



REGULATION  
TARVISIO WINTER TRAIL 2022

FINAL RACE OF THE ITALIAN NATIONAL CUP  
NORTEC-CSEN WINTER TRAIL 2022

**Art. 1 - Acceptance of the rules**

The 5<sup>th</sup> edition of the Tarvisio Winter Trail will take place on Saturday 19<sup>th</sup> March 2022 in the basin of the Lago Superiore di Fusine (UD), under the Mount Mangart and its whole mountain chain.

The Winter Trail is a discipline of running that takes place in the natural environment, usually on mountain trails or snowy or icy slopes or paths with as few as possible grounded or asphalted parts, which in any case cannot exceed 70% of the total length of the path.

The scheduled races are:

- **Monte Mangart winter trail:** OPEN race valid also as Final of the Italian National Cup NORTEC-CSEN Winter Trail 2022 (approx.: 15,4 km with 778 m D +). Rankings for the OVERALL category (M/W) and for the following additional categories (M/W):
  - MASTER A: born between 1973 and 1982;
  - MASTER B: born between 1963 and 1972;
  - MASTER C: born before 1963.
  
- **Young winter Trail:** noncompetitive race for the young categories:
  - CUCCIOLI: born 2013-14 (approx. 1,5 km);
  - ESORDIENTI: born 2011-12 (approx. 1,5 km);
  - RAGAZZI: born 2009-10 (approx. 3,0 km);
  - CADETTI: born 2007-08 (approx. 3,0 km);

The regulation of the Italian National cup NORTEC-CSEN winter trail could be downloaded from the section magazine NORTEC's website of [www.nortecsport.com](http://www.nortecsport.com).

Each participant at the Tarvisio Winter Trail must accept, in all its parts and without exceptions its regulation. Registering each participant agrees to accept the following Official Rules of the event and frees the organizers from any civil or penal liability for any accident, damage to persons or things to him and self-caused, that may occur before, during and after the event.

Please note that the event takes place in the winter season and therefore it is recommended to take all necessary safety measures.



## Art.2 - Organizing Committee

The event is organized by the Sport Association "U.S. Mario Tosi Tarvisio" with the support of the Municipality of Tarvisio and of the Region Friuli Venezia Giulia.

## Art. 3 - How to register

Entries will open on 08.12.21 and close on 28.02.22. The maximum number of participants cannot exceed 500 total (including the subscribers of the Young Winter Trail). The registration must be submitted exclusively online through the link published on the website <https://www.tarvisiotrailrunning.com>. For any problems / information contact the organization at: [info@tarvisiowintertrail.com](mailto:info@tarvisiowintertrail.com)

The registration fees have been fixed as:

- **Monte Mangart winter trail:** 40,00 Euro for the subscription completed within 31.01.22 and 50,00 Euro within 28.02.22 (closing date). The athletes already registered to the Misurina Winter Run that will take place on the 06.03.22, will pay the discounted registration fee of 32,00 Euro within 31.01.22 and 40,00 Euro within 28.02.22.
- **Young winter trail:** 8,00 Euro within 28.02.22 (online) and 12,00 Euro registration at the race office the day of the event before 09:30.

All registration forms must be accompanied by the documentation required in art. 4, with penalty of exclusion to the participation to the event. The registration fee includes all the services defined in this Regulation. Each participant will see the confirmation of the registration on <https://www.tarvisiotrailrunning.com> / registration link. Registration will be considered completed only when the organizing company receives all the required documents as indicated in art. 4 of the Regulation.

The registration fee includes race number (bib), timing chip, assistance and refreshments along the path, after-race meal, race gadget.

## Art. 4 - Admission of the participants

All the athletes that on the day of the competition are at least 16 years old can participate at the Monte Mangart winter trail. In particular:

a) Athletes members of associations affiliated to the CSEN, CIS, FIDAL, UISP or other Italian sport associations that promote sports and that have an agonistic medical certificate for endurance sports (athletics, running, trail, cycling, cross-country skiing, ski mountaineering, etc.) and up to date with the federal membership 2020. The medical certificate has to be shown at the pick-up of the bibs.

b) Athletes not registered with any Italian Sport association but with an agonistic medical certificate for endurance sports (athletics, running, trail, cycling, cross-country skiing, ski mountaineering, etc.) valid on 19.03.2022. The medical certificate must be shown at the pick-up of the bibs.

c) Athletes belonging to the b) case, to take part to the race can subscribe a membership with Sport Association "Mario Tosi Tarvisio" paying an extra cost of 10,00 €. The membership guarantees the insurance coverage. The form to be filled in and the card will be delivered at the Race Office on the days of the event.



The registered athlete that for his own reasons cannot take part to the race, won't have the possibility to postpone the registration to the 2023 edition or transfer it to another athlete for the 2022 edition.

## Art. 5 - Rankings and prizes

Following prizes will be awarded:

- Prizes of the **Monte Mangart winter trail**:
  - Men OVERALL ranking: 1<sup>st</sup> 350,00 € , 2<sup>nd</sup> 250,00 € , 3<sup>rd</sup> 150,00 € , 4<sup>th</sup> 120,00 € , 5<sup>th</sup> 90,00€, 6<sup>th</sup> 60,00€, 7<sup>th</sup> 50,00€, 8<sup>th</sup> 40,00€, 9<sup>th</sup> 30,00€ and 10<sup>th</sup> 30,00€.
  - Women OVERALL ranking: 1<sup>st</sup> 350,00€, 2<sup>nd</sup> 250,00€, 3<sup>rd</sup> 150,00€, 4<sup>th</sup> 100,00€ and 5<sup>th</sup> 80,00€.
  - MASTER A (M/W) ranking: for the first 3 athletes of the ranking medals, sport/technical gadgets, food and wine gadgets.
  - MASTER B (M/W) ranking: for the first 3 athletes of the ranking medals, sport/technical gadgets, food and wine gadgets.
  - MASTER C (M/W) ranking: for the first 3 athletes of the ranking medals, sport/technical gadgets, food and wine gadgets.
- Prizes of the **Young winter trail**: from the 1st to the 3rd of each category (M/W) will be awarded with medals gifts (sport/technical). All the participants will be awarded with commemorative medal and with a sport gadget.

The athletes of the categories MASTER that will awarded in the OVERALL rankings, lose the right to receive the prize of his category but will receive in any cases the category's medal.

## Art. 6 – Bib and race gadget delivery

The race numbers (bibs) distribution will take place on March 18th, 2022 from 5.00PM to 8.00PM in Tarvisio (Via Stazione 1) or the day March 19<sup>th</sup>, 2023 from 08.00 AM to 10.30 AM in the departure area in front of the Superior Lake in Fusine. The bibs will not be distributed longer than as indicated in this Regulation, it is therefore recommended to show up at the start in time.

The compulsory material for the participation will be monitored by sampling at the delivery of the bibs/numbers. The mandatory equipment checks will also be carried out before the start of the race, along the path and on arrival with disqualification in the absence of the expected material.

Only the athletes that have collected the bib and have been checked in at the starting line of the race will have the right to receive the race gadget that will be distributed before the pricing ceremony under the presentation of the punched bib.

## Art. 7 - Racetracks



Please refer to the website for all the details on the route.

All three races will depart from the area in front of the parking of the Lago Superiore di Fusine (UD) before 12:00AM. The exact time of departure will be announced one week before through the website, the FB page and via Email to athletes who have communicated their address in the registration. It is recommended to arrive at least one hour before the start for the compulsory materials check and for the bib's punching.

#### **Art. 8 - Punching and checks at the start**

The bib numbers must be pinned in front, so that it is clearly visible, the chip must be worn on the wrist and 30 minutes before the start of the race there will be the punching.

#### **Art. 9 – Checkpoints**

The checkpoints will be distributed along the entire trail and will have the task of recording the passage of the competitors and to check the compulsory materials (sample check). The punching carried out at the checkpoints will allow the knowledge at the arrival of the passage of athletes. The athletes must check the recording of their passage.

#### **Art. 10 – Give up**

In case of surrender, the competitor must compulsorily and as soon as possible inform the organization. The bib number will then be picked up at one of the checkpoints or refreshment points. Submitting its retire is very important to avoid that emergency rescues will be alerted in case of non-arrival of the athletes. It is compulsory that the athletes, who have decided to leave the race, do it at the checkpoints or refreshment points.

#### **Art. 11 - Location**

The description of the route in the latest version will be available on the website. The participants are invited to examine it carefully. Every change will be published on the website of the race.

#### **Art. 12 - Security and medical assistance**

Safety and medical assistance will be guaranteed by the organization's staff spread on the route. The emergency vehicles will move along the track in the areas accessible to the vehicles in use. The managers on duty are authorized to stop the participants judged unfit to continue the event, in this case the bib will be withdrawn. Each athlete must, with penalty of disqualification, assist other athletes in need and to report to the organization's staff situations that require emergency rescues or help. Wheeler, emergency vehicles, vehicles of the organization and checkpoints are equipped with radios in permanent contact with the logistic base of the event. The competitor that calls a rescuer submits himself to his authority and undertakes to respect his decisions. The choice of the care and their nature will be left to the decision of the medical personnel. One or more organization volunteers will ensure the closure of the race and follow the last competitor. In any case, the race will be closed at the expiration of the maximal time set to pass the gate.



#### **Art. 13 – Insurance**

The organization will subscribe an insurance for civil liability for the entire duration of the event. The participation to the event is in any case under the entire responsibility of the competitors, who through their registration renounce at any recourse against the organizers for damages or other consequences that may happen to them during the event.

#### **Art. 14 - Refreshments, food drinks**

There will be 3 refreshments set up along the track of the Monte Mangart Winter Trail (incl. finish line). The refreshment points will be provided with drinks (hot and cold) and food depending on what is specified in the description of the track.

#### **Art. 15 - Bags of the competitors**

Service non provided.

#### **Art. 16 - Compulsory equipment**

These items must be with brought along the entire track of the races Monte Mangart winter trail

- Trail running shoes or running shoes with micro crampons;
- Long-sleeved shirt;
- Hat or bandana.

Depending on environmental conditions and on the path, the organization reserves the right to require the use of micro crampons from the start or at least in specific areas of the track. Information on this will be given in the release a week before departure through the website, the FB page and Email to athletes who have communicated their address upon registration.

#### **Art. 17 - Maximum race time**

The maximum time to finish Monte Mangart winter trail is fixed in 3h and 30'.

Time gates will be established and will be specified in the description of the track.

The organization's staff will be strict in blocking the athletes who will arrive at the time gates out of time, this to ensure the safety of the participants and volunteers on the track. There will also be a wheeler that will go the entire track following the last competitor, in order to be helpful to surrenders and avoid that any injured remain without assistance.

Please note that each athlete must make sure that his/her passage is registered at every checkpoint.

#### **Art. 18 - Penalties and disqualifications**



The organization's staff on the track is empowered to check the obligatory material and in general the respect of the entire Regulation. All the competitors, that at the time of the inspection on the track are found without the required materials will be immediately disqualified, without any possibility to avoid this sanction.

The organization may decide the disqualification of a competitor in the case of lack of respect of the Regulation and in particular:

- Bib or chip exchange;
- Missing a checkpoint;
- Route Cutting/shortening;
- Lack of part or all the required materials;
- Use of a vehicle;
- Departure from a checkpoint after the expiration of the time limit;
- Lack of assistance to another athlete in need;
- Leaving behind their own material on the path;
- Pollution or degradation of the place dropping trash on the track;
- Insults, rudeness or intimidations against organizers or volunteers;
- Avoid being examined by an organization rescuer at any time of the event;
- Physical and / or psychological estate considered unfit to continue

#### **Art. 19 - Complaints**

Any complaints must be submitted to the organization of the race within 30 minutes from the publication and posting of the Race-results. In accord with the spirit of the race, the organization trusts in the fair play of all the athletes.

#### **Art. 20 – Location/Track changes or cancellation of the event**

The organization reserves the right to modify at any moment the track of the race and the location of checkpoints and refreshment, without notice. In the event of bad weather conditions (cold, rain, snow, strong risk of storms or anything that the organization judges as dangerous for athletes), the start may be delayed or canceled, or the path can be changed and / or reduced. In case of bad weather conditions involving security reasons, the organization reserves the right to suspend the ongoing event or to modify the time barriers.

In case of cancellation due to force majeure, not attributable to the organization, including those due to national and international regulations issued to contain the spread of COVID-19, the organization reserves the right to reimburse a percentage equal to 50% of the registration fees. This percentage is justified by the multiple expenses that the Organization has already carried out and which it cannot recover.

In case of interruption or cancellation of the race for weather reasons, or for any other reason independent of the Organization, no refund will be due to the participants.

In case of impossibility to participate in the race, you will be entitled to a refund of 60% of the registration fee only in case of presentation of the medical certificate.

All refunds will be made within 60 days of the conclusion of the event.



#### **Art. 21 – Privacy, photo, television, video imaging rights**

The participant with the inscription authorizes the organization to the processing of personal data pursuant to the Decreto Legislativo 196/2003 “Codice in materia di protezione dei dati personali”(Italian Code regarding the protection of personal data). Each athlete participating may apply for cancellation of his/her data by sending a written request to the Sport Association Mario Tosi - Tarvisio.

Each participant expressly waives the right on his/her image during the race, as well as any claim against the organization and its partners enabled to use the image.

#### **Art. 22 - Declaration of Responsibility**

The participation to the Tarvisio WINTER TRAIL means the acceptance in all its parts and without reserves, of this Regulation by the registered participant. Submitting the registration form, the participant declares to have read, understood and accepted in its entirety the present regulation of the event, waives the organization from any civil or criminal liability for damage to property and personal injuries caused in the context of the developing of the race and confirmed to be in possession of valid medical certificate to the event date of the event for sport competitive sports (athletics, particularly running)as in the 4<sup>th</sup> article of the present regulation. D.L. 196/03. Privacy policy: Personal data will be processed for the sole purpose of providing the service in question and will not be disclosed or used for other purposes.

#### **Art. 23 - Modifications to the Regulation**

The organization reserves the right to amend the regulation, to improve it, publishing the changes in real time on the official website <https://www.tarvisiotrailrunning.com>.