



GUIDELINES

1. ORGANIZATION AND GENERAL INFORMATION

Leopodistica ASD (Amateur Sports Association), in collaboration with Seniobike ASD and Outdoor & Trekking Store Ravenna-Faenza, organizes on Friday 4th and Saturday 5th November 2022 in Palazzuolo sul Senio (Florence) the 10th edition of "Trail del Cinghiale", a mountain race trail in semi self-sufficiency in water and food with an itinerary in the Apennine environment.

Trail del Cinghiale will take place over four distances:

- 107km: distance of 107,6 km with a vertical gain of 6400 meters
- 60km: distance of 59,9 km with a vertical gain of 3850 meters
- 33km: distance of 33,5 km with a vertical gain of 1910 meters
- 15km: distance of 14,4 km with a vertical gain of 760 meters

Distances and gradients have been detected through the use of maps of the territory and with the aid of GPS equipment, so there may be differences in measures taken with other equipments due, for example, to calibration differences. All traces have been certified by ITRA (International Trail Running Association).

2. PARTICIPATION REQUIREMENTS

The race is open to all the athletes, men and women, born in 2004 or earlier or athletes aged 18 or older, by the year 2022 for those who want to cover the 15km distance, while, while all those who want to cover other distances must be born in 2002 or earlier or at least be 20 years old by the year 2022 (as per UISP regulation for competitions longer than of 21.097km).

To take part to the race, experience and knowledge of the mountain environment, especially of the Apennine environment, are required, as well as orientation skills, ability to follow a trail, facing unexpected problems typical of the natural mountain environment (such as a thunderstorm, reduced visibility or darkness, etc...), excellent training and appropriate clothing for temperatures that can range from -10°C to $+20^{\circ}\text{C}$.

It is advisable to have recently taken part to other mountain races with similar characteristics to the one chosen.

"Trail del Cinghiale" will take place in accordance with this regulations and UISP Regulations and any changes and/or directives adopted by the organization, also last minute ones. Any notice will be available on the website and through the event's social media.

By presenting themselves at the race start, athletes confirm that they are in such physical and mental conditions so that they can face the race; to have documented and be aware of the risks and difficulties that the itinerary implicates; to have taken note of the length of the itinerary; that they are not aware of any previous medical condition, or of injuries, that could put them at risk during



the event; to have communicated to the race doctor any health information and/or pathology that could increase the risks during the event.

Athletes accompanied by animals are not allowed.

3. REGISTRATION

Only athletes holding a sports medical certificate for competitive Track and Field can register **(certificates bearing different indications will not be accepted)** valid on the date of the race or at least until 5th November 2022.

Registrations from athletes who are serving disqualification for the use of doping substances will not be accepted.

Registrations will open on 2nd May 2022 and will bindingly close on 25th October 2022 or upon reaching the maximum number of participants (1100 athletes), divided as follows:

- 107 km: max 200 athletes
- 60 km: max 200 athletes
- 33 km: max 400 athletes
- 15 km: max 300 athletes

Any changes to the total number of athletes and their distribution may be made by the organization at its complete discretion or according to more restrictive rules in force at the date of the event.

Upon reaching the maximum number of athletes, the organization reserves the right to open a waiting list: the methods of accessing this list will be communicated through the event's social media.

Registrations could only be made online by following the instructions that will be published on the event website (www.traildelcinghialerace.com) and on all the organization's social channels.

Participation in the competition implies, by the athletes, the unconditional acceptance of these regulations in all its parts.

Teams registration

For team registrations, a request must be sent by email to: iscrizionitraildelcinghiale@gmail.com

4. REGISTRATION FEES

Registration fees for the race at different distances will be available on the event website and summarized as follows:

2nd May - 25th October 2022	
107km	€ 120.00
60km	€ 70.00
33km	€ 40.00
15km	€ 20.00

Registrations on the day of the race won't be accepted.



Registration fee includes:

- race bib number;
- chip;
- GPS tracker for 107 km and 60 km distances
- assistance and refreshments along the route;
- race package;
- meal voucher for the post race (only for 107km, 60km and 33km race; for the 15 km distance it can be bought on the day of the race);
- finisher award.

Each athlete must return the GPS tracker upon arrival or following a possible withdrawal; if not, the athlete must pay the cost of the devices (GPS tracker € 100.00) in addition to any costs incurred for their rescue.

5. WAIVER

In case of impossibility to participate, cancellation request must be submitted by e-mail to iscrizionitraildelcinghiale@gmail.com.

Reimbursement methods are as follows:

- cancellation request received by 08/10/2022: refund of 50% of the fee (net of registration and bank costs)
- request received after 08/10/2022: no refund

Upon the athlete's request, it will be possible to transfer the registration to the next race's edition in the event that it is carried out no later than 30/09/2022.

6. RACE CHANGE, REGISTRATION TRANSFER, BIB NUMBER TRANSFER

Under no circumstances registration transfers from one athlete to another or the passage of registration from one distance to another are allowed.

7. BIB NUMBER COLLECTION

The bib number collection operations for all distances will take place at the "bib number collection point" in Palazzuolo sul Senio (FI) on 4th November 2022 from 3.00 pm to 9.00 pm and on 5th November 2022 for the distances 60km, 33km and 15km, from 04:30 am to 45 minutes before the starting time of each single race according to the modalities that will be illustrated on the spot.

Information for the collection of bib numbers will be available on social channels close to the event, in line with the health regulations in force at the time.

The withdrawal of the bib number and the race pack on behalf of other athletes will NOT be allowed.



Subscribers who do not participate in the race will be able to have their race packet collected by other athletes with an authorization form and with a copy of the ID either of the delegator and the delegate.

Race packages that have not been collected will not be sent.

When collecting the bib, the mandatory equipment will also be checked for athletes taking part to the the 107km and 60km distances.

8. MANDATORY EQUIPMENT

By registering for the race, in the chosen distance, each athlete undertakes to carry the following mandatory equipment with him/her for the entire duration of the race. It will be checked when athletes will pick up their race bib number.

In case of lack of even one piece of the mandatory material, the bib number will not be given.

15 km	33 km	60 km	107 km	MANDATORY EQUIPMENT
		X	X	Camel bag or water bottle with minimum 1 litre capacity
X	X			Camel bag or water bottle with minimum 0,5 litre capacity
X	X	X	X	Eco-cup or personal glass
		X	X	Waterproof hooded jacket (min 10000 Schmerber)
		X	X	Long sleeved t-shirt (worn or in the backpack)
		X	X	Long trousers or combination of trousers that cover 3/4 the knees and high socks (worn or in the backpack)
X	X	X	X	Trail shoes (A5)
X	X	X	X	Whistle
X	X	X	X	Survival blanket
X	X	X	X	Cell phone with the organization numbers recorded
	X	X	X	Appropriate amount of food reserve
X	X	X	X	Chip and race bib number (the number must be clearly visible and worn on the front side)
		X	X	Headlamp with spare batteries or two headlamps
X	X	X	X	Healthcare kit consisting of surgical mask or FFP2 (bandanas, neck warmer or similar do not replace the masks)

The use of poles is allowed. If used, they must be carried for the whole duration of the competition. Checkpoints for mandatory equipment will be arranged throughout the itinerary during the race.



Note *: the need and contents of any health kit will be confirmed before the race according to the health regulation in force at the time.

9. DEPARTURE TIMES

Departures are scheduled in Palazzuolo sul Senio (FI) in Piazza E. Alpi as per the following timetable:

- km 107: Friday 4th November at 10:00 pm
- km 60: Saturday 5th November at 6:00 am
- km 33: Saturday 5th November at 7:30 am
- km 15: Saturday 5th November at 10:00 am

Before departure, each athlete must pass under the starting arch in order to record his presence. Checkpoints will be deployed along the route.

10. BRIEFING

Upon collection of the bib number, each athlete will be provided with a document which will state important guidelines to be taken into consideration for the safe conduct of the race.

All athletes must show up in the starting area 15 minutes before the scheduled starting time for their race.

Before the start, both the briefing and a sample check of the mandatory material for the athletes participating in the 33km and 15km races will take place.

11. RACE ITINERARY

The paths will be marked with flags and refractive arrows to be visible at night too. There won't be any distance markers, so that it is suggested to study well the road book prepared by the organization.

Participants must strictly follow the competition itinerary and in case they won't see any sign for 300 meters, they will have to get back on the route where they left it.

Leaving the official itinerary, in addition of causing immediate disqualification, will be at the sole risk and danger of the competitor.

It is strongly recommended to use a GPS device and to follow the race tracks made available to athletes by the organization.

Athletes won't be provided with any printed copy of the route map, roadbook or track.

12. MAXIMUM TIME LIMITS AND TIME GATES:

On the routes there are "time gates" which are at the exit of the refreshment point.



For the 107km distance, a time gate will also be set up at the entrance; athletes who arrive at the time gate after the time limit will be stopped and will not be able to continue the race.

It is not allowed to overtake the time gate and then go back to benefit from the refreshment point.

Maximum times and time gates are provided for different distances:

	MAXIMUM TIME LIMIT	TIME GATE	TIME GATE	TIME GATE
107 km	26 hours (by midnight on 05/11/2022)	Km 19 at 2.00 am - OUT (after 4hrs of competition)	Km 50 at 9.00 am - IN (after 11hrs of competition) At 9.30 am - OUT	Km 77 at 4.00 pm - OUT (after 18hrs of competition)
60 km	15 hours (by 9.00 pm on 05/11/2022)	Km 27 at 11.00 am - OUT (after 5hrs of competition)		
33 km	7 hours (by 2.30 pm on 05/11/2022)			
15 km	4 hours (by 2.00 pm on 05/11/2022)			

Unless other specified instructions that will be necessary for health safety reasons, at the bib number collection the athletes involved in the 107km distance will be provided with a bag where to store spare clothing to use at the aid station at km 50.

Once filled, athletes must deliver their bags in the area that will be specified when collecting the bib number.

It's recommended not to leave valuables inside bags.

The organizers accept no liability for any theft, loss or damage of bags or their contents. Nothing is allowed outside the bag which, in that case, cannot be accepted.

13. REFRESHMENT POINTS

Athletes run in semi-self-sufficiency with the obligation of water supply. Refreshments are planned with solid and liquid foods.

Assistance to athletes by family members or teams is not expected.

14. CHANGING ROOMS and SHOWERS

If allowed by the health regulations in force at the time of the race, it will be possible to use changing rooms and showers.



15. BANS AND PENALTIES

The following infractions will lead to a ban:

- failure to pass through a checkpoint
- shorten the race route
- leaving litter along the route
- not providing help to another participant in difficulty
- insults or threats to organizers or volunteers
- refusal to allow the check of mandatory material
- lack of parts of the mandatory material
- leaving some parts of the mandatory material on the route
- inappropriate behaviour in compliance with health guidelines
- assistance from third parties (companion, family members, etc.)

16. PATH OR TIME BARRIERS CHANGES

The organization reserves the right to modify at any time the route or location of the rescue stations and refreshment points, without prior notice.

In the event of bad weather conditions, or for safety reasons, the organization reserves the right to suspend, interrupt or modify the race itinerary or change the time barriers, in collaboration with the judges of the competition.

Every decision taken by the organization and the jury of the race is unquestionable.

17. RACE CANCELLATION

No refund will be due in case of interruption, suspension or cancellation of the race due to adverse weather conditions such as to place at risk athletes' safety.

In case of a race cancellation due to public order, health reasons or authorities impositions, fees will be automatically transferred to the 2023 edition of Trail del Cinghiale for the same distance.

If the athlete prefers, he or she may request a refund equal to 80% of the amount paid net of expenses (bank and/or administrative).

As for the transfer of the registration, the same will be reconfirmed at the opening of registrations for the 2023 edition and in any case no later than 90 days before the starting of the new edition.

18. SECURITY AND CONTROL

Along race routes there will be members of the organization and judges, constantly in contact with the race headquarters. Checkpoints will be set up along the route to monitor the athletes' passages. Moreover, athletes recovery service will be active.

In case of problems, any participant must immediately inform about his withdrawal to the checkpoints or to the competition judges.



From the collection points / time gates, a shuttle service will be available to take the withdrawn athletes to arrivals area.

Cell phone coverage is not guaranteed throughout the area.

19. COVID 19 REGULATIONS

These guidelines may be updated in accordance with Government, CONI and UISP rules and regulations in force during the period of the race to ensure maximum safety to athletes and volunteers involved in the event.

All ANTICOID regulations will be specified in the appendix to the health plan.

Participation in the event will be allowed only to athletes who are regular with any health provisions in force at the time of the race.

20. ENVIRONMENT

The race takes place in natural environments and protected ecosystems. Competitors must behave in an environmentally friendly manner, avoiding waste, collecting flowers or harassing the fauna. Anyone found to abandon waste along the route will be immediately disqualified from the race and will incur in potential penalties.

To reduce the environmental impact, no plastic glasses will be provided at the refreshment points, so each participant must carry an eco-cup or a glass to fill at the refreshment points.

21. PRIZES

There are no cash prizes. Each competitor who will have completed the race within the maximum time, will receive the "finisher" prize.

The absolute first 3 of each distance will be awarded.

Moreover, the first finishers of the following categories in 107km, 60km, 33km and 15km distances will be awarded:

- the first 3 men "under 50"
- the first 3 women "under 50"
- the first 2 men "over 50"
- the first 2 women "over 50"
- the largest group

22. CLAIMS

Any claim, accompanied by a deposit of 100.00 €, must be written and submitted within 30 minutes from the end of the competition and will be evaluated by the organization; in case of acceptance the deposit will be returned.



23. IMAGE RIGHTS

By registering, the participants authorize the organization to use free, without territorial or time limits, still and moving images that portray them during their participation in the “Trail del Cinghiale”.

24. DECLARATION OF RESPONSIBILITY

Registration to the race "Trail del Cinghiale" and the consequent participation in the race implicate the acceptance of this regulation and any change that may occur.

The participant's registration exempts the organizers from any liability, both civil and criminal, for damages to people and/or things caused by or to any athlete.