



## REGULATIONS

### GORE-TEX® TRANSALPINE-RUN 2017

The following rules and regulations shall apply to the GORE-TEX® TRANSALPINE-RUN. By registering for the event, every participant confirms that he has read and understood these rules and regulations and fully accepts them. The participant confirms this by signing the liability disclaimer.

#### 1. NATURE OF THE EVENT/CONDITIONS OF PARTICIPATION

The GORE-TEX® TRANSALPINE-RUN is an extreme stage race across the Alps, i.e. from the Northern Alps, via the Central Alps to the Southern Alps. Various portions of the daily stages contain high-alpine trails passages demanding particular pre-conditions of the participants.

Specifically, prior experience and applicable competencies must relate to:

- **Profound experience** in alpine environments / trail-running settings
- Awareness of the extraordinary **course length** and associated **physical and psychological challenges**
- Understanding that signing the liability disclaimer confirms an **unreserved fitness-to-compete** and a physical /mental disposition allowing participation in / coping with the strains and challenges of extreme endurance competitions (submission of a medical certificate not required)
- Being **sure-footed on alpine trails**, faint paths and across terrain without a recognizable trail tread even where participants are exposed to precipitous vertical relief. Such ability may not be compromised by an undue and known fear of heights
- **Prior experience** in negotiating **difficult alpine terrain** (e.g. exposed cliffsides that may be secured by fixed ropes)
- Orientation skills that corroborate a **good sense of direction in mountainous terrain** even during inclement weather and visibility. Navigational competencies that allow following a bearing /path using topographical maps or digital course information provided by the race organizers
- Familiarity with **basic emergency procedures** as applicable to high alpine and mountainous terrain
- **Full physical aptitude** to exceed or at least meet predefined minimum speed requirements for the course (or segments thereof) as spelled out in the race documentation – even under challenging environmental conditions as would often be prevalent in the High Alpine, on technically demanding trail sections (e.g. trail segments secured by fixed ropes or subject to severe exposure) or during difficult weather (e.g. rain, snow cover or frozen surfaces)

Under the agreement that these requirements are met there's no prerequisite for qualifying races to participate in the GORE-TEX® TRANSALPINE-RUN.

The fact that the participant actually has the necessary skill and expertise cannot be verified by us as the organizer of the event. By registering for the event and signing the waiver of liability, the participant represents and warrants to the organizer that he or she has the above listed skill and expertise, where the individually mentioned skills are by no means to be understood as a complete list but merely represent examples we have taken from experience with the event.

#### 2. SELF-SUFFICIENCY OF PARTICIPANTS

The GORE-TEX® TRANSALPINE-RUN is a trail-running event for team competitors whom race organizers expect to be competent to fend for their own and to demonstrate self-reliance over extensive course sections. Self-sufficiency is defined in this context as the ability of each individual participant to be able to (a) maintain adequate orientation and direction on the course without outside assistance, (b) evaluate objective hazards (e.g. darkness, rain, lightning storms, fog, snowfall, slippery trail sections) and to demonstrate apt mental disposition to respond to such and other challenges within reason, (c) to supply themselves with stores of food and beverages for prolonged trail sections where catering facilities may not be available. The requirement for self-sufficiency may not be waived during night hours, during adverse weather (e.g. downpour, snowfall, etc.), on challenging course sections (e.g. wet or weakened trail surfaces) or due to alterations in the competitor's physical or mental capacities (as a consequence of fatigue or injury).

#### 3. COURSE

The GORE-TEX® TRANSALPINE-RUN consists of several day stages in total and each stage varies in its difficulty and distance. Depending on the weather and the circumstances the organizer reserves the right to switch to an alternative route. This implies a possible change in difference of altitude, difficulties of the course and change of the total distance.

#### 4. TEAM RANKING

For safety reasons, participants of the GORE-TEX® TRANSALPINE-RUN start in 2-person teams. Both participants of a team have to show up together at the start, at all check points, and at the finish, or they won't appear in the ranking. Should one of the team partners arrive two minutes earlier than the other at any check point or at the finish, a 5 to 120-minute time penalty will be imposed. In case this occurs a second time, the team will be disqualified. Participants spend the night in the city hosting the respective stage.

#### 5. RANKING CATEGORIES

There are the following categories to compete in:

- MEN
- WOMEN
- MASTER WOMEN (both participants combined age 80+, cut-off date Sep 2, 2017)
- MASTER MEN (both participants' combined age 80+, cut-off date Sep 2, 2017)
- SENIOR MASTER WOMEN (both Participants combined age 100+, cut-off date Sep 2, 2017)
- SENIOR MASTER MEN (both participants' combined age 100+, cut-off date Sep 2, 2017)
- MIXED
- MASTER MIXED (both participants combined age 80+ cut-off date Sep 2, 2017)

The organizer reserves the right to cancel a category if the minimum number of 15 teams per category is not reached.

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## 6. CLOTHING/EQUIPMENT

It is mandatory to carry the following equipment during the entire competition:

Each **participant** must carry:

- **Closed trail running shoes** with a tread that is suitable for running in alpine terrain
- **Foul-weather gear** for protection from the elements (as a minimum water-proof rain coat)
- **Warm clothing** (long-sleeved shirt and running pants) as insulating layers underneath the rain gear (in case of bad weather conditions which may set in suddenly in high mountain territory) **the basic rule is that you no skin is visible!**
- **Gloves** and a **warm hat**
- **Drink vessels** to get drinks at each food station
- **Water tank** containing at least **1,5 liter**
- **Personal ID**
- **Labeling of a competitor's food / beverage supplies** by the individual's start number

Each **team** must carry:

- **Emergency kit** (1x sterile dressing 4"x4", 2x field dressing, 2x sterile gloves, 1x triangular bandage, 4x band-aids 1x emergency whistle, blister pads, rescue blanket)
- **GPX watch** with complete course data saved to memory, **alternatively:** the printed course map(s) and elevation profile (issued at registration on race date)
- **Running back pack**
- A **mobile phone** which has the number of the rescue service saved in its address book in order to be able to make emergency calls (it must be made sure that the phone can make international calls and works abroad)

Also recommended.: sun screen, fatty cream against chafing, blister patches, additional supply of food and beverages, sun glasses, poles

The race organizers will perform random checks prior to the race start and at various check points on whether the aforementioned mandatory equipment/clothing is indeed being carried along. If mandatory equipment were to be missing, the participant in question will be disqualified from the race.

Exceptions from this rule can only be made by the race or course director and are announced during the briefing on the respective stage. Additionally, for participants spending the night at the Transalpine-Camp, a sleeping bag and roll mat are mandatory.

## 7. START NUMBER, LEADER JERSEY AND FINISHER SHIRT

Each participant will get the start number in changing with the signed waiver and liability (downloadable at the online registration or at the registration in case of showing the personal ID) Start numbers must be worn on the front of the body and remain visible at all times during the race (participants of the same team have identical start numbers). Start numbers are assigned individually and as such are not conferrable to others. Advertisement on the start number tags must remain visible during the race. Both team members' transponder chips, which are integrated in the start number tags, will be scanned at the start, at every check point, and the finish line. The start number tag must never be taken off, except if a participant were to be disqualified due to a breach of the rules and regulations.

In case of a withdrawal from the race the transponder chip will be removed from the start number tag.

In the course of the "Evening-Party," the winners of the day's respective stage and the overall leaders will receive their awards. The overall leaders will also be given their Leader Jerseys. At the finish of the last stage, the overall winner in the respective categories will be calculated by adding up all times. The overall leaders in each category must wear their Leader Jerseys.

At the finish of the last stage, there will be also given the finisher shirts to the teams and individual finisher who has finished the race (means: you have to run each meter of the whole route).

## 8. TIMING

On the day of arrival at the respective stage there will be a finish area with timing and a collective start the following morning. Times are recorded with an electronic transponder chip system. The chip is attached to the back of the start number tags and may not be torn out! The chip records the individual participant's time electronically on all stages. Should a chip get lost or fail to work properly during a stage, please inform someone at a check point and the Race Office immediately. A new transponder chip will be issued there.

The chip carries a deposit of EUR 50,00. If the participant loses the chip, this deposit will remain with the organizer. After the competition the deposit will be refunded to the participant when the chip is returned.

## 9. BRIEFINGS/START

On the day the event starts, there will be a thorough briefing on the whole race as well as a briefing on the 1<sup>st</sup> stage in the context of the Pasta Party at the eve of the next race by the race or course director in charge. At every following stage there will be a detailed course briefing on the upcoming stage in the context of the Pasta Party. At least one of the team partners must be present at the briefing. In those briefings the race and course director in charge will bring specific features of the upcoming course to the attention of participants.

Starting formations are assumed 45 minutes prior to the official start time. The updated, up-to-date course briefing will be given by the race-course director in charge for all starters approximately 15 minutes before the start.

At the 1<sup>st</sup> stage the position of a team within the starting grid is established by their start number. At the following stages a team's starting sector will be determined by their standing in the overall ranking.

## 10. NEUTRALIZED START

A neutralized start will be announced always during the briefing by the race and course director in charge. During a neutralized start it is not allowed to pass the pilot vehicle / motorcycle.

## 11. SIGNPOSTING

The course of the GORE-TEX® TRANSALPINE-RUN will be marked with chalk spray, signposts, barrier tape, flags, etc. by an experienced and competent team. Please be also advised that it can occur that course marks are removed by third parties. This, however, does not guarantee a continuously marked course and it does not free the participants from their obligation to keep their bearings in alpine territory. Especially at nightfall, after heavy rain, in case of snow, or other adverse weather conditions, markings can disappear, be covered up, or not be visible in time. That is why participants have to carry with them the Trail Book with outline map, detail map, and altitude profiles of the course. Once the cut-off times are reached the course marks will be removed by the conclusion runners. Please note that therefore after the cut-off times the course is no longer marked! From this point of time the course is blocked and it is prohibited to run the course.

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## 12. CHECK POINTS / FEED ZONES

On each stage there are between one and four check points, the location of which is unknown to participants before the race, where both team members have to check in together. Teams that miss one of the check points but still arrive at the finish (e.g. because they lost the way or took a shortcut), will be disqualified. The jury reserves the right to impose a higher time penalty depending on the specific circumstances. The participants' transponders will be scanned at the check points in the order of their arrival (as a team). Should a participant arrive at a check point more than 2 minutes earlier than his or her team partner, the team will receive a time penalty of 60 minutes.

At each feed zone sports drinks, energy bars, and fruit are available for participants. The exact location of the feed zone is pointed out on the map and in the trail book. Participants are obliged to make sure they have always enough food and beverages and pick up supplies at the feed zones accordingly. Depending on the weather, some feed zones will also offer warm meals.

It is absolutely compulsive to take the **drink vessels** with for getting drinks. There will be no cups offered at the feed zones.

## 13. TIME LIMITS/FINISH

Strict time limits will be defined, also time limits at the finish, (e.g. check point 3 by 3:00 p.m.) by which participants have to have passed a certain check point or other predefined point on the course. Such time limits are mentioned in the route map (digitally or printed) to provide some level of guidance. Changing weather or trail conditions may command the race and course director to change the cut-off times accordingly. For their own safety, participants that do not make the cut-off times (e.g. from 3:01 p.m. at check point 3) will be taken out of the race and thus the daily ranking by the race and course director, the personnel at the check points, or the officials trailing the field. The procedure is the same for those runners who will be 30 minutes after the last team, also if they are able to take the cut off time, this only applies if the team or runner is already out of ranking. They are allowed to start the following day's race but are no longer considered finishers.

Should only one of the participants of a team drop out of the race due to exhaustion, injury, or other reasons, the organizer will try to integrate the other participant in a new team (depends on the individual timing and in the morning they will get the same start box). They will then continue the race outside of the official ranking. However, they will retain their scores and be considered finishers as long as both participants have completed all stages of the race under their own power according to the rules and regulations.

## 14. WITHDRAWAL FROM THE RACE

Teams that decide to withdraw from the race for whatever reason (i.e. exhaustion, injury) must inform the race organizers immediately by calling +49/151/55010148. Teams or participants that do not inform the race organizers of their decision to withdraw will be considered "gone missing" and a search and rescue operation (including official mountain rescue teams and the use of helicopters) will be initiated at the expense of the participant(s) in question. In case of withdrawal from the race the organizer has no duty to transport the runners for example by shuttle, as well in case of cancellation the race or changing the route. Participants who want to withdraw from the GORE-TEX® TRANSALPINE-RUN also have to cancel with the Race Office at the respective stage host city and return the transponder chip and, if necessary, cancel any reservations for accommodation. Participants have to organize their return home on their own; however, local tourism offices will be of assistance.

## 15. TIME PENALTIES AND DISQUALIFICATIONS

The race jury reserves the right to disqualify participants or impose time penalties between 5 and 120 minutes, e.g. for any of the following violations:

- Failure on the part of the participant to fulfill the particular pre-conditions mentioned under heading 1 of this document
- Noncompliance with/violation of the GORE-TEX® TRANSALPINE-RUN rules
- Disregard of the directives of the race and course director, Medical Crew director, officials at the check points, or officials within and trailing the field
- Noncompliance with/violation of the fundamental rule of this team competition that each team has to run together, i.e. individual participants of one team may not run at a distance greater than 100 m or more than 2 min. apart from each other.
- Breach of traffic regulations
- Not carrying the complete, mandatory equipment at the start (for a complete list see clothing/equipment)
- Refusal to be subjected to an equipment check
- Littering/polluting the environment
- Gross unsportsmanlike behavior
- Missing one of the checkpoints
- Failing to help a person in danger
- Health problems of a participant
- Doping
- Deliberately taking shortcuts
- Intentionally lining up in the wrong sector of the starting grid
- Tampering with start number tags

This is a list of examples and by no means to be understood as complete!

Participants that are disqualified from the race cannot claim reimbursement from the organizer.

## 16. EMERGENCY MEDICAL CARE (MEDICAL CREW)

### *Start/finish area*

In the finish area the MEDICAL CREW keeps a mobile assistance site. The aid personnel at this site will make sure care is provided until the last runner arrives. Service in the start area begins 1 hour prior to race start.

### *During the GORE-TEX® TRANSALPINE-RUN*

Numerous stationary and mobile emergency assistance sites will provide help along the course. They will be staffed both by personnel from local medical teams and mountain rescue services and people from our own MEDICAL CREW. These participants will get immediate medical assistance. Additionally, there will be our mobile MEDICAL CREW on mountain bikes and motor cycles. It will also make sure that participants get immediate assistance in case of an emergency.

The MEDICAL CREW provides medical care for athletes and gives emergency first aid to participants. It is available around the clock in case of emergencies.

Competitors are not just morally but also legally required to assist others in need of help by (a) administering First Aid, and/or (b) assisting in calling the MEDICAL CREW or national/regional emergency services. Racers who assist others in distress situations receive an according time credit upon confirmation by MEDICAL CREW and in consultation with race organizers.

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Participants need to be aware that unforeseen circumstances, a force majeure or decisions passed in connection with the aforementioned may lead to delays in providing assistance. Participants' safety therefore relies to a large degree on assuming personal responsibility and racing with due diligence. Compliance with all equipment requirements as laid out by race organizers - verbally or in writing - is compulsory as it may determine the course / outcome of any efforts in connection with a distress or emergency situation. In case a participant were to knowingly stray from the marked course, he/she directly contravenes the efforts by race organizers and their third-party service providers to meet their legal responsibilities for emergency assistance. Participants unable/unfit to continue the race due to physical problems or psychological distress are required to inform the closest checkpoint, catering stop or trail monitor. Participants who sense an increasing degree of incapacitation are strongly advised to cease participating in the competition while they can still safely reach trailside assistance. Applying common sense and recurrent prudent assessments of one's capacities are paramount to participation in the competition.

MEDICAL CREW is authorized in this context to:

- disqualify or de-register participants who - from a medical perspective - are deemed unfit to continue the race under their own power or would only be able to do so with grave risk to their own well-being or that of official course monitors or personnel of MEDICAL CREW. The start number / transponder chip would be removed under such circumstances and be passed on to the Race Office.
- remove disqualified / de-registered participants from the course using appropriate means of transportation, evacuation or recovery as deemed necessary under the given circumstances.
- transfer participants directly or through public rescue / ambulance services to the nearest hospital / infirmary if the participant's condition were to necessitate such measures.
- Examine participants at any time as medically indicated or to screen a participant's gear whether it meets equipment requirements.

Participants are obliged to comply with directives issued by trailside medical personnel.

**Any costs associated with an evacuation or recovery from the course shall be borne by the participant in question.**

*Emergency phone number for all participants*  
**Medical info hotline: +49 151 55010148**  
**EURO-emergency phone number: 112**

Each participant is obligated to provide first aid to other runners who are in an emergency and inform the MEDICAL CREW! Participants that provided first aid will be credited with this time.

## 17. DOPING

The organizer reserves the right to perform unannounced doping tests. Doping in any way or form will lead to the immediate disqualification of a competitor. Prohibitions in this context include in particular intravenous infusions without prior medical authorization (i.e. in a proven case of intractable vomiting). In turn, the administration of an infusion in a case of stress-induced dehydration by the race physician or the competitor's own medical team is considered a form of doping and, as such, would lead to disqualification. The race physician decides on the basis of the rules and regulations of WADA whether a medical indication for the administration of an infusion were to be justified or necessary.

## 18. EXTERNAL SUPPORT

Participating teams are not allowed to accept help from a third person (spectators, supporters, other participants) during the race, except in emergency situations, injuries, or bad falls. It is acceptable though to receive food, beverages, clothing, and gear in need of replacement from assistants along the trailside. It is also permissible to accept medical attention and treatment from the GORE-TEX® TRANSALPINE-RUN Medical Crew.

If a participant or team requires or enlists third-party services, in particular search and rescue services, the race organizers are indemnified from payment for such services. The participant further authorizes the race organizers to collect any incurred charges

## 19. ENVIRONMENTAL PROTECTION/NATURE

Since the GORE-TEX® TRANSALPINE-RUN leads through the most beautiful mountain regions, landscapes, and natural reserves of the Alps, appropriate environmental etiquette will be under rigorous scrutiny at all times. Littering outside of the designated feed zones and check points or deliberate damages to the environment will carry severe time penalties or lead to disqualification.

## 20. The GORE-TEX® TRANSALPINE-RUN RULES

The GORE-TEX® TRANSALPINE-RUN takes place on public roads, roads that are not closed to traffic, forestry roads, hiking and alpine trails.

- Participants have to **obey the traffic laws** of the respective countries. Participants also have to comply with directives issued by police officers, the race and course director in charge, and any authorized trail patrol.
- The GORE-TEX® TRANSALPINE-RUN mostly makes use of forestry roads, hiking trails, paths, and high mountain alpine territory. Veering off the official routing may entail a high risk of falling with potentially fatal consequences. Participants **are forbidden to take any shortcuts** (including the shortcutting of switchbacks, bends, serpentine, etc.) or detours of their own choosing. All participants take part in the event at **their own risk**.
- Each participant **is obliged to exercise caution** with due diligence at confusing or dangerous trail/road passages. The race organizer reserves the right to designate high-risk sections where the specific directives apply, such that participants may not pass each other or that a reduction in speed and appropriate caution is appropriate. The organizers may place warning signs at such sections and may provide additional safety measures (such as fixed ropes to be used as handrails). There is, however, no obligation on the part of the organizer that such measures be taken.
- The organizer reserves the right to change portions of the course or stage or use **alternative routes** or, if necessary, cancel whole stages on short notice if weather conditions demand such changes.
- A vehicle **escorting** participants **must not interfere** with the race **in any way**; coaching from an accompanying vehicle is prohibited. The jury may penalize interference of the race by accompanying vehicles by issuing time penalties or disqualifying the participant receiving support from the interfering vehicle. Finding accompanying vehicles on portions of the course that are closed to traffic will result in the immediate disqualification of the participant who received or was to receive support from that vehicle.

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- For reasons of environmental preservation it is **strictly prohibited** that people accompanying/assisting individual teams pollute or, worse, damage the course and/or the natural environment. This especially includes the spraying or painting of appeals to teams and/or participants onto the course, even if it is done by biologically recyclable chalk spray. If people accompanying/assisting teams are found to be violating this rule, the team(s) that received or were to receive such appeals will be disqualified immediately.
- It is **prohibited to throw away litter** such as food wrappings, bottles or drinking cups in the nature, except at check points where there will be designated containers for that purpose. Any violation of this rule leads to an immediate disqualification.
- As a principle, the following regulation applies with regard to using poles: **Participants starting into the race using poles must carry them until they arrive in the finish.** Conversely, no participant who has started the race without poles is allowed to pick up any along the way.
- For safety reasons, **mechanical connections which are fix** between two participants such as towing ropes or similar methods to pull a team partner are **not permitted**.
- It is expected that participants act in accordance with the **principles of courtesy, sportsmanship and fair play**.

## 21. APPEALS AND THE JURY

Each participant has an opportunity to raise an objection in case of a perceived breach of rules by other participants or to enter a caveat against decisions of the race and course director up to one hour after the finish time limit. Such objections have to be made in person in the race office and require the naming of (a) witness(es). A jury of three adjudicators (race and course director, the head of time keeping, event organizer) will consult on the issue of appeal and make a decision within 24 hours. All witnesses have to be present at the proceedings. The appeals fee is EUR 100. It will not be reimbursed if the appeal fails. The aforementioned contraventions, which may be reprimanded with time penalties or disqualification, provide only an incomplete rundown of other possible offenses that may be penalized.

## 22. TERMINATION OF CONTRACT BETWEEN PARTICIPANT AND ORGANIZER

The organizer reserves the contractual right to cancel the agreement with any participant until the official end of the event in the form of a right of withdrawal in accordance with §§ 324, 241 para. 1 German Civil Code ["BGB"]. The settlement will then take place in accordance with § 346 German Civil Code ["BGB"].

These rules and regulations remain subject to change by the race organization!

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