

RACE RULES ALVI TRAIL LIGURIA 2021

6-13 June 2021

ULTRA 400K
WEST 200K
EAST 200K
SEA 50K



ART. 1 ORGANIZATION

ALVI TRAIL LIGURIA A.S.D., member of ITRA (International Trail Running Association) organizes the fifth edition of the international ultra trail stage race, **Alvi Trail Liguria, from Sunday 6 June to Sunday 13 June 2021.**

A semi self-sustaining race, ultra trail in 8 stages, along the trails of the Alta Via dei Monti Liguri and the Alta Via delle Cinque Terre. A wonderful journey from the Alps to the beauty of the Cinque Terre.

ART. 2 GENERAL INFORMATION

ALVI TRAIL Liguria 2021 is an Ultra Trail Running stage race in 8 stages/8 days.

The main race is the ULTRA 400K: 400km in 8 stages/8 days.

In the edition 2021 two new races of 200 km each have been added: the WEST 200K (Stage1-Stage4) and the EAST 200K (Stage5-Stage8).

Then the single stage race SEA 50K will be present again, as done with success in the previous editions: Stage8.

The maximum number of participants for Alvi Trail Liguria 2021 is fixed as follows:

ULTRA 400K: 100

WEST 200K: 50

EAST 200K: 50

SEA 50K: 100

The trails are marked mainly with the marks already presents along the Alta Via dei Monti Liguri (AV) and the Alta Via delle Cinque Terre (AV5T). Only the paths not already marked by AV or AV5T will be marked by the organization.

ART. 3 CONDITIONS OF PARTICIPATION

a) general information

The main rule for this race is that each athlete should be provided of a dedicated GPS or smartphone on which GPS tracks will be downloaded,

Participants are required to be familiar with the correct use of GPS device.

The trailers should also run in semi self-sufficiency being autonomous between two feed stations.

For each single stage there will be several feed stations, according to distances and drops, along the route providing water, tea, energy drinks and/or food

Each athlete has to carry all supplies (food and drink) enabling him/her to get to the next feed stations or to the arrival. The race is open to all men and women aged 20 or over on the date of entry having the health form valid for the days of the race.

For the 3 long distance races it is firmly recommended to have been finisher in at least one ultra trail race on long distance (about 100 km) with an important elevation change (about 5.000/6.000 D+).

For the overnight accommodation the organizers will provide to every athlete a place where to sleep, gym or tent. Each athlete will bring with him/her a sleeping bag and a mat or an air mattress or a folding camping cot.

b) semi self-sufficiency

Semi-self-sufficiency is defined as the ability to be autonomous between two refreshment points, in terms of safety, nutrition and equipment, thus allowing one to adapt to encountered or expected problems (poor weather, physical problems, injuries, etc.).

Every runner must carry all the mandatory equipment for the entire length of the race. This equipment must be carried in the rucksack assigned at the distribution of runners' bib numbers, and may not be changed or modified in any way during the race. The race directors may inspect the contents of the rucksack at any time. The participant must submit to this check willingly, under penalty of disqualification.

There will be refreshment points located along the course, supplied with beverages and food, which are strictly reserved for the runners and must be consumed on the spot. Plastic cups will not be provided at any of the refreshment points; runners must have their own cup or other personal container suitable for the purpose.

Only still water will be provided for filling up water bottles or camel bags. Each runner must ensure that upon leaving each refreshment point s/he has the correct amount of food and water necessary to reach the following refreshment point.

c) personal assistance

During the race it is forbidden to be accompanied and/or assisted by a person who is not registered for the race. The personal assistance is only admitted at the official refreshment stations.

The responsible of the feed station is entitled to ward off anyone disturbing the athletes.

ART. 4 REGISTRATIONS

By registering, the athletes implicitly confirm that they have read and accepted the Race

Rules a) opening of the registration

Entries will open on Tuesday December 15 2020 and will close on Monday 31 May 2021 or anytime the limit number of participants has been reached for each single race.

For any further information the contact email is info@alvitrail.com

b) registration terms and entry fee

TERMS

Registration can be done on line by the account in www.alvitrail.com.

Payment must be made by PayPal, Credit Card or Bank Transfer on bank account, payable to Alvi Trail Liguria ASD, Banca Carige IBAN IT73 N061 7501 4020 0000 1933 380 mentioning in the purpose of payment "Fist Name - Last Name - Race (ULTRA 400K, WEST 200K, EAST 200K or SEA50K) annexing the following documents upon registering online:

- Disclaimer signed
- Health Form

ENTRY FEES

The entry fee amount is:

ULTRA 400K

€550 from 15/12/2020 to 28/2/2021

€600 from 1/3/2021 to 30/4/2021

€650 from 1/5/2021 to 31/5/2021

WEST 200K and EAST 200K

€250 from 15/12/2020 to 28/2/2021

€300 from 1/3/2021 to 30/4/2021

€350 from 1/5/2021 to 31/5/2021

SEA 50K

€40 from 15/12/2020 to 28/2/2021

€50 from 1/3/2021 to 30/4/2021

€60 from 1/5/2021 to 31/5/2021

c) wild cards

According to the level of sponsoring, Wild Cards could be offered to athletes of the sponsor teams with honest judgement of the organization.

d) disclaimer and medical certificate

To complete the entry process, a medical certificate declaring fitness for competitive sports and the disclaimer of liability must be uploaded during the registration or sent via email registration@alvitrail.com no later than **May 31, 2021**.

In the event that the athlete does not provide a medical certificate and the disclaimer in time, they will not be able to take part in the competition and the paid amount totally deducted.

The disclaimer could be provided at BIB collection at the latest.

e) withdrawal and refund

In case of withdrawal, the formal request should be sent only in writing and to registration@alvitrail.com

The following terms for refund are foreseen:

- withdrawal within 31 March 2021: 50% of the fee amount will be refunded
- withdrawal within 30 April 2021: 30% of the fee amount will be refunded

No refund is foreseen for withdrawals received after 30 April, 2021.

In case of withdrawal for injury or serious illness, received after 30 April 2021 and duly supported by a medical certificate, the organization will give the possibility to the athlete to entry for the Edition 2022 with a discounted fee of 50%.

In case of cancellation of the race for causes of major force and occurring in the last 15 days before the race, the organization will examine the possibility to refund 50% of the fee paid pursuant to the expenditures incurred and non-recoverable.

No other kind of refund is considered

Cancellation for Coronavirus

No refunds will be made for requests received after 30/04/2021 with the exception of refundable fees for race cancellation for Coronavirus. In this unique case the athlete can ask for the transfer of the registration to the following year or the total refund of the fee paid, except for bank or PayPal fees.

f) included in the registration

- breakfast and dinner with exceptions of the dinner in Rocchetta Nervina the day before the race, 5 June, and the dinner in Porto Venere, 13 June.

- final refreshment at finish in Porto Venere
- feed stations along the paths and final refreshment at the finish of every stage
 - overnight accommodation in tents and/or gyms
 - bus transfer for athletes from the railway station of Ventimiglia (IM) to Rocchetta Nervina (IM)
 - bags transfer from the start of each stage to the arrival
 - showers
 - medical assistance
 - insurance
 - Live direct
 - traceability system with gps device and app for pc/smartphone
 - award ceremony
 - daily report on Facebook Fan Page and website (general, not customized)
 - race pack containing technical products and local food and wine

g) not included in the registration

- massage and massage therapy, available by book and pay during the week.
Costs and booking rules will be provided in the website of the race www.alvitrail.com.
 - the dinner in Rocchetta Nervina on Saturday 5 June and in Porto Venere on Sunday 13 June.

ART. 5 MANDATORY AND SUGGESTED EQUIPMENT

By entering the race, each runner undertakes to take with him/her all the mandatory equipment listed below throughout the race.

a) mandatory

The mandatory equipment will be checked when collecting the bib numbers (possible checks also along the path during each single stage):

Only for ULTRA 400K ,ADVENTURE 200K WEST and ADVENTURE 200K EAST

- GPS satellite or smartphone with GPS tracks downloaded. Downloading can be made from the site www.alvitrail.com.
- power bank for mobile/gps device
- headlamp with spare batteries
- Water resistant shell jacket in case of bad weather

For all the 4 races ALVI TRAIL LIGURIA

- Trail running or mountain shoes
- Rucksack (or backpack+fanny pack) with sufficient capacity to contain all the mandatory equipment
- Identity card
- Flask or camelbag that contain at least one liter of liquid
- Race bib with visible number;
- Cup or other container suitable for drinking at the refreshment points
- Energy bars or solid food reserve;
- Survival blanket
- Whistle
- Elastic adhesive bandage that can be used as a dressing
- Mobile phone with enough credit (add the safety numbers of the organisation to the phone book, do not conceal the number, and make sure the battery is fully charged before setting out)
- Altitudinal profiles, provided by the organization

b) suggested:

- Change of clothes
- Knife
- Cord

- anti ticks spray for human use

c) use of poles

The use of poles is also admitted.

d) check of the mandatory equipment

The mandatory equipment will be checked when collecting the bib numbers.
It will also be possible to check the equipment at any refreshment point by sampling.

ART. 6 BIB NUMBERS COLLECTION

ULTRA 400K e WEST 200K: BIBs collecting on Saturday 5 June in Rocchetta Nervina, from 2.00 pm to 9.00 pm, then the BIB collecting will be closed.

EAST 200K: BIBs collecting on Wednesday 9 June in Arenzano, from 2.00 pm to 9.00 pm, then the BIB collecting will be closed.

SEA 50K: BIBs collecting on Saturday 12 June in Castiglione Chiavarese from 2.00 pm to 9.00 pm and on Sunday 13 max 30 minutes before the race start, then the BIB collecting will be closed.

It will not be possible to collect the BIBs the morning of the start of the race, with the only exception for the SEA 50K.

An ID is required for the athletes when collecting the bib number.

IMPORTANT: a telephone number, written on the bib, will be active on the day of the race; it corresponds to the «Emergency Number». Please do not use this number if not necessary since it is an emergency number.

ART. 7 CUT OFF TIMES, GATES, TIMETABLES, WITHDRAWALS

a) Cut Off times

The cut off times are properly set per each single stage and available in www.alvitrail.com (Race -> Cut off times).

Cut off times will also be communicated during the briefing before each stage.

b) Sweeper Service

A Sweepers Service, formed by expert trail runners, is provided and will follow the last runner so as to be of aid to the runner in difficulty, to manage at best the withdrawn participants and to avoid that any injured participant remains without assistance.

The participants who will not reach within the time limit the checkpoints that will be communicated in the morning briefing before the race, will be stopped and will no longer be authorized to continue the stage.

c) Athletes stopped, withdrawn, back in the race

The athletes who will withdraw or stopped at any check points could continue the race the day after and run the following stages but will not be included in the main official ranking of the race.

A specific ranking will be provided for the athletes who will withdraw or stop in one or two stages following the covered distance and, in case of same distance, the times will be considered.

The participants arrived at the gates beyond the time limit, those injured, those who will be considered by the medical personnel not suitable for continuing the race, and also those athletes who will withdraw voluntarily, will be accompanied to the finish of the stage by a shuttle service.

The athlete who will withdraw or be stopped for three stages will be definitively cancelled from the race

If the third withdrawal occurs at a checkpoint of the stage the organization will provide the transfer to the finish of the stage. The athlete will then organize on its own way to get back home.

Each participant who will withdraw from the race out of the checkpoints, will have to go back on its own, communicating it immediately by calling or by sending a text message to the number mentioned in the race road-book.

ART. 8 WRONG ROUTE / COMPLAINTS

Being the GPS device or the GPS tracks properly downloaded to a mobile/any other similar device included in the mandatory equipment, it will be under the personal responsibility of every participant to carefully study the track, stage by

stage, to be informed of every critical crossroad which can be met in the stage, to check to be always on GPS track, to be present at the technical briefings during dinner and before the start of each stage.

In case the athlete will take a wrong way while running the stage the organization is not responsible for the mistake and for any delay occurred and no time compensation will be considered.

Complaints due to a clear wrong indication can be presented to the organizers the same day at the end of the stage (see also ART.22 COMPLAINTS).

In case of any complaints the organization could check the GPS tracks of the athletes involved: the tracks of every single participant to ULTRA 400K and ADVENTURE 200K will be collected and saved by the GPS traceability system used.

ART. 9 DISQUALIFICATION AND PENALTIES

The following violations will cause the immediate disqualification and withdrawal of the bib number:

- dropping out a check point
- lack of bib
- cutting the trail
- littering
- refusing to rescue a participant in difficulty
- insulting or threatening the organizers or the volunteers
- use of transport means during the race
- refusing to be checked by the medical staff
- lack of mandatory material
- refusing to undergo the control of the mandatory material - doping or refusing to be checked for doping
- use of personal assistance outside the authorized points - non-observance of the prohibition to be accompanied.

ART. 10 TRANSFER OF RUNNER BAGS AND PACKS

Bags and packs will be transferred by the organization from the start to the finish of every stage.

If a runner pulls out of the race, his/her bag will be taken to nearest finish stage where s/he may collect it upon presentation of his/her bib number.

The organization may not be held liable for the loss or damage of any objects during transport.

Each athlete can bring max one bag and one added pack, a sleeping bag and a mat or a folding camping cot.

The athlete is required to leave her/his bags and packs every morning in the place indicated by the organization and not later than the time established and clearly communicated.

In case the athlete will book one or more night in a B&B, agriturismo, mountain hut or hotel s/he has to take on the transfer of the bag/pack necessary for the night and be ready to leave it again to the organization according to what mentioned above. The organization will not take on the transfer of bags & packs to and from hotels booked by the athletes.

ART. 11 OVERNIGHT ACCOMODATION

For the overnight accomodation the organizers will provide a place where to sleep, gym or tent, for every athlete.

Each athlete will bring with him/her a sleeping bag, a mat or an air mattress or a folding camping cot.

In case of accomodation in different tents and/or gyms, the organizers will provide in due time to indicate in a clear way the proper place for each athlete.

The athlete must follow the indication given to her/him.

ART. 12 SAFETY AND CONTROL

Control points will be set along the trail. Members of the organization will monitor the passage of the athletes and simultaneously a radio/telephone service will be active and connected with the Stage Operations Center.

First aid stations with medical and sanitary personnel will be established in the strategic points of the route in order to guarantee an immediate intervention when needed.

The medical/sanitary personnel will be authorized to suspend a runner from the race and invalidate the bib number if they judge it necessary for safety reasons.

The rescuers will carry away from the trail route with all possible means the athlete considered to be in a critical conditions.

In case of withdrawal before or after a control point, the Sweepers Service will be authorized to invalidate the bib number and the athlete will no longer be under the control of the organization.

In case of suspension of the race or of withdrawal of a competitor, the organization will guarantee for coming back to the

start as quickly as possible through a shuttle service. In case of activation of an alpine rescue service or 118 service, they will make use of their own means, including if necessary the use of an helicopter.

Any expenses deriving from the use of any other structure external to those of the organization, during or after the race, shall not be ascribed to the organization and will be charged to the rescued participant.

ART. 13 CHANGES TO THE ROUTE OR TO THE TIME DEADLINES

The organization reserve the right, at any time and without prior notice, to make changes to the route or to the location of the refreshment points or to the time deadlines. In case of adverse weather conditions (heavy rain, high risk of storms or too hot/humidity), the start of the race may be anticipated or postponed.

Where necessary, the organization reserves the right to make changes to or eliminate certain paths of the route.

ART. 14 GPS TRACKS, ALTITUDE PROFILES AND MAPS

GPS tracks, altitude profiles and maps will be available and downloadable from the website of the race www.alvitrail.com (Tappe/Stages).

The altitude profiles of each next stage will also be given to the athletes every evening before the stage.

ART. 15 BIB REGISTRATION AND CHECK POINTS

Before the start of each stage all the athletes will be registered by the GPS system used for race traceability.

For the SEA 50K the BIB registration will be manual and the athletes will be checked at the checkpoints placed along the track.

The feed/aid stations can also be added check points.

The organizers can decide, in every moment and without previous information, to provide an extra BIB check point along the path, in addition to those official and communicated.

Whatever is the system used for the BIB registration and BIB checks each athlete is required to ensure to have been registered and checked.

ART. 16 ENVIRONMENT

Competitors must behave in respect of the environment, in particular by avoiding littering, picking flowers and disturbing wildlife.

Anyone that will be seen to abandon wastes along the trail will be disqualified from the race and shall incur into penalties according to the municipal regulations.

In order to reduce the environmental impact, no plastic glass will be distributed at the refreshment stations. Every runner shall have its own glass or a water bottle or a flask that will be filled at the refreshment stations.

This race join to the campaign «I do not litter» promoted by Spirito Trail.

ART. 17 WEATHER

In the event of particular weather conditions (dense fog, snow or thunderstorms), the organization reserves the right to make changes, even during the race, to the race route in order to avoid any potential risk for the participants. The staff shall inform the participants of any changes.

The organization also reserves the right to suspend or cancel the race if the weather conditions are such that they put the athlete, staff or rescuers at risk.

ART. 18 TRANSFER OF PARTICIPANTS

The organization provides a transfer by shuttle bus from the railway station of Ventimiglia (IM) to Rccchetta Nervina (IM). For the SEA 50k a transfer to get back to the stage start can be booked and paid during the entry process.

See details in www.alvitrail.com (Gara/Race ->

Trasferimento/Transfer) No other transfer facilities are provided by the organizers.

ART. 19 INSURANCE

The organization is covered with an insurance for civil responsibility that will be valid throughout the day of the race. The participation to the race is under the responsibility of every athlete.

Each runner must acquire personal injury insurance from an insurance company of his/her choice.

ART. 20 IMAGE RIGHTS

With the registration, the participants authorize the organization to freely use, without territorial and time limits, either still or moving images that portray them when participating in Three For Team Trail Race.

ART. 21 RANKING AND AWARDS

The race winner of every race ULTRA 400K, ADVENTURE 200K WEST, ADVENTURE 200K EAST and SEA 50K is the runner, man and woman, that covers the whole distance in the shortest time.

Prizes will be awarded to the first 10 men and first 10 women in the overall official rankings of the ULTRA 400K.

Prizes will be awarded to the first 5 men and first 5 women in the overall official rankings of the ADVENTURE 200K WEST, ADVENTURE 200K EAST and SEA 50K.

Access to the final ranking of the ULTRA 400K, WEST 200K and EAST 200K will be given only to runners who finish completing each single stage within the time limits.

Each runner who completes the race will be given a "finisher" prize.

For those who did not finish one or more stages a dedicated ranking list will be provided according to the distance made by each trail runner. In case of parity in covered distance the times will be considered.

The prizes will be given only to the winners presents at the award ceremony. Delivery of not collected prizes will not be possible.

ART.22 COMPLAINTS

Only written complaints will be accepted only before the closing ceremony of the event, with a deposit of € 30.00.

ART. 23 JURY

The jury is made up of:

- the race manager
- the head of safety
- the head race officials

ART. 24 DECLARATION OF RESPONSIBILITY

The voluntary registration and the participation to the race will result in the full acceptance of the present rules and of the amendments that might be brought .

With the registration, the participant releases the organizers from all liability, whether civil or penal, for damages to persons and/or property that have been caused by himself/herself or deriving therefrom. If not yet in possession, it is highly recommended to sign up a sport insurance such as Multisport.