and the athlete will not be able to take part in the race and will not be refunded. No registrations will be accepted on the day of the race. The maximum number of participants in each race is limited to 240 athletes. If the requests exceed the bibs' availability a waiting list will be created. Any increase or decrease of the maximum number of participants is at the discretion of the organisation.

The FISKY card is mandatory for insurance purposes. Athletes who are not in possession of the FISKY card can request a daily membership at a cost of € 5.00.

The cost for the bib change is € 5.00.

Race packages with technical gadget by "La Sportiva" and local products will be distributed to the participants at the trail village after the end of the race.

art. 6 – REGISTRATION FEE

Registration fees are the following:

- CUET 58km:
 - 60 € - from 8.3.2018 to 30.4.2018
 - 70 € - from 1.5.2018 to 21.7.2018
 - 80 € - from 22.7.2018 to 29.7.2018
- CUET 34km:
 - 40 € - from 8.3.2018 to 30.4.2018
 - 50 € - from 1.5.2018 to 21.7.2018
 - 60 € - from 22.7.2018 to 29.7.2018

The fee includes all the services listed in this Regulation: bib number, showers, hot meal after the race, gadget, assistance on the track, health care and aid stations along the way and a shuttle bus.

art. 7 - REGISTRATION FEES REFUND

In the case of a complete cancellation of the event for reasons independent from the will of the organization the Organization reserves to repay the requesting athletes a percentage equal to 50% of the paid registration fee. This percentage is justified by the expenses that the Organization has already made and cannot recover. In case of impossibility to participate in the race, you will receive a 50% refund of the registration fee only if communicated by the closing date of entries. All refunds will be made within 60 days after the event.

In case of interruption of the race due to force majeure (ex. natural disasters) it will not be any refunds.

art. 8 - MANDATORY EQUIPMENT

The organisation reserves the right to check if the athletes are running with the complete mandatory equipment at any point during the race:

- MANDATORY EQUIPMENT CUET 58km:
 - water reserves (1 litre minimum);
 - food reserve;
 - emergency whistle;
 - elastic bandage
 - thermal survival blanket;
 - mobile phone (please add the emergency number of the organisation, do not hide number and do not forget to start the race with charged battery)
- MANDATORY EQUIPMENT CUET 34km:
 - water reserves (0.75 litre minimum);

- emergency whistle;
 - elastic bandage;
 - thermal survival blanket;
 - mobile phone (please add the emergency number of the organisation, do not hide number and do not forget to start the race with charged battery)
- The athletes running with running poles must keep them with them for the entire duration of the race.
 - Other material may be made necessary or not, depending on weather conditions, and it will be care of the Organization communicating it to the registered athletes.

art. 9 - BIB NUMBER

The bib must be worn on the chest or legs and it must be visible entirely throughout the race. It must always be positioned over any clothing and under no circumstances set elsewhere. During the transition through a control point and at the arrival the runner must make sure to have been registered by the race volunteer personal. The checking, both electrical or manual, is indispensable as the matching of two successive controls allows to make sure that there are no missing competitors. In case of failure to register the passage and the consequent start of the runner's research, all expenditure arising will be charged to the participant himself. The bib is the pass necessary to get to the shuttles, the aid areas and showers.

art. 10 - SAFETY AND MEDICAL ASSISTANCE

During the races there will be ambulances, mountain rescue and medical staff along the route. If necessary, for reasons that are in the interest of the person rescued, only and exclusively to the Organization judgment or on call from the same person it will appeal to official aid, which will take over the direction of operations by all appropriate means, including the helicopter. Any costs arising from the use of these exceptional means will be charged to the rescued person in accordance with current standards. A runner calling for a doctor or a rescuer submits himself to their authority and undertakes to comply with its decisions.

art. 11 – CHECKPOINTS AND REFRESHMENT POINTS

The passage of the athletes will be recorded manually at each checkpoint. Only athletes with a visible bib number will have access to check points and refreshment points. A map displaying all checkpoints and refreshment points will be made available on the Comano Mountain Runners' website. Other "mobile" checkpoints will be placed along the trail. Their location will not be disclosed by the organisation. The planned refreshment points are as follows:

CUET 58km:

Mountain hut "Rifugio Don Zio" (water) at km 10 – "Zona Marcarie" area (water) at km 19 – Mountain hut "Rifugio S. Pietro" (food and water) at km 26 – Ballino Pass (food and water) at km 34 – Mountain hut "Malga Nardis" (water) at km 41 – Mountain hut "Malga Stabio" (food and water) at km 52 –village of Rango at km 58 (arrival).

CUET 34km:

"Loc. Cornelle" area (water) at km 8.7 –Mountain hut "Malga Nardis" at km 17 (food and water) – Mountain hut "Malga Stabio" at km 28.5 (food and water) –village of Rango (arrival) at km 34.3.

art. 12 –TIME LIMIT AND CUT-OFF TIMESCUET58km

The time limit to finish the race is 14 hours.

Cut-Off time at Mountain hut "Rifugio S. Pietro" - km 26: 12.30 pm (checked by bib electronic chip)
Cut-Off time at Ballino pass - km 34: 2.30pm (checked by bib electronic chip)
Cut-Off time at Mountain hut "Malga Nardis" - 41 km: 4.30 pm (checked by bib electronic chip)
Cut-Off time at "Bochet de Solvia" area - 48 km: 6.00 pm
art. 12 bis–TIME LIMIT AND CUT–OFF TIMES CUET 34km
Cut-Off time at Mountain hut "Malga Nardis"-km 17: 4.30 pm (checked by bib electronic chip)
Cut-Off time at "Bochet de Solvia" area - km 24: 18.00 pm

To be authorized to continue the race, competitors must set off again from the control place before the fixed limit hour. Otherwise they will be disqualified, and the bib taken off. The competitor who wants to continue out of the race will assume all responsibility for the consequences that might come from that choice. In case of bad weather conditions and / or for safety reasons, the organization reserves the right to change the route or modify the hour barriers, to stop the race course or to delay the departure.

art. 13 – WITHDRAWN AND SHUTTLE BUS

In case of dropping out of the race along the route, the competitor is obliged, whenever there will be the chance, to proceed to the nearest checkpoint and communicate their withdrawal. In order to safeguard the health of the participants, medical staff at the check points have the authority to stop runners who are judged unfit to continue the race. In this case, the participant must follow the indications of the medical staff. Anyone who fails to do so will be immediately disqualified.

Participants who reach the check points after the maximum time, those who are injured and those who are judged by the medical staff to be unfit to continue the race, and any other athletes who decides to drop out, shall be taken to the finish line by shuttle bus. The service will run at intervals consistent with the number of resources available. In case of failure to communicate the withdrawal and the consequent start of the runner's research, all expenditure arising will be charged to the participant himself.

art. 14 – PENALTY AND DISQUALIFICATION

Organization is allowed to check the obligatory material and the general respect of the entire Regulation. All competitors not found in the possession of his or her obligatory material will be immediately disqualified, without any possibility of appeal on this sanction. After the race any irregularities assessed by videos or pictures received by the organization, may result in disqualification. The direction of the race may disqualify a competitor in the event of serious misconduct in the regulation, in particular: - bib worn in a bad way - exchange of bib number - failure to register at the checkpoint - lack of material required - use of transport - leaving a checkpoint after the time barrier - doping or refusal to submit to a doping control - failure to assist another competitor in difficulties - use of personal assistance outside of allowed points - abandonment of trash along the way – insults, rudeness or threats against its members and volunteers - refusal to be examined by an organization doctor any time of the race.

Respect yourself: no cheating, neither before or during the race.

Respect other athletes: provide assistance to another athletes in trouble.

Respect the volunteers, they also take part for the pleasure of being there.

Respect nature and the environment surrounding us.

art. 15 – MODIFY OR INTERRUPTION TO THE COURSE OR TIME LIMIT

The organization reserves the right to modify at any moment the course and the location of the rescue and refreshment points, without warning. In case of adverse weather conditions (fog, storms etc.) or situations deemed dangerous, the start may be delayed or canceled, the path can be changed and reduced, or the race will be stopped at any point of the track in order to guarantee

the safety of the competitors. In case of race interruption we will consider valid the last intermediate time electronically detected by the chip.

art. 16 – PATH RACE

The CUET routes are classified EE +: "Itinerary for expert hikers. Path that requires the ability to move on particular land, tracks and trails with exposed passages and / or protected by fixed ropes." Competitors must follow the race route as marked and avoiding taking shortcuts or cutting sections of the track. Not following the official route the competitor risks disqualification. The topographic map of the trail, in its latest edition, will be published on the website (www.comanomountainrunners.it) and the contestants are welcome to bring it along during the competition. In it, there will be all the practical information like time barriers, refreshment points and the route description.

art. 17 – INSURANCE

The organization subscribes a civil insurance for the entire period of the events. FISKY insurance coverage is provided in accordance with the [FISKY regulations](#)(point 4).

art. 18 – RANKING AND REWARDS

These will be awarded the overall top five men and top three woman in each race.

The first three classified men and women will receive cash prizes of respectively € 300-200-100. The rankings are compiled by "Wedosport timings" according to ITRA criteria. Any appeal is to be presented to the organization upon payment of euro 80 € which will be returned if the athlete was correct.

art. 19 – RIGHTS OF IMAGE USE

On registration, athletes authorise the organisers to freely use any images depicting athletes during their participation in "Comano Ursus Extreme Trail", whether still or in movement, with no territorial or time limits.

Comano Mountain Circuit 2018: Regulations

1. The athletes will be able to enroll in the Comano Mountain Circuit (which includes all the three races) at a discounted package price until 24th of June 2018. After this date, participants will have to pay for each of the races separately.
2. There will not be an overall final classification for the circuit race. All the athletes who finish the circuit will receive a prize. In order to be considered a "finisher", the athlete must have completed the Valandro Vertical Race, one of the two races of the Comano Ursus Extreme Trail and the SkyGhez.
3. The award ceremony will be held at the end of the Skyghez in Promeghin.
4. In any case no fees refund is expected from the Circuit registration.