

**2018**

*Scenic Trail 11 Km/D+800m  
Scenic Trail 27 Km/D+2200m  
Scenic Trail 54 Km/D+3800m  
Scenic Trail 113 Km/D+7400m  
Vertical della Croce 4,5 Km/D+890m*



***REGULATIONS***

[www.scenictrail.ch](http://www.scenictrail.ch)

## ORGANIZATION

Associazione Scenic Trail patronizes the Scenic Trail with the participation of the municipalities, institutions, companies and local merchants. The organization of the race is delegated to Rezzonico Run. The proposed races are a 113km and D+7400m, a 54km and D+3800m, a 27km and D+2200m, a 11km and D+800m and a Vertical of 4,5Km and D+890m. The races will take part in a single stage and in semi autonomy, with runners subjected to time limits.

## ROUTE

The planned routes are clearly described, and they are visible on [www.scenictrail.ch/races](http://www.scenictrail.ch/races).

The route is marked with flags, fluorescent spray, colored tape, and permanent sign posts in yellow, as well as markings for distance completed and distance to finish. The route may be downloaded from the Organization's website to be used on smartphones and GPS devices. The Organization has the right, at any moment, before or during the races, to change the routes according to the weather conditions or unforeseen circumstances, change time barriers, etc. Changes will be communicated on the Scenic trail webpage, by SMS, telephone, at the control points or along the route by the volunteers. The participants are obligated to respect the changes, or face the penalty of disqualification.

## CONDITIONS OF PARTICIPATION

Participants are required:

- To understand the length and particularities of the demands of the race and to be well trained to participate.
- To have acquired, before the event, a real capacity of complete independence in the mountains and to be able to manage the problems associated with this type of challenge, in particular:
- Adapt to the climate conditions that can change with altitude and become difficult such as wind, cold, fog, rain, or snow.
- Understand the physical or mental fatigue this challenge may cause, problems with digestion, muscles, joints, blisters, and minor wounds.

Understand that the role of the Organization is not a life-saving entity.

For the trail race, safety is dependent on the capacity of the participant to adapt to the problems which will be faced, foreseen and unforeseen.

The event is open to all, women and men, who have already completed their 18<sup>th</sup> birthday for the K113, 16<sup>th</sup> for the K54, 15<sup>th</sup> for the K27, 14<sup>th</sup> for the Vertical della Croce and respectively the 13<sup>th</sup> birthday for the K11, the day of the race, whether they have membership of a club or not. In the case of a minor, a written authorization from the parent(s) or legal guardian is required at the bib hand-out.

Every participant must have private accident insurance valid in Switzerland (refer to the paragraph ACCIDENT INSURANCE)

## REGISTRATION

Registration will be made via the internet or on spot with a dedicated form.

The payment must be made through a bank draft or use of credit card.

**ONLINE REGISTRATION CLOSES FOR THE K113 ON 30<sup>th</sup> OF APRIL.**

**ONLINE REGISTRATION CLOSES FOR THE K54 AND K27 On 15<sup>th</sup> OF MAY.**

**ON THE SPOT REGISTRATION IS POSSIBLE FOR THE K11 WITH A PRICE SUPPLEMENT 05:00-08:00**

**FOR THE VERTICAL, ON-SITE ON SUNDAY MORNING FROM 0700 TO 0900.**

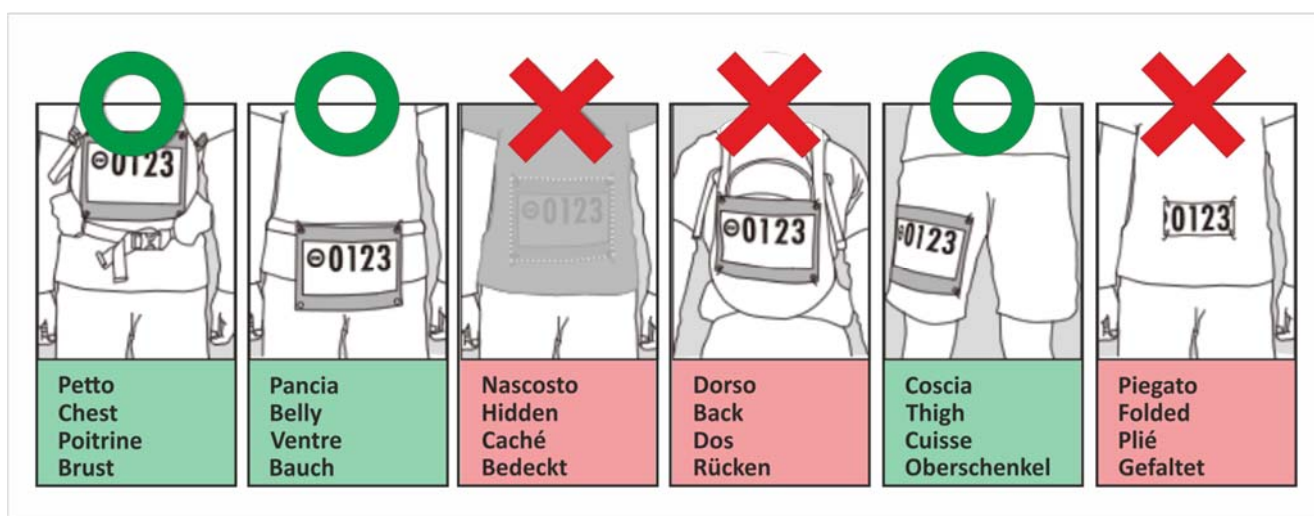
The registration includes all the services described in the regulations

**ACCEPTANCE OF THE RULES AND ETHICS OF THE RACE.**

The acceptance of the bib of the Scenic Trail signifies that the competitor accepts without reservation the regulations and ethics of the race and releases the Organization from any responsibility or liability.

**BIBS**

Every runner is provided with a numbered bib which contains an electronic chip with personal data and is used for the timing. **The bib must be worn throughout the race, on the front of the torso or on the right thigh, plainly visible and legible. In case of a bracelet, this must be worn as requested by the organization and applied on the right shoes. It cannot be removed until the end of the race. Failing to do so will result in disqualification.** It is not permitted to place the bib in any other position. No personalization or modification of the bib by the participant is allowed. The bib is the property of the participant and after the race may be kept.



**TIME RESTRICTIONS AND CHECKPOINT HOURS**

Stage time/Cumulative Time/Maximum race time  
Time barrier (24h)  
Date (dd.mm.yyyy)

	AROSIO	MONTE CENERI	ISONE	CAPANNA GINESTRA	MOTTO CROCE	SAN LUCIO	BOGNO	BRÈ PAESE	TESSERETE
<b>K113</b>	4.5h/4.5h/32h 04:30 09.06.2018	5.5h/10h/32h 10:00 09.06.2018	7.5h/17.5h/32h 17:30 09.06.2018	-	-	6h/23.5h/32h 23:30 09.06.2018	-	4.5h/28h/32h 04:00 10.06.2018	4h/32h/32h 08:00 10.06.2018
<b>K54</b>	-	-	-	-	3h/3h/15h 11:00 09.06.2018	3h/6h/15h 14:00 09.06.2018	-	4h/10h/15h 18:00 09.06.2018	4h/15h/15h 23:00 09.06.2018
<b>K27</b>	-	-	-	-	3h/3h/7.5h 12:00 09.06.2018	3h/6h/7h 15:00 09.06.2018	1.5h/7.5h/7.5h 16:30 09.06.2018	-	-
<b>K11</b>	-	-	-	4h/4h/4h 14:00 09.06.2018	-	-	-	-	-
<b>Vertical</b>	-	-	-	1h/1h/2h 11:00 10.06.2018	1h/2h/2h 12:00 10.06.2018	-	-	-	-

The runners that do not leave the check point before the closing time will automatically be taken out of the race and are not allowed to continue. If a disqualified runner wishes to continue anyway, he can do it on his sole responsibility and in complete autonomy.

The return of a runner who abandons the race is subject to the availability of transportation, with the priority given to the direction of the race. Therefore there is no immediate evacuation except in the case of a medical emergency.

**IMPORTANT:** for the K27 race, the post-race descent from the arrival in the village of Bogno, will be accomplished through shuttle or the Posta Bus back to Tesserete. Deposited bags will be available to participants at the arrival area in Bogno. The organization does not assume any responsibility for personal belongings.

The descent after the Vertical will be accomplished by walking. Transportation only granted for wounded or exhausted runners.

**ATTENTION:** The "Vertical della Croce" presents some exposed parts and thus runners should not fear heights and feel comfortable with such situation. Although this is related just to some steep grassy slopes, participants are required to take into consideration the potential risks. We recommend that runners inspect the racetrack in order to familiarize themselves with the steep landscape leading to the Cross. Handrails have been installed along the critical part in order to assist and to facilitate the ascent. The organization DOES NOT ASSUME ANY LIABILITY.

## DAWN AND DUSK

Mid-June, Tesserete, Switzerland

- Sunrise: 5:30 AM
- Sunset: 9:15 PM

## SEMI-INDEPENDENCE

The principle of the races is that participants are in semi-independence. Semi-independence is defined as the ability to be independent between the aid-stations/check points and refers to personal security, nutrition, equipment, the ability to follow the path in every part, and being able to adapt to any problems encountered, foreseen or not (bad weather, physical complaints, wounds, etc.).

This principle implies the following rules:

- Every runner must have with them during the entire race all of the required equipment (see EQUIPMENT) and must not change or modify it in any way during the race. At any moment, the race officials may check the contents of the runner's backpack and the weight. The competitor has the obligation to submit willingly to these checks or face disqualification.
- The aid-stations are supplied with drinks and food to be consumed on the premises. **The Organization provides only plain water to refill the water bottles/camel-bags.** At the departure from the checkpoint the runners must have enough water and sustenance to arrive to the next aid-station.
- **Personal assistance is only allowed at the aid-stations by accredited people (see Race Manual 2018).** The area of the restoration point is strictly reserved for the runners. It is mandatory to follow the path entering the restoration point and exiting, even if you choose not to stop.
- It is prohibited to be accompanied along the route by anyone who is not a registered participant.

## EQUIPMENT

### SCENIC TRAIL K113/K54/K27

The runner must be dressed in clothing, at the minimum shorts and T-shirt, appropriate for the weather conditions prevailing at the time of the race. In addition, every runner must have with them the following mandatory equipment which will be inspected at least once during the race:

- mobile phone running on Swiss territory (enter the phone numbers of race officials, always have phone turned on, do not hide the number, and begin the race with the battery fully charged)
- personal drinking cup of roughly 15 cl to use for refreshment at restoration points
- Water reserve of at least 0.5 liters, at departure of each aid-station
- Survival blanket 1.4 m x 2 m minimum
- emergency whistle
- adequate food reserve
- headlamp (K113/K54)

- windbreaker with hood, Gore-Tex or similar material, waterproof and breathable, to face extreme conditions and intense cold in the mountains
- pants or tights that cover the entire leg or a combination of clothing that reaches the same goal (for example: compression socks and shorts)
- hat, cap, or bandana
- identification document

Additional material advised:

- Walking sticks
- Gloves
- Sunglasses
- 20.- CHF contingency

### **VERTICAL DELLA CROCE AND K11**

The runner must be dressed in clothing, at the minimum shorts and T-shirt, appropriate for the weather conditions prevailing at the time of the race. In addition, every runner must have with them the following mandatory equipment which will be inspected at the bib handout as well as at least once during the race:

- mobile phone running on Swiss territory (enter the phone numbers of race officials, always have phone turned on, do not mask the number, and begin the race with the battery fully charged)
- windbreaker with hood, Gore-Tex or similar material, waterproof and breathable, to face possible adverse weather.

**IMPORTANT:** The equipment that every runner has at the beginning of the race must be carried through to the finish. It is prohibited to discard material along the route or receive additional material during the race. A change of shoes/clothing is permissible at any of the checkpoints in the K113/K54 (refer to the paragraph SEMI-INDEPENDENCE)

### **HEALTH PREVENTION**

The participants of the race undertake the following:

- To respect the decisions of the medical and health personnel, who may, if necessary, stop a runner for medical reasons, removing their bib. The runner has the obligation to stop for medical reasons. If he/she does not comply with the decision, she/he is no longer under the responsibility of the Organization and loses the right to transportation, medical services, as well as food and water supplies.
- To inform the Organization about the use of substances subject to Authorization for Therapeutic Use (AUT). The AUT certificate must be submitted to the Organization no later than 10 days before the race and must be dated within 6 months of race day. Additional information can be found at [www.antidoping.ch](http://www.antidoping.ch).
- To accept the withdrawal of blood capillaries and urine samples and all of the analysis requested by the Organization within the control framework. The testing will be charged to the Organization.
- Respond to any requests of the Organization on the basis of collected personal data in order to decide on participation or not in one of the races.

The Organization may exclude a runner who refuses to submit to medical examinations which serve to combat the used of unauthorized substances or to assure the safety of the runner himself.

### **AWARDS**

All participants receive a t-shirt, a coupon for a "pasta party" and drinks after the race. In addition, awards will be given to the first finishers in the categories below:

K27/K54/Vertical

- Women up to 45 years (5 runners)
- Men up to 45 years (5 runners)
- Women 45 and older (3 runners)
- Men 45 and older (3 runners)

K113

- Women (5 runners)

- Men (5 runners)

The awards are at the discretion of the sponsor, the Organization, and under the rules of the ITRA to get the qualifying points for the UTMB. Their significance and value will be published on the site [www.scenictrail.ch](http://www.scenictrail.ch) in due time.

Prizes not collected at the time of the award ceremony will NOT be given to a third party or delivered but will be reused for other events, even if the prizegiving ceremony scheduled time should be delayed or anticipated for any reason.

#### OBLIGATION TO AID AND ABANDONMENT OF RACE

In case of accidents athletes are obliged to provide assistance to their colleagues in distress, and should alert the officials at the closest checkpoint to the scene of the incident. The failure to aid will be sanctioned with disqualification at the discretion of the Organization, which decides without appeal. In case of abandonment of the competition, athletes are required to notify officials at the nearest checkpoint, removing the bib, and following instructions for the return to the departure area.

#### DISQUALIFICATION AND PENALTIES

Runners who are guilty of undignified actions and for not applying fair-play rules, like shortening the route with shortcuts or tricks, discarding material along the course, not carrying the mandatory equipment, disobeying orders from the medical team or race directors, not assisting a runner in distress, or littering debris along the course will be sanctioned with penalties ranging from a minimum 5 minute penalty to disqualification. The Organization assumes the right to refuse the entry of competitors in future events who have deliberately not respected the rules.

#### PENALTIES

A time penalty is imposed at the discretion of the Organization for simple offences (minimum 5 minutes):

- abandonment of personal material along the route
- depositing litter outside of designated areas
- missing or inadequate equipment

#### DISQUALIFICATION

Runners will be disqualified for the following serious infringements:

- bib number not visible or manipulated
- acceptance of external aid from outside the designated areas
- missing an obligatory checkpoint
- cutting or abandoning the route outlined by the Organization
- not following fair play or sporting etiquette
- false identity
- failure to aid
- refusal to submit to anti-doping tests
- exceeding the time limits imposed by the Organization

#### APPEALS

Suspensions and penalties are decided by the race officials.

The appeal must be filed in writing within 30 minutes of arrival, after crossing the finish line. The appeal is to be delivered to the officials at the arrival. Pen and paper will be available on site. The appeal fee of 50 CHF must be paid upon delivery of the document. It is recommended that runners plan accordingly!

#### CANCELLATION OR WITHDRAWAL

The races will take place in any weather conditions. In case of very adverse weather (thunderstorms), the organizer may delay or cancel the race. In case of cancellation because of *force majeure* or weather, whether dependent or independent of the Organization, the registration fee will not be refunded. The participation prize and as well refreshments and the meal will be regularly distributed. Nobody is obliged to start racing if not comfortable in doing so.

There is no right to a refund of the entry fee and no exceptions will be made, not even for medical reasons.



**ACCIDENT INSURANCE**

Each athlete must be covered by accident insurance that covers any costs of private service rescue and hospitalization. The Swiss rescue services are operated by private companies like TCS, REGA, etc. and the costs of intervention are sustained entirely by the athlete if no insurance covers the services provided. Contact your health/accident insurance company to know if your current coverage is sufficient or if you need accident insurance limited to the days of the race. The organizer disclaims all responsibility and all costs related to accidents, illnesses, etc. of the participants.

**PRIVACY**

The Organization shall keep the data of runners private and will not redistribute the information to other entities or third-party organizations. Photographs taken during the race as well as videos, however, are in the public domain and will be broadcast on free access websites, on social media, or used to advertise other sporting events. Note also that the Organizer cannot control what the spectators, runners, or bystanders photograph and publish. People and recognizable faces on these photos or those taken by the Organizers, have no right to any compensation, nor can photos be edited to obscure the faces of those not wanting to appear on them. We therefore invite runners who do not accept this rule not to participate in the race or to run with a cover on their face.

**LIABILITY**

The Organization accepts no responsibility in case of accident, injury, illness, etc. Each runner participating enters the race at his own risk and peril, and is aware that it is an extreme racing event, with variable climatic conditions, with poor or nonexistent mobile coverage, subjecting both the mind and body to extraordinary stress. The danger of severe accident or death must be carefully weighed by each participant.

**GPS TRACKER**

The Organization can impose on any registered athlete the obligation to wear a GPS tracker during the race in order to determine his/her position. The choice will be done based on internal criteria that will not be divulged and every participant must accept such decision, or face the penalty of disqualification.

**PRECEDENCE OF REGULATION**

The above regulations are absolutely valid and take precedence over any other information, incorrect, incomplete, or different which can be found on websites or social media related in some way to this event. The Italian language version of this regulation is the master document.

**END**



**CHARTS**

