



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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ARTICLE 1: Tracks

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

The route and description of each trail can be found on the website www.laivestrail.it. The definitive routes will be published on the 15th 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.

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.

Entry is open from November 1st, 2019 until April 20th, 2020.



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 Ultra, Laives Trail and Laives Sky Trail is the following:

- 1st November 2019 to 30th November 2019: Sky Trail 25€ - Trail 40€ - Ultra 60€
- 1st December 2019 to 15th March 2020: Sky Trail 35€ - Trail 55€ - Ultra 70€
- 16th March 2020 to 20th April 2020: Sky Trail 40€ - Trail 60€ - Ultra 90€

The entry fee for Laives Trail Experience is the following:

- 1st November 2019 to 20th April 2020: 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 and 81km = 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 Ultra, 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 & 81km) 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.

All athletes participating at the races of 51km and 81km are recommended to download and to install the following app on their phone: GEORESQ. The app can be downloaded from the Google Store, Play Store or Apple Store.



It is not necessary to make any payment, in agreement with our Mountain Rescue, which uses the app also in their normal daily activity in case of emergencies, you will be provided a free voucher for the use of the app once the registration for one of the two races (81km, 51km) is completed. The voucher is valid for 9 months.

The organization is not authorized to verify the position of the athletes, but should it be necessary and exclusively for rescue reasons, it will be the same Mountain Rescue that will have access to track the position of any athletes.

The application must always be in active geolocation mode in order to be used correctly.

Before the start of the competition all athletes will be reminded to start the application by typing the "TRACCIAMI" icon (the application is only available in Italian language).

It's important to use this application also for a real time visualization of the competition trend.

ARTICLE 11: Start, Time limits

Start:

- the Laives Trail Ultra 81km starts at 4 a.m.
- the Laives Trail 51km starts at 8 a.m.
- the Laives Sky Trail 21km starts at 8 a.m.
- the Laives Trail Experience 11km starts at 9 a.m.

Maximum time:

- Maximum time for Laives Trail Ultra 81km: 17 hours
- Maximum time for Laives Trail 51km: 13 hours
- Maximum time for Laives Sky Trail 21km: 8 hours
- Maximum time for Laives Trail Experience 11km: 8 hours

Time limits:

- Laives Trail Ultra 81km: Nova Ponente/Deutschnofen 10h (2 p.m.), Monte S. Pietro/Petersberg 15h (7 p.m.)
- 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
- 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 Laives Trail Ultra and Laives Trail and to the first 5 women and the first 5 men of 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.