

RACE RULES

TARVISIO WINTER TRAIL 2025

Art. 1 – Acceptance of the rules

The 8th. edition of the Tarvisio Winter Trail will take place on Friday 14th and Saturday 15.03.25 in Tarvisio (UD) - Italy.

The SkySnow (also well known as Winter Trail) is a specialty of running discipline that takes place in a natural environment, generally on mountain paths or on snow-covered or icy groomed tracks with limited paved or asphalt sections which in any case must not exceed 70 % of total length.

The scheduled races are as follows:

1. **Vertical del Monte Lussari:** uphill-only VERTICAL race along the Lussari Di Prampero slope and arrival at the summit cross of Monte Lussari (route: 3.6 km with 974 m D+).
2. **Monte Mangart Winter Trail:** CLASSIC race with start and finish at Lago Superiore di Fusine (route: 15 km with 515 m D+).

Both races are OPEN, therefore with registration open to everybody. Nevertheless, the assignment of the European Champion ISF SkySnow 2025 titles is reserved exclusively to athletes invited by their respective national team.

For both races the OVERALL ranking (M/F), the EUROPEAN CHAMPIONSHIP ranking (M/F) will be drawn up, as well as a ranking for the following CATEGORIES (M/F):

- MASTER A: born between 1976 and 1985;
- MASTER B: born between 1966 and 1975;
- MASTER C: born before 1966.

At the end of the Monte Mangart Winter Trail the combined ranking of the two races will also be drawn up.

The SkySnow World Championship regulations can be consulted on the International Skyrunning Federation website (<https://www.skyrunning.com/>).

3.) Winter Trail Alpe del Lago: non-competitive race open to all - no Medical Certificate required - (route: 10.0 km with 180 m D+).

4.) Young Winter Trail: non-competitive race - no Medical Certificate required - for the young categories: (M/F):

- CUCCIOLI: born 2016-2017 (Km 1,5);
- ESORDIENTI: born 2014-2015 (Km 1,5);
- RAGAZZI: born 2012-2013 (Km 3,0);
- CADETTI: born 2010-2011 (Km 3,0).



Each participant at the Tarvisio Winter Trail must accept, in all its parts and without exceptions this 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 – Registration

Registrations will close on 05.03.25, unless the maximum number of participants is reached earlier. For logistical reasons related to the location, the maximum number of participants in the Monte Mangart Winter Trail and the Alpe del Lago Winter Trail cannot exceed 500 total competitors, including athletes accredited for the SkySnow European Championship. The maximum number of participants in the Monte Lussari Vertical cannot exceed 300 total competitors.

Registration can be done exclusively online by accessing the link published on the website

<https://www.tarvisiotrailrunning.com>. For any problem/information the athletes can contact the organization at the email address: info@tarvisiowintertrail.com

The registration fees have been fixed as:

1. Monte Lussari Vertical (Online registration only):

- within 31.12.24 – 27,00 €;
- within 31.01.25 – 32,00 €;
- later – 38,00 €.

The registration fee includes race bib, assistance and refreshments at the finish line, participation in the pasta party, race package with technical gadget, finisher medal and the cable car ticket to return to the valley after the race.

2. Monte Mangart Winter Trail (Online registration only):

- within 31.12.24 – 42,00 €;
- within 31.01.25 – 48,00 €;
- later – 55,00 €.

The registration fee includes race bib, assistance and refreshments at the finish line, participation in the pasta party, race package with technical gadget, finisher medal.

3. Monte Lussari Vertical + Monte Mangart Winter Trail (Online registration only):

- within 31.12.24 – 62,00 €;
- within 31.01.25 – 72,00 €;
- later – 84,00 €.

The registration fee includes: see above 2. and 3.



4. Winter Trail Alpe del Lago

- within 31.12.24 – 25,00 €;
- within 31.01.25 – 28,00 €;
- within 12.03.25 – 32,00 €;
- up to one hour before the start – 35,00 €.

The registration fee includes: race bib, assistance and refreshments along the route, participation in the pasta party, race package with technical gadget, finisher medal

5. **Young Winter Trail:** 12.00 EUR for registrations completed online within 12.03.24 and 15.00 EUR for registrations made up to one hour before the start of the race, finisher medal. The registration fee includes race bib, assistance and refreshments along the route, after race pasta party, race package.

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.

Art. 4 - Admission of the participants to Vertical Monte Lussari and the Monte Mangart Winter Trail

At the Vertical Monte Lussari and the Monte Mangart Winter Trail, athletes who will turn 15 years old in 2025 and meet the following requirements (born before 2011) will be eligible to participate:

- Italian athletes member** of FISKY (Italian Skyrunning Federation) affiliated sport association and in possession of the Competitive Medical Certificate specifying endurance sports (athletics, running, trail running, cycling, cross-country skiing, ski mountaineering, etc.) in compliance with the 2025 Federal membership. The medical certificate must be presented when collecting the bib.
- Italian or foreign athletes non-member** of FISKY (Italian Skyrunning Federation) hold a valid Competitive Medical Certificate specifying endurance sports (e.g., athletics, running, trail running, cycling, cross-country skiing, ski mountaineering, etc.) on the race date can participate by obtaining a daily FISKY membership. The medical certificate must be presented when collecting the bib.
- Foreign athletes, not residing in Italy, with membership** to foreign Athletics Federations recognized by World Athletics (WA), must provide the Organization with a self-certification of their membership card recognized by WA (Annex 1, to be presented latest when collecting the race bib).
- Foreign and Italian athletes without membership** to Athletics Federations recognized by World Athletics (WA) and a valid Competitive Medical Certificate. These participants will run on the same track, but the event will be non-competitive and considered recreational. Participants will not be included in any official or unofficial rankings and will not be eligible for any prizes. Participants are required to complete the liability waiver form, which holds the athlete fully responsible for their participation in the event (Annex 2, to be submitted latest when collecting the race bib).

The registered athlete who for his own reasons will not be able to participate in the race, for technical reasons, will not have the possibility to postpone the registration to the 2026 edition but will be able to transfer it to another athlete for the 2025 edition, within 28.02.25.



Art. 5 – Rankings and prizes

The following prizes and recognitions will be awarded.

1. Prizes Vertical del Monte Lussari:

- ABSOLUTE ranking (M/F): first 10 classified as per the prizes table below;
- Passage to the Intermediate Station (M/F): as per the prizes table below;
- MASTER A ranking (M/F): from 1st to 3rd place medal, technical gadgets and/or food and wine prizes;
- MASTER B ranking (M/F): from 1st to 3rd place medal, technical gadgets and/or food and wine prizes;
- MASTER C ranking (M/F): from 1st to 3rd place medal, technical gadgets and/or food and wine prizes.

2. Prizes Monte Mangart winter trail:

- ABSOLUTE ranking (M/F): first 10 classified as per the prizes table below;
- GPM Rifugio Luigi Zacchi (M/F): as per the prizes table below;
- MASTER A ranking (M/F): from 1st to 3rd place medal, technical gadgets and/or food and wine prizes;
- MASTER B ranking (M/F): from 1st to 3rd place medal, technical gadgets and/or food and wine prizes;
- MASTER C ranking (M/F): from 1st to 3rd place medal, technical gadgets and/or food and wine prizes.

For both races, the athlete belonging to one of the MASTER categories who is awarded one of the prizes of the ABSOLUTE ranking, loses the right to the prize of his category and will therefore only receive the category medal.

PRIZES TABLE	VERTICAL MONTE LUSSARI 14.03.25			MONTE MANGART WINTER TRAIL 15.03.25		
	M	W	TOTAL	M	W	TOTAL
1.	250 €	250 €	500 €	400 €	400 €	800 €
2.	200 €	200 €	400 €	300 €	300 €	600 €
3.	125 €	125 €	250 €	200 €	200 €	400 €
4.	100 €	100 €	200 €	150 €	150 €	300 €
5.	75 €	75 €	150 €	125 €	125 €	250 €
6.	50 €	50 €	100 €	75 €	75 €	150 €
7.	50 €	50 €	100 €	75 €	75 €	150 €
8.	50 €	50 €	100 €	75 €	75 €	150 €
9.	25 €	25 €	50 €	50 €	50 €	100 €
10.	25 €	25 €	50 €	50 €	50 €	100 €
1st RIFUGIO ZACCHI				150 €	150 €	300 €
1st MID STATION	150 €	150 €	300 €			
TOTAL	1.100 €	1.100 €	2.200 €	1.650 €	1.650 €	3.300 €

3. Winter Trail Alpe del Lago : all participants will be given the event gadget as recognition of their participation.

4. Prizes Young Winter Trail: from 1st to 3rd in each category (M/F) technical gadget. All participants will be given a finisher medal and the event gadget.

Prizes can only be collected during the award ceremony.



Art. 6 – Bib and race gadget delivery

- 1.) **Vertical Monte Lussari:** the delivery of the bibs will take place on Thursday 13.03.24 from 6.00 pm to 8.00 pm (event opening - Lussari Di Prampero slope's start) and on Friday 14.03 starting from 4.30 pm in the race office set up in the starting area.
- 2.) **Monte Mangart Winter Tail, Alpe del Lago Winter Trail and Young Winter Trail:** the bibs will be delivered on Thursday 13.03.24 from 6.00pm to 8.00pm (event opening - Lussari Di Prampero slope's start) and Saturday 15.03 from 11.30am to 1.00pm in the race office set up in the starting area.

The delivery of the bibs will not last beyond the time indicated in these regulations, it is therefore recommended to show up at the start in appropriate 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: <https://www.tarvisiotrailrunning.com>.

The precise departure time will be communicated one week in advance via the website, the FB page and by email to the athletes who have communicated their address during registration. It is recommended to show up at least one hour before departure for the material check and stamping.

Art. 8 - Punching and checks at the start

The bib numbers must be pinned in front, so that it is clearly visible 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 planned for the Monte Lussari Vertical.

Service not provided for the other scheduled races.

Art. 16 - Compulsory equipment and equipment permitted.

The following mandatory material is required for both the Monte Lussari Vertical and the Monte Mangart Winter Trail:

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

The use of poles is allowed in all scheduled races, excluding the Young Winter Trail. Nevertheless the poles must be held in hand and note used in the first 200 m of the race to ensure a safety start.

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 race time for the Vertical del Monte Lussari is set at 2h:15'.

The maximum race time for the Monte Mangart Winter Trail is set at 3h30';

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 4th 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>.



Annex 1)

**SELF-DECLARATION
TARVISIO WINTER TRAIL 2025**

*In compliance with the Italian Law, Article 47 of D.P.R. n. 445/2000
In order to fully comply with the current Italian Law, I, the undersigned (Runner):*

Name	
Surname (Family Name)	
Born in (City)	
On the (DD/MM/YYYY)	
Nationality	
Sex (M/F)	
Address (Street, Number, ZIP, City)	
Country	

Well aware of the criminal liability in case of mendacious declaration as provided for by the Italian Law, Article 76, Presidential Decree n. 445 of 28 December 2000,

declare that

- I am registered for or licensed by the following World Athletics affiliated Federation (example: ÖLV for Austria, Slovenska Atletika for Slovenia, DLV for Germany, etc).

Federation Full Name	
Club/Team (if applicable)	
Card Number/Code	

I hereby declare myself fully responsible for this self-declaration, acknowledging the legal and criminal consequences of a false or mendacious declaration.

Date _____

Signature _____



Annex 2)

SELF-DECLARATION, HEALTH CHECK-LIST and TERMS&CONDITIONS

Important information: this form must be printed, filled in with capital letters, signed and then scanned. We will not accept computer-filled forms.

In compliance with the Italian Law, Article 47 of D.P.R. n. 445/2000, I, the undersigned (Runner):

Name	
Surname (Family Name)	
Born in (City)	
On the (DD/MM/YYYY)	/ /
Nationality	
Sex	<input type="checkbox"/> M <input type="checkbox"/> F
Address (Street, Number, ZIP, City)	
Country	

Signature of the Runner:

Well aware of the criminal liability in case of mendacious declaration as provided for by the Italian Law, Article 76, Presidential Decree n. 445 of 28 December 2000, I declare that:

1. I will pay attention to my health, keep myself in good physical condition and train sufficiently before I participate at the race. My participation will take place under my self-responsibility. I will also use the mandatory pre-race Health Check list, reported below, to confirm my physical condition. If I am not in good physical condition, I will cancel my participation.
2. If I am injured, have an accident, or become sick during the race, I will have no objection to receive first aid. I will fill out all the medical information and emergency contact details reported on this form, as I know they are important details to help me in case of need.
3. Nobody will run on my behalf. If somebody should run on my behalf, I will not hold the organizers responsible for any accident he or she may have during the race. If it should be revealed that somebody ran on my behalf, I will comply with the organizers' instructions, including cancellation of any official commendation or ban from future entries for Tarvisio Trail Running events.
4. I register without any failure or deceit in my application, including entry qualifications or participation time limit for this race.
5. I agree that the right to release any materials during the race or associated event such as videos, photographs, articles, TV programs, newspapers, magazines, websites or posters and flyers for promoting the next events belongs to the organizer only.
6. I will enter the start area from the designated entrance gate; it is strictly prohibited to enter from other gates or other places.
7. I have read, understood and I accept the terms and conditions set forth, the official rulebook available on the website and agree to abide by them as a condition of my participation.

A HEALTH CHECK is required before participating. Each runner must check the following and join the race on his/her responsibility.



- a) Please consult immediately your primary care doctor/physician/general practitioner and ask if you are fit to participate in the race if any of the following items (a.1 to a.6) are applicable to you. Before running, please, have a physical examination and a cardiac examination under the supervision of your primary care doctor/physician/general practitioner. You are not required to submit any medical certificates. This health check list is aimed to assist your own health check. If you join the race, you are responsible for your actions.
- a.1. Are you currently undergoing treatment for, or have you ever been diagnosed with a cardiac disease (myocardial infarction, angina pectoris, cardiomyopathy, valvular disorder, congenital heart disease, irregular heartbeat, etc.)?
 - a.2. Have you ever suddenly lost consciousness (fainted)?
 - a.3. Have you ever felt chest pain or dizziness when you were training, running or practicing any sport?
 - a.4. Have any of your relatives suddenly died because of a so-called “heart failure” (sudden death)?
 - a.5. Has it been more than a year since your last physical examination?
 - a.6. Do you suffer, or have any of your relatives suffered, of epilepsy or seizures?

IF YOU ANSWERED YES TO ONE OR MORE OF THE A.1-A.6 QUESTIONS, ASK YOUR PRIMARY CARE DOCTOR/PHYSICIAN/GENERAL PRACTITIONER IF YOU ARE FIT TO PARTICIPATE BEFORE APPLYING FOR THIS RACE.

- b) The following items (b.1 to b.5) are risk factors for myocardial infarction and angina pectoris. Please consult immediately your primary care doctor/physician/general practitioner and ask if you are fit to participate in the race if any of these are applicable to you, and keep your physical condition stable before participating in the race.
- Is your blood pressure high and/or do you suffer from hypertension?
 - Is your blood-sugar level high, or have you ever been diagnosed with diabetes?
 - > If you have been diagnosed with diabetes, while running or during your everyday life, have you ever suffered from hypoglycemia?
 - Do you have a high LDL cholesterol level or have a high neutral fat level (hyperlipemia)?
 - Do you smoke?
 - Do you suffer from asthma?

IF YOU ANSWERED YES TO ONE OR MORE OF THE B.1-B.5 QUESTIONS, you have to discuss with your primary care doctor/physician/general practitioner your required physical examinations before participating and based on the results he/she will tell you whether you are able to participate or not in the race. Your primary care doctor/physician/general practitioner can help you manage your health and physical condition.

I, the undersigned, declare that I hereby comply with the terms & conditions written above, and after reading the health check list I confirm I am fit to participate in the race.

Signature of the runner: _____

Name and surname of the runner in capital letters: _____



<p align="center">PLEASE FILL IN THE FOLLOWING PART – IN CASE OF EMERGENCY (ICE) CONTACT We suggest you to take a copy of this part with you during the race.</p>	<p align="center"><i>BIB Number</i></p>
<p><i>Emergency Contact, Name and Surname</i></p>	
<p><i>Relationship and Nationality of Emergency Contact</i></p>	
<p><i>Phone Number (Including international prefix)</i></p>	
<p><i>Pre-existing Medical Conditions</i></p>	
<p><i>Allergies</i></p>	



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