

# RACE RULES ALVI TRAIL LIGURIA 2024

From 15 to 22 June 2024

ULTRA 440K	8 STAGES	15-22 June
WEST 220K	4 STAGES	15-18 June
EAST 220K	4 STAGES	19-22 June
SEA 50K	1 STAGE	22 June



## ART.1 ORGANIZATION

Alvi Trail Liguria A.S.D., affiliated with UISP (Unione Italiana Sport per Tutti) and ITRA (International Trail Running Association), organizes the fourth edition of the international ultra trail running race in stages along the route of Alta Via dei Monti Liguri and Alta Via delle Cinque Terre called ALVI TRAIL LIGURIA 2024 which will take place from Saturday, June 15 to Saturday, June 22, 2024.

## ART.2 GENERAL INFORMATION

ALVI TRAIL Liguria 2024 is an Ultra Trail Running race in stages.

It runs for the most part along the Alta Via dei Monti Liguri, starting from Rocchetta Nervina (Imperia) and crossing the whole ridge of the Ligurian Alps and the Apennines and finally reaching Porto Venere (La Spezia).

The main race is the ALVI ULTRA 440K in which 440 km will be covered in 8 days and 8 stages.

Two new ultra races of 220 km each are also planned in the 2024 edition: the WEST 220K (Stage1 - Stage4) and the EAST 220K (Stage5 - Stage8).

Finally, a 50km daily race, the ALVI SEA 50K (Stage8), will be included.

The maximum number of participants for each single race is set as follows:

ULTRA 440K	Max nr. 100
WEST 220K	Max nr. 50
EAST 220K	Max nr. 50
SEA 50K	Max nr. 100

The trails are marked by the marks already present along the Alta Via dei Monti Liguri (mark: AV), the Alta Via delle 5 Terre (mark: AV5T) and markers already existing and included in the official cartographies (rhombuses, triangles, dots etc ...) while for only those stretches not marked by markers, at the most critical crossroads and at the entrance/exit of the towns that are stage locations, suitable and removable webbing and signs will be used, always respecting the environment and the adventurous character of the event.

Awaiting the competitors is a wide variety of natural environments and a course of varying technical difficulties between single track, white roads and small stretches of asphalt.

### **ART. 3 CONDITIONS OF PARTICIPATION**

#### **a) General information**

The main rule of this race is, in line with respect for the environment, that athletes must be equipped with a dedicated GPS device or smartphone in which the race gpx tracks will be uploaded.

Participants are required to be familiar with and use their GPS as the trails will be marked by webbing and signs only where necessary, especially on the exit/entrance from/to the villages while along the trails they will mainly be used the existing trail markers included in the official maps.

Athletes will also have to run in semi-self-sufficiency, being autonomous between two feed stations previously marked by the organization. Therefore, each athlete will have to carry sufficient food and water supplies with them to be able to run without problems of nutrition and hydration between two refreshment points marked by the organization.

This race is open to all persons, men and women, who are 20 years of age or older at the time of registration and in possession of a valid medical sports certificate for athletics and/or mountain running during the entire race period.

It is highly recommended to have taken part in and finished at least one long-distance (100km) and major elevation gain (5,000/6,000 D+) ultra trail race in the period 2022-2023.

Overnight accommodation for athletes at each stage finish may be in covered facilities as gyms and sporting halls offered by the stage venue municipalities.

It will be the responsibility of each participant to be provided with overnight equipment such as: sleeping bag, mat, air mattress or foldable camping cot.

#### **(b) Semi-self-sufficiency**

Semi-self-sufficiency is defined as the ability to be self-sufficient between two refreshment points, referring to safety, nutrition and equipment, thus enabling adaptation to encountered or foreseeable problems (bad weather, physical discomfort, injuries, etc.).

Each runner must carry all mandatory equipment with him/her for the duration of the race. This must be carried in the marked backpack at bib distribution and may not be interchanged or changed under any circumstances on the course.

At any time the race marshals may check the contents of the backpacks.

The competitor is obliged to submit to these checks willingly, under penalty of disqualification.

Official refreshment points will be set up along the route, supplied with drinks and food to be consumed on the spot, strictly reserved for runners.

At no refreshment point will plastic cups be available: to drink, runners must provide their own glass or other personal container suitable for use.

Each runner must ensure that he/she has, at the start from each refreshment station, the necessary amount of water and food he/she will need to get to the next 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 points.

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

#### **ART. 4 REGISTRATIONS**

By registering, athletes implicitly confirm that they have read and accepted the Rules of the race.

##### **a) Opening of registrations**

Entries for the 4 races ULTRA 440K, WEST 220K, EAST 220K and SEA 50K will open on Friday, September 1, 2023 and close on Tuesday, May 31, 2024 or anytime upon reaching the maximum limit of 100 participants for the ULTRA 440K and SEA 50K and 50 participants for each of the WEST 220K and EAST 220K races.

For any further information the contact email is [alvitrail@gmail.com](mailto:alvitrail@gmail.com).

##### **(b) Registration terms and conditions and entry fees.**

#### **TERMS AND CONDITIONS**

Registration will be entrusted to Wedosport and one can register through the link to Wedosport which will be provided on the website [www.alvitrail.com](http://www.alvitrail.com)

For any information you can still contact the organization by sending an email to [alvitrail@gmail.com](mailto:alvitrail@gmail.com).

#### **ENTRY FEES**

<b>ALVI TRAIL 2024 Race</b>	<b>1/9/23 - 30/11/23 Euro</b>	<b>1/12/23 - 31/3/24 Euro</b>	<b>1/4/24 - 31/5/24 Euro</b>
ULTRA 440K	525	630	735
WEST 220K	265	315	370
EAST 220K	265	315	370
SEA 50K	45	55	65

##### **c) Wild Cards**

Wild Cards will only be granted to athletes indicated by the event's technical sponsors, agreed with them according to the level of sponsorship and at the sole and unquestionable discretion of the Organization.

##### **d) Disclaimer and Health Form**

If not sent at the same time as the registration payment, they must be sent to Wedosport via the link provided on [www.alvitrail.com](http://www.alvitrail.com) in order to complete the athlete registration procedure.

- the Health Form duly signed and stamped by your doctor, to be sent no later than 31 May 2024
- the accepted and signed Disclaimer, to be sent/given at the latest when collecting the bib

Medical certificates handed in after 31 May 2024 will not be accepted.

If the athlete has not sent in a valid medical certificate by the date of 31 May 2024, the athlete will not be admitted to the race and will not be entitled to a refund of the fee.

#### **e) registration cancellation and refund**

If you are unable to participate, your withdrawal must be communicated to Wedosport via the link provided on [www.alvitrail.com](http://www.alvitrail.com).

#### **The following refund options are available**

- cancellation by 31/01/2024: refund of 80% of the fee
- Cancellation by 31/03/2024: refund of 60% of the fee
- cancellation by 31/05/2024: refund of 30% of the fee
- cancellation after 31/05/2024: no refund

The reimbursement of the fee, net of bank charges or fees for other payment systems, will be made by 31.8.2024 to the same bank details used for the payment of the fee.

In the event of the cancellation of the race due to force majeure, up to 15 days before the event, the Organization reserves the right to assess the possibility of a refund of 50% of the fee paid, by virtue of the expenses incurred and not recoverable, or the preservation of the registration for the next edition.

In the event of interruption or cancellation of the race due to weather conditions, or for any other reason independent of the Organization, no reimbursement will be due to participants.

#### **(f) The fee includes**

- overnight accommodation in facilities as gyms and sporting halls provided by the stage municipalities with the exception of the night before the race (Friday, June 14) and the night after the finish of the race, Saturday, June 22.
- breakfasts and evening pasta parties with the exception of the day before the race, Friday, June 14.
- feed stations along each stage trail and final refreshment at each stage finish
- luggage transfer from one stage to another. It is allowed to have a second backpack with you and nothing else outside of air mattress or mat, folding cot, sleeping bag
- toilets and showers
- medical assistance
- assistance along the route
- tracking system with gps provided by the organization and placed in the backpack
- live feed with app on pc and smartphones
- insurance
- award ceremonies
- daily report on facebook page and website, not personalized

- race pack with technical material and local products
- personalized bibs for all those registered within the date of April 30, 2024

**(g) The fee does not include:**

- the massage service, which is available for a fee (price will be announced on the race website) and by reservation (during the race week)
- the bus transfer service from Genoa and Arenzano to the meeting place, registration and bib delivery in Rocchetta Nervina on the day before the race on Friday, June 14,
- the bus transfer service from Porto Venere back to Genoa and Arenzano on Saturday, June 22, when the award ceremony is over
- the bus transfer service from Porto Venere back to Castiglione Chiavarese on Saturday, June 22, when the award ceremony is over
- the dinner in Rocchetta Nervina on Friday, June 14, the night before the race, which may be booked and payable according to the time and payment methods to be announced later.
- the overnight staying and the dinner on Tuesday 18, June for athletes registered at WEST 220K or EAST 220K
- the overnight staying and dinner on Saturday, June 22 in Porto Venere

**Cost for dinner and overnight staying on Friday 14 will be communicated on the race website.**

**Cost, time and meeting place for transfers will be communicated on the race website.**

**ART. 5 MANDATORY and RECOMMENDED EQUIPMENT**

MANDATORY EQUIPMENT	ULTRA 440K	WEST 220K	EAST 220K	SEA 50K
Trail gpx tracks upload available on the race website <a href="http://www.alvitrail.com">www.alvitrail.com</a> .	✓	✓	✓	recommended
Trail running shoes	✓	✓	✓	recommended
Backpack with sufficient capacity to hold all the mandatory materials	✓	✓	✓	✓
Identity card	✓	✓	✓	✓
Availability of at least 20 euros	✓	✓	✓	✓
Visible race bib and altitude profiles, both provided by the organization	✓	✓	✓	recommended
Flask or camelbak (minimum 1 liter of water at the start of each refreshment station)	✓	✓	✓	✓
Glass, cup or other suitable container for drinking at refreshment stations	✓	✓	✓	✓
Energy bars or any solid food reserve	✓	✓	✓	✓
Survival blanket	✓	✓	✓	recommended
Whistle	✓	✓	✓	✓
Adhesive elastic bandage suitable for making a bandage	✓	✓	✓	✓
Cap or bandana	✓	✓	✓	✓
Rainproof shell jacket with waterproof breathable membrane with heat-sealed seams and hood suitable for bad weather conditions at altitude	✓	✓	✓	only in case of bad weather
Mobile phone with sufficient credit and Emergency nr saved	✓	✓	✓	✓

**(b) Poles**

- The use of poles is allowed

**(c) recommended material**

- Change of clothing
- Pocket knife
- Tick spray for human use

#### **(d) Material check**

For all participants, the organization will carry out the material check at bib collecting.

Should weather conditions require them, spot checks will also be possible along each trail stage and by the refreshment stations.

#### **ART. 6 BIB COLLECTING**

ULTRA 440K and WEST 220K: race bibs may be picked up at the indicated place in Rocchetta Nervina (IM) on Friday, June 14, from 2 pm to 9 pm, after that time the registration will be closed.

EAST 220K: race bibs may be picked up on Wednesday, June 18, at the Villa Figoli facility in Arenzano, from 2 pm to 9 pm, after that time the registration will be closed.

SEA 50K: race bibs can be picked up on the morning of Saturday, June 22, at the Start area in Castiglione Chiavarese up to 45 min before the start of the race.

An ID is required to pick up the bib.

**IMPORTANT: A cell phone number will be printed on the bib, it will be active on race days and will correspond to the Emergency Number.**

**Please do not call this number unless absolutely necessary and in an obvious emergency situation.**

#### **ART. 7 CUT OFF TIMES, GATES, TIMETABLES, WITHDRAWAL**

##### **(a) Cut off times**

The cut off times are properly set for each single stage and available in the web site [www.alvitrail.com](http://www.alvitrail.com)

The cut off times will also be clearly communicated during the briefing before each single stage start.

##### **b) Sweeper Service**

A Sweeper Service, formed by experienced trail runners, is provided and will follow the last trail runners during the whole stage race so as to be of aid to the runners in difficulty, manage at best the withdrawn and finally ensure that any athletes who are injured along the route can receive proper and quick medical assistance.

The participants who will not reach the checkpoints within the predetermined limits will be stopped o continue the stage.

##### **c) Stopped athletes, withdrawn, back in the race**

Athletes who are withdrawn or stopped at the gates in a stage will be allowed to continue the race the following day while remaining in the official final race ranking.

Withdrawn athletes will be automatically assigned a time equal to the maximum time for that stage + a 3 hours penalty.

For ULTRA 440K, in order to remain in the final ranking, there is a maximum of 2 withdrawals while at the 3rd withdrawal the Organization will permanently suspend the bib of the athlete who can no longer resume the competition the next day.

For the West 220K and EAST 220K in order to remain in the final classification, there is a maximum of 1 withdrawal while at the 2nd withdrawal the Organization will permanently suspend the bib of the athlete who can no longer resume the competition the next day.

However, their times and stage rankings will be reported in a special ranking at the end of each individual stage and in a final specific ranking at the end of the race.

Athletes stopped because they arrived at a check point beyond the time limit, those injured, those not considered by the medical staff and/or the organization to be in a condition to continue the stage and those who have

voluntarily withdrawn will be accompanied to the finish line by a shuttle service provided by the organization.

The athletes who will withdraw or be stopped for three stages is considered permanently withdrawn from the competition.

If the third withdrawal or stop occurs, the organization will provide the transfer of the athlete to the stage finish then the athlete should manage on its own to get back home.

Athletes stopped because they arrived at a control point beyond the time limit, injured athletes, athletes not considered by medical personnel and/or the organization to be in a condition to continue the stage, and athletes who have voluntarily withdrawn, will be accompanied to the finish line by a shuttle service made available to them by the organization.

In case of withdraw of the race along the stage route, the runner is asked to go to the nearest check point, communicate his withdraw by registering and the organization will take charge of his return to the nearest stage finish.

A runner who abandons the race without notifying immediately, thus leading to the initiation of search by rescue personnel, will have to bear all consequent expenses.

### **ART. 8 WRONG ROUTE / COMPLAINTS**

Being the GPS tracks downloaded to a GPS/smartphone device mandatory, it will be under the individual responsibility of the athlete to carefully study the track stage by stage, be informed about any critical issues related to critical crossroad or unmarked track, to check during the race to keep staying along the correct GPS track, be present at the pre-race briefings.

In the event that the athlete takes a wrong track, the organization will not be responsible for the mistake and for any delay and no time compensation is considered.

Any complaints can be made by the athlete to the organization the same day at the end of the stage (see also ART.22 COMPLAINTS).

In case of any complaint, the organization will check the GPS track of the athletes involved being the tracks collected and saved by the GPS traceability system, for the ULTRA440k, WEST 220K and EAST 220K.

### **ART. 9 DISQUALIFICATIONS AND PENALTIES**

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

- dropping out a checkpoint
- lack of bib
- cutting the trail
- littering along the trails
- use of means of transportation during the race
- insulting the organization or volunteers
- refusal, if seen in difficulty, to be checked by the medical staff
- refusal to rescue an athlete in difficulty
- lack of mandatory equipment
- refusal to submit to verification of mandatory material
- doping or refusal to submit to doping tests
- use of personal assistance outside the authorized points

### **ART. 10 TRANSFER OF BACKPACKS AND BAGS**

The transfer of the athlete's luggage will be taken care of by the organization, which will transport bags and backpacks from the stage start to the stage finish each day.

Each athlete will be allowed to carry a maximum of one bag and one additional backpack, in addition to the sleeping bag and foldable and compactable mattress/bunny.

It is recommended not to put fragile or valuable items in the bag. Bags with items attached externally will not be

carried. The organization will not be responsible for any items that may be lost or damaged during transportation. Every morning athletes will be required to leave their bags at the place indicated by the organization no later than the appointed time.

Those who will book one or more nights in B&Bs and hotels will have to take responsibility independently for the transport of their luggage necessary for the overnight stay as the organization will not be able to make the transfer of the luggage to/from the booked facility.

In case the athlete will book one or more nights in a B&B, hotel or mountain hut, s/he has to take on the transfer of the bag/pack necessary for the night and be ready the morning after to leave it again to the organization according to what mentioned above.

The organization will not take on the transfer to and from the hotel booked by the athletes.

### **ART. 11 OVERNIGHT STAY**

Overnight accommodation for athletes at each end of the stage will be in covered facilities as gyms and sporting halls offered by the stage municipalities.

It will be responsibility of each participant to be provided with sleeping bag, mat or air mattress or foldable camping cot.

In the case of overnight stays in more than one covered facility, the organization will clearly assign the allocation for each athlete who is then required to respect the location assigned to him/her.

### **ART. 12 SAFETY AND MEDICAL ASSISTANCE**

Aid stations connected by radio or telephone with the race direction will be set up along the stage route.

The Alvi Trail Safety Staff will monitor the passage of the athletes by means of a GPS Tracking System and simultaneously a radio/mobile service is active and connected with the Stage Operation Center.

First aid stations and ambulances with medical and sanitary personnel will be placed at strategic and critical locations. A Race Doctor will be present during the whole period of the race.

The aid stations are intended to bring assistance to all persons in difficulty by the organization's own means or through contracted organizations.

Medical officers are qualified to stop competitors deemed unfit to continue the race.

Rescue workers are empowered to evacuate by all means at their convenience runners judged to be in danger.

In case of necessity, for reasons that are in the best interest of the person rescued, only and exclusively in the judgment of the organization staff, the Mountain Rescue Service (CNSAS) will be called upon, take over the direction of operations and put in place all appropriate means, including the helicopter service.

Any expenses arising from the use of these exceptional means will be charged to the person rescued in accordance with current regulations.

A rider who appeals to a doctor or rescuer effectively submits to his or her authority and agrees to abide by his or her decisions.

Doctors and medical personnel present along the trails will guarantee assistance in case of major medical/health problems. Anyway each runner is asked to carry with her/him the necessary supplies for self-medication of feet and minor excoriations that do not require medical intervention.

### **ART. 13 CHANGES TO THE ROUTE AND TO THE AID/FEED STATIONS**

The organization reserves the right to change the route or the location of aid and feed stations at any time without prior notice in case of bad weather conditions.

In case of adverse weather conditions (heavy rain, high risk of storms, too hot/humidity), the start of each stage race may be anticipated/postponed or the stage itself cancelled.

### **ART. 14 GPS TRACKS, ELEVATION PROFILES**



GPS tracks will be made available and downloadable from the race website [www.alvitrail.com](http://www.alvitrail.com), as well as for the elevation profiles.

Each athlete will be given the elevation profiles of each individual stage on laminated paper at every briefing after the dinner before the stage of the morning after.

#### **ART. 15 BIB REGISTRATIONS AND CHECK POINTS**

Before the start of each stage, all athletes enrolled in the ULTRA 440K, WEST 220k and EAST 220K will be registered by BIB punching and by the GPS Tracking System check.

For the SEA 50K the BIB registration will be by manual punching and some checkpoints can be placed along the race route.

Some official feed stations can be additional check points.

The organization can decide, in every moment and without previous information, to provide an extra BIB check point along the race route.

#### **ART. 16 ENVIRONMENT**

The athletes must behave in respect of the environment, in particular avoiding littering, picking flowers, plants and mushrooms, disturbing wildlife.

Anyone who will be seen to abandon wastes along the race route will be disqualified from the race and may incur fines according to applicable local laws.

In order to reduce the environmental impact, no plastic glasses will be distributed at the feed stations.

Every runner is asked to have her/his own glass or flask to be filled of water at the feed stations.

The Alvi Trail race join to the campaign "I do not litter" promoted by Spirito Trail.

#### **ART. 17 WEATHER**

In case 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 minimize/avoid any potential risk for the participants.

The Race Director, in collaboration with the Safety Staff, will inform all the participants of any changes.

The Organization will also reserve the right to suspend or cancel the stage race if the risks due to bad weather are too high.

#### **ART. 18 TRANSFER OF ATHLETES**

For those registered to ULTRA 440K and WEST 220K who want to reach Rocchetta Nervina (IM), leaving their vehicle in Genoa or in Arenzano, there is the possibility of booking, with payment at the time of registration, the transfer by bus for the outward from and/or return to Genoa and Arenzano journey.

For those registered to EAST 220K who want to go back in Genoa/Arenzano after the finish of the race in Porto Venere there is the possibility of booking, with payment at the time of registration, the transfer by bus for return to Genoa/Arenzano journey.

For those registered to SEA 50K who want to go back in Castiglione Chiavarese after the finish of the race in Porto Venere there is the possibility of booking, with payment at the time of registration, the transfer by bus for return to Castiglione Chiavarese.

#### **ART. 19 INSURANCE**

The organization is covered with an insurance for civil liability valid for the entire period of the race.

The participation takes place under the full responsibility of the runners, who waive any recourse against the organizers in case of damages and further consequences that arise as a result of the race.

At the time of registration, in order to finalize the practice, the runner signs a disclaimer as release of liability.

In case the athlete has not already done, it is strongly recommended that he/she take out a personal multi-sport

insurance policy.

#### **ART. 20 IMAGE RIGHTS**

By signing up, the participants authorize the organization to freely use , without territorial and time limits, either still or moving images that portray them during the days of the trail race.

Each athlete expressly renounces the use of image rights during the trail race as well as renounces any recourse against the organization and its licensed partners for the use made of his image.

#### **ART. 21 RANKINGS AND AWARDS**

The winners of the ULTRA 440K, WEST 220K and EAST 220K races will be the athletes who have run the entire course, i.e. all the planned stages without withdrawals, finishing it in the shortest time compared to all other competitors.

For the SEA 50K, being a one-stage race, the winners will be the first finishers of those registered for this race.

No prize money will be given.

Prizes will be awarded to the top 5 men and top 5 women in the official final ranking of each of the 4 races.

Each athlete who will complete the Alvi Trail Liguria 2024 ULTRA 440K, WEST 220K and EAST 220K will be awarded with a "finisher prize" and will receive the "official finisher's certificate".

Prizes will be given to the winners only if they are present at the final award ceremony.

#### **ART. 22 COMPLAINTS**

The organization will only accept written and non-anonymous complaints submitted before the closing ceremony of the event with a security deposit of € 30.

#### **ART. 23 JURY**

The Alvi Trail Liguria 2024 Jury consists of:

- Race director
- Medical director
- Head of organization

#### **ART. 24 DECLARATION OF RESPONSIBILITY**

Formal registration for the race and participation in the race itself implies full acceptance of these Rules and Regulations.

By registering, the athlete releases the organization from liability, civil and criminal, for damages to persons and/or property that may be caused by the athlete.