



Associazione sportiva dilettantistica Atletica 2000 – via Friuli 16/b– 33033 Codroipo (UD)

e-mail: asdatletica2000@gmail.com sito: www.atletica2000.it

Cod. Fisc e Part. IVA 01918130301

REGULATION "177 K - Carnica Ultra Trail"

ART.1 – ORGANIZATION

The association "A.S.D. ATLETICA 2000 "(hereinafter also referred to as Organization) organizes from 01 to 04 August 2019, the third edition of" 177K - Carnica Ultra Trail ", a non-competitive stage race of Trailrunning for charitable purposes to be carried out in complete self-sufficiency with a mountain environment The organizing committee avails itself of the help of local associations and volunteers for the preparation of the base camps where the athletes will be housed at the end of the stages.The race does not have a competitive character, although a survey is carried out for the sole purpose of verifying the presence of all the participants at the end of each single stage, and has a beneficial purpose as **the amount of registration required will be donated to the charity** in favor of the "Running ideas" project which deals with the initiation of sports activities of children with physical or cognitive disabilities or of children belonging to families in temporary economic difficulty through the sports scholarships tool.

ART.2 – GUIDELINES

Participation in the "177 K - Carnica Ultra Trail" leads to the acceptance, in all its parts and without reservation, of this regulation. By registering, each competitor undertakes to respect this regulation and free the organizers from any civil or criminal liability for any accident or accident, for damages to persons or things deriving from or caused by them, which may occur during the event called "177 K - Carnica Ultra Trail" which will take place in accordance with this regulation, any modifications and warnings that will be published on the website www.177K.it. This regulation can be consulted on the website www.177K.it

Fundamental principles:

- The race is reserved for teams of 3 members at most. Should one of the team's competitors not be able to continue the entire team will be withdrawn if only one competitor is able to continue. In a team consisting of two competitors, the abandonment of one automatically involves the withdrawal of the team, in a team composed of three competitors the abandonment of one does not compromise the ability of the other two competitors to continue;
- The members of the teams must start and arrive together in each single stage, the arrival of team members individually at different times is not allowed, otherwise the team will be disqualified;
- The overnight stay in the base camp is mandatory, failure to comply with this rule will result in disqualification of the team;

The TRAIL world not only unites people who love sports, but above all respect nature and people. By





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subscribing to the "177 K - Carnica Ultra Trail" it is required to run in respect of the code of ethics of the trailers around the world. This involves:

- do not throw any type of waste on the ground, which could be extremely harmful to the environment;
- respect yourself: no deception of any kind, either before or during the race;
- respect the other trailers, assisting those who may be in difficulty;
- respect the volunteers whose intent is the same as yours: participate for the pleasure of being there.

ART.3 - GENERAL INFORMATION

The sporting event includes a path of 193 km and 11.460 meters of positive gradient that will have to be completed in 4 stages starting from San Candido on August 1 and arriving in Tarvisio on August 4th and obligatory overnight stay of all participants in the base camps provided by 'organization. The time limit for completing each stage is set at 12 hours.

Only trailers teams of up to 3 participants are allowed to participate in the event. Individuals are not allowed to participate.

This is a challenge, first of all with ourselves, because it involves traveling along paths and mule tracks in a mountain environment along the route called Traversata Carnica / Karnische Hohenweg marked by the CAI 403 path on rough, rocky and earthy terrain. An opportunity to discover the territory to be faced with an adequate physical preparation and excellent ability to manage the forces and resources available, as well as a good experience to address all the typical variables of a mountain environment in complete autonomy. The test is not competitive, so there will not be any kind of timing but only a counting service in order to verify the presence of all the participating teams. The non-competitive nature of the event aims to enhance the beneficial goal of participation and to allow each participant to rediscover the pleasure of immersing himself in the nature that characterizes the path, enjoying the pleasure of running freely. There will be three basic camps (Val Visdende, Collina di Forni Avoltri, Passo Pramollo) where all participants will be obliged to spend the night spending moments of conviviality, the organization will provide dormitory tents, toilets, refreshment service, medical service and physiotherapy .

The individual stages must be traveled in complete autonomy, along the route will not be any type of assistance, the only service offered by the organization will be related to the check of the presence of departure / arrival of each stage.

ART. 4 – ROUTES

The four stages will be divided as follows:

- Day 1 from San Candido to Val Visdende starting at 06:00 will have a length of 46 km with 2.989 D +
- Day 2 from Val Visdende to Forni Avoltri starting at 06:00 will have a length of 41 km with 2.557 D +
- Day 3 from Forni Avoltri Hill to Passo Pramollo starting at 05:00 will have a length of 56 km with 3.633 D +
- Day 4 from Passo Pramollo to Tarvisio starting at 05:00 will have a length of 50 km with 2.283 D +

Detailed routes and GPS tracks will be made available to all participants. The documentation will be available on the website www.177K.it





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ART. 5 - REGISTRATION METHOD

To participate it is essential:

- be absolutely aware of the length and specificity of the race and be perfectly prepared both physically and mentally to face extreme situations;
- have acquired, before the race, a real capacity for personal autonomy in the mountains, participation in other races to obtain the necessary score to be able to register (see paragraph REGISTRATION CONDITIONS) is useful to acquire this experience, but it is not necessarily sufficient to be able to better manage the problems related to this type of test and in particular: or knowing how to deal with weather conditions without help, which could become difficult due to altitude (night, wind, cold, fog, rain or snow) or be able to manage, even if you are isolated, the physical or psychological problems due to a great fatigue, gastrointestinal problems, muscle or joint pain, small wounds ...
- be aware that the role of the Organization is not to help a runner handle these problems and that for running in the mountains, safety depends on the rider's ability to adapt to the problems encountered or foreseeable.

Registration conditions:

May 18 years old and older athletes who are in possession of a sports medical certificate can register for athletic activity valid at least until 5 August 2019. Athletes who are serving disqualifications for use of doping substances for any type of sport will not be accepted.

To register for the "177K - Carnica Ultra Trail" it is necessary that at least one member of the team has completed, from 1 January 2017 to 31 December 2018, at least one qualifying race with 4 points. The evaluation criteria are those established by the ITRA (www.i-tra.org).

With their registration, the competitors also assume the responsibility of being in physical and psychological conditions such as to be able to face this test and recognize that they have documented the risks and difficulties of the route. Each competitor runs at his own risk.

Registration procedure

Registrations will open on 01 January 2019 and will close on 30 June 2019 or upon reaching the 20 teams. Registration will take place with the submission of the registration form completed in all its parts, a copy of the medical certificate and the disclaimer downloadable from the site www.i177k.it to the email address info@177k.together confirming from the The organization will proceed to the payment of the fees due by sending an e-mail to info@177k.it the receipt of the payment of the registration fee.





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In any case, the Organization, without prejudice to the possession of all the requisites required of the participants, reserves the right to make the necessary checks and to decide, at its unquestionable judgment, which questions to admit. The acceptance of the registration application will be communicated directly to the interested party and only upon admission will the payment of the fee be requested.

Entry fee

The organization has established that the registration fee will be € 150.00 for each member of the team and will be donated to charity in support of the project "Running Ideas" which deals with the initiation of sport for children with physical disabilities or cognitive and children belonging to families in a temporary state of economic hardship through the provision of sports scholarships as well as support in psychomotor activity for kindergartens. This will be possible thanks to the help of numerous volunteers from associations in the area, the army for what concerns the preparation of base camps and sponsors and will not be at the expense of the quality of services offered in the field homes.

All information on the projects implemented is available on the website www.ideedicorsa.it

The payment, which will be subject to prior acceptance of the application for admission, must take place within the indicated deadline, as long as the organization does not receive the registration fee, the team can not be registered in the list of participants.

The registration fee includes: race pack, bags for the material transport to the base camps, race bib, overnight stay in base camp, meal service in the field, massage service and medical assistance in the base camps, showers / changing rooms service transport of bags with personal effects from departure to individual base camps.

Annulment

The postponement of the registration fee to the following year is not foreseen. In case of cancellation of the race due to force majeure, in case of interruption or cancellation of the race due to weather conditions, or for any other reason independent from the Organization, no refund will be due to the participants.

ART. 6 - ACKNOWLEDGMENTS AND AWARDS

There are no awards of any kind due to the beneficial nature of the race.

ART. 7 - DELIVERY OF THE PECTORALS

The race bibs and race packs will be delivered on Wednesday, July 31 from 3:00 pm to 9:00 pm at the CMP Store in Peter Paul Rainer 16 and Thursday 1 August from 5:00 am to 5:30 am at the starting point in Via Peter Raul Rainer 16 San Candido.

The race bibs and parcels of the team will be delivered to one of the components upon presentation of an identity document. Each bib is placed individually to each competitor and must be worn over all the clothes on the chest, on the belly or on the thigh and always be clearly visible during the whole race. The starting point will start 30 minutes before the start of each single stage.





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ART.8 - CHECKING AT DEPARTURE AND CONTROL POINTS

At the start of each stage it will be checked that each individual participant has with him the obligatory material provided, and at the discretion of the organization will be carried out random checks along the way. Performing in complete autonomy, there are no control points along the way. However, it remains at the discretion of the organization to organize flying checkpoints in order to verify the passage of all the teams. In any case, the withdrawal by each team must be communicated to the organization exclusively in order to keep updated the attendance of the participating teams. The recovery and the return in case of withdrawal will be completely at the expense of the participants.

Although it is not a competitive race for organizational and safety reasons, a time limit of 12 hours is set to complete each single stage. Teams that arrive after this deadline will not be admitted to the next stage.

ART. 9 – REFRESHMENTS

The criterion behind this test is the complete self-sufficiency of food therefore along the path of the four stages will not be set up refreshments. The athletes must therefore autonomously provide themselves with what they deem appropriate to complete each single stage.

The only refreshments set up by the organization will be the base camps at the end of each single stage where they will be made available to the common tents with, toilets and showers, refreshment tent where a hot meal will be provided for dinner, breakfast and water for filling the bottles for the following day.

ART. 10 – EQUIPMENT

Each individual competitor must provide himself with the following mandatory material:

- containers for 1.5 liters of water
- gel or energybars
- shoesuitable for trailrunning
- glass
- thermalsheet for survival
- mobile: in which we will ask you to enter the numbers of the organization
- emergencywhistle
- 2 front batteries with sparebatteries
- waterproof and breathable jacket with hood suitable for bad weather in the mountains
- cap or bandana
- rainproof gloves or alternatively warm winter gloves
- pants or tights that cover the knee, worn or in the backpack
- secondwarmlayer
- elasticbandage for bandages
- sunscreen
- sleeping bag for overnight stay in the base camp
- campingmatress





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Furthermore, at least one of the members of the team must be equipped with a GPS or GPS clock with the tracks of the four stages loaded as an alternative to the Tabacco maps (010, 017, 001, 009, 018 and 019). For the stay in the base camp, the sleeping bag is suitable to withstand temperatures that even in August can be stiff and fall in case of bad weather close to the thermal zero, camping mattress for insulation from the ground . For the same reason it is advisable to wear suitable clothing for the base camp permanence even in cold temperatures. The organization is not able to guarantee the possibility to recharge all the devices of the competitors will therefore require that each team manages this aspect best by providing the necessary materials to recharge the devices.

ART. 11 - BAGS OF COMPETITORS

From Wednesday, July 31, together with the delivery of the bibs will be provided by the organization of the bags in which to store the necessary material for the overnight stay and the change that athletes will find in the base camps and on which must be placed sticker of recognition of the competitor who will be provided by the organization. It is up to each athlete to mark their bag in order to recognize it on arrival.

The bags must be deposited in the departure area in an area specially made available from 05.00 on 01 August. For organizational reasons the bags will have a capacity of 40 liters and will not be transported materials or other bags that will not be included in these.

The organization declines all responsibility for the custody of the bags: no objection will be accepted. We strongly recommend that you do not leave any valuables within it. The Organization declines all responsibility for the removal or loss of any valuable objects belonging to the participants and eventually left inside the bags or in the places of rest and / or overnight stay.

ART. 12 - WITHDRAWAL – ABANDONS

Since this is a non-competitive race, withdrawal is possible at any time and place of the route, the competitors will have to provide autonomously to return Any withdrawal must be promptly notified to the organization to the numbers made available. THE SIGNALING IS ESSENTIAL TO AVOID THAT THE RESCUE DEVICES ARE UNABLE.

ART.13 - SAFETY AND MEDICAL ASSISTANCE

Safety along the way is the primary responsibility of each individual competitor, the organization will not organize a dedicated service but will be able to provide volunteers who will only have the task of checking the regular passage of the teams.

Medical and physiotherapeutic assistance will be assured by the organization's volunteers exclusively in the base camps provided.

ART. 14 - PERSONAL ASSISTANCE





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Competitors may take advantage of any personal assistance dislocated along the route and in the base camps.

Overnight stay in base camps for accompanying persons is not provided.

ART. 15 - PENALTIES AND DISQUALIFICATIONS

Not being a competitive race, there are no penalties and situations that lead to the disqualification of the participants. This is because with the sole purpose of enhancing the beneficial character and free participation while enjoying the pleasure of immersing oneself in nature by testing one's physical and psychic abilities, one relies on the ethics of the participants.

ART. 16 – COMPLAINTS

Given the non-competitive nature of the event and not writing any kind of official classification, the possibility of making complaints is not foreseen.

ART. - 17 - MODIFICATIONS OF THE ROUTE

The organization reserves the right to modify the route at any time (reduce or even lengthen it) by communicating promptly during the briefings to be held before the start of each leg, the changes made in respect of the safety of the competitors, the volunteers and the safety of the tender. In case of adverse weather conditions (thick fog, strong storms, strong winds) such as to put the safety of competitors at risk, the departure can be postponed or canceled, the route can be modified or reduced, or the race can be stopped at any track point. The suspension of the race does not entitle competitors to any refund of the registration fee. Each decision will be taken by the jury and by all the competent persons appointed by the heads of the organizing committee itself.

ART. 18 – INSURANCE

The organization takes out liability insurance for the entire period of the trial. Participation in the test takes place under the entire responsibility of the competitors, who with their registration renounce any appeal against the organizers in case of damages and of further consequences that may arise to them following the race. Each runner is required to underwrite personal injury insurance at a company of his choice.

ART. 19 - IMAGE RIGHTS – PRIVACY

Each competitor expressly renounces the use of image rights during the trial as well as renounces any appeal against the organization and its authorized partners, for the use made of its image. By registering, the competitors authorize the organization to use for free, without territorial and time limits, photographs, filmed images, recordings, deriving from their participation in the "177K - Carnica Ultra Trail" for any legitimate purpose, including advertising. Moreover, by registering, each competitor authorizes the organization to process the data, in accordance with Legislative Decree 196/2003 "Code regarding the protection of personal data".





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ART. 20 - DECLARATION OF LIABILITY

The voluntary registration and subsequent participation in the test, indicate the full acceptance of this regulation and any changes made. By registering for the race and the subsequent participation in the race the participants declare: to know and accept the present regulations and any modifications made and to relieve the organizers from any and all liability, both civil and criminal, for damages to persons and / or things that he caused or derived from him before, during and after the event.

Refer to www.177K.it for any updates.

