

# RACE REGULATIONS - Simbruini Mountains Trail 2015

## GENERAL INFORMATION – ORGANIZATION

Gruppo Marciatori Simbruini Subiaco, with the sponsorship of Regional Natural Park of Simbruini and the collaboration of the park towns, Civil Protection, Alpine Assistance, CAI, Red Cross and other voluntaries, organize, for Saturday 4 and Sunday 5 July 2015, different mountain running races that will take place on the protected area of Simbruini Park, called Gran Trail dei Monti Simbruini (GTMS), Long Trail dei Monti Simbruini (LTMS), Fast Trail dei Monti Simbruini (FTMS), and Baby Trail dei Monti Simbruini (BTMS).

Races will take in an only one halt in an mountain environment, with free speed but with a limit time and with a half –semi sufficiency.

GTMS will have a length of 84,4 km with an elevation gain of 6.050 meters.

LTMS will have a length of 49 km with an elevation gain of 2700 meters.

MTMS will have a length of 28,1 km with an elevation gain of 1120 meters.

FTMS will have a length of 13,2 km with an elevation gain of 590 meters

BTMS will have a length of 1 km e will be only for children and young from 0 to 14 years old.

Races will carry out with the respect of rules stabilized from Italian Union Sport for everybody, for rces mountain and having an important ethics:

- Respect yourself, without trap, not before or during the races;
- Respect the other runners, with a shareable and solidarity giving an help in case of needs;
- Respect the voluntaries, are there to support the athletes and the organization staff;
- Respect the nature, don't throw away rubbish or other thing;

The starting point (for GTMS)will be the centre of Subiaco, in Resistenza Square, at 21:00 of 4 July 2015 ed the arrival point will be in Livata Mount at 20:00 of 5 July 2015, after 23 hours.

For others races (LTMS, MTMS, FTMS), the starters, in a different time, and the arrivals are all in Livata Mount on 5 July 2015.

For LTMS the start is at 7:00 o'clock, the time to finish the track is of 13 hours with the arrival at 20:00 o'clock.

For MTMS the start is at 9:30, the time to finish the track is after 7,5 hours, reaching the same point of start at 16:30.

LMTS start at 10:00 of 5 July 2015, having only 3,5 hours to end the track, reaching the arrival point at 13:30.

### ART. 1 Enrolment and fees

To be a part at GTMS is useful:

- 1- To be 18 years old at the moment of enrollment, with a valid medical agonistic certificate;
- 2- Be aware at all of the path length of 84,4 km, of the positive different in level such as 6.050 meters, about the technical difficulties that it is possible find along the track and be physically ready to face the track that winds along paths of type E and EE.
- 3- To have gain experience in mountain race, no dizziness, athletic ability and good training, capacity to endure and overcome autonomously adverse weather condition also typically of the mountain environment, as well as knowing how to handle the physical and mental problem caused by the fatigue.

The enrollments will open on 10 January 2015

The fees will change about the period of enrollment.

It will be same for other races, with the different that the enrolment at MTMS and at FTMS it is possible also from 1 July to the race morning, until one hours before of start.

#### Tabella tariffe

Also the other races (LTMS, MTMS, FTMS) it will be indispensable respect the first point.

Also, for LTMS and MTMS, the athletes must brave a track of 49 km and 28 km, with a elevation gain of 2700 and 1100 and part of facing path, they must have the characteristic at the point three.

It is possible to do the enrollment on line, see [www.traildeimontisimbruini.it](http://www.traildeimontisimbruini.it), for details.

A copy of the fees paid and a copy of medical certificate, and a copy of sports card, will be attach during the procedure of enroll on the web site, within the respective deadline.

The enrollment will have a good end when it is possible find the name on the members list.

The enrollment fees include:

- race number;
- assistance and refreshment (only fot GTMS and LTMS);
- map;
- race box;
- medal;
- final Pasta Party;
- dressing room and showers at arrival;
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In case of absence at the race the enroll fees doesn't pay back, nevertheless, it is considered like a fees advance for the trail of 2016. The athlete that can be part to the race can transfer the race number to another athlete , making a communication to the organization staff on 30 June 2016 not later. After this date in not possible transfer the fees to an other athlete.

#### ART.2 MEDICAL CERTIFICATE

A specific valid medical certificate with the date of 5 July 2015 is compulsory to valid the registration. A copy of the original it must send with the form on the website, on 30 June and not later.

#### ART. 3 HALF SELF – SUFFICIENCY

Self sufficiency is considered like a capacity to be independent between the two refreshments about the equipment, foods and personal safety.

Personal assistance is forbidden along the path and is allowed only on the “base life” at Filetino, in particular place showed by the organization staff.

#### ART 4 . COMPULSORY MATERIAL

The race will be in an self sufficiency, so the athletes will carry on a compulsory materials.

The control of material will be at moment of race number delivery, nevertheless during the race the athletes receive control by the organization staff to verify the presence of compulsory material, punishment the disqualification of the same athlete.

The refreshment points will be supply with drinks and food to consume at the same place and it will not give disposable glasses. Only natural water to fill the water bottles or camel bag. Each athlete will have attention to drink and eat the right quantity of water and food to reach in a good health the next refreshment point.

In the following table it is possible check the compulsory materials that you must carry on for the different races.

- water supply : 1 liter: water bottle or camelbag
- energetic supply
- ecologic cup
- Map of the track
- Identity card o valid document with picture
- Mobile with number of organization staff and aid
- Mountain jacket, waterproof jacket and breathable (Goretex or same);
- Whistle
- Solar cover
- Trail shoes
- Cap or bandana
- Waterproof gloves
- Frontal light with changeable battery
- Trouser or leggings that cover the knee
- Elastic bondage to make a bandage or a rip
- Telescopic poles
- Hot dress to change
- Solar cream, Vaseline, or anti friction cream

#### ART 5 REFRESHMENT

There are two different kind of refreshment:

- With only drinks, cold or hot: water, coca-cola, juices, other kind of drink like thé or soup;
- the second one with drink and food: drinks, biscuits, energy bar, dried fruits, dried grapes and plums, chocolate, cheeses, salami and bread.

For GTMS there are 9 refreshment, complete four of it:

- In SS Trinità square (1° refreshment at 27° km around);
- Filettino (2°refreshment at 42° km aroud);
- Campo Staffi (3° refreshment at 58° km around);
- SAIFAR shelter – Campo della Pietra (4° refreshment at 73° km around);

At the refreshment – life base of Filettino will serve you a hot plate,

For LTMS will be 5 refreshment, 3 of them complete

- In SS Trinità Square (1° refreshment at 17° km);
- Campo Ceraso shelter (2° refreshment at 26° km);
- SAIFAR shelter – Campo della Pietra (3° refreshment at 35°km)

For MTMS there are 4 refreshment, only one complete:

- Piana di campo secco (1° refreshment at 13° km)

For FTMS it will be only one refreshment with drinks at Vedute di Autore Mount.

Refreshment with only drinks will be prepared in advance after a general recognition of the track made months before the race. It is possible find all the information on the web site or on the road – book account.

## ART 6 – CHIP AND RACE NUMBER DELIVERY, OBLIGATORY MATERIAL CHECK AND BOX RACE DELIVERY

The operation of race number and chip delivery will be, after identification of the runner with a valid document with picture, on Saturday 4 July 2015 from 10:00 to 19:00 at Visit Center “Porta del Parco” of Simbruini Park, on right side of Cesare Battisti street, at the entrance of Subiaco, after Agip fuel shop.

It will be possible to bring the race number also on the race morning, half an hour before of start.

The control of obligatory material will be at the moment of race number delivery and during the race by authorized people, explained in art 7.

The race box, for all races, will be given to the athletes when they hand back the chip, after the end of race. The athletes that don't give back the chip, they haven't the right to bring the race box, and they will pay 15 euro.

## ART 7 – RACE MANAGERS

It will be the presence of race managers, properly identified with appropriate jackets or uniform, for this different operation:

- Check of starters;
- Check and control steps in certain position;
- Control who throw away rubbishes;
- Attribution disqualification and penalties to athletes as provide by regulation form.

## ART 8 – START

The evening of GTMS start, at 21:00 of Saturday 4 July 2015, in Resistenza square in Subiaco, the staff will organize a dinner for athletes, from 18:30. After that will be a technical briefing.

## ART 9- ROUTE

The route will be on mountain paths, white road, cartroads, short stretches of paved roads, ridge of E type (Autore M.) and EE (Tarino and Cotento M.) and EEA (Viglio M. and initial part of descent of Tarino M.)

For the GTMS the ridge part between the peak of Viglio M. and the bypass of Gendarme, and between the Tarino peak and the beginning of forest. This part it must cross with attention for the exposition!!

In these part of track is forbidden to overcome the athletes, immediately disqualification!

Planimetric and altimetric development is available in a special section on the web site.

The kilometers are not signed, are only reported the progressive distances of particular places.

The athletes would respect the race track marked with a special signposting.

Going away from the official route, as well as the result of athletes disqualification, and will be at the sole risk of the athlete.

## ART 10 – SIGNPOSTING

Race signposting will be made the week before the race, with a little flags clearly visible also in the forest penumbra. On the shaft of each flag there will be an additional reflective tape which will follow the path even at night. The scheduled distance is such that each flag next will be clearly visible from the previous

**If you don't see the signposting (little flag), you will go back!**

Art. 11

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## SECURITY AND CONTROL

Along the route will be set up checkpoints, where workers (Commissioners race) organization will monitor the passage of the athletes, using special electronic readers.

Along the route will present different points of rescue mainly located in the vicinity of refreshment or more challenging and arrival. The various items are connected via radio or telephone the race direction. Will be present on the personal journey of the Park, Protection Civil, Mountain Rescue

and Medical Assistance. The points of relief are intended to provide assistance for all people in real danger by using the means mobile health and helicopter rescue.

Each athlete who was in case of need, can to appeal to the rescue:

- presenting to a rescue point;
- by calling the direction race;
- asking for help to another runner to call the rescue.

An athlete that appeals to rescue or to a doctor submits himself to his authority and should accept the decisions.

Each athlete must pay minimal assistance to those who need it during the race, but without move people with suspected fractures and call the rescue.

In road-book will be shown the various service points. The intervention of means and people outside of these points necessarily involves a movement from principals and momentary variations of security arrangements.

The request for assistance must be properly motivated to real danger. If not, or in cases where it is possible to reach the garrison itself, you must continue up to that point.

Rescuers and medical officers are authorized in particular to stop the run of any athlete that will be unfit to continue the test and to evacuate by any means it deems appropriate athletes will feel in danger.

Each athlete will have to communicate during registration the mobile phone number of a relative or person friend to allow the Organization to notify in case of distress.

In case of need, for reasons that are in the interest of the person rescued, it will call on mountain rescue, which will take over the direction of operations and will put in place all the means appropriate, including helicopter rescue.

The costs arising by the use of helicopter will be borne by the person rescued . It is the responsibility of each athlete to prepare and submit to its personal insurance the dossier needed for a possible reimbursement.

In case of inability to contact the clerk of the course for lack of telephone coverage , he can directly call for help at number 118 for Italy .

Do not forget , however, that the environmental conditions of the race and could make wait for assistance for longer than expected . In this case, your safety depend before the suitability of all material that you have in your backpack !!

#### Art. 12 - TIME LIMIT AND GATES TIMES

The maximum time to arrive upon arrival of GTMS is 23hrs , then within hours 04:00 of July 5, 2015 .

For GTMS are established 4 gates times , be disqualified immediately :

- Square of the Sanctuary of the SS . Trinity, Km 27.2 , not later addition 04:00 of July 5, 2015
- Filettino, km 41.7 , not later than 08:30 on 5 July 2015;
- Campo Staffi , Km 57.8 , not later than 13:00 on 5 July 2015;
- Campo della Pietra- Ref . Saifar , km 72.6 , no later than 17005 of July 5, 2015

The maximum time to arrive upon arrival of LTMS is 13hrs , then within hours 20 : 00 of July 5, 2015

For the LTMS is established three gate times or disqualification immediate:

- Square of the Sanctuary of the SS . Trinity, Km 17.5 , not later addition 11:30 of July 5, 2015
- Capo Ceraso shelter, km 26,3, not later addition 14:00 of July 5, 2015;
- Campo della Pietra, SAIFAR shelter, km 34,9 not later addition 16:30 of July 5, 2015.

The maximum time to reach the arrival of MTMS is 7.5 hours, then by 17:00 hours of July 5, 2015. For the FTMS will set a time limit of 3.5 hours, having to reach arrival before 13:30 5 luglio 2015. There is a "broom service" for each race that will cover the tracks following the last competitor, so help to prevent any injured withdrawn and remain without assistance.

In the event that the athletes had to pass through the points of the route called "time gates", late than provided by the organization, they will have to take off your pectoral and retire from the sporting event. In these points will be a car of the organization used as the possible shipping of the competitor to the point of arrival of Monte Livata.

If the athlete were to refuse to withdraw from the competition, the same will be disqualified from the competition, will not be admitted to the subsequent editions of the trail and continue under their own risk and responsibility, thus exempting the organization staff.

#### Art. 13 - INSURANCE

The Organization will take out insurance liability for the whole period of the test. Participation is under the full responsibility of the competitors, the abandonment of their appeal against the organizers for damages and additional consequences that can occur following the race. It is the responsibility of each athlete's personal insurance, to be subscribed at an insurance company of their choice, to cover the risk of accidents and injuries and expenses related to the possible intervention helicopter.

#### Art. 14 - HOSPITALITY '

It will be available at the hospitality facilities of various types, in the City of Subiaco (and neighboring towns), with several beds at special price, for overnight athletes and their companions in the night of the race. It will also be possible to agree with the structures accommodation and at the same price overnight for the nights preceding and subsequent ones.

You can stay with tents and campers in areas adjacent to the starting area of Monte Livata, properly reported by the organization.

So much for the facilities, and for the camping areas, will be given appropriate information about it in a specific section of the website.

#### Art. 15 - ENVIRONMENT

The race takes place in the Regional Park of the Simbruini and athletes must behave in a respectful environment, so that waste, pick up flowers or harass wildlife. Anyone will be surprised to abandon waste along the course will be disqualified from the competition.

#### Art. 16 – WEATHER – CHANGES OF COURSE OR TIME BARRIERS - CANCELLATION OF THE RACE

The organization has the right to the last minute changes in route in order to eliminate potential hazards for participants. Any changes will be communicated to the participants and reported by employees.

The organization also reserves the right to suspend or cancel the race if the weather conditions (fog, blizzards, strong and persistent thunderstorms, ...) seek to pass risk the safety of the participants or the rescuers. In bad weather, alternative routes to avoid athletes the most difficult passages still allowing day continue along the tracks until the official .

For each athlete will be charged the actual distance traveled and will be drawn several final standings.

The departure may be postponed in case of severe weather, a few hours; beyond this limit,

individual races will be canceled.

In case of cancellation of the races, for any decision, by the organization 15 days before the event, will be provided for a partial refund, each athlete, equal to a sum which will be lower than that paid for registration, so that the organization does fall the costs incurred up to that point.

The cancellation of the race to take place in less than 15 days of departure will not be entitled to any refund to the competitors of the registration fee.

#### Art. 17 - AWARDS

There are no cash prizes, in harmony with the Spirit Trail.

However, will be awarded prizes in kind and / or technical material to the first three men, and the first 3 women. The first 3 arrived in each category of each of the four races.

There are 10 categories Men and Women 5 categories, divided by age groups.

For the Baby Trail are 4 categories masculine and 4 female categories divided by age group 0 to 14 years. For each category will be awarded to the top 3.

All participants in GT, in LT and in the Baby Trail, regularly come to the finish line, will be awarded a medal participation.

#### Art. 18 - IMAGE RIGHTS

Each contestant expressly waives to make use of image rights during the test, to any appeal against the organizer and its partners accredited for the use of its image. Any communication or use of images of the event will be in compliance with the name of event itself, the trademarks and with the official agreement of the organization.

#### Art. 19 – DESERTATION

Except in cases of serious injury, a competitor must retire exclusively in fixed points. In road book of the race will be shown a list of collection points. In any case, the applicant must immediately return the pectoral to the organization.

#### Art. 20- ACCEPTANCE OF THE RULES

The participation to the four Trail of Simbruinis implies acceptance without reservations of this Regulation and any changes made.

By registering, the athlete exonerate the organizers from any liability, both civil and criminal, for damages to persons and / or property caused by him or he derived as a result of the race and in this regard will have to sign a special liberators to favor of the Organization during registration or delivery the pectoral

It is compulsory to follow the marked paths without shortcuts. Besides being an no sportive behavior represents an environmental behavior deplorable as it causes alteration phenomena of flora and fauna.

On the way is the rule adopted by the general sections CAI

"The waste produced during outings in the mountains should be reported to the valley "

All competitors seen throwing their waste on the course will be disqualified.

#### Art.21 - INFRINGEMENT OF THE RULES / PENALTY

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##### DISQUALIFICATION

Dangerous Behavior found that behavior represents a danger to others:

Penalties 1 hours

Deviation that reduces so important to the path:

Penalties 1 hours

Failure to assist a person in distress:

Penalties 1 hours

Absence of binding material  
and / or refusal of a control of the material required:  
Disqualification  
Littering  
by a competitor:  
Disqualification  
Failure to pass a checkpoint:  
Disqualification  
Rip-offs such as using public transport or exchange / sharing bib:  
Disqualification forever  
Refusal to comply with an order of the direction of travel, a doctor:  
Disqualification  
The disqualification is immediate.

#### Art. 22 - DIRECTION OF RACE

At the direction of the race has the task of verifying compliance with the regulations of the competition, to receive complaints from the athletes, as well as with the organization to decide whether to suspend or cancel the race for safety reasons related to weather or other . On timely communication of personal mountain rescue or the Park place them onto the ridge of M. Tarino, M. Viglio or other traits possibly exposed, the feared and unfavorable weather conditions on the ridges and on the sections above, has the change of their paths race the GTMS, the LTMS and MTMS, avoiding their crossing.

#### Art. 23 – COMPLAINTS - JURY

All protests must be in writing, deposited the coordination race within the maximum time of one hour from the arrival of the runner concerned. The Jury is composed of the President of the organizing company GMS Subiaco, by a member the direction of the race, the head of the Medical Race, a Commissariat of race and any other people chosen for competence by the President and the direction. The jury is empowered to act at a time compatible with the obligations of the race of all complaints made during the race. The decisions are final.