



COMPETITION RULES

DYNAFIT Transalpine Run powered by Volkswagen R 2023

1. TYPE OF EVENT / CONDITIONS OF PARTICIPATION

What is the DYNAFIT Transalpine Run powered by Volkswagen R, who is allowed to take part and what can you expect?

The event is for participants who are at least 18 years old. The DYNAFIT Transalpine Run powered by Volkswagen R is an extreme team stage race. The different stages, all include sections in the high mountains. That's why this event is only suitable for people who have experience of running in this kind of terrain. Running those mentioned distances in high alpine terrain is tough. Really tough. If you haven't trained enough to complete the seven stages, we recommend you start off with the format RUN2.

A well-developed ability to orient oneself in the terrain, even in poor weather and visibility conditions, as well as orientation using topographical maps (maps will be provided by the organizer on the Internet).

Ill, injured or simply not fit enough? In that case don't risk it. Instead, rest up and start preparing for next year's event. By signing these competition rules you declare that you are 100% fit and ready to take part in this sporting event.

The points listed here are not designed to be exhaustive. Instead, they serve merely as examples and indications of what awaits competitors.

ATTENTION:

IN CASE COVID-19-RELEVANT OFFICIAL REGULATIONS ARE DEFINED, WE RESERVE THE RIGHT TO HOLD THE EVENT UNDER THEN APPLICABLE RULES IN ORDER NOT TO ENDANGER THE ENTIRE EVENT.

THE SPECIAL COVID-19-RULES WILL BE ANNOUNCED 14 DAYS BEFORE THE EVENT AT THE LATEST!

2. SELF-RELIANCE

Even if things are busy at the start line, running in the mountains can be a lonely experience even as a team of two. Competitors must be self-reliant throughout the race. That means all runners must be able to orientate themselves without external support. And, of course, it is essential that you always have enough food and drinks as well as a first aid kit with you.

3. COURSE

The DYNAFIT Transalpine Run powered by Volkswagen R consists of several daily stages of varying length and difficulty. There is no guarantee that the weather will be good. Therefore, if the weather gods are not smiling on us and we are unable to ensure the safety of the competitors we may be forced to change sections of the courses at short notice. For all the latest information visit: <https://transalpine-run.com/en/course/>

4. TEAM RANKING

In the team race, you must reach all checkpoints and the finish together, with a maximum gap of 2 minutes. From 2 minutes difference at a control point or at the finish line, there is a time penalty of 5 - 120 minutes and in the worst case disqualification in case of repetition.

If one of the two team members has to drop out during the race, e.g. due to exhaustion, his team partner can continue running alone, outside the official classification (Individual Finisher). Important: not to be confused with the TAR solo race!

5. CLASSIFICATION CATEGORIES

Team classification (TAR and RUN2):

- MEN
- WOMEN
- MIXED
- MASTER MEN and MASTER WOMEN (combined 80 years and over)
- MASTER MIXED (combined 80 years and over)
- SENIOR MASTER MEN and SENIOR MASTER WOMEN (combined 100 years and over)
- SENIOR MASTER MIXED (combined 100 years and over)
- GRAND MASTER MEN and GRAND MASTER WOMEN (combined 120 years and over)
- GRAND MASTER MIXED (combined 120 years and over)

TAR-Solo classification:

- MEN
- WOMEN
- MASTER MEN and MASTER WOMEN (age over 40 years)
- SENIOR MASTER MEN and SENIOR MASTER WOMEN (age over 50 years)
- GRAND MASTER MEN and GRAND MASTER WOMEN (age over 60 years)

In the age classes, the cut-off date is the start day of the event. If the minimum number of participants of 15 starters per category is not reached, the affected participants will be scored together with another category.

In the **TAR-Solo and the RUN2 Team classification** there will be only one **"Overall award ceremony"** (MEN, WOMEN and at the RUN2: MIXED).



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6. CLOTHING / EQUIPMENT

Weather conditions can change quickly in the high mountains. Therefore, all competitors must wear or carry in their running backpacks the following clothing and equipment. We will carry out checks on the start line and at the control points. Competitors who do not have all of the items listed below may be subject to time penalties or disqualification. **In the individual classification (or in case of retirement of a team member) each participant must carry the complete mandatory equipment listed below!**

EACH PARTICIPANT must carry:

- **Closed trail running shoes** with a grip sole, suitable for running in alpine terrain
- **Shoe spikes** for glacier and/or now snow passages (minimum 0.75 cm long steel spikes) on certain stages (respective stages will be announced on time by the race director during the daily briefings on-site)
- **Waterproof jacket** with a water column of minimum 10 000 mm.
- **Warm clothing** (long trousers or leggings/leg warmers, shirt and arm warmers or long-shirt) as isolating intermediate layer under overcoat (basic rule: no skin may be visible!)
- **Gloves** and **hat**
- **Foldable cup** for drinks and food at the food stations and in the finish area
- **Water tank** with a minimum holding capacity of **1 liter**
- **Labeling** of the carried food with the start number
- **ID Card**

EACH TEAM must carry:

- **Emergency equipment** (1x compress 10x10, 2x bandage packages, 2x gloves, 1x triangular bandage, 4x adhesive plasters, emergency whistle, rescue blanket)
- **Navigation watch** with saved GPS track of the selected route or **alternatively route maps** in printed version. Maps are provided by the organizer online for printing
- **Mobile phone** with stored number for emergency calls (it must be ensured that the phone can make calls abroad)

Don't forget to also bring sun cream, oil-based skin cream to combat chafing, a pair of sunglasses, poles and plenty to eat and drink. Furthermore, we recommend a separate foldable bowl for the food at the food stations.

7. START NUMBER / LEADER JERSEY AND FINISHER SHIRT

You will receive your start number, which is unique to you and cannot be transferred to other people, at the registration desk. Please bring along your ID Card and a signed copy of the declaration of liability (can be downloaded in your profile). You also need to confirm the online briefing to get the start number. Your race number must be worn visibly at all times during the race and must not be taken off.

The overall leaders of each category will receive their leader shirts and have to wear them the next day during the race. At the finish of the last stage, all times are added up and the overall winners of the individual categories are determined. Here, each team and each individual finisher receives the finisher shirt, provided that every meter of the course was run.

8. ELECTRONIC TIMING

The time measurement is fixed on the back of your start number, which will record your time. If it does not work or becomes lost, please immediately inform a member of staff at one of the checkpoints and the Race Office.

9. BRIEFINGS / START

The **course briefing will take place online** (here all special features of the course will be communicated). Each participant will receive the link to the briefing together with the latest information by mail about 1 week before the start. This briefing must be viewed and confirmed. Only then will the start number be handed out at registration. At each stage location there will be a short but detailed course briefing for the following stage during the evening ceremony.

On the day of the race, the starting line-up will begin 45 minutes before the official starting time. 15 minutes before the starting signal there will be the last news in the starting area.

10. NEUTRALISED START

In case of a neutralised start, runners are not permitted to overtake the lead vehicle during this time.

11. COURSE SIGNPOSTING

We will make sure you find your way along the course. The route will be signposted by our experienced team using chalk spray, signs, barrier tape, flags, etc. Please be aware that other runners may knock off these markings, disappear or be hard to see in darkness or snowfall. Once the time cut-off has passed the course is closed to all runners.



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12. CHECKPOINTS AND REFRESHMENT STATIONS

There are between one and four control points along each stage.

Refreshment points:

Drinks, fruits and more are available at each aid station, and hot food and hot drinks are also available at selected stations. The exact location of the aid station can be found on the respective course map and is numbered consecutively.

Checkpoints:

All participants will be scanned at the checkpoints. Important for the team ranking: you have to check in together and with less than 2 minutes distance!

13. TIME CUT-OFFS / FINISH

If a competitor reached a checkpoint after the time cut-off, he/she will be withdrawn from the race. Team- and Solo-runners who have been taken out of the race due to an exceedance of the time limit are excluded from the official ranking. Still, they are allowed to compete the next day, however are no longer regarded as finishers. In addition, teams can be taken out of the race, if they are trailing 30 minutes behind the last running team, even though they would reach the food stations within the stated time limits.

Details on the time cut-offs can be found in your information pack. Please be aware that the organisers reserve the right to change the time cut-offs. People who have the right to remove competitors from the race are: the race director, course director, members of staff at the checkpoints and refreshment stations, the medical crew and the officials trailing the field.

14. WITHDRAWING FROM THE RACE

What should you do if, for whatever reason, you are forced to withdraw from the race? Inform the Medical Crew immediately by calling **+49 151 550 101 48**. If you fail to do this it may result in an expensive and complicated search mission being launched to find you. You will have to bear the costs of any such search mission. Please be aware that runners who have withdrawn from the race are not automatically entitled to a transfer.

15. TIME PENALTIES AND DISQUALIFICATION

Nobody in a trailrunning race wants to get handed a time penalty of between 5 and 5 und 120 minutes, or even be disqualified. It's not a nice thing, especially as in such cases your start fee will not be refunded. All you have to do to avoid this happening is make sure you pay attention to a few simple points.

Basically, most of it is common sense. Don't take part in the race if you're not physically fit enough and, of course, don't dope. Adhere to all the TAR rules, meet the requirements listed in point 1 of these competition rules, follow the instructions given by race staff, respect the rules on public roads, make sure you have all your essential equipment with you at all times and comply with all checks. On top of that, make sure you keep the environment clean, help each other in emergency situations, don't take any short-cuts, make sure you pass through all the checkpoints, wear your start number in a clearly visible position at all times and don't tamper with it. Last but not least, be fair and friendly to staff, race organisers and your fellow competitors.

16. MEDICAL EMERGENCIES (MEDICAL CREW)

Start/finish area: Your health is our number one priority. An hour before the official start time and an hour after the last runner reaches the finish area there will be a MEDICAL CREW on-site. Please use their services if you need to. Important! Please make sure you get there in plenty of time – things can get pretty busy. Competitors who fail to visit the MEDICAL CREW early enough will not have a right to medical treatment.

During the race: Safety first is the name of the game. That's why members of our MEDICAL CREW and/or public ambulance crews will remain at points along the course until the last runner has passed. If you get into trouble, call the medical info hotline or ask another competitor to do so for you. If things are acute, ask another competitor to provide first aid. Remember: every runner is obliged to help other runners in this way. Don't worry about losing time – any delay incurred as the result of helping another runner in a medical emergency will be deducted from your time at the finish.

In a natural environment there are often unpredictable circumstances which make it difficult or impossible to provide immediate medical assistance. This is where you, your own responsibility and your self-discipline come in. Please abandon the race too early rather than too late – if possible at a checkpoint or refreshment station. If you have recently passed one and are then forced to abandon, please turn around and go back to it. Be sensible. The members of our MEDICAL CREW have the right to withdraw competitors from the race at any time if they believe the runner will not be able to complete the race or will seriously jeopardise his/her health and/or the safety of the course team or MEDICAL CREW by doing so.

Which other powers does the MEDICAL CREW have? They can carry out medical examinations and check if competitors have all the necessary safety equipment. They can transport competitors off the course using the appropriate means of transport and take them either directly or with the help of the local ambulance service to the nearest hospital if this is necessary.

Please be aware that competitors must cover the costs of all rescue services apart from those carried out by the MEDICAL CREW.

MEDICAL INFO HOTLINE: +49 151 550 101 48

EUROPEAN EMERGENCY NUMBER 112

The medical info hotline can be found on the course maps and on the back of your start number. If you are unable to get through to the medical info hotline, please call the European emergency number 112 without delay.



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17. DOPING

Any runner found to have doped will be immediately disqualified. Medical procedures not permitted include intravenous infusions (without a Therapeutic Use Exemption), even in cases of stress-induced dehydration.

Working on the basis of the WADA rules, the race doctor will decide whether or not individual medical treatments are justified. Doping controls may be carried out at any time.

18. EXTERNAL HELP

Outside help (from spectators, coaches or other participants) is generally not allowed! This also means that it is forbidden to accept drinks or food from helpers on the course. Exceptions:

1. at the official aid stations you are allowed to accept food and/or drinks from helpers. Attention. Please note point 20!
2. in case of falls, injuries or other emergency situations you are allowed to accept help at any time (in the form of food, drinks and/or replacement clothing).

19. PROTECTING THE ENVIRONMENT / NATURE

Trailrunners respect the environment. Therefore, please throw away any rubbish only at the refreshment stations and under no circumstances damage or pollute the natural surroundings on purpose.

20. THE DYNAFIT TRANSALPINE RUN POWERED BY VOLKSWAGEN R RULES

The DYNAFIT Transalpine Run powered by Volkswagen R takes place on tarmac roads, forest roads, walking paths and alpine trails, which are not closed, to the public.

Competitors must adhere at all times to the rules of the road in the respective country. All competitors must follow instructions given by the police and the course marshals.

Please be aware that away from the marked course there is serious danger of falling. That is why short-cuts (including "cutting" switchback corners, etc.) and alternative routes are strictly forbidden. Competitors take part in the event at their own risk.

At unclear or dangerous points on the course, please proceed with the appropriate caution. The organiser is entitled to take additional measures in order to secure dangerous sections. However, the organiser is not obliged to do so.

It is forbidden for competitors to receive assistance from a member of their support team who is in a vehicle or on a bicycle. Any disturbance caused to the race as the result of accompanying vehicles of any kind may result in the competitor who is receiving support being given a time penalty or being disqualified from the race. Any accompanying vehicles found to be on sections of the course closed to public vehicles will automatically lead to the disqualification of the competitor receiving support.

For environmental reasons, members of support teams assisting individual competitors are strictly forbidden from polluting or damaging the natural surroundings. This includes any form of spraying or painting along the course. Any such action will result in the immediate disqualification of the competitor who was the recipient or the intended recipient of this support.

Any competitor who disposes of food wrappers, bottles, cups, etc. by throwing them away in nature instead of at the refreshment stations will be disqualified.

Competitors who begin the race with poles must keep them with them all the way through to the finish. Vice versa, competitors who begin the race without poles are not allowed to be given poles along the course during the race.

Mechanical connections between two runners are prohibited for safety reasons.

All competitors must behave in a considerate, sporting and fair manner.

21. PROTESTS AND JUDGES

Every competitor has the right to lodge a complaint and name witnesses at the Race Office in the finish area if they believe another competitor has breached the race rules or if they are not willing to accept a decision made by the race director. Such protests must be made no more than one hour after finishing the race. A panel of judges will deal with the protest within 24 hours. All named witnesses must appear in person. There is a protest fee of EUR 100. This protest fee will be retained by the event organiser if the protest is rejected. The infractions listed above leading to time penalties or disqualification are just an example of some of the rule violations which may be punished by the race organiser.

22. CANCELLATION OF PARTICIPATION BY RACE ORGANISER

Up until the official end of the event, the race organiser reserves the right to cancel a competitor's participation, in line with the legal provisions set out in Articles 324, 241 Paragraph 2 of the German Civil Code. Any such cancellation shall be carried out according to the provisions set out in Article 346 of the German Civil Code.

The race management and organising team reserves the right to make changes to these competition rules.



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