



## **Regulations Laives . Leifers Trail**

### **Organizers:**

The association ASD Laives Runners organizes the race “Laives . Leifers Trail” in collaboration with the Tourist Info Laives Bronzolo Vadena.

#### ASD Laives Runners

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#### Tourist Info Laives Bronzolo Vadena

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### **ARTICLE 1: Tracks**

The competition is based on three races, directed to single runners and is located in mountain territory on forest roads and hiking paths between the towns of Laives, Nova Ponente, Aldino and Monte S. Pietro.

The route and description of each trail can be found on the website [www.laivestrail.it](http://www.laivestrail.it). The definitive routes will be published on the 15<sup>th</sup> of April at the latest. Until the definitive publication of the routes the organization reserves itself the right to make changes to the routes.

### **ARTICLE 2: Entry requirements**

Everyone who was disqualified because of doping cannot participate at the race.

The competition is open to everyone, men and women, aged 18 and over on the date of the race. Every participant must agree to acquire the insurance for the day of the race at a cost of 3€. Participants with residence in Italy must have a valid sports medical certificate for track and field pursuant. The certificate must be issued by a doctor specialized in sports medicine. Participants with residence outside Italy must submit a medical certificate of physical fitness. The submission form of a medical certificate can be downloaded from the website [www.laivestrail.it](http://www.laivestrail.it).

Each participant agrees to know about the length of the race, its technical requirements and declare themselves able to complete the race at his/her own risk. The race can take place under difficult weather conditions (rain, wind, cold, snow). The participant has an adequate physical preparation and must take care for his/her own self-supply and equipment. Experience with similar races of advantage.

Since the Laives Trail Experience is noncompetitive, participants at that Trail must only agree to the exclusion of liability and must not submit a medical certificate.

### **ARTICLE 3: Entry**

Participants can sign in at the race through TDS – timing data service.




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Entry is open from November 1<sup>st</sup>, 2017 until April 15<sup>th</sup>, 2018

If a participant has not submitted the medical certificate or the confirmation of bank transfer at the time of his registration, or if he has not agreed to the exclusion of liability, his entry will be considered null.

#### **ARTICLE 4: Entry fee**

The entry fee for Laives Trail and Laives Sky Trail is the following:

- 1<sup>st</sup> November 2017 to 30<sup>th</sup> November 2017: Laives Sky Trail 20€ - Laives Trail 35€
- 1<sup>st</sup> December 2017 15<sup>th</sup> March 2018: Laives Sky Trail 30€ - Laives Trail 50€
- 16<sup>th</sup> March 2018 to 15<sup>th</sup> April 2018: Laives Sky Trail 35€ - Laives Trail 55€

The entry fee for Laives Trail Experience is the following:

- 1<sup>st</sup> November 2017 to 15<sup>th</sup> April 2018: 20€

#### **ARTICLE 5: Included services**

The entry fee includes the following services:

- Start number
- Refreshment points at the start and on the route
- Return for those participants, who abandon the race
- Pasta Party
- Shower after finish
- Parking

#### **ARTICLE 6: Cancellation**

If the race is cancelled due to reasons beyond the organizers' control or if an athlete cannot participate to the race the entry fee will NOT be refunded or credited toward next year's race.

#### **ARTICLE 7: Start numbers and Chip**

The start numbers will be assigned by presentation of ID during the times listed in the time table on the website. The start number must be worn in a clearly visible position in front on the chest.

The chip will be given out with the start number and enables the automatic registration at marked check points. At the start, when passing these check points and at the finish the athlete must ensure his/her own to have been registered correctly.

#### **ARTICLE 8: Self-supply and GreenEvent participation**

Athletes are responsible for bringing their own food and water. Refreshment points will be positioned along the route for the reinstatement of drinking water. Each runner must ensure that he/her carries the minimum amount of water (for 51km = 1l and for 21km = 1/2l) as compulsory equipment on departure from each refreshment point. You will not find any containers or glasses on the refreshment point, therefore every participant must bring his/her own cup or a suitable container.

Personal assistance is prohibited (carrying, pulling, pushing, and transporting equipment by car). It is forbidden to be accompanied on the route by another person.



Participants must respect nature and the environment, therefore it is forbidden to throw away waste/rubbish of every kind or to destroy the fauna.

This event takes part at the campaign „Südtirol – Alto Adige GreenEvent“, which is directed to raise awareness and to ensure our nature. GreenEvents are events held by criteria of sustainability. Necessary measures, like sufficient waste disposal points, power efficiency, use of eco-friendly products, are taken.

#### **ARTICLE 9:**

##### **9a) Mandatory equipment (Laives Trail and Laives Sky Trail)**

Every athlete agrees to carry all the mandatory equipment listed below throughout the race:

- a backpack or waist-bag
- a mobile phone, which must be charged and kept on at all times
- safety numbers of the organization and emergency numbers stored in the mobile phone directory
- a waterproof jacket
- warm clothes suited for use in bad weather conditions and at high altitudes
- an aluminum survival cover / emergency cover
- a whistle
- a water bottle or other container with the minimum 1l (51km) or 1/2l (21km) of water
- enough food to enable the contestant to reach the next refreshment point
- a cup or a container for drinking
- a headlight

##### **9a) Recommended equipment (Laives Trail Experience)**

- a mobile phone, which must be charged and kept on at all times
- safety numbers of the organization and emergency numbers stored in the mobile phone directory
- a waterproof jacket
- a water bottle or other container with the minimum of 1/2l of water

If there are bad weather conditions the full list of mandatory equipment will be published on the website 1 week before the race.

You can bring a change of clothes but can only change at refreshment points.

#### **ARTICLE 10: Safety and medical care**

Along the route there will be assistance points.

Participants who see a doctor or auxiliary personnel must recognize their authority and agree to comply with their decisions.

Some streets are not closed for traffic. Every athlete must act with caution when crossing a street.



### **ARTICLE 11: Start, Time limits**

Start:

- the Laives Trail 51km starts at 8 a.m.
- the Laives Sky Trail 21km starts at 8 a.m.
- the Laives Trail Experience 10km starts at 9 a.m.

Maximum time:

- Maximum time for Laives Trail 51km: 13 hours
- Maximum time for Laives Sky Trail 21km: 8 hours
- Maximum time for Laives Trail Experience 10km: 4 hours

Time limits:

- Laives Trail 51km: Nova Ponente/Deutschnofen 6h (2 p.m.), Monte S. Pietro/Petersberg 11h (7 p.m.)
- Laives Sky Trail 21km: /

### **ARTICLE 12: Catering**

The refreshment points are along the route and can be found in the roadbook.

### **ARTICLE 13: Return**

A team will be running behind the last athlete and is responsible for bringing him to the finish line or for organizing the return for him, if the time limit has been exceeded.

### **ARTICLE 14: Abandonment/Exit**

If an athlete is abandoning the race he/she must go to the next refreshment or control point to inform the organization of his exit. If the athlete does not communicate his/her exit to the organization this can result in a search for said athlete, the costs resulting from this search must be paid by the athlete himself/herself.

### **ARTICLE 15: Disqualification**

Officials along the circuit will be authorized to check whether participants are complying with the rules. Officials are authorized to disqualify athletes immediately or inform the jury about infractions they observe. The following are motives for disqualification:

- Start number not clearly visible
- Failure to pass a check point
- Absence in part or of all the mandatory equipment
- Cheating (i.e. using means of transportation, sharing or exchanging start numbers)
- Leaving a checkpoint after the maximum time has expired
- Doping or refusal to submit to an anti-doping check
- Failing to help a contestant in trouble
- Dangerous behavior which can also endanger other participants
- Insulting or failing to respect others, threatening members of the organization or volunteers



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- Taking a short cut or leaving the marked route
  - Failure of the attendant to follow the rules of the race

#### **ARTICLE 16: Changes to the route or Cancellation**

The organizers reserve the right to change the route, the locations of the assistance and refreshment points as well as the time limits at any time and without notice. The race may be cancelled at any time for safety reasons. The start of the race may be postponed or invalidated due to bad weather.

#### **ARTICLE 17: Complaints**

Only written complaints will be accepted up to 2 hours before the closing celebration of the event. A deposit of 50€ will be collected.

#### **ARTICLE 18: Jury**

The jury's decisions are without any possibility to appeal.

#### **ARTICLE 19: Insurance**

The organizers will stipulate a liability insurance policy for the entire duration of the race. Every participant must agree to acquire the insurance for the day of the race at a cost of 3€. Participants take part in the race under their own responsibility, thereby relieving the organizers of any and all responsibility in the event of damage or other consequences that may result from the race. Before the registration procedure can be completed, runners must sign a liability release.

#### **ARTICLE 20: Ranking and prizes**

To enter in the final standings, runners must arrive at the finish line within the maximum time. Prizes will be awarded to the first 10 women and the first 10 men of the Laives Trail and to the first 5 women and the first 5 men of the Laives Sky Trail.

#### **ARTICLE 21: Image rights**

All contestants waive their rights on their own image before, during and after the race.

#### **ARTICLE: Acceptance of regulations**

When entering the Laives . Leifers Trail, participants implicitly accept the rules of the race.