



TRAIL DEL MARGANAI® 2024 REGULATIONS

95 KM 4600M D+ - 46 KM 2000M D+ - 25 KM 760M D+ - 17 KM 650M D+

GENERAL INFORMATION

The Trail del Marganai is organized by "A.S.D. Marganai K24".

AWARDS

Awards are handed out to the first 3 men and 3 women of the 95 Km race, to the first 3 men and 3 women of the 46 Km race, to the first 3 men and 3 women of the 25 Km race, to the first 3 men and 3 women of the 17 Km race. There will be no money prizes.

A general classification, including arrival times, is drafted at the end of the race, in order to be published on www.traildelmarganai.org.

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

REGISTRATION

All athletes over 18 in possession of a relevant medical certificate for participation in athletic competitive events valid on 17 March 2024, which has to be uploaded at the moment of registration through the website wedosport.net, are allowed to register.

Registrations open on November 6th 2023 and close either when the number of total participants reach 500 or on March 8th 2024.

In order to register to one of the three races, you need to:

- be aware of the length and the characteristics of the race;
- be perfectly trained for it; have acquired, before the race, a real personal autonomy 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 the above-mentioned problems is not an Organisation's responsibility.

Registration is done with the collaboration of wedosport.net. To correctly register it is mandatory to have ready a valid sportive medical certificate in digital format (image, scan, etc.).

REGISTRATION FEES

Registering fees from open to 12/02/2024 are:

- € 120,00 for the 95 Km race;
- € 55,00 for the 46 Km race;
- € 35,00 for the 25 Km race;
- € 25,00 for the 17 Km race.

From 13/02/2024 to 08/03/2024

- € 130,00 for the 95 Km race;
- € 65,00 for the 46 Km race;
- € 40,00 for the 25 Km race;
- € 30,00 for the 17 Km race.

The registration deadline is Friday March 8th 2024 at 24:00.

The registration fee includes all services described in this regulation, the post-race meal and the race pack.

The fee must be paid by credit card or bank transfer.

Registrations and payments are operated by the website wedosport.net

<https://iscrizioni.wedosport.net/iscrizione.cfm?gara=55935&lang=EN>

If the athlete is not able to participate, the registration fee will not be refunded.

RACE BIB AND RACE PACK COLLECTION

The race bib collection:

- Saturday, March 16th 2024 at the check-in point
 - from 10.00 to 12.00 only for 95 Km runners;
 - from 15.00 to 18.30 for all races;
- Sunday, March 17th 2024 at the starting point from 5.30 to 6.30 am (46 Km race), from 7.00 to 7.30 am (25 Km race) and from 7.30 to 9.00 am (17 Km race)

Obligatory equipment control is going to be checked before collecting your race-bib.

START

The participants need to be at the timekeepers' stand next to the starting line, before:

- 03.45 pm for the 95 Km race on Saturday March 16th 2024 (start at 4.00 pm)
- 06.45 am for the 46 Km race on Sunday March 17th 2024 (start at 7.00 am);
- 07.45 am for the 25 Km race on Sunday March 17th 2024 (start at 8.00 am);
- 08.45 am for the 17 Km race on Sunday March 17th 2024 (start at 09.00 am).

SAFETY AND CONTROL

Organisation staff, rescue forces, first aid personnel and qualified physicians are going to be on site and on the itineraries, in constant contact with the base. An ambulance and a doctor are present in the finish line area. Random checkpoints will be set up along the trail and organizers monitor the passage of athletes and control the mandatory equipment: those found without mandatory equipment will be penalized. Runners are required to be able to orient themselves and know how to behave in the mountains, even in case of bad weather conditions.

Every injured or in trouble athlete can ask for help:

- by reaching an official checkpoint
- by calling the organisation's number;
- by asking another athlete to call for assistance.

It is due and compulsory to assist every person in need of help, and if necessary to call for help. In case an athlete spends some time helping another participant who is injured or in trouble, he/she may ask the Race Jury to deduct that time from the official classification.

All costs arising from the use of emergency vehicles need to 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.

DISQUALIFICATIONS AND PENALTIES

The Organisation's staff on site is authorized to check that the runners respect the regulations and inform the Jury about any violation. The Race Jury will apply penalties on the basis of the following table. Time penalties are applied immediately after the race or in the following days by increasing the time reported in the official classification.

RULES VIOLATIONS	PENALTY - DISQUALIFICATION
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 hiking sticks 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

The race jury reserves the right to apply exceptions to the previous list of penalties based on the examination of the context in which the infringement occurred.

It is possible to appeal to the ranking no later than 48 hours after the end of the race.

ENVIRONMENT

The participants need to respect the natural environment and, in particular, to avoid littering, picking flowers or disturbing the animals. Whoever caught littering along the itinerary will be disqualified from the race and suffer the sanctions issued by the local regulations.

WEATHER

The competition takes place regardless of weather conditions. In case of major weather phenomena (storms, snow), the organisers reserve the right to make last-minute itinerary changes in order to eliminate any possible danger or discomfort for the participants. Eventual changes are going to be communicated to the participants and reported by the staff.

MANDATORY EQUIPMENT

All athletes (95 km, 46 km, 25 km and 17 km) compulsorily have to carry the following material with them:

- Protective helmet (athletic gear like the ones for cycling, mountaineering, etc) to cross, after the first few kilometers, the Henry Mining Gallery. Those who won't have a helmet for the day of the race are asked to inform the organizers when registering, the Organisation will provide a number of helmets, which could not be enough for everybody arriving at the entrance of the Gallery. To come at the race with your own would mean to avoid waiting for available helmets. At the exit of the Gallery it will be possible to leave your helmet, which will be taken back at the end of the race, to the organizers.
- two headlamps with spare batteries for each headlamp (95 Km);
- camel bag or bottle holder with at least 1/2 liter of liquids for the 17 km and 1 liter for the 95 km, 46 km and 25 km;
- race bib with visible number on the front;
- windbreaker jacket;
- survival blanket;
- whistle;
- food supply (95 km, 46 km and 25 km);
- mobile phone with the organisation's number (+39 3518538129);
- headlamp or other type of light to be used when passing through "Galleria Henry".
- waterproof jacket with hood and made out of material similar to Gore-tex, minimum 10.000 Schmerber, suitable for bad weather during the race (95 km, 46 Km, 25 Km);
- pants below the knee (95 km, 46 Km, 25 Km).

In case of any change of mandatory material, the organization will inform the athletes at the bib delivery or by notice posted at the starting point.

Participants are allowed to use sticks, which have to be kept throughout the race.

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

Food and drink stands do not provide glasses, only camelbags & water bottles can be filled; it is mandatory to use a personal glass/mug.

To maximize safety, we recommend having the GPS track of the race on your GPS watch or mobile phone, which can be downloaded from the website on the race page.

REFRESHMENT POINTS

The race is carried out with semi-autonomy of water-food supply.

The following refreshment points are planned for the 95 km:

- Km 8 (liquids) road crossing point Strada Provinciale 83
- Km 15 (food & liquids) Grugua-Borgo Modigliani
- Km 22 (liquids) Tempio di Antas
- Km 30 (food & liquids) Malacalzetta mine

- Km 38 (food & liquids) Forestale Marganai Giardino Linasia
- Km 49 (liquids) Su Corrovau
- Km 54 (food & liquids) Sa Duchessa mine
- Km 63 (food & liquids) Forestale Tinnì
- Km 70 (liquids) Miniera Gutturu Pala
- Km 73 (food & liquids) Su Mannau
- Km 79 (liquids) Bau Mannu
- Km 86 (food & liquids) fork near Grugua-Borgo Modigliani

Before starting the athletes will be able to leave a bag which will be found approximately halfway along the route.

The following refreshment points are planned for the 46 km:

- Km 8 (liquids) road crossing point Strada Provinciale 83
- Km 15 (food & liquids) Grugua-Borgo Modigliani
- Km 24 (food & liquids) Su Mannau
- Km 30 (liquids) Bau Mannu
- Km 37 (food & liquids) fork near the Grugua mine

The following refreshment points are planned for the 25 km:

- KM 8 (liquids) road crossing point Strada Provinciale 83
- Km 15 (food & liquids) fork near the Grugua mine

The following refreshment points are planned for the 17 km:

- Km 8 (liquids) road crossing point Strada Provinciale 83
- Km 12 (liquids) Genna Arenas

Athletes have to throw waste, gel, bars etc. in the waste bins provided at the refreshment points. Whoever caught littering elsewhere is going to be disqualified.

All refreshment points can be reached by car and, therefore, these are points where athletes may quit the competition if not fit to continue.

MAXIMUM TIME

The maximum time to reach the finish line is

- 24:00 hours for the 95 km
- 10:00 hours for the 46 km
- 06:30 hours for the 25 km
- 05:00 hours for the 17 km

During the competition a "helping" service is traveling along the trail by following the last participant in order to help anyone who eventually quits, avoiding any injured people remaining without assistance.

For the 95 km the following "time gates" have been set up:

- Km 38 Forestale Marganai Giardino Linasia after 9:15 hours from the start
- Km 63 Forestale Tinnì after 16:15 hours from the start
- Km 73 Su Mannau after 18:30 hours from the start

For the 46 km the following "time gates" have been set up:

- Km 24 Su Mannau after 6:00 hours from the start

Athletes who don't pass the checkpoints within the time limit have to deliver the race-bib, exempting the Organisation from any liability in case they decide to continue any further.

INSURANCE

The organisation endorses an insurance policy to cover all risks related to civil liability and the participants' protection valid throughout the competition time.

IMAGE RIGHTS

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

DECLARATION OF LIABILITY

The voluntary registration and the subsequent participation in the competition imply the full acceptance of the present regulation and any eventual modification made. By registering, the participant exempts the organisers from any liability, both civil and 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.