



A.S.D. Trail Monti Simbruini

Sede: C.da Colle Cisterna, 8 – 00028 Subiaco (RM)

C.F. e P. IVA: 14988801008

Tel.: 320.9058478

www.traildeimontisimbruini.it

email: info@traildeimontisimbruini.it

TRAIL DEI MONTI SIMBRUINI
SUNDAY, MAY 17, 2026 – CAMPO DELL'OSSO - SUBIACO (RM)
RACE REGULATIONS

1. Introduction

Any person registering for the event declares that they will participate in full compliance with the main ethical and sporting values shared by all athletes of this discipline. Participation implies full and unconditional acceptance of these regulations and of the code of ethics of the race as published by the organization.

Each participant, whether competitor or volunteer, supports and acts to provide assistance in any situation. Every participant shows respect for themselves, for other trail runners and for the organizing volunteers.

For themselves: no cheating, neither before nor during the race.

For other trail runners: provide assistance to another athlete in difficulty.

For volunteers: they also participate for the pleasure of being there and to enable us to compete in maximum safety.

Furthermore, each participant must respect nature: under no circumstances should any type of waste be discarded before, during or after the race, except in the designated waste containers.

Finally, participants must follow the marked trails without taking shortcuts.

2. Organization

The event is organized by the sports association A.S.D. Trail Monti Simbruini, with the patronage of the Monti Simbruini Regional Park, the Municipality of Subiaco, the Municipality of Vallepietra, and with the support of Civil Protection, the Red Cross and other volunteers.

3. Races

On SUNDAY, MAY 17, 2026, a series of mountain running races will take place within the Monti Simbruini Park, in the municipalities of Subiaco and Vallepietra, in a single stage in a mountain environment, at free pace, within a limited time and under semi self-sufficiency conditions, starting from Campo dell'OssO, Subiaco (RM).

The races:

- **Long Trail dei Monti Simbruini (LTMS)** will have an approximate distance of 48 km with a positive elevation gain (D+) of approximately 3,000 meters. Athletes will start from Campo dell'OssO, Subiaco (RM) at 7:30 AM on May 17, 2026 and will finish at the same location by 6:30 PM on the same day.
The maximum time allowed will be 11 hours and 30 minutes.
- **Medium Trail dei Monti Simbruini (MTMS)** will have an approximate distance of 24 km with a positive elevation gain (D+) of approximately 1,300 meters. Athletes will start from Campo dell'OssO, Subiaco (RM) at 9:15 AM on May 17, 2026 and will finish at the same location by 3:15 PM on the same day.
The maximum time allowed will be 6 hours.
- **Fast Trail dei Monti Simbruini (FTMS)** will have an approximate distance of 12 km with a positive elevation gain (D+) of approximately 580 meters. Athletes will start from Campo dell'OssO, Subiaco (RM) at 9:45 AM on May 17, 2026 and will finish at the same location by 1:15 PM on the same day.
The maximum time allowed will be 3 hours and 30 minutes.
- **Baby Trail dei Monti Simbruini (BTMS)** will have an approximate distance of 1 km and is intended for children aged between 0 and 14 years. Athletes will start from Campo dell'OssO, Subiaco (RM) at 10:15 AM on May 17, 2026.

START

The start and finish areas for all races are located at Campo dell'OssO, Subiaco (RM).

The start times are as follows:

- LTMS at 7:30 AM with a maximum time of 11.5 hours
- MTMS at 9:15 AM with a maximum time of 6 hours
- FTMS at 9:45 AM with a maximum time of 3.5 hours
- BTMS at 10:15 AM



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The races will take place in compliance with mountain running regulations and with reference to an ethical framework that:

- Respects oneself, without cheating either before or during the race;
- Respects other runners, in a spirit of sharing and solidarity, providing assistance in cases of need or difficulty;
- Respects volunteers, who are present to support both athletes and organization;
- Respects nature, by not discarding waste or leaving any trace of passage.

4. Courses and Marking

The courses develop along mountain trails, ridgelines classified as E (M. Autore) and EE, dirt roads, forest tracks and short sections of asphalt roads. The planimetric and altimetric development is available in the relevant section of the race website or on the Facebook page. The kilometers are not marked, but only progressive distances of specific locations are indicated.

Athletes must strictly follow the race course, which will be marked using appropriate signage installed in the week preceding the race through the placement of blue ribbons and yellow flags clearly visible even in low forest light conditions. The planned spacing ensures that each marker is visible from the previous one.

If you no longer see the markings (ribbons or flags), return to the last marker passed.

Leaving the official course, in addition to resulting in disqualification, occurs entirely at the athlete's own risk and responsibility.

5. Registration, procedures and fees

Registrations will open for LTMS, MTMS and FTMS on December 23, 2025 and will close one hour before the start of each respective race.

To participate in LTMS, MTMS and FTMS it is mandatory:

- to have reached 18 years of age at the time of registration and to possess a valid competitive medical certificate – Athletics discipline;
- to be fully aware of the course length, total elevation gain, and the technical difficulties that may be encountered along the route and to be physically prepared to face a course developing on E and EE trails;
- to have acquired experience in mountain running, athletic ability and proper training, and to be capable of coping autonomously with potentially adverse weather conditions typical of the mountain environment, as well as managing physical or mental issues arising from fatigue.

Individuals without a sports medical certificate may participate only in the FTMS as “non-competitive”, which implies exclusion from general and category rankings and from prize awards.

MINORS

Participation is allowed exclusively in the FTMS for athletes under 18 years of age, provided that they hold a valid competitive medical certificate – Athletics discipline – and participate under the responsibility of their parents. The latter must complete and sign a specific authorization form, downloadable from the website, prepared by the Organizing Committee.

METHODS AND FEES

Registration can be completed:

- online on the website <http://www.digitalrace.it/gare.php> through the links related to the events, by May 14, 2026 at 10:00 PM;
- on race day up to 1 hour before the start of the respective competition.

Online registrations will close on May 14, 2026 at 10:00 PM.

After that, it will only be possible to register on race day in the start area.

Fees vary depending on the registration period.

Baby Trail dei Monti Simbruini (BTMS): registration is only possible on race day and is **FREE**; participants may be accompanied during the race by one or more adults.



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TRAIL DEI MONTI SIMBRUINI 2026 FEES

	22.12.2025	1.3.2026	17.05.2026
	28.02.2026	14.05.2026	
LTMS	€ 40,00	€ 45,00	€ 50,00
MTMS	€ 20,00	€ 25,00	€ 30,00
FTMS	€ 15,00	€ 18,00	€ 20,00
BTMS	\	\	FREE

For athletes residing in the Municipality of Subiaco or registered with sports clubs based in Subiaco, the lowest fee applies regardless of registration date.

Registrations will be considered complete only upon payment of the relevant fee.

If an athlete registers by May 14, 2026 at 10:00 PM but fails to pay within that deadline, they will be required to pay the increased fee.

Payment must be made exclusively by bank transfer to:

IBAN: IT 72 F 02008 39440 0001 0550 2944

Bank: Unicredit, Subiaco branch

Account holder: A.S.D. Trail Monti Simbruini

Reason: specify name, surname, race code

The registration fee date will be determined by the payment date.

A copy of the bank transfer receipt, together with a copy of the valid competitive medical certificate and any sports membership card, must be uploaded during the registration process within the specified deadlines.

INCLUDED IN THE REGISTRATION FEE

- personalized race bib
- timing service
- assistance and refreshment points along the route
- race pack (for the first 250 FTMS, 200 MTMS, 120 LTMS registrants)
- final refreshment at Campo dell'Osso on May 17, 2026
- shuttle service for withdrawn athletes (subject to organizational timing)

WITHDRAWAL

An athlete unable to participate may request a refund by notifying the organizing association no later than March 31, 2026 and providing their IBAN. Only bank charges (€2) will be retained.

After this date, no refund will be issued and the full fee will be retained by the Organizing Committee.

6. Medical Certificate and NON-COMPETITIVE PARTICIPATION

A valid competitive medical certificate – Athletics discipline – valid as of May 17, 2026 is mandatory to confirm registration. A copy must be uploaded during online registration or presented on race day (also in digital format). Athletes registering on race day must present a copy of the certificate (also digital).

Athletes without a medical certificate may only participate in FTMS as NON-COMPETITIVE, receiving the same services but:

- not included in rankings
- not eligible for prizes

The choice must be indicated in the registration form by writing "Non competitive" in the "Club" or "Membership type" field.



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7. Semi Self-Sufficiency. Mandatory Equipment and Aid Stations

Semi self-sufficiency is defined as the ability to be autonomous between two aid stations in terms of equipment, food, and personal physical and psychological safety.

Personal assistance from family members or teams is prohibited along the entire route except at aid stations.

Accompaniment during the race is prohibited and will result in disqualification.

7. Mandatory Equipment

Races are held under partial autonomy conditions; therefore, athletes must carry mandatory equipment.

Checks will be carried out during bib distribution and may occur at any time during the race. Lack of required equipment results in immediate disqualification.

MANDATORY AND RECOMMENDED EQUIPMENT

	LTMS	MTMS	FTMS
Water reserve (min. 0.5 L – bottle or hydration pack)	Mandatory	Mandatory	Recommended
Eco-friendly cup	Mandatory	Mandatory	Mandatory
Energy reserve (bars or similar)	Mandatory	Recommended	Recommended
Waste bag	Mandatory	Mandatory	Recommended
Thermal blanket	Mandatory	Mandatory	Recommended
Trail running shoes	Mandatory	Mandatory	Recommended
ID card or valid photo document	Mandatory	Mandatory	Recommended
Mobile phone with emergency numbers	Mandatory	Mandatory	Recommended
Waterproof breathable jacket suitable for mountain conditions	Mandatory	Recommended	Recommended
Whistle	Mandatory	Recommended	Recommended
Hat or bandana	Recommended	Recommended	Recommended
Waterproof gloves	Recommended	Recommended	Recommended
Elastic adhesive bandage	Recommended	Recommended	Recommended
Telescopic poles (if used, must be carried throughout the race)	Recommended	Recommended	/

Equipment checks will be carried out at the discretion of the organizing committee and race officials.

AID STATIONS

Aid stations will be provided along the course (see race profile on website or social pages) with food and drinks to be consumed on site.

No disposable cups will be provided.

Each runner must carry their own cup.

This choice reflects the trail spirit of environmental protection.

Athletes must ensure they leave each aid station with sufficient food and water to reach the next one.

Anyone caught littering will be disqualified.



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8. Bib and Race Pack Distribution

Bib distribution will take place:

- Saturday from 3:00 PM to 6:30 PM
- Race day up to one hour before start

Location: Campo dell'Osso.

Athletes must present valid photo ID.

The bib must be worn on the chest, abdomen or thigh, always fully visible, and placed over all clothing.

Race packs will be distributed at bib collection.



9. Race Officials

Race officials, identifiable by uniforms, will carry out:

- start check
- mandatory equipment checks
- passage checks
- monitoring of littering
- application of penalties and disqualifications

10. Safety and Control

Checkpoints will be established along the route.

Rescue points will be located mainly near aid stations and difficult sections.

Personnel from Park Authority, Civil Protection, Mountain Rescue and Medical Assistance will be present.



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Athletes may request assistance by:

- going to a rescue point
- calling race direction
- asking another runner

An athlete requesting help must accept medical decisions.

Athletes must assist others in need, without moving injured persons suspected of fractures.

Improper requests for rescue may compromise safety resources.

Helicopter rescue costs are borne by the rescued person.

Emergency number in Italy: 118.

Environmental conditions may delay rescue; personal equipment is essential for safety.

11. Time Limits and Cut-Off Points

Maximum times:

- LTMS: 11.5 hours (finish by 7:00 PM)
- MTMS: 6 hours (finish by 3:15 PM)
- FTMS: 3.5 hours (finish by 1:15 PM)

CUT-OFF POINTS (LTMS)

- km 20.8 (Le Vedute): by 12:30 (5 hours from start)
- km 31.4 (Sella di Campaegli): by 2:40 PM (7h10 from start)

Athletes arriving late must withdraw and hand over their bib.

A transport service will return them to the finish.

If an athlete refuses to withdraw, they will be disqualified and continue at their own risk.

A “sweeper” service follows the last runner to assist withdrawals.

12. Insurance

The Organization provides civil liability insurance coverage for the entire duration of the event.

Participation takes place under the full responsibility of the competitors, who waive any right of recourse against the organizers in the event of damages or further consequences arising from the race.

Each athlete is responsible for arranging personal insurance, to be taken out with an insurance company of their choice, covering the risk of accidents, injuries and any expenses related to possible helicopter rescue intervention.

13. Environmental Protection

The race takes place within the Monti Simbruini Regional Park and athletes must behave in an environmentally respectful manner, avoiding littering, picking flowers or disturbing wildlife.

Anyone caught abandoning waste along the course will be disqualified from the race.

14. Adverse Weather Conditions: Course Changes and Race Cancellation

The Organization reserves the right to make last-minute course changes in order to eliminate potential risks for participants. Any changes will be communicated to participants and marked by staff.

The Organization also reserves the right to suspend or cancel the race if weather conditions (dense fog, severe and persistent storms, etc.) put the safety of participants or rescuers at risk.

In case of bad weather, force majeure, or any other situation deemed necessary by race management to ensure participant safety, alternative routes may be used to avoid the most difficult sections, allowing athletes to continue along official routes to the finish.

Each athlete will have their actual distance recorded and separate final rankings will be drawn up.

The start may be delayed by a few hours in case of severe weather; beyond this limit, individual races will be cancelled.

If the race is cancelled for any reason decided by the Organization at least 15 days before the event, a partial refund will be provided, covering at least the expenses already incurred by the Organization.

If cancellation occurs less than 15 days before the event, no refund of the registration fee will be granted.



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15. Awards

No cash prizes will be awarded, in accordance with the trail running spirit.

Only competitors who reach the finish line regularly will be included in the rankings.

For each race, a general classification will be drawn up, divided into male and female categories and further divided into categories (8 for men and 8 for women).

For each race, the following will be awarded:

- the first three overall men and the first three overall women;
- the first three men and the first three women in each category.

Categories

Women:

- Junior Women: up to 34 years
- SF35: 35–39 years
- SF40: 40–44 years
- SF45: 45–49 years
- SF50: 50–54 years
- SF55: 55–59 years
- SF60: 60–64 years
- SF65: 65 years and over

Men:

- Junior Men: up to 34 years
- SM35: 35–39 years
- SM40: 40–44 years
- SM45: 45–49 years
- SM50: 50–54 years
- SM55: 55–59 years
- SM60: 60–64 years
- SM65: 65 years and over

Baby Trail Categories

For the Baby Trail (BTMS), 6 male and 6 female categories are provided, divided by age group:

- under 5
- 5–6 years
- 7–8 years
- 9–10 years
- 11–12 years
- 13–14 years

16. Image Rights

Each participant expressly waives any right to their image during the event and waives any claim against the Organization and its accredited partners regarding the use of their image.

Any communication or use of event images must respect the event name, registered trademarks, and be carried out with the official authorization of the Organization.

17. Withdrawals

Except in cases of serious injury preventing continuation, a competitor who withdraws from the race along the course must report to the nearest checkpoint, communicate their withdrawal, and the Organization will arrange transport back to the finish area as soon as possible.

The withdrawn competitor must immediately return their bib to the Organization.



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18. Acceptance of Regulations

Participation in the Trail dei Monti Simbruini races implies full and unconditional acceptance of these regulations and any subsequent modifications.

By registering, the athlete releases the organizers from any civil or criminal liability for damages to persons or property caused by or suffered by the athlete as a consequence of the race.

It is mandatory to follow the marked routes without shortcuts. In addition to being unsportsmanlike, this behavior is environmentally harmful as it causes damage to flora and fauna.

Along the course, the general rule adopted by the Italian Alpine Club (CAI) applies:

“Waste produced during mountain activities must be carried back down to the valley.”

It is reiterated that all competitors caught discarding waste along the course will be disqualified.

19. Violations of the Regulations, Penalties and Disqualification

The race jury may impose penalties or disqualify a competitor, particularly in the following cases:

- bib not worn correctly;
- exchange of bib;
- deviation that significantly shortens the course;
- failure to pass through a checkpoint;
- use of transport means;
- doping or refusal to undergo anti-doping control;
- failure to assist another competitor in difficulty;
- proven dangerous behavior endangering others;
- littering, environmental pollution or degradation;
- violation of the ban on accompaniment;
- violation of the ban on walking in sections where prohibited;
- insults, misconduct or threats toward organizers or volunteers;
- refusal to undergo medical examination at any time during the race.

Disqualification is immediate and enforced by withdrawing the athlete's bib.

20. Race Direction

The Race Direction is responsible for verifying compliance with the regulations, receiving complaints from athletes, and deciding together with the Organization whether to suspend or cancel the race for safety reasons related to weather conditions or other factors.

In the event of expected adverse weather conditions, the Race Direction may modify the course, even during the race.

21. Complaints

All complaints must be:

- submitted in writing;
- delivered to the race coordination within 30 minutes of the concerned runner's finish time;
- accompanied by a €20 fee, which will be refunded if the complaint is upheld.

The Jury is composed of:

- the President of the organizing association A.S.D. Trail Monti Simbruini of Subiaco;
- a member of the Race Direction;
- the Head of Medical Services;
- a Race Official;
- and any additional persons selected for their expertise.

The Jury will deliberate within a time frame compatible with race requirements on all complaints submitted during the race.

All decisions are final and not subject to appeal.