



REGULATION OF THE UTVV SLOVENIA 2020

RACE: ORGANIZATION, DISTANCE, COURSE, DATE, STARTING TIME, STARTING FEE, RULES

ORGANIZATION

UTVV Slovenia is organized by company Alpe Adria Adventurers d.o.o. and sport club Ultra Trail Slovenia. UTVV Slovenia is supported by municipalities of Ajdovščina, Vipava, Nova Gorica, Šempeter-Vrtojba, Miren-Kostanjevica and Renče-Vogrsko, and public institution of sport Ajdovščina, tourism TRG Vipava, tourism Vipavska dolina.

General information about the races

UTVV Slovenia event consists from 6 single stage races which take place in the open area of Vipava Valley Slovenia. Races take place in outdoor on hiking paths, gravel and tarmac roads across Vipava Valley. Event is making a circle around the Valley.

Due to strong historical background from roman era, races are called upon roman generals and soldiers` s ranks and other figures from ancient era. Not because of the affection of the army, but because we believe (ultra)trail runners are soldiers of their own mind and fight many mental "battles" during their effort to become and to feel better person.

Emperor, 161 km long, vertical meters – 6.800, starts from Ajdovščina, semi-autonomy, 45 hrs max.
Max 200 runners

Centurion, 103 km long, vertical meters – 4.800, starts from Ajdovščina, semi-autonomy, 33 hrs max.
Max 400 runners

Gladiator, 50 km long, vertical meters – 2.300, starts from Vipavski Križ, semi-autonomy, 15 hrs max,
Max 400 runners

Legionar, 30 km long, vertical meters – 1.300, starts from Vipava, semi-autonomy, no limits, Max 400 runners

Asterix, 16 km long, vertical meters – 800, starts from Ajdovščina, semi-autonomy, no limits, Max 500 runners

Obelix, 11 km long, vertical meters – 150, starts from Ajdovščina, Max 500 runners

Emperor - UTVV160 info

UTVV160 starts in Ajdovščina at 106 m. First challenge for runners is ascend to Kovk at 860 m. Trail follows the lookout edge of Gora and ascends to the highest point of trail – Mali Golak (1496 m). Trail continues pass Mountain hut on Čaven (1242 m), across Kucelj (1237 m) and to St. Mary Church in Vitovlje. It than continues past Lijak all the way to the Sveta Gora where descends again. It comes to Kayak center in Solkan and goes towards Miren. In this area you will be with one foot in Italy! After ascned to Cerje (monument) you will join to souhern ridge to Trstelj and continues (join with UTVV100)to wine-growing southern slopes: Preserje – Sveti Martin – Erzelj – Goče – Socerb. In Podnanos starts the last ascend do the edge of Nanos. The trail continues along picturesque and lookout edge to the highest point Pleša at 1262 m. Runners continue through the forest in the heart of Nanos (by Tourist Farm Abram) to a beautiful descent to the Valley towards the finish line in Vipava center (108 m).



Number of participants: 200

Date and time of start 15 May 2020 - 18:00

Location of start: Ajdovščina (Lavrič square - old town)

Location of finish Vipava (Center)

Distance: 160km (100miles)

Elevation meters: 6.855. / 6.860 m

Maximum time 46:00 hours

13 Aid stations on Emperor UTVV160

UTVV160 - 100 MILES			
Station	Location	Distance from the start (km)	Time limit
S1	Otlica	13	
S2	Mali Golak Hut	23	
S3	Mala Gora Hut	32	
S4	Vitovlje, St. Mary Church	41	12h from the start
S5	Solkan, Kajak Center	64	
S6	Miren, School	85	22h from the start
S7	Trstelj Hut	98	
S8	Preserje Hut	110	
S9	Erzelj (winery Miška)	121	
S10	Štjak	130	37h from the start
S11	Podnanos	138	
S12	Nanos (Pleša) Hut	148	
S13	Abram	154	
FINISH	Vipava - Center	161	46h from the start

Centurion UTVV100 info

The UTVV100 starts in Ajdovščina at 106 m. First challenge for runners is ascend to Kovk at 860 m. Trail follows the lookout edge of Gora and ascends to the highest point of trail – Mali Golak (1496 m). Trail continues pass Mountain hut on Čaven (1242 m), across Kucelj (1237 m) and descends to the Valley. After short ascend to Preserje, it crosses wine-growing southern slopes: Preserje – Sveti Martin – Erzelj – Goče – Socerb. In Podnanos starts the last ascend do the edge of Nanos. The trail continues along picturesque and lookout edge to the highest point Pleša at 1262 m. Runners continue through the forest in the heart of Nanos (by Tourist Farm Abram) to a beautiful descent to the Valley towards the finish line in Vipava center (108 m).



Number of participants: 400

Date and time of start 16 May 2020, 00:00

Location of start Ajdovščina (Lavrič square - old town)

Location of finish Vipava (Center)

Distance 105.7km

Elevation meters: 4870m / 4710 m

Maximum time 35:00 hours

10 Aid station on Centurion UTVV100

UTVV100			
Station	Location	Distance from the start (km)	Time limit
S1	Otlica	13	
S2	Golaki Hut	23	
S2	Mala Gora Hut	32	
S4	Vitovlje, St. Mary Church	41	10h from the start
S8	Preserje Hut	58	
S9	Erzelj (winery Miška)	64	
S10	Štjak	74	21h from the start
S11	Podnanos	81	
S12	Nanos (Pleša) Hut	91	
S13	Abram	98	
FINISH	Vipava - Center	105	35 hours

Gladiator UTVV50 info

The UTVV50 starts in small village Vipavski Križ and crosses panoramic wine-growing southern slopes and villages from Velike Žablje to Erzelj, Goče to Socerb. The last ascent to the edge of Nanos starts in Podnanos. The trail continues along picturesque and lookout edge to the highest point Pleša at 1262 m. Runners continue through the forest in the heart of Nanos (pass a Tourist Farm Abram) to a beautiful descent to the Valley towards the finish line in Vipava Center (108m).



Number of participants: 400

Date and time of start 16 May 2020, 08:00

Location of start: Vipavski kriz – main Square (Slovenia)

Location of finish: Vipava (Center) (Slovenia)

Distance: 51.7km

Elevation meters: 2300m / 2220m

Descent 2220m

Maximum time 15:00

5 Aid station on Gladiator UTVV50

UTVV50			
Station	Location	Distance from the start (km)	Time limit
S9	Erzelj (winery Miška)	11	
S10	Štjak	20	
S11	Podnanos	28	
S12	Nanos (peak)	38	
S13	Abram	44	
FINISH	Vipava - Center	52	15 hours

There are additional checkpoints hidden on the track.

Legionar UTVV30 info

UTVV 30 starts in Vipava (108 m) and follows the path below villages Manče, Lože, Podraga and enter in Podnanos, then climb steeply to Nanos. The trail continues along picturesque and lookout edge to the highest point Pleša at 1262 m. Runners continue through the forest in the heart of Nanos to a beautiful descent to the Valley towards the finish line in Vipava Center (108 m).



Number of participants: 400

Date and time of start 16 May 2020 10:00

Location of start Vipava - Center

Location of finish Vipava - Center

Distance 32km

Elevation meters: 1350m / 1360m

3 Aid stations on Legionar UTVV30

UTVV30			
Station	Location	Distance from the start (km)	Time limit
S11	Podnanos	8	
S12	Nanos (Pleša) Hut	18	
S13	Abram	25	
FINISH	Vipava - Center	32	

There are additional checkpoints hidden on the track.

Registration fee

Registration is available online at www.ultratrail.si. All registrations and management of all entrants' data are handled by our registration platform system. By registering to the UTVV Slovenia, competitors automatically accept the competition regulations. Registration is final. The fee must be paid online by credit card or paypal via a secure payment system.

Race	27.8.2019 – 31.12.2019	1.1.2020 – 29.2.2020	1.3.2020 – 1.4.2020
Emperor	115 €	125 €	140 €
Centurion	85 €	95 €	105 €
Gladiator	55 €	65 €	75 €
Legionar	37 €	45 €	55 €
Asterix	25 €	27 €	33 €
Obelix	15 €	20 €	25 €

The fee includes:

- personalized bib number including RFID time keeping-tag
- starter pack with gifts
- drop bags (transitions) for Emperor and Centurion race
- finish bags (small bags) for all races, clothing bags will be transported from the start to the finish line in Vipava
- aid stations with variety of food, approximately every 12 km with drinks and food
- showers and changing room facilities next to the finish area
- a hot meal in Vipava
- massage service next to the finish area

- roman medal of honor for all finisher at each races
- medical first aid in the finish area and at specified aid stations
- finisher's certificate downloadable from the dedicated online repository
- live timekeeping, interim times and results
- a hot meal during the race in Miren (Emperor) and Preserje (Emperor and Centurion)
- showers and rest area in Miren (Emperor)
- bus transfers form RACE HQ (Vipava) to all start areas

Non-participation and fee refund

VERY IMPORTANT: ANY PARTICIPANT WHO HAS TO CANCEL HIS PARTICIPATION IN CASE OF MEDICAL ISSUE AND WOULD LIKE TO RECEIVE A FEE REFUND, HAS TO OFFICIALLY REQUEST IT BY MAILING AT info@utratrail.si

Please bear in mind the following situations:

From the moment the registration is paid, the Organization agrees to return **80% of the amount paid by the runner** (except bank expenses), if the non participation is requested and communicated, before the 1st of December 2019.

From the 1st of December 2019 until the 12th of February 2020, **60% of the amount paid by the runner** , shall be returned.

From the 12th of February until the 30th of March 2020, **50% of the amount paid by the runner** , shall be returned

From the 1st of April on, **no amount of money will be returned** , no matter the reason why the runner does not finally take part at the race.

In the event that the runner does not participate in the race on the 15th or 16th May, for whatever reason, the organization is not obliged to give any souvenir (neither runner's bag nor commemorative T-shirt) once the UTVV Slovenia 2020 is over.

Runner`s commitment

To participate on the UTVV Slovenia events, in particular, at Emperor and Centurion races, the following is essential :

- To be completely aware of the length and specificity of the event and to be perfectly prepared for it ;
- To have acquired, previous to the race, real capacity of personal autonomy in the mountains allowing for the management of problems induced by this type of event, and notably:
- Know how to confront, without outside help, climatic conditions which could be very difficult to deal with at altitude (night, wind, cold, fog, rain or snow) ;

- Know how to manage, including when one is isolated, physical or mental problems arising from great fatigue, digestive problems, muscle or articular pains, small wounds...
- To be totally conscious that the organization's role is not to help a runner manage these problems;
- To be totally aware that for such an activity in the mountains security depends upon the runner's capacity to adapt to the problems encountered or foreseen
- To inform and to sensitize the members of the runner's entourage towards the respect of nature, people and the regulations of the race.
- To read a newsletters providing information about the event, sent before the event.

Semi - autonomy requirements

The principal of an individual race in semi-autonomy is the rule. The UTVV Slovenia races take place in one single stage, at an undefined pace, within the limits of the time barriers which are specified for each races. Semi-autonomy is defined as having the capacity to be autonomous between two refreshments points, as much on the food front as that of clothing and security, allowing for adapting to problems encountered or foreseen (bad weather, physical problems, injury...)

This principle implies, in particular, the following rules:

2. Each runner must have with them throughout the duration of the race the totality of their mandatory equipment (see paragraph EQUIPMENT). At any moment of the race, pack and its contents can be checked by the race officials. The runner is obliged to submit to these checks in good faith, at the risk of exclusion from the race or penalties.
3. The refreshment point's supply drinks and food to be consumed on site. The organization supplies still water, energizing drink, coca-cola, etc for filling water bottles or hydration packs. When leaving the aid station, the runners should take care to ensure they have the quantity of drink and food which is necessary to keep them going until the following aid station.
4. Personal assistance is tolerated ONLY on aid stations, in the zone specifically reserved for this use. Assistance given by a team of professionals, or any medic or paramedic, is strictly forbidden. The rest of the refreshment post is strictly reserved for the runners.
5. It is forbidden to accompany or be accompanied along any part the race route by a person not registered for the race, outside of the tolerance zones which are clearly marked in the proximity of the refreshment posts.

Doping

The use of doping substances is totally forbidden. If any test is required to check it out, the Organization will offer the necessary means and resources.

General terms and conditions of the competition

- Each runner competes at its own responsibility.
- Runners should have prior experience in trail and ultra-trail running, they should not have vertigo, and should be physically well prepared.
- Runners under the age of 18 years cannot compete at UTVV160 /100/50 due to the extreme difficulty of the race. Runners younger than 14 years cannot compete at the UTVV30.
- The race is carried out in all weather conditions unless the safety of the runners is at risk (extreme storm ...). In such case Organizing Committee is going to decide on backup trail, backup parts of the trail or cancellation of the race.
- The trail will be marked in a way that it will ensure that the runners will not have to deal with the orientation (e.g. strips, plates, flags ...). The race staff and the volunteers will be present at key points to help and direct the runners.
- All runners must comply with the marked path. Any use of shortcuts and running out of the marked path shall be punished with penalties or immediate disqualification.
- If a runner does not see any markings for more than 200 m, he or she has to return to the last marking and re-check the possibility of continuing.
- If the marks are highly deficient or missing, runners have to report that at the nearest checkpoint.
- All runners must have required obligatory equipment.
- Competitors opting to use walking poles at the start of the race must carry these throughout the entire race until the Finish. It is not permitted to take on or to get rid of poles during the race.
- Support of any kind on the trails between aid stations is not permitted!
- We strongly suggest the use of the GPS track on your watch.
- A runner may voluntarily withdraw from the race at the checkpoints or refreshment stations. The withdrawal must be immediately communicated to the organizer (Contact on the BIB number).

Mandatory equipment

	UTVV160	UTVV100	UTVV50	UTVV30
BIB number always visible	+	+	+	+
Watter botte (camel bag, bottle, soft flask ...)	+	+	+	+
Survival blaket	+	+	+	/
First aid (bandage, gauze, patch)	+	+	+	+
Wind jacket	+	+	o	o
Whistle	+	+	o	/
Mobile phone	+	+	o	/
Head lamp with spare battery	+	+	o*	/
Running shoes	+	+	+	+
Clothing suitable for winter conditions (from -3° C to 30° C), in case of strong wind (speed over 100 km/h)	+	o	o	o
Sun protection	o	o	o	o
Energy food	o	o	o	o
Running poles	o	o	o	o

- “+” Mandatory gears
- “o” Recommended gears
- o* Mandatory for slower runners

Check-up of mandatory equipment may be at the start, or at any time along the trail. If the mandatory equipment is incomplete or a competitor does not show it, the penalty follows. **One hour for every missing part of the obligatory equipment.** A competitor may wear the equipment or has it stowed in a backpack (bag ...).

In the case of a **bad weather forecast**, the organizer retains the right to impose additional mandatory equipment for the safety of the runners not later than one day before the event.

Equipment transition (Emperor160/ Centurion 100)

Upon receipt of BIB numbers the runners can get 3 designated bag for personal equipment.

The runners can retrieve a bag with personal equipment

- **1st bag for UTVV160 at S6 - Miren (84 km – half trail)**
- **1st bag for UTVV100 at S8 - Preserje (52 km)**
- **2nd bag for UTVV160&100 at S11 – Podnanos (135 km / 80,5 km)**

The bag must be submitted at start area in Ajdovščina on Friday one hour before the start or at the BIB distribution center in Vipava.

The **2nd bag is crucial for your safety.** It is mandatory that it includes proper equipment for the possible night with rain, strong wind and temperatures below zero on an open terrain in the mountains. **Without good equipment at Nanos in the night it is very hard to finish the race.**

The organizer will transfer the bags with personal equipment to S6 - Miren, S8 - Preserje, S11 - Podnanos and to the finish line.

Penalties and prohibitions

- Failure to follow the marked trail and use of shortcuts (**the trail has marked and hidden checkpoints**). Each runner must be recorded at all checkpoints. Penalty for missing a checkpoint from up to 2 hours, depend on situation.
- Incomplete obligatory equipment (organizer may at any time verify if the runner has all the obligatory equipment). Each runner must have and must show the obligatory equipment, if asked to do so. Penalty for incomplete obligatory equipment is 0,5 hour for every missing part. If you do not show the equipment, you are disqualified.
- Disposal of trash on the trail and next to it. Disqualification.
- Using shortcuts, not following the marked path, coming to CP or station from wrong direction. A least one hour penalty for every irregularity.
- Use of transport during the race. Disqualification for life.
- Failing to aid another competitor in trouble. Disqualification.
- Insults or threats to the organizer or to a volunteer. Disqualification.
- Proceeding after the time limit has been reached. Disqualification.
- **Using support between stations – 1 hour penalty**
- Disqualification or penalty can be immediate, or upon the detection of the irregularity.

Time Limits

	UTVV160	UTVV100	UTVV50	UTVV30
Length	161,3 km	105 km	51,8 km	32 km
TIME LIMIT				
S4 - Vitovlje	12 h - until 6.00 a.m Saturday	10 h - until 10 a.m. Saturday		
S6 - Miren	22h - until 16.00 - Saturday			
S10 - Štajk	37 h - until 7.00 a.m. Sunday	21 h - until 21.00 Saturday		
FINISH - Vipava center	46 h - until 16.00 Sunday	35h - until 11.00 a.m. Sunday	15h - until 23.00 Saturday	No limits
ASCEND / DESCEND				
D+	6.855 m	4.830 m	2.340 m	1.355 m
D-	6.861 m	4.840 m	2.420 m	1.355 m

The runners must arrive/start from the checkpoint and arrive to the finish within the time limit. If runners arrive/start from the checkpoint after the time limit, they are automatically disqualified, and the organizer arranges transport for the runners to the finish. The runners are also disqualified if they do not arrive at the finish before the time limit.

The last runner on the trail is "sweeper", who provides that no runner does not fall behind. Sweeper accompanies runner to the next checkpoint if necessary.

Refreshment & checkpoints

The trail has several refreshment stations and checkpoints. At refreshment stations, the runners can get drinks and food and fill their bottles with liquid to continue running. The runners can throw off their waste only at the checkpoints and refreshment stations.

Medical treatment

Whenever the medical staff assesses that a runner is no longer able to continue the race they can stop competitor and take care. In a case of violations, the competitor may be disqualified.

Photo documentation

The runners agree to use of photo and video material recorded during the race for promotional purposes by the organizer.

Liability

Runners are participating the race at their own risk. The organizer assumes no liability for injury or damage caused to the equipment. By attending the race, the runner agrees to all rules and consequences that apply to the event.

Complaints

All complaints must be submitted within half an hour after the arrival of the runner to the finish in written form with a deposit of € 50. The appeal is going to be examined and the response is going to be provided by the Organizing committee jury. The decision is going to be taken as soon as possible. The decision has no appeal. It is not going to be possible to appeal to the decision; it is going to be final.

Any complaints about irregularities at the trail must be made in written form and with supporting documentation (photo material, or at least three witnesses)

The jury is composed of:

- Race director
- Technical director
- Head of the checkpoint or refreshment stations, depending on individual complaint
- Other persons considered to be competent in a particular dispute or complaint (appointed by the leader of the competition)

The final version of the manual is going to be published on the website month before the race.

Technical guidance will also be made before each start.