



## **TRAIL DEL MARGANAI 2019 – REGULATIONS**

**55 KM 2600M D+ - 30 KM 1300M D+ - 20 KM 950M D+**

### **GENERAL INFORMATION**

The Trail del Marganai is organised by the Consorzio Natura Viva of Domusnovas with the collaboration of the Raid Karalis of the Cagliari division of Assoraider - Associazione Italiana di Scouting Raider.

### **PRIZES**

Prizes for the 55 km trail are awarded to the first 3 men and the first 3 women, those for the 30 km trail to the first 3 men and the first 3 women and those for the 20 km trail to the first 3 men and the first 3 women. There will be no cash prizes.

A general classification will be drafted at the end of the race, which will include the arrival times and will be published on [www.traildelmarganai.org](http://www.traildelmarganai.org).

The only categories are "men" and "women".

### **REGISTRATIONS**

All athletes over 18 years of age in possession of a relevant medical certificate for participation in athletic events expiring not earlier than 10 March, 2019 will be allowed to sign up; every participant will have to submit a copy of the certificate when registering via [krono.run.net](http://krono.run.net) website. Registrations will be open on November 15th, 2018 and will be closed either when reaching a total number of 650 participants or by February 25, 2019.

In order to register for the 55 km trail you will have to:

- be aware of the length and the characteristics of the race;
- be perfectly trained for it; have acquired, before the competition, a real personal autonomy ability in the mountains in order to better face issues arising from adverse weather conditions (wind, fog, rain, cold, snow);
- be able to face physical or mental problems caused by the great fatigue, digestive problems, muscle or joints pain, small wounds etc.;
- be aware that helping a runner manage these problems is not an Organisation's responsibility

Registration will be carried out with the collaboration of [krono.run](http://krono.run.net). To successfully complete the registration is necessary to have available in digital format (image, scanning, etc.):

- a medical certificate for sports;
- bank transfer copy or transaction confirmation for payment by bank transfer;
- "Risk assumption statement and responsibility waiver" filled in and signed.

## REGISTRATION FEES

The registration fee for the Trail del Marganai is:

- 55 km: € 36 until Dec 31, 2018; € 41 from Jan 1, 2019 to Feb 25, 2019;
- 30 km: € 26 until Dec 31, 2018; € 31 from Jan 1, 2019 to Feb 25, 2019;
- 20 km: € 21 until Dec 31, 2018; € 26 from Jan 1, 2019 to Feb 25, 2019.

The registration fee includes all the services described in this document as well as the race pack with a technical t-shirt and an invitation to the post-race pasta party.

Credit card or bank transfer must make payment. The krono.run site will manage registration and payments. In case of failure to participate in the race, the registration fee will not be refunded.

## BIB AND RACE PACK DELIVERY

The bibs will be delivered in the following way:

- Saturday, March 9, 2019 at the reception, 16.00 to 19.30 pm
- Sunday, March 10, 2019 at the starting point, 05.30 to 06.30 am (55 Km), 07.30 to 8.30 am (30 Km) and 08.30 to 9.30 am (20 Km)

Before bib number taking will be the obligatory equipment control.

## START

In order to have their bibs numbered, participants will have to go to the timekeepers' stand next to the starting line within:

- 6:40 am for the 55 km trail (starting at 07.00)
- 8:40 for the 30 Km trail (starting at 09.00)
- 09.40 for the 20 Km (starting at 10.00)

## SAFETY AND CONTROL

There will be organisation staff, first aid personnel and qualified physicians on the trail and they will be in constant contact with the base. An ambulance and a doctor will also be present in the finish line area. Random checkpoints will be set up along the trail and members of the organization will monitor the passage of athletes and control the mandatory material: those found without such equipment will be penalised. Runners are required to be able to orient themselves and know how to behave in the mountains, even in bad weather conditions.

Should an athlete be injured or in trouble, he/she shall call for help:

- by reaching an official checkpoint
- by calling one of the organisation's numbers
- by asking another athlete to request assistance

It is everybody's duty and obligation to assist people in trouble and, if necessary, call for help. In case a participant lost some time helping another participant who was injured or in trouble, he/she may ask the Jury to deduct the time spent from the official classification.

All costs arising from the use of emergency vehicles will be paid by the rescued person, as well as the money spent for his/her return from the place where he/she was hospitalized. The organisation recommends that all participants subscribe appropriate insurance policies, especially to cover the rescue costs and the costs related to helicopter rescue.

## PENALTIES AND DISQUALIFICATIONS

The Organisation's personnel on the track is authorised to check that the runners respect the regulations and inform the Board about the violations detected. The Board will apply penalties on the basis of the following table. Time penalties will be applied immediately after the race or in the following days by increasing the time reported on the official classification.

<i>RULES VIOLATIONS</i>	<i>PENALTY - DISQUALIFICATION</i>
Voluntary waste unloading	Disqualification
Starting from a checkpoint after the time limit	Disqualification
Cutting across a track portion longer than 1 km	Disqualification
Failure to pass a checkpoint	Disqualification
Refusal to undergo inspections	Disqualification
Absence of mandatory safety equipment: windproof jacket, thermal blanket	Disqualification
Cheating: use of a means of transport, bib sharing or exchange	Disqualification and ban for life
Insults and threats to the Organisation's volunteers or personnel	Disqualification and ban for life
Failure to assist a runner in trouble	Penalty: 1 hour
Helpers' support (authorized only at food and drink stands)	Penalty: 1 hour
Cutting across a track portion shorter than 1 km	Penalty: 1 hour
Using chopsticks not carried by the runner since the beginning of the race	Penalty: 1 hour
Absence of other mandatory material	Penalty: 15 minutes
Race bib without visible number	Penalty: 15 minutes

## ENVIRONMENT

Participants will have to respect the natural environment and, in particular, avoid unloading waste, picking flowers or disturbing the animals. Whoever will be caught unloading waste along the track will be disqualified from the race and subject to the sanctions provided for by the municipal regulations.

## WEATHER

The competition will take place regardless of weather conditions. In case of major weather phenomena (storms, snow), the organisation reserves the right to make last-minute itinerary changes in order to eliminate any possible dangers or discomfort conditions for the participants. Any changes will be communicated to the participants and reported by the staff.

## OBLIGATIONS AND TIPS (MANDATORY MATERIAL)

All athletes (55 km, 30 km and 20 km) will have to **mandatorily** carry the following material with them:

- camel bag or bottle holder with at least half a litre of liquids
- race bib with visible number on the front
- windproof jacket
- survival blanket (55 km and 30 km)
- whistle (55 km and 30 km)
- food supply (55 km and 30 km)
- mobile phone containing the organisation's number (+393339447383)
- headlamp

In case of **bad weather**, the participants in the 55 km and 30 km trail will have to carry the following equipment:

- Goretex jacket

- pants below the knee

The change in mandatory material will be communicated upon pick-up of the bib and by notice posted at the starting point.

It is allowed to use sticks, which will have to be kept throughout the race.

Random checks of the mandatory material will be performed before the start and upon arrival.

Food and drink stands will **not** provide glasses, only camelbaks & water bottles will be filled in order to pollute as little as possible: we recommend that you use a **personal glass / mug**.

## **FOOD AND DRINK STANDS**

Food and water assistance will be provided during the race. The stands will be located in the following places:

55 Km trail:

- Miniera Arenas (Km 15,6)
- Temple of Antas (Km 30,5)
- 1 Km after the Miniera di Malacalzetta, crossing path 324 (Km 39,5)
- Giardino Linasia (km 44).

30 Km trail:

- 1 Km after the Miniera di Malacalzetta, crossing path 324 (Km 15,5)
- Giardino Linasia (Km 20,2).

20 Km trail:

- Giardino Linasia (Km 10,7).

Athletes will have to throw waste, glasses, gel, bars etc. in the dedicated containers provided at the food and drink stands. Whoever will be caught throwing something outside the appropriate containers will be disqualified.

All stands can be reached by car and are, therefore, points where an athlete incapable of continuing the competition may quit.

## **MAXIMUM TIME**

The maximum time allowed to reach the finish line is 10 hours and 30 minutes for the 55 km trail, 7 hours for the 30 km trail and 5 hours for the 20 km trail. A "helping" service will travel along the trail by following the last participant, so as to be able to support anyone who quit and avoid that any injured people might remain without assistance.

The following "check-points" will be set up on the 55 km trail:

- Temple of Antas (30,5 Km, to be passed by 12.30 am)
- 1 Km after the Malacalzetta mine, crossing path 324 (39,5 Km, to be passed by 14.10 pm)
- Giardino Linasia (Km 44, to be passed by 15.20 pm).

Athletes who will not pass the check-points within the time limit will be allowed to continue by delivering the bib, but without assistance.

## **INSURANCE**

The organisation takes out an insurance policy to cover all risks related to civil liability and for participants' protection valid throughout the competition period.

## **IMAGE RIGHTS**

By registering, participants authorise the organisation to freely use, without territorial and time limits, still and moving images showing them during participation in Trail del Marganai.

## **DECLARATION OF LIABILITY**

The voluntary registration and the subsequent participation in the competition indicate the full acceptance of the present document and any changes that might be made to it. By registering, the participant exempts the organisers from any liability, both civil as well as penal, for damages to people and/or things caused by him/her or traced to him/her.

## **TIMING**

An official timing service will be provided.