



Associazione sportiva dilettantistica Carniabike
via Grialba, 35 - 33028 Tolmezzo (UD)
e-mail: info@carniabike.it sito: www.carniabike.it
Cod. Fisc. 93007460301 Part.IVA 01786020303

REGULATION

"177 K - MTB Carnica Marathon"

ART. 1 - ORGANIZATION

The "A.S.D. CARNIA BIKE "(hereinafter also called Organization) organizes from 10 to 13 September 2020, the first edition of" 177K - MTB Carnica Marathon ", pedaling in non-competitive stages of Mountain Bike for charity to be held in a mountain environment. The race is not of a competitive nature, although a survey is carried out for the sole purpose of verifying the presence of all participants at the end of each individual stage, and has a beneficial purpose since a large part of the amount of the registration fee requested will be donated to charity in favor of the "Running ideas" project which deals with the start-up of sports for children with physical or cognitive disabilities or for children belonging to families in temporary economic difficulties through the instrument of sports scholarships.

ART. 2 - GUIDELINES

Participation in the "177 K - MTB Carnica Marathon" leads to the acceptance, in all its parts and without reservations, of this regulation. By registering, each competitor undertakes to respect this regulation and frees the organizers from any civil or criminal liability for any accident or accident, for damage to persons or things deriving from him or caused by him, which may occur during the event called "177 K - MTB Carnica Marathon" which will take place in accordance with these regulations, any changes and notices that will be published on the website www.177K.it. These regulations are available on the website www.177K.it

Fundamental principles:

- The race is reserved only for teams made up of a maximum of 3 members. If one of the team's competitors is unable to continue, this will result in the withdrawal of the whole team if there is only one competitor left who can continue. That is, in a team made up of two competitors, the abandonment of one automatically leads to the withdrawal of the team, in a team made up of three competitors the abandonment of one does not compromise the possibility for the other two competitors to continue;
- The team members must start and finish together in each single stage, the arrival of the team members individually at different times is not allowed, under penalty of disqualification of the team;
- The overnight stay in base camp and accommodation is mandatory, failure to comply with this rule will result in the team being disqualified;

The world of MTB not only unites people who love sports, but who above all respect nature and people. By registering for the "177 K - MTB Carnica Marathon" you are asked to run in compliance with the ethical code of trailrunners all over 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, neither before nor during the race;
- respect other participants, assisting those who may be in difficulty;
- respect volunteers whose intent is the same as yours: participate for the pleasure of being there.





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ART. 3 - GENERAL INFORMATION

The sporting event includes a 240 km route and 11,900 meters of positive altitude difference which must be completed in 4 stages starting from San Candido on 10 September and arriving in Tarvisio on 13 September and compulsory overnight accommodation for all participants in the base camps and facilities accommodations made available by the organization. The time limit for completing each stage is set at 10 hours.

Only MTBikers teams made up of a maximum of 3 participants are admitted to the event, individuals are not allowed to participate.

This is a challenge, first of all with yourself, because it involves traveling along paths and mule tracks in a mountain environment, often along the route called Traversata Carnica / KarnischeHohenweg marked by the CAI 403 path on rough, stony and earthy terrain. An opportunity to discover the area to be addressed with adequate physical preparation and an excellent ability to manage the forces and resources available, as well as a good experience in dealing with all the typical variables of a mountain environment in complete autonomy.

The test is not competitive so there will be no type of timing but only a counting service in order to verify the presence of all participating teams. The non-competitive nature of the event aims to enhance the beneficial objective of participation and to allow each participant to rediscover the pleasure of immersing himself in the nature that characterizes the path while enjoying the pleasure of running freely.

There will be three base camps (Val Visdende, ref. Marinelli, Passo Cason di Lanza) in which all participants will be obliged to spend the night spending moments of conviviality, the organization will provide 3-seater igloo tents for each team in the first field base while in the second you will spend the night at the Marinelli Refuge and in the last at the Cason di Lanza farmhouse, refreshment, dinner, breakfast, snack for the next stop, medical and physiotherapy service.

The individual stages must be traveled in complete autonomy, no assistance will be provided along the route, the only service offered by the organization will be related to checking the start / finish presence of each stage.

ART. 4 - ROUTES

The four stages will be divided as follows:

- 1st day from San Candido to Val Visdende starting at 08:00 will have a length of 65 km with 3,400 D +
- 2nd day from Val Visdende to the Marinelli refuge in Collina di Forni Avoltri starting at 08:00 will have a length of 55 km with 2,700 D +
- 3rd day from the Marinelli refuge to Passo Cason di Lanza starting at 08:00 will have a length of 45 km with 1,700 D +
- 4th day from Passo Cason di Lanza to Tarvisio starting at 06:00 will have a length of 75 km with 3,100 D +

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

ART. 5 - REGISTRATION METHOD

To participate it is essential:

- be absolutely aware of the length and specificity of the course and be perfectly prepared both physically and mentally to face borderline situations;





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- having acquired, before the race, a real capacity for personal autonomy in the mountains, participation in other races of significant difficulty is useful for acquiring this experience, but it is not necessarily sufficient to better manage the problems related to this type of test and in particular:
or knowing how to face alone, without help, climatic conditions that could become difficult due to the altitude (night, wind, cold, fog, rain or snow) or be able to manage, even if isolated, the physical or psychological problems due to great fatigue, gastrointestinal problems, muscle or joint pain, small wounds.
- be aware that the Organization's role is not to help a runner to manage these problems and that for mountain running, safety depends on the runner's ability to adapt to the problems encountered or foreseeable.

Registration conditions:

Male and female athletes over 18 with a sports medical certificate for competitive activity valid at least until 13 September 2020 can register. Athletes who are serving disqualifications for the use of doping substances for any type of sports discipline will not be accepted.

To register for the "177K - MTB Carnia Marathon" it is necessary that each member of the team has completed significant MTB races, indicating at least two of them in the registration form. The Organization will evaluate the experience of the teams and admit them to the race.

By registering, competitors also take responsibility for being in physical and mental conditions such as to be able to face this test and acknowledge that they have documented the risks and difficulties of the course. Each competitor runs at his own risk.

Registration procedure

Registrations will open on 01 February 2020 and close on 30 August 2020 or upon reaching 20 teams or 60 athletes.

Registration will take place by sending the completed registration form in its entirety, a copy of the medical certificate and the disclaimer of liability downloadable from the website www.177k.it to the email address info@177k.it only for confirmation by the the competitors will proceed to pay the fees due by sending the receipt of payment of the registration fee to the email address info@177k.it.

In any case, the Organization, without prejudice to the possession of all the requirements required of the participants, reserves the right to carry out the appropriate checks and to decide, at its sole discretion, which questions to admit. The acceptance of the application for registration 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 € 350.00 for each member of the team and will largely be donated to charity in support of the "Running ideas" project which takes care of starting the sport for children with physical or cognitive disability and of 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, from the army as regards the setting up of the base camps and from the sponsors and will not be detrimental to the quality of the services offered in the housing field.

All information relating to the projects carried out is available on the website www.ideedicorsa.it





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Payment, which will be subject to prior acceptance of the application for admission, must be made within the deadlines indicated, until the organization receives the registration fee, the team cannot be entered on the list of participants.

The registration fee includes:

- race pack,
- bags for material transport to base camps,
- race bib number,
- overnight stays in San Candido in Joseph Resch Cultural Center in sleeping bag, overnight stay in base camp in igloo tents 3 places for each team at the first base camp in Val Visdende, overnight stay in Marinelli Refuge and Cason di Lanza Farmhouse,
- in each base camp there will be refreshment on arrival, dinner, breakfast and snack provided for the next stage,
- physiotherapy and medical assistance service in the base camps,
- shower service (with the exception of the first base camp in Val Visdende), changing rooms,
- bag transport service with personal effects from departure to the individual base camps,
- mechanical service and spare parts for MTBs,
- custody service at base camp,
- Welcome party at the Hotel il Cervo in Tarvisio and transport to San Candido by private bus.

Annulment

There is no postponement of the registration fee to the following year. In the event of cancellation of the race due to force majeure, in the event 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.

ART. 6 - AWARDS AND AWARDS

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

ART. 7 - DELIVERY OF BIB NUMBERS

The delivery of the bibs, race packs and the inspection of the MTB and mandatory material will take place on Wednesday 09 September from 10:00 to 14:00 at the Hotel il Cervo in via Priesnig 72 and Thursday 10 September from 07:00 to 7: 30 at the start in Via Peter Paul Rainer 16 ° San Candido

The bibs and the race packs of the team will be delivered to one of the members upon presentation of an identity document. Each bib number is given individually to each competitor and must be applied to the MTB by means of the special number holder table and always be clearly visible throughout the course of the race. The check of the starters will take place 30 minutes before the departure of each single stage.

ART. 8 - STARTING CHECKS AND CONTROL POINTS

At the start of each stage, it will be checked that each individual participant has with him the required mandatory





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material, and that the MTB is regularly functioning and in good condition, at the discretion of the organization, random checks will be carried out along the way. Taking place in complete autonomy, there are no checkpoints along the way. However, it remains at the discretion of the organization to organize flying control points 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 the attendance of the participating teams up to date. The recovery and the return in case of withdrawal will be completely borne by the participants.

Although it is not a competitive race for organizational and safety reasons, a time limit of 10 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 at the basis of this test is complete food self-sufficiency therefore no refreshment points will be set up along the path of the four stages. The athletes must therefore autonomously equip themselves with what they deem appropriate to complete each single stage.

The only refreshments set up by the organization will be at base camps at the end of each single stage where refreshment will be provided at the end of the stage, dinner, breakfast and will be provided at the snack for the next stage.

3-seater igloo tents will be made available for each team, changing rooms, refreshment tent, toilets and showers, water for filling the water bottles for the next day.

ART. 10 - EQUIPMENT

Each individual competitor must have the following mandatory material:

- containers for 1.5 liters of water
- gel or energy bars
- thermal sheet for survival
- mobile phone: in which we will ask you to enter the organization's numbers
- sleeping bag for overnight in base camp
- mattress
- 1 front battery with spare batteries
- waterproof and breathable jacket with hood suitable for bad weather in the mountains
- cap or bandana
- any winter clothing will be mandatory in case of critical weather conditions

Each team must have the following material to be divided among the members:

- puncture repair material (3 inner tubes, tire chaser, pump)
- chain stretcher + chain linker
- multitool
- medical kit for small wounds
- gps where the complete track will be loaded (possibly provided by the organization)

minimum required MTB characteristics:

The mountain bikes used in this race must be only those powered by human propulsion. Electric motor bikes are





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not allowed. Each competitor will be responsible for the proper conditions of his bike from a safety point of view. Wheel diameter and tire section are at the discretion of the participants.

Bicycles must be well maintained and functional for the duration of the race. All participants' mountain bikes will be checked at the time of card verification and approved by the organization. The bikes not considered adequate will not be admitted to the event.

Furthermore, at least one of the team members must be equipped with a GPS or GPS watch with the tracks of the four stages loaded, alternatively Tobacco maps (010, 017, 001, 009, 018 and 019).

For the stay in the base camp, a sleeping bag suitable for withstanding temperatures that even in September can be rigid and go down in case of bad weather close to freezing and a mattress for insulation from the ground is mandatory. For the same reason, clothing suitable for staying in base camp is recommended even in cold temperatures. The organization is not able to guarantee the possibility of recharging all the competitors' devices, therefore it will be necessary for each team to manage this aspect in the best possible way by equipping themselves with the materials necessary to recharge the devices.

ART. 11 - BAGS OF COMPETITORS

From Wednesday 09 September together with the delivery of the bibs will be provided by the organization of the bags inside which to store the necessary material for the overnight stay and the change that the athletes will find in the base camps and on which must be placed an identification sticker of the competitor who will be provided by the organization. It is the duty of each athlete to mark his bag in order to recognize it on arrival. The bags must be deposited in the departure area in an area specially made available from 07:00 on 10 September. For organizational reasons, the bags will have a capacity of 40 liters and no materials or other bags will not be transported that will not be inserted inside them.

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

ART. 12 - WITHDRAWAL - ABANDONMENTS

Since this is a non-competitive race, collection is possible at any time and place of the route, competitors must autonomously return. Each collection must be promptly communicated to the organization at the numbers made available. THE SIGNALING IS FUNDAMENTAL TO AVOID THE USE OF RESCUE MEANS UNNECESSELY ALERTED.

ART. 13 - SAFETY AND MEDICAL ASSISTANCE

Safety along the route is the primary responsibility of each individual competitor; the organization will not organize a dedicated service but will be able to make volunteers available who will have the sole task of verifying the regular passage of the teams.

Each team will be equipped with a gpx detector that will allow the organization to monitor in real time the position of each individual team on the given track. The GPX will be unique for each team, therefore it is of fundamental importance that the components always remain together. In the event that the team members separate, the Organization will not be able to monitor the position of the competitor without a gpx. The gpx





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detector will be collected before the departure of each single stage and returned at the end of each single stage. Loss will result in a penalty of 100.00 euros.

Medical and physiotherapy assistance will be provided by the organization's volunteers only in the base camps provided.

ART. 14 - PERSONAL ASSISTANCE

Competitors will be able to take advantage of any personal assistance located along the route and in the base camps.

Overnight accommodation and meals are not provided in the base camps for accompanying persons.

ART. 15 - PENALTIES AND DISQUALIFICATIONS

As this is not a competitive race, there are no penalties and situations that lead to the disqualification of the participants. This is because having the sole purpose of enhancing the beneficial and free participation nature while enjoying the pleasure of immersing yourself in nature by testing your physical and psychic abilities, you rely on the ethics of the participants.

ART. 16 - COMPLAINTS

Considering the non-competitive nature of the event and not drawing up any type of official ranking, there is no possibility of making complaints.

ART. - 17 - CHANGES TO THE ROUTE

The organization reserves the right to modify the route at any time (reduce or even lengthen it) by promptly communicating during the briefings to be held before the start of each stage, the changes made in respect of the safety of the competitors and volunteers and the safety of the race. In case of adverse weather conditions (thick fog, strong thunderstorms, strong wind) such as to jeopardize the safety of the competitors, the start 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 designated by the managers of the organizing committee itself.

ART. 18 - INSURANCE

The organization takes out civil liability insurance for the entire period of the test. The 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 damage and further consequences that may arise to them following the race. Each runner will personally, if he deems it appropriate, to take out personal accident insurance with a company of his choice.

ART. 19 - IMAGE RIGHTS - PRIVACY





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

ART. 20 - DECLARATION OF LIABILITY

The voluntary registration and the consequent participation in the test, indicate the full acceptance of this regulation and any changes made. By registering for the race and participating in the race, participants declare: to know and accept these regulations and any changes made and to release the organizers from any and all liability, both civil and criminal, for damage to persons and / or things caused by him or derived from him before, during and after the event.

Consult the website www.177K.it for any updates.

