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V1R0

# ASCONA LOCARNO GOLDEN TRAILFINALS

by Scenic Trail

## REGULATION ASCONA LOCARNO GOLDEN TRAIL FINALS



*Made in Switzerland*

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**NOTES**

*The race ethics require participants to respect and follow the content of the Race Regulations and common sense.*

*The distances shown here are correct and measured accurately. A GPS device may give different results depending on its setting. Errors up to 6% are possible and to be considered normal.*

**ACCEPTANCE OF THE RULES AND ETHICS OF THE RACE.**

The registration to the race signifies that the competitor accepts without reservation the regulations and ethics of the race and releases the Organization from any responsibility or liability. This applies even if you have not taken the time to read it.

The Organization has the right, at any moment, before or during the races, to change the routes according to the weather conditions or unforeseen circumstances, change time barriers, etc. Changes will be communicated during the technical briefing, on the webpage, Facebook, by SMS, telephone, at the control points or along the route by the volunteers. The participants are obligated to respect the changes or face the penalty of disqualification.

**ORGANIZATION**

Associazione Scenic Trail patronizes the Salomon Golden Trail Finals with the participation of Salomon, the municipalities, institutions, companies and local merchants.

**TRACKS**

Track	Prologue W/M	Final W/M
<b>Distances</b>	<b>7Km</b>	<b>24Km</b>
<b>Altitude gain</b>	<b>+/- 450m</b>	<b>+/- 1500m</b>
<b>Maximum time</b>	<b>2h</b>	<b>5h</b>

The races will take part in a single stage and in semi autonomy, with runners subjected to time limits.

The planned routes are clearly described, and they are visible on <https://ascona-locarno-trail.ch>

The route is marked with flags, fluorescent spray and coloured tape. The route may be downloaded from the Organization's website to be used on smartphones and GPS devices.

**CONDITIONS OF PARTICIPATION**

In case of a minor, a written authorization from the parent(s) or legal guardian is required at the bib hand-out.

Participants are required:

- To understand the length and particularities of the demands of the race and to be well trained to participate.

**NOTES**

*Accident insurance is mandatory for each participant. The coverage must guarantee recovery by helicopter, since most of the routes are not accessible by means of transport on wheels.*

*The registration fee increases with the number of registrations, and it is therefore recommended to register as soon as possible. After the given period registration is not possible.*

*The bib is the only way to recognize runners. It is therefore crucial to wear it as prescribed and make sure that it is perfectly visible throughout the competition. Even in the case of abandonment, the bib remains the property of the runner.*

- To have acquired, before the event, a real capacity of complete independence in the mountains and to be able to manage the problems associated with this type of challenge, in particular:
- Adapt to the climate conditions that can change with altitude and become difficult such as wind, cold, fog, rain, or snow.
- Understand the physical or mental fatigue this challenge may cause, problems with digestion, muscles, joints, blisters, and minor wounds.

Understand that the role of the Organization is not a life-saving entity.

For the trail race, safety is dependent on the capacity of the participant to adapt to the problems which will be faced, foreseen and unforeseen.

Every participant must have private accident insurance valid in Switzerland, which can also be bought at the time of registration (refer to the paragraph ACCIDENT INSURANCE)

**REGISTRATION**

Registration will be made only via the internet. The payment must be made through credit card.

The applicable fees are visible on registration page and are varying with volume.

The registration price includes all the services described in the regulations. Treatment fees are excluded. Entitlement to the free gadget (t-shirt or similar) is not granted

**ACCESS TO THE START AREA**

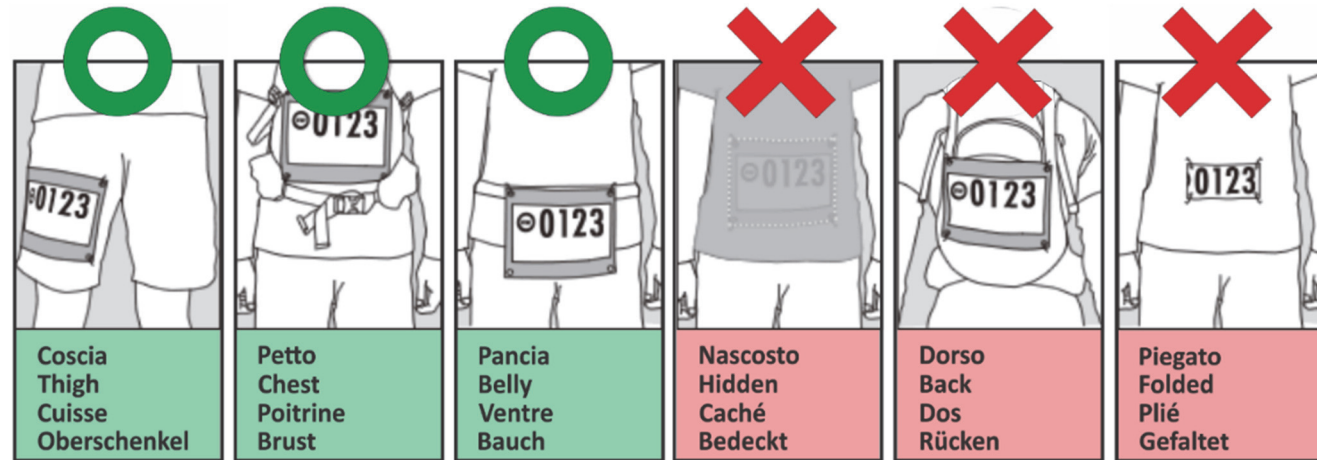
The access to the start area in Cardada is reachable with a cable car, the capacity of the cabins is up to 40 people and the frequency is therefore limited. Each participant must reach the start area on time, considering and in according to this limitation. Participants should use cable car to reach the start area between 3 hours and 2 hours before the start. If not, it is not guaranteed to be at the start line on time – participants that do not present themselves on time at the briefing (30 minutes before race start) will not be admitted to the race. Participants have priority to get into the cable car only between 07:15 and 08:15.

**BIBS**

Every runner is provided with a numbered bib which contains an electronic chip with personal data and is used for the timing. **The bib must be worn throughout the race, on the front of the torso or on the right thigh, plainly visible and legible. In case of a bracelet, this must be worn as requested by the organization and applied on the right shoes. It cannot be removed until the end of the race. Failing to do so will result in disqualification.** It is not permitted to place the bib in any other position. No

**NOTES**

personalization or modification of the bib by the participant is allowed. The bib is the property of the participant and after the race may be kept.



*The solidarity between the runners is of utmost importance. If you see someone in need, help them!*

**OBLIGATION TO AID**

In case of accidents athletes are obliged to provide assistance to their colleagues in distress and should alert the officials at the closest checkpoint to the scene of the incident. The failure to aid will be sanctioned with disqualification at the discretion of the Organization, which decides without appeal. On the map that will be handed out for the race you will find the principles of CPR and the numbers to call in case of an emergency.

*If you decide to abandon the race, do so by following the rules to avoid invoices for mountain rescue!*

**ABANDONMENT OF THE RACE**

In case of abandonment of the competition, athletes are required to notify officials at the nearest checkpoint or by calling the phone number indicated on the bib, cancelling the bib, and strictly following the given instructions for the return to the departure area.

**NOTES**

*If you are not able to run a dozen Km without assistance, the Final race is not suitable for you. This chapter of the regulations explains exactly what to expect. If you are not ready, choose from the shorter races.*

**SEMI-INDEPENDENCE**

The principle of the races is that participants are in semi-independence. Semi-independence is defined as the ability to be independent between the aid-stations/check points and refers to personal security, nutrition, equipment, the ability to follow the path in every part and mostly being able to evaluate the prevailing weather conditions in order to being able to adapt to any problems encountered, foreseen or not (bad weather, physical complaints, wounds, etc.).

This principle implies the following rules:

- Every runner must have with them during the entire race all of the required equipment (see EQUIPMENT) and must not change or modify it in any way during the race. At any moment, the race officials may check the contents of the runner's backpack and the weight. The competitor has the obligation to submit willingly to these checks or face disqualification.
- The aid-stations are supplied with drinks and food to be consumed on the premises. At the departure from the checkpoint the runners must have enough water and sustenance to arrive to the next aid-station.
- **Personal assistance is only allowed at the aid-stations. It will be allowed only by one person per athlete throughout the whole race.** The area of the restoration point is strictly reserved for the runners. It is mandatory to follow the path entering the restoration point and exiting, even if you choose not to stop.
- It is prohibited to be accompanied along the route by anyone who is not a registered participant.
- The use of the map with the routes is especially important in case of bad weather, in order to independently leave the path, follow the numerated escape routes and reach the valley floors or a hut. Being away from the ridges is especially important in case of thunderstorms since they are very exposed to lightnings. x

**NOTES**

*The equipment is essential to finish the race without taking risks. This is completely under runner's responsibility to take with the required equipment according to the prevailing weather situation and own experience.*

**EQUIPMENT**

The runner must be dressed in clothing, at the minimum shorts and T-shirt, appropriate for the weather conditions prevailing at the time of the race. In addition, every runner should have with them the following advised equipment:

Equipment	Prologue	Final
Mobile phone operating in Switzerland (enter the phone numbers of race officials, always have phone turned on, do not hide the number and begin the race with the battery fully charged)	X	X
Sufficient water reserve	X	X
Survival aluminium blanket of about 1.4 m x 2 m		X
Emergency whistle		X
Ace or adhesive bandage for first aid (about 100 cm x 6 cm)		X
Adequate food reserve		X
Windbreaker with hood, Gore-Tex or similar material, waterproof and breathable, to face extreme conditions and intense cold in the mountains.		X
Hat, cap, or bandana		X
Identification document	X	X

A non-exhaustive list of additional advised items:

- Hiking poles
- GPS watch
- Sunscreen >SPF 50
- Gloves
- 50.- CHF contingency

**IMPORTANT:** The equipment that every runner has at the beginning of the race must be carried through to the finish. It is prohibited to discard material along the route or receive additional material during the race.

**Note:** the terrain of the race is mountainous and at times quite technical, reaching elevations of over 1800m where the weather can change very rapidly with sudden drops in temperature of up to 25 degrees Celsius during thunderstorms or strong winds.

**NOTES**

*If you are not ready to face the race or if you are recovering from flu, surgery or medical treatments, we ask you not to start.*

*Think of your health and not the result!*

*Do not use drugs or forbidden substances. Follow the directions for a clean sport.*

**HEALTH AND HYGIENE CONSIDERATIONS**

The participants of the race undertake the following:

- To respect the decisions of the medical and health personnel, who may, if necessary, stop a runner for medical reasons, removing their bib. The runner has the obligation to stop for medical reasons. If he/she does not comply with the decision, she/he is no longer under the responsibility of the Organization and loses the right to transportation, medical services, as well as food and water supplies.
- To respect the basic hygienic rules, and especially to not take care of their bodily needs outside designated areas at the village or in the towns you will race through, to not enter the food area without being adequately dressed (shorts and t-shirt), to not leave their dirty clothing on tables or chairs used for restoration, to not ask for a massage before having taken a shower, etc.
- To inform the Organization about the use of substances subject to Authorization for Therapeutic Use (AUT). The AUT certificate must be submitted to the Organization no later than 10 days before the race and must be dated within 6 months of race day. Additional information can be found at [www.antidoping.ch](http://www.antidoping.ch).
- To accept the withdrawal of blood capillaries and urine samples and all of the analysis requested by the Organization within the control framework. The testing will be charged to the Organization.
- Respond to any requests of the Organization based on collected personal data in order to decide on participation or not in one of the races.

The Organization may exclude a runner who refuses to submit to medical examinations which serve to combat the used of unauthorized substances or to assure the safety of the runner himself.

In case of a positive result for doping, Scenic Trail will report the runner and will request compensation to cover the damage to its image up to CHF 50'000

The Organization supports the government's policies in the fight against pandemics and is subject to the decrees issued by it. These decrees will be applied from time to time and communicated to members through various channels.

**AWARDS**

Awards will be given according Salomon Golden Trail regulation

**APPEALS**

Suspensions and penalties are decided by the race officials.

The appeal must be filed in writing within 30 minutes of arrival, after crossing the finish line. The appeal is to be delivered to the officials at the arrival. Pen and paper will be available on site. The appeal fee of 100 CHF must be paid upon delivery of the document.

It is recommended that runners plan accordingly.

**NOTES**

*After about 3 hours of suspension your muscles will be unable to recover to continue the race and the risk of accidents, especially if the paths become muddy, is incalculable and unacceptable. The race will be cancelled accordingly for your good.*

*For the reimbursement of the registration fee, please contact your travel insurance.*

*Please report inappropriate behaviours to the race direction.*

**CANCELLATION OR WITHDRAWAL**

The races will take place in any weather conditions. In case of very adverse weather (thunderstorms), the organizer may delay, suspend or cancel the race. In case of cancellation because of force majeure or weather, whether dependent or independent of the Organization, the refund of registration or additional purchases is categorically excluded. The participation prize and as well refreshments and the meal (if included) will be regularly distributed. Nobody is obliged to start racing if not comfortable in doing so in extreme weather condition. It is however mandatory for every runner to stop the race and seek shelter in case the weather becomes suddenly critical, even if for any reason there hasn't been any official communication by the organization (no cellphone signal, just passed a checkpoint, ...). This is part of the autonomy required in this type of competition.

**START DELAY:** based on weather conditions and forecast, the organization can postpone the start of one or more races. The maximum checkpoint times will be adapted accordingly. If, after a 3 hour wait, the weather conditions do not change, the race(s) will be definitely cancelled or, at the organization's discretion, rerouted on a different path.

**SUSPENSION OF THE COMPETITIONS:** in case of a forecast critical change in the weather condition planned of a given time, the runners will be stopped with an advance of 2-3 hours before the arrival of those critical conditions, in order to avoid for the participants to be in areas that can be dangerous or without shelter. The suspension is a first step of a "bad weather protocol" and in this situation nobody is authorized to abandon the shelter/checkpoint, otherwise they will face disqualification. The race can be suspended for a maximum of about 3 hours, and it will then be cancelled if the weather conditions do not improve and allow a safe race. The maximum checkpoint times will be adapted accordingly.

**CANCELLATION OF THE COMPETITIONS:** if, following a temporary suspension, the weather conditions do not improve, the "bad weather protocol" requires the cancellation of the race(s). The runners will be allowed to leave the shelter/checkpoint as soon as the weather allows and they will be redirected down the mountains through official race tracks to the start/finish area.

**There is no right to a refund of the entry fee and no exceptions will be made, not even for medical reasons. For this eventuality, you can use a private travel insurance.**

**DISQUALIFICATION AND PENALTIES**

Runners who are guilty of undignified actions and for not applying fair-play rules, like shortening the route with shortcuts or tricks, discarding material along the course, not carrying the mandatory equipment, disobeying orders from the medical team or race directors, not assisting a runner in distress, or littering debris along the course will be sanctioned with penalties ranging from a minimum of 30 minutes penalty to disqualification. The Organization assumes the right to refuse the entry of competitors in future events who have deliberately not respected the rules.

A time penalty is imposed at the discretion of the Organization for simple offences (minimum 30 minutes):



**NOTES**

*To avoid penalties or disqualification, please respect these regulations.*

*Check that your accident insurance covers the sporting activity you are practicing and helicopter recovery.*

*Nobody forces you to run. You do it at your own risk and make decisions yourself. We do not need a medical certificate as you self-certify your health.*

- abandonment of personal material along the route
- missing or inadequate equipment

Runners will be disqualified for the following serious infringements:

- bib number not visible or manipulated
- acceptance of external aid from outside the designated areas
- missing an obligatory checkpoint
- cutting or abandoning the route outlined by the Organization
- not following fair play or sporting etiquette
- false identity (case will be reported to the relevant authorities)
- failure to aid distressed runners
- depositing litter outside of designated areas
- refusal to submit to anti-doping tests
- exceeding the time limits imposed by the Organization
- mistreatment of staff members

**ACCIDENT INSURANCE**

Each athlete must be covered by accident insurance that covers any costs of private service rescue and hospitalization. The Swiss rescue services are operated by private companies like TCS, REGA, etc. and the costs of intervention are sustained entirely by the athlete if no insurance covers the services provided. Contact your health/accident insurance company to know if your current coverage is sufficient or if you need accident insurance limited to the days of the race (this can be purchased by ITRA <https://itra.run/Runners/AboutInsurance>). The organizer accepts no responsibility and participants are responsible for all costs related to accidents, illnesses, etc.

**LIABILITY**

The Organization accepts no responsibility in the case of accident, injury, illness, etc. Each runner participating enters the race at his own risk and peril and is aware that it is an extreme racing event, with variable climatic conditions, with poor or nonexistent mobile coverage, subjecting both the mind and body to extraordinary stress. The danger of severe accident or death must be carefully weighed by each participant. Consider that the arrival of help could take hours.

**NOTES**

*The organization does not assume any liability on the content of the luggage left at the Village or sent to external checkpoint and suggest to not leave any valuable objects unattended.*

**TRACK PROFILES**

Up to date profiles of the races are available on our homepage <https://ascona-locarno-trail.ch/en>.

**LUGGAGE DEPOSIT**

The organization provides a covered area where to deposit any luggage. For this reason, a tag with the bib number will be inserted in the race package in order to ease the retrieval and avoid confusion. This area is unattended and therefore the organization assumes no liability on the content of the luggage. We strongly suggest to not leave any valuable objects in this area but to close them in a car or leave them with friends or family for the extent of the race.

END